

RED BLOODED MEN AND WOMEN

Get More Pleasure Out of Life and Are of More Use in the World Than Sickly, Rundown People.

There are people who lack the red blood to give color to their lips, warmth to their hands and brightness to their eyes. These people tire easily and cannot compete in school, store or shop with the more energetic. Their blood being thin they are nervous and do not sleep well. Arising in the morning unrefreshed they begin each day badly and miss much of the pleasure of living.

To become active and energetic, like most red-blooded Canadians, these people need a blood-building tonic.

A tonic that gives strength, that revitalizes weak nerves, that increases the appetite and aids digestion will put color in the cheeks and lips and give vigor to the step. That means new joy in living, increased usefulness and longer life.

Where ever you find a person who has taken Dr. Williams' Pink Pills faithfully you find an enthusiastic friend of the tonic that has made life mean more in many ways. These blood-making pills have been used by three generations of Canadians and in almost every community, however small, can be found those who owe health and happiness to this famous household remedy.

Weak and Run Down. "I wish from my heart I could persuade every person who is run down in health to give Dr. Williams' Pink Pills a trial." Thus writes Mrs. Louie Mitchell, Oak Point, Man., who further says:—"About a year ago I was a weak woman, suffering from a run-down system and impoverished blood. Any little exertion would cause my legs to tremble and my heart to throb violently. I could not sweep a room or walk fifty feet without being exhausted. Then I began taking Dr. Williams' Pink Pills and after taking only six boxes I am as well and strong as ever. I can walk and run without stopping every few seconds gasping for breath as previously. Dr. Williams' Pink Pills will be my stand-by in the future if ever my blood needs building up again, and I shall always find pleasure in recommending them to anyone needing a tonic."

Fitted for the Job. Lady wishes employment for few hours daily to take children out (or an invalid); life experience with all animals and poultry.—Write E.833.

SIMONDS SAWS

Use "Simonds" Crescent Ground Saws, their teeth are of even thickness throughout the entire length of the saw, thus making binding in the kerf impossible. Crescent Ground is an exclusive Simonds feature—Simonds Canada Saw Co. Ltd., 1250 DUNDAS ST. W., TORONTO VANCOUVER MONTREAL ST. JOHN, N.B.

Santa Fe

Springtime begins the moment you board a Santa Fe train for California

on your way a sunny, scenic wonderland - Fred Harvey dining service—another exclusive Santa Fe feature

Enjoy the out-of-doors this winter—take your family to the hotel rates

Filler information may be obtained by writing to the Frontier College, Toronto.

Help for Nervous People. Are you pale and weak, tired most of the time, out of breath on slight exertion? Are you nervous, is your sleep disturbed so that rest does not refresh you? Is your appetite poor, your digestion weak and do you have pains after eating?

If you have any of these symptoms you need the help of such a reliable tonic as Dr. Williams' Pink Pills. Read what Mr. W. W. Francis, of Calgary, Alta., says of this tonic. "After returning from overseas," writes Mr. Francis, "my whole system was in a badly run down condition. I became nervous, irritable, pale and lost weight. Of course I was given treatment and recommended many tonics, some of which I took, but with no apparent result. At last I could not even sleep. My sister, who is in England, wrote and urged me to give Dr. Williams' Pink Pills a trial, and I can scarcely say how glad I am that I took her advice. My friends were surprised at my complete recovery, but I assured them it was due entirely to Dr. Williams' Pink Pills and I now always keep a box on hand in case of emergency."

Keep Your System Toned Up. Dr. Williams' Pink Pills assist digestion, correct the lassitude, the palpitation of the heart, shaky nerves and the pallor of the face and lips that are the results of thin, impure blood. Try Dr. Williams' Pink Pills for anemia, rheumatism, neuralgia, nervousness. Take them as a tonic if you are not in the best physical condition and cultivate a resistance that will keep you well and strong. Get a box and begin this treatment now. Send for These Health Books. Two useful books, "Building Up the Blood," and "What to Eat and How to Eat," will be sent free by The Dr. Williams' Medicine Co., Brockville, Ont., if you mention this paper. Dr. Williams' Pink Pills are sold by all dealers in medicine or will be sent by mail, post paid, on receipt of price, 50 cents per box.

The Frontier College. The first calendar of the Frontier College strikes a new note in education. This institution endeavors to relate an Arts course to life, and is therefore designed to open the door of opportunity to manual and other workers, hitherto neglected. This institution claims, and with a good deal of reason, that too many of our young people have been sent away from home to acquire an education. This has detached them from the busy work-a-day world, and unfitted them for the daily round and common task of earning a living and helping their families and neighbors. The Frontier College has broken new ground, and studiously avoids competition with the older universities. It seeks to create an interest in the homestead, farm, camp, shop and other forms of isolated employment so long overlooked. There can be no question that the time is ripe for such a university. In a country like Canada where manual workers are needed most of all, and where this class will settle in large numbers in the future, it is necessary to bring education to the worker rather than take him away from his work to obtain an education elsewhere. For matriculants who have the ambition, energy and capacity to study alone, courses of study are outlined therein, and due provision will be made so that candidates may write their examinations locally. Perhaps one of the most interesting features of the Frontier College is the fact that no boy or girl living in the city can win a scholarship. These are offered as a premium to encourage a "trek" back to the land. Substantial fellowships running from \$100 to \$500 are offered to young men and women who go to the frontier and combine manual labor and a few hours of teaching with private study. This is something decidedly new in education and every fair minded person interested in Canada will wish the experiment successful.

A Veteran Motor-Car. A motor-car, built in 1905, which is said to have travelled 500,000 miles, figures among the assets of a motor mechanic in the bankruptcy court at Washington, D.C. It still runs, but not on the original tires. It is calculated that the machine has travelled an average of eighty-five miles a day for the sixteen years of its life, or, allowing rest on Sundays, about 100 miles a day. It has run the equivalent of twenty trips round the world at the Equator. The relic, which will be sold to satisfy creditors, has been appraised at \$250.

Bowes Company Limited, Toronto

For references—Head Office, Toronto, Bank of Montreal, or our local banker. Established for over thirty years.

TOOTHACHE Bathe the face with Minard's in water and place a piece of cotton wool, saturated with Minard's, in the cavity.

Because He Could Work.

Among those who are interested in improving the condition of the physically defective—cripples, the deaf and dumb and the blind—no experience is more common than the desire, in many cases the eagerness that these unfortunates manifest to help themselves by doing such work as still remains possible to them.

The most intelligent effort is now directed, not so much toward establishing institutions where the physically defective may be cared for free, as to teaching them occupations by which they can support themselves in self-respecting industry.

This desire for independence is seldom so simply and so touchingly demonstrated as it was in an incident in which Miss Helen Keller recently figured. Not long ago there came to Miss Keller a letter from an unknown correspondent in the West. The handwriting was precise and laborer, the phrasing homely, and in the letter, wrapped in paper, with a care that spoke eloquently of the meaning of money to the writer, was a dollar bill. "Dear Helen Keller," the letter read, "I have heard about you, and I am sorry for you. I send you a dollar, because I am deaf and dumb, but I can work and you cannot. I work in a factory and have a good job the year round. I wish I had your picture. If you have a picture that has been printed somewhere in a paper of a magazine and would send it to me, I should think a great deal of it—I would not ask for a photograph, but any picture that has been printed."

A heart as tender as Miss Keller's, but with less insight, might have dictated the return of the money, since her circumstances made the gift quite unnecessary. But instead, with intuitive understanding, she accepted the humble gift in a graceful letter in which she told the unknown giver that it would afford her much pleasure to "buy something with the dollar for herself." She also sent a large photograph, with her signature on it.

In a little while there came this reply: "Dear Helen Keller: Your letter and picture were both received on the 18th of May. You do not know how happy I am. On reading the letter and looking at the picture a thrill of joy came over me. O my friend, I cannot find words to express to you the thanks I feel. May God bless you for your kindness. Inclosed in this letter you find a dollar which is yours to use as you please; and also a postage stamp to replace the one you put on the picture you sent me. I cannot find it in my heart to allow you to spend a cent for me, as I can work and you cannot." Could one find anywhere a nobler tribute than this to the dignity and worth of labor? To be able to give is the finest thing in the world, and to be able to work is to earn the power to give.

The Divine Art. What art, like Music, can express Our thoughts and feelings, sad or bright? A solace sweet when in distress, In happy hours our chief delight!

From morn of Life till eventide, At every stage—in joy or pain, In hours of gloom, of pomp and pride, Music supplies th' appropriate strain.

In infancy—soft lullaby; The wedding march for groom and bride; And, when is breathed Life's long last sigh, The solemn chant at quiet grave-side.

What Art is there can charm away Like Music, haunting doubts and fears— Make heart and spirits light and gay, Or move us to the point of tears?

Sweet melody at close of day A soothing sense of peace imparts; Both prince and peasant own the sway Of music—Queen of all the Arts!

WE WANT CHURNING CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. butter fat.

TOOTHACHE Bathe the face with Minard's in water and place a piece of cotton wool, saturated with Minard's, in the cavity.

MINARD'S "KING OF PAIN" LINIMENT

New Delights.

Day after day I find some new delight: It was the grass that pressed upon my cheeks, That shed a touch as soft as Death's, when he Comes to a sleeping child that never wakes.

And now the wind and rain: it was the rain That made the wind reveal his breath at last; But 'twas the wind that, traveling high and far, Furrowed the heavens with clouds from east to west.

And when the night has come, perhaps the Moon, With her round face all shining clear and bright, Will ride the dark, humped clouds with camel's backs— And end my day with that last new delight.

GUARD THE BABY AGAINST COLDS

By Keeping Baby's Own Tablets in the House at All Times.

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy. Thousands of mothers have become convinced through the actual use of the Tablets that there is nothing to equal them in banishing constipation and indigestion; breaking up colds and simple fevers; expelling worms and making teething time easy. Among the thousands who praise Baby's Own Tablets is Mrs. Alex. J. Perry, Atlantic, N.S., who says:—"I always keep Baby's Own Tablets in the house as I know of no other medicine for little ones to equal them." Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Siberia's Mystery Race. In the depths of Western Siberia an explorer has found a hitherto unknown race of white people. They differ in complexion and language from all other natives of that region.

Minard's Liniment for Dietsemper. Just the Same. Grady—"The only girl I ever loved is to be married on Wednesday." Hall—"My sympathy, old man!" "Oh, but she's going to marry me!" "My sincere sympathy!"

The Indians of Brazil organize great alligator hunts, at one of which as many as 500 of these scaly monsters may be dispatched.

PUZZLE, Find SANTA CLAUS

First 4 Prizes each a Wrist Watch 100 Prizes of each a Fountain Pen

Hundreds of other Prizes

If you can solve this Puzzle and will sell 24 Frozen Perfumes at 10c each, you can win one of the above prizes. Will you do this? It is very easy. If so just mark Santa with an X and send the correct answer we will send you the Perfum to sell right away. Self-st Specialty Co. Dep. W Waterford, Ont.



FOR Rheumatism

ASPIRIN

Proved safe by millions and prescribed by physicians for

Rheumatism Colds Neuritis Neuralgia Headache Pain Toothache Lumbago

DOES NOT AFFECT THE HEART

Safe Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100—Druggists.

You have been intending to try "Red Rose." Why not now before you forget.

RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. Try it!

A Marvellous Thing. Did you ever stop to think, what a marvelous thing a day really is, and what wonderful opportunities for happiness it holds? Every morning we wake to a new miracle, a marvelous world of beauty, overflowing with possibilities. The grandeur, the mystery of it all ought to entrance every human being. To think that each morning we are ushered into a new life; that no matter how many mistakes we made yesterday, no matter how many times we slipped up or what our sins were, or how many opportunities we lost, we can start anew to-day and fill every hour with the best we can put into it! This of itself should fill one with joy and gratitude.—O. S. Marden.

The Whole Truth. The young man with the flushed face felt very proud of himself. It was only natural that he should do so, for he had been promoted to the position of chief drummer for a firm of wholesale druggists, and further than that, he had the use of a car. For the benefit of this story, it is essential to note that the young traveling man was a very honest and truthful young fellow.

His first business call took place in a drug store in a Southern watering place. He already had a lengthy list of goods on order when the white-haired druggist thought a moment, then inquired: "Has your firm anything for gray hair, young man?" "No, I'm afraid not," came the astounding reply. "Nothing but the greatest respect."

Shark's Characteristics. In some species of sharks the young are born alive, but in others the eggs are deposited in a tough, usually flattened case with tendrils by which it may be fixed to seaweeds. Most of the 150 species of sharks are characterized by five gill openings on either side of the head, underneath which the mouth is situated.

Polishes for All Purposes. KLEANALL AUTO POLISH RENUALL TOP DRESSING

POULTRY, GAME, EGGS, BUTTER AND FEATHERS

Write today for prices—we guarantee them for a week ahead. P. POULIN & CO. LIMITED

Relieved by Lydia E. Pinkham's Vegetable Compound

Verdun, Montreal, Quebec.—"I am one of thousands who have taken Lydia E. Pinkham's Vegetable Compound and I have great faith in it. I can safely say it has relieved my troubles and I shall never be without a bottle of it in my house. Since my last baby was born I suffered from pains and backache and would feel so tired I could not do anything in my home. Since I have been taking the Vegetable Compound and Lydia E. Pinkham's Blood Medicine I feel so different. I recommend it to all my friends and hope it will cure other women who are suffering from the troubles I had."—Mrs. THOS. H. GARDNER, 821 Evelyn Street, Verdun, Montreal, Quebec.

ECZEMA OVER FACE AND BODY

Nearly Driven Crazy By Itching, Cuticura Healed.

"I was bothered for a year with eczema all over my face and body. It was in pimples and I kept it irritated by scratching for it nearly drove me crazy itching, and it kept me awake nights. I was treated but it did not help me, so when I heard about Cuticura Soap and Ointment, I bought them. I used two cakes of Cuticura Soap and one box of Cuticura Ointment and I was healed." (Signed) Alton Ebooks, Charlotte, Vermont, Sept. 16, 1924.

Clear the pores of impurities by daily use of Cuticura Soap with touches of Cuticura Ointment as needed to soothe and heal. Cuticura Talcum is fragrant and refreshing, an ideal toilet powder.

Sample Each Free by Mail. Address: Canadian Depot: "Blenheim, Ltd., Montreal, Pique, Soap, Cuticura, Talcum, etc., Talcum, etc., Cuticura, Nearing Stick, 25c.

Classified Advertisements

LEARN ELECTRICITY. A COURSE IN PRACTICAL ELECTRICAL engineering in your spare time at home will enable you to earn a big salary or go into business for yourself. Write for free training book. Burgess Electrical Company, Dept. N. Crawford St., Toronto.

BAKERY OVENS WRITE FOR CATALOGUE and list of used ovens Hubbard Oven Company, 1407, 1411 King West, Toronto.

Sanctuary. Little room. Last night we met as strangers, And I, worn out with dangers, My heart and soul beset With worry, fear and fret. Fleeing from noise and sound, Found you and sleep profound.

Little room. That held me in your arms, Sheltered from dread alarms, Secure throughout the night, I humbly crave the right— Stirred deep by your endeavor To call you friend—forever. —George Elliston.

Before sewing on hooks and eyes, boil them in strong soda water. This will prevent them rusting in the wash.

MURINE For Your EYES

Refreshes Tired Eyes

Write Murine Co., Chicago, for Eye Care Book

A WOMAN'S SUFFERING

Relieved by Lydia E. Pinkham's Vegetable Compound

Verdun, Montreal, Quebec.—"I am one of thousands who have taken Lydia E. Pinkham's Vegetable Compound and I have great faith in it. I can safely say it has relieved my troubles and I shall never be without a bottle of it in my house. Since my last baby was born I suffered from pains and backache and would feel so tired I could not do anything in my home. Since I have been taking the Vegetable Compound and Lydia E. Pinkham's Blood Medicine I feel so different. I recommend it to all my friends and hope it will cure other women who are suffering from the troubles I had."—Mrs. THOS. H. GARDNER, 821 Evelyn Street, Verdun, Montreal, Quebec.

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for the mother. It is prepared from roots and herbs, contains no harmful drugs and can be taken by the nursing mother. Its worth in restoring the mother to normal health and strength is told again and again in just such letters as "Mrs. Gardner writes."

A recent canvass of women users of the Vegetable Compound shows that 98 out of every 100 women taking the medicine are benefited by it. They write and tell us so. Such evidence entitles us to call it a dependable medicine for women. It is for sale by druggists everywhere.

1926 No. 44—22