

AN IDEAL TONIC FOR WEAK PEOPLE

Dr. Williams' Pink Pills Act Directly On the Blood and Nerves.

Food is as important to the sick person as medicine, more so in most cases. A badly chosen diet may retard recovery. In health, the natural appetite is the best guide to follow; in sickness the appetite is often tickle and depraved.

Proper food and a good tonic will keep most people in good health. Dr. Williams' Pink Pills are the most popular tonic medicine in the world, harmless and certain in their action, which is to build up the blood and restore the vitality to the run-down system. For growing girls who become thin and pale, for pale, tired women, and for old people who fail in strength Dr. Williams' Pink Pills are an ideal tonic. Thousands of people have testified to the health-giving qualities of Dr. Williams' Pink Pills, and in many homes they are the only medicine used. Among the homes in which the benefit of this medicine has been proved is that of Mr. E. A. Underwood, Kingston, Ont., who says: "I have used Dr. Williams' Pink Pills with the most beneficial results. As the result of hard work I was very much run down, and my appetite was very poor. I got a supply of the pills which I used regularly for some weeks with the result that they restored me to my old time strength. They also proved a blessing to my daughter, who was in a very anæmic condition, and who seemed not to get more than temporary relief from any medicine until she took Dr. Williams' Pink Pills. She took the pills for about three months, and is now enjoying the best of health. For these reasons I can strongly recommend Dr. Williams' Pink Pills."

At the first sign that the blood is out of order take Dr. Williams' Pink Pills, and note the speedy improvement they make in the appetite, health and spirits. You can get these pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams Medicine Co., Brockville, Ont.

FORCING BULBS IN THE HOUSE

(Experimental Farm Note.)

Bulbs when properly forced make splendid house plants, and come into bloom during two of the winter months which most need the brightening effects of their rich colors. "Bulbs" is a general term, which includes narcissi, early tulips and the more recent Darwin tulips, noted for their elegance of form and range of rich colors.

After the bulbs have been potted the next essential is to induce an abundance of root growth as quickly as possible. The proper root development will determine the subsequent size, vigor and lasting qualities of the flowers. Explicit advice in this connection is, first, choose as the storage place for the pots the coolest, darkest and dampest part of the cellar or the vegetable orage room is very suitable. Second, provide a condition which approximates as nearly as possible the condition they would have if planted in the ground outside. One thorough watering at the time of potting may be sufficient, but in most cases it is not, therefore water regularly as often as the soil shows signs of dryness. Another method is to plunge the pots into damp sand and keep the sand moist. Provided the place is not too cool, or they are not kept exceptionally wet, rooting will proceed satisfactorily, and towards the end of December the roots should begin to fill the pots. Third, after two months or ten weeks have elapsed bring the pots into a lighter place and water even more regularly and frequently. Allow them to make about three inches of growth and the growth to change to a good green color, then bring some of the pots into the full light and warmth. Very rapid and healthy growth should soon result.

A few words of advice as to what not to do. First, do not on any occasion place the pots too near the furnace or near the hot air outlets; dry, warm air is disastrous to healthy plant growth. It dries out the soil and hardens the roots; it stunts the foliage and shrivels up the blossoms. Second, do not over-water at any period; the soil should be kept always moist, but never soggy and cold, and do not allow the roots to stand in pots of water. Third, do not allow the plants to experience too violent temperature changes. At the time of rooting the temperature may range from 35 to 45 degrees, and after the plants are brought into the light it should range from 50 to 70 degrees. Higher temperatures during the day, due to combined furnace and sun heat may not hurt the plants, but they are apt to be materially injured if forced to experience several hours of dry,

Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$3; No. 3, \$5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Incorporated in Canada.)

high temperature during the evening when they should enjoy the resting period always provided for them under natural conditions.

Flowers with little or no stem and plants with a stunted growth are due to improper forcing methods. Bulbs appreciate the sunshine, and when in the flowering stage also respond to and should have abundance of water.

—F. E. Buck, Assistant Horticulturist.

It is Wise to Prevent Disorder.—Many causes lead to disorders of the stomach and few are free from them. At the first manifestation that the stomach and liver are not performing their functions, a course of Parmenter's Vegetable Pills should be tried, and it will be found that the digestive organs will speedily resume healthy action. Laxatives and sedatives are so blended in these pills that no other preparation could be so effective as they.

THE LION OF BELFORT.

Bartholdi's Snow Statue is Now in Stone.

On guard at the French frontier stands the Lion of Belfort. Now cut out of enduring stone, he was once modelled from snow.

In the Franco-Prussian war the siege of Belfort lasted from November, 1870, to February, 1871. Among the garrison were thousands of reserve troops, among whom there were not a few artists and other professional men. From time to time during the winter the men, to amuse themselves, made statues in the snow. Then the sun would shine and there would be no more statues.

Among the garrison was the man who gave to America her heroic figure of liberty, Bartholdi, the sculptor. One day he modelled a lion from snow, and the half-frozen soldiers, as they looked with pride and delight on what the sculptor had wrought, with renewed courage cried: "Now the Germans can never enter France from this direction, for here stands the Lion of Belfort!" And the Germans never did.

When an armistice was declared by order of the French Government the garrison capitulated with all honors of war. Under the terms of peace France retained Belfort.

Once again Bartholdi modelled the lion. On the rock in front of the citadel, rearing himself on his one leg, stands this noble figure. He is thirty-six feet high and seventy-two long. In Paris there is a replica in hammered copper, also by Bartholdi. And the square or place on which the replica looks down is called the Place Denfert-Rochereau, in honor of the brave Lieutenant-Colonel of that name who commanded the garrison of Belfort in 1870.

Long Standing Asthma. Many have suffered so long from asthma and have tried so many so-called remedies they think that there is no real help for them. They should read the letters received by the manufacturers of Dr. J. D. Kellogg's Asthma Remedy from hundreds of cases once as desperate as their own. Even in long-neglected cases this famous preparation brings prompt help.

"Golden Bell," Famous Irish Relic.

Curio collectors had an opportunity of obtaining a famous Irish relic at auction recently, at London, England. This is the "golden bell" which, according to tradition, descended from heaven and was used for obtaining information when all other means failed.

On one occasion a pair of saddlebags with \$1,700 was stolen, and as all inquiries were useless the priest stated he would swear all his flock on the bell on Sunday.

On the Saturday night a man came and said: "Father, there is no occasion for the golden bell—here is the money, every bit of it, all safe and sound."

Some Inner History of Afghan Rising

(The Christian Science Monitor.)

It will, no doubt, be many years before the full story of the recent rising in Afghanistan is known, if it ever is known. It is, however, gradually unfolding, and every additional piece of information goes to confirm what was, several months ago, a strong suspicion that behind the Afghan in the great plan for the "Invasion of India" was the Turk, behind the Turk the Bolshevik, and behind the Bolshevik the German. The way of it is not simple. Indeed, at times, the story as it unfolds is so fantastic that only those in some measure acquainted with the East, especially that part of the East which lies north of the Hindu Kush, will be likely to accord it unwavering credence. Part of the story is, of course, well known. How Germany, in the early days of the war, sought to stir up trouble for Great Britain in Afghanistan; how a young German-trained Indian anarchist, posing as a powerful Indian Rajah, suddenly appeared on the frontier accompanied by a German officer bearing a letter from the German Imperial Chancellor himself; how this strange mission sought the assistance of the Ameer as to "how best India might be saved from British tyranny"; and how the Ameer, "the friend of England," promptly had the envoys arrested and conveyed to Kabul; all this is recorded history. The scheme failed, but the "friends of Germany" in Afghanistan never abandoned hope, and when, early in the present year, the "friend of England," the Ameer Habibullah Khan, was murdered, and, later on, the attack took place on the Khyber posts and the "descent" was made of the Afghan armies into India, Lord Chelmsford described the whole sorry business as "the long-delayed fruit of the efforts of the friends of Germany in Kabul."

Lord Chelmsford was right, of course; how right is shown in the recent disclosures made by the Anglo-Indian newspaper, The Englishman. It now appears that, as far back as 1916, there was in Kabul a "provisional government of India." It was composed of three Indians, who, provided with money from unknown sources, had arrived in the Afghan capital giving out that they were the heads of a movement formed to overthrow the government of India. One of the three was a Sikh, who styled himself Administrative Minister of India; another was a man named Aziz, said to come from Kasur, who enjoyed the rank of Assistant Administrative Minister; and the third was Burkatullah, a well-known renegade, who acted as secretary. This curious organization was presided over by a president, one Mahendra Pratap, forwarded to Kabul for the purpose from Berlin. At first, the provisional government seems to have enjoyed a rather ignominious existence. The Ameer treated it with contempt, refusing to notice it even to the extent of suppressing it. In 1918, however, the provisional government had a notable and sudden accession of strength. The year before, the notorious Mahomed Tarzi, who had consolidated a somewhat precarious position at Kabul by marrying his daughter to the Ameer's second son, the present Ameer, had disappeared mysteriously from the Afghan capital on a secret mission. Early in 1918,

he returned, wearing a fez, calling himself Mahomed Tarzi Bey, and supplied with a very large sum of money obtained from Bolshevik sources.

Mahomed Tarzi Bey at once joined the provisional government, and, within a very short time, a steady stream of money was flowing through the Khyber pass into India, designed to stir up sedition and revolt. The story has many gaps, and the figures in the background are hazy and indistinct. Nevertheless, all through the tremendous days of the latter part of last year the provisional government seems to have carried on its work. The defeat of the Central Powers and the conclusion of the armistice apparently made no difference, except to arouse the real principals in the great conspiracy to more energetic effort. For, early in the present year, Enver Pasha, a fugitive from Constantinople, no more than a voice out of the unknown, is found with a representative of the Russian Soviet government, a people's commissary named Kumarov, urging the provisional government of India to set about organizing the long-discussed invasion of that country, and hinting pretty sharply that Mahomed Tarzi Bey and his friends must do something more startling and effective than they had yet done. What followed was startling enough. Within a few weeks, the Ameer had been assassinated, and, three months later, the grand "invasion" had been attempted and had failed.

Now, the fact that it failed is of comparatively small importance, when an effort is made to estimate the real significance of the situation. To the strange diversity of interests behind the Afghan rising, failure is wont to convey no lesson save that, in a particular instance, circumstances were too much for them. Where the end aimed at is simply anarchy and disorder, failures, such as the anarchist's view, may be dismissed lightly. What is of importance, however, is the fact that the main cause of the Afghan uprising was the dissemination of Bolshevik doctrines, carefully and cunningly adapted to the eastern mind. It was with the vision of himself as the leader of a great central Asiatic soviet state, a state which ultimately would include within its borders the teeming millions of India, that the Ameer Amanullah caused his armies to take the historic road from Kabul to the Khyber. The only result was an ignominious defeat, culminating in the ignominious peace signed recently at Rawalpindi. But Enver Pasha, Commissary Kumarov, the "friends of Germany," and all that they stand for in that great terra incognita of the Mid East are still very much "untouched." It is no more than a few days ago that the Afghan Ambassador to Soviet Russia was received by Nicolai Lenin in Moscow. The Ambassador expressed the hope that the soviet would help to emancipate the peoples of the East. To this Lenin replied that that was exactly it would be necessary for the Muhammadans of the East to "help soviet Russia first in its great war of emancipation." The rest, for the moment, may be silence, but it is a silence which calls very urgently for the utmost watchfulness.

A Powerful Medicine.—The healing properties in six essential oils are concentrated in every bottle of Dr. Thomas' Electric Oil, forming one of the most beneficial liniments ever offered to the use of man. Thousands can testify as to its power in allaying pain, and many thousands more can certify that they owe their health to it. Its wonderful power is not expressed by its cheapness.

Literary Rocks.

Theodore Dreiser is a novelist of repute, but his novels are apt to be very long—700 or 800 pages in fact. "There are sermons in stones," Mr. Dreiser said at Greenwich Village, whereupon a young lady sculptor interrupted him.

"Yes, that is very true," she said, "but you ought to remember that the precious stones are all small, and that they require a lot of cutting."

STAY a woman ease your suffering. I want you to write, and let me tell you of my simple method of home treatment. Send you ten days' free trial, post-paid, and put you in touch with women in Canada who will gladly tell what my method has done for them.

If you are troubled with weak, tired feelings, headache, backache, bearing-down, constipation, catarrhal conditions, pain in the sides, regularly or irregularly, bloating, sense of failing or misplacement of internal organs, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, write to me today for free trial treatment.

Mrs. M. Summers, Box 8, Windsor, Ont.

Shakespeare Plus Cerventea.

There is an old tradition, which links Cervantes with Shakespeare in connection with the lost play "Cardenio," or "Cardenna," which was twice acted at court by Shakespeare's company in 1613 and was announced for publication some forty years later as "The History of Cardenio, by Fletcher and Shakespeare." The publication never took place, and nothing is otherwise known of the piece with certainty, but Sir Sidney Lee believes it to have been a dramatic version of the adventures of the love-lorn Cardenio, related in the first part of "Don Quixote." Shelton's translation of which appeared in 1612.

Salt has been described as a natural element of the blood in about the same proportion as in the water of the ocean. Under general conditions we do not feel the existence of salt in our bodies because its effect is counteracted by a due proportion of water.

Certain morbid conditions must exist in the stomach and intestines to encourage worms, and they will exist as long as these morbid conditions favorable to worms will disappear, and the child will have no more suffering from that cause.

Grass Grows Two Feet a Day.

The giant bamboo grass of Japan and China grows at the rate of two feet a day in some instances, and sometimes to the height of 150 feet and a diameter of two feet. A clump is planted and it widens over the landscape with remarkable rapidity. The bamboo takes the place of steel and iron to a great extent in China and Japan. The farmer uses it to build his house and fence; his household furniture is manufactured from it, and the tender shoots furnish him with a delicious vegetable for his table. It supplies framework for awnings, ribs of sails and handles of rakes, material for chicken coops and bird cages, stuffing for pillows and mattresses, chopsticks for eating, pipes for smoking, brooms for sweeping, chairs to sit upon, skewers to pin the hair, hats to screen the head, paper to write on, the pencil to write with, the crab net and the fishpole.

When Holloway's Corn Cure is applied to a corn or wart it kills the roots and the callosity comes out without injury to the flesh.

The Seal Ring.

The seal ring dates back to the days of the Old Testament, and products of the glyptic art, as gem engraving was called, were known in the most remote times. In Exodus xxviii, 17-20, mention is made of the following stones: upon which the names of the twelve children of Israel were engraved: The sardius, the topaz, the carbuncle, the emerald, the sapphire, the diamond, the figure, the agate, the amethyst, beryl, onyx and jasper. In verse two of the same chapter we find mention of the engraving of signets upon the hardest stones. It is believed that the Egyptians instructed the Israelites in the art of stone engraving. The Egyptians used the lapidary's wheel and emery powder and knew the use of the diamond in engraving other hard stones. Among the Assyrian and Babylonian mines were found fine specimens of signets on gems, many of them set in rings.

Wise mothers who know the virtues of Mother Graves' Worm Exterminator always have it at hand, because it proves its value.

His Utter Selfishness.

"I adopted a French war orphan the other day," admitted J. Fuller Gloom. "Observing that nearly everyone else asked for pretty little girls, I specified that mine should be a boy—the homeliest, the best, the rattlest and runttest that could be found, and bowlegged if possible, or one who had lost his palate, or something of the sort. My idea was to get one that, having been shoved back and snubbed all his little life, would appreciate the small bit I was doing for him out of all proportion to what it really cost, and thus get myself vastly overpaid in gratitude. My motive was an entirely selfish one, I assure you."—Kansas City Star.

A BAD CASE.

"That fellow Smith has more money than brains," said Brown. "Yes," replied Jones. "And even then he's on the edge of bankruptcy."



Wood's Phosphorine.

The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins. Cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of \$1.00. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Incorporated in Canada.)

