

LISTLESS, PEEVISH GIRLS

When a girl in her teens becomes peevish, listless and dull, when nothing seems to interest her and dainties do not tempt her appetite, you may be certain that she needs more good blood than her system is provided with. Before long her pallid cheeks, frequent headaches, and breathlessness and heart palpitation will confirm that she is anaemic. Many mothers as the result of their own girlhood experience can promptly detect the early signs of anaemia, and the wise mother does not wait for the trouble to develop further, but at once gives her daughter a course with Dr. Williams' Pink Pills, which renew the blood supply and banish anaemia before it has obtained a hold upon the system.

Out of their experience thousands of mothers know that anaemia is the sure road to worse ills. They know the difference that good red blood makes in the development of womanly health. Every headache, every gasp for breath that follows the slightest exertion by the anaemic girl, every pain she suffers in her back and limbs are reproaches if you have not taken the best steps to give your weak girl new blood, and the only sure way to do so is through the use of Dr. Williams' Pink Pills.

New, rich red blood is infused into the system by every dose of these pills. From this new rich blood springs good health, an increased appetite, new energy, high spirits and perfect womanly development. Give your daughter Dr. Williams' Pink Pills, and take them yourself and note how promptly their influence is felt in better health.

You can get these pills through any dealer in medicine or by mail postpaid at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Depressing Conditions.

Doctor—"Your trouble is dyspepsia. You should laugh heartily before and after meals."

Patient—"Impossible, doctor. I cook them myself and then I wash the dishes."

Minard's Liniment Relieves Neuralgia

FLAG-WAGGING AND SIGNALLING

PLAYS BIG PART IN LIFE OF BRITISH NAVY.

During Battle of Jutland More Than 3,500 Signals Were Exchanged by Our Ships.

Seaside holiday-makers, particularly those who are near a naval port, must often wonder what the various flags mean which they see hoisted in ships that pass to and fro. To-day the distribution of the world has brought into existence such a number of new national flags that even the experienced signal officer finds it difficult to remember them all.

Czecho-Slovakia, Danzig, Memel and Russia have all got national flags, with variations for the ensign, the mercantile flag, and the President's standard; and some countries like Finland go so far as to have a special flag for so important a person as the commander of a half-flotilla of torpedo-boats.

It would be impossible to memorize all those flags. The Admiralty produces a heavy volume for the use of the signal staffs which is called the "Admiralty Flag Book," in which they are all set out in their sizes, and quarterings, and forkings, and other distinguishing marks.

With Different Meanings.

Every ship is expected, by international law, to show her national colors, and all the principal merchant ships, passenger and cargo, fly a house flag as well, to show who the owners are. Some of these flags are as well-known as the Union Jack, or the Tricolor—flags like those of the Cunard Line, the Compagnie Generale Trans-Atlantique, and the Navigazione Generale Italiana, for example. But there are hundreds of others as well, and all of them convey a meaning to the seafarer.

The really chatty flags are the little odd-patterned squares and triangles that are hoisted at the yardarm in groups. The Navy has fifty-nine of

these, the first twenty-six of which represent the alphabet, the remainder being numbers, and special flags such as "Yes," "No," "Prepare," "P" and so on. The international code is shorter, and different. There are only the twenty-six letters of the alphabet and one over to serve as an answering pendant.

Most readers of nautical stories have heard of the Blue Peter, but few recognize it when they see it hoisted. It is a blue flag with a white square in the centre, and stands for the letter P in the alphabet. Many who think they know mistake the white flag with a blue square in the centre for the Blue Peter. It is, in point of fact, the letter S, and the signal "I require a pilot."

The Blue Peter in the Navy, however, has quite a different meaning. It is the numerical sign for "zero," while the international pilot flag in the Navy is not S at all, but V.

Another cause of confusion to the landsman is the quarantine flag. The "Q" flag, a yellow square, is used for this in the international code, and many people think it means that there is plague on board. It does not. The flag for that is L, made of equal yellow and black squares, the first yellow square being in the top corner near the staff.

Rubbing It In.

Signalling with flags was not much practised in the merchant service before the war, and mousing with semaphore or flashing lamp was little known. It is recorded of a famous merchant skipper that on one occasion, fancying his trained signaller could teach the Navy a thing or two, he undertook to communicate with a passing man-of-war. The mercantile signaller painfully spelt out his message. The man-of-war, much more rapidly, winked out his reply.

The merchant Jack made "I.M.I."—please repeat—"time and again as he tried to read the winking dots and dashes.

At last the signaller in the man-of-war with cruel irony spelt out very slowly and distinctly, "Do you speak English?" And that to a ship flying the blue ensign of a British auxiliary cruiser!

The use of convoys during the submarine campaign sharpened the need for good signalling in the merchant ships, and they became quite expert in reading, against the difficult background of the sky, the meanings of the jumbled colors, which said, "Altair course two points to starboard." Admiral intends to proceed at 15 knots." "Altair course in succession N. 86 E." and so on.

Flag signals in the Navy are mainly concerned with manoeuvring; general conversation is carried on by means of semaphore or flash-lamp. The amount of talking that is done in a fleet in twenty-four hours at sea is enormous.

Few people probably realized, before the official Jutland papers were issued, that from start to finish more than 3,500 signals were exchanged between British ships in connection with the battle.

Wit in War-time.

Some of them were quite humorous. One senior officer semaphored to another, just before Jellicoe's big ships came into action: "It seems to be getting a bit thick this end. What had we better do?"

"A bit thick" is a mild description of the whirlwind of action in which the ships found themselves. It was easier to joke the next morning; when we find among the recorded signals this enquiry from the Princess Royal to the Tiger by searchlight: "I hope all is well after our busy afternoon?"

Among the wireless messages there were many little dramas, as, for example, the signal made—of course, in code—by the little destroyer Ambuscade about two o'clock in the morning in the darkness of the night battle: "Have expended all torpedoes. I am alone. Position doubtful. Request instructions."

There is something plaintive about that "I am alone," but it serves to show what an immense area was covered by the battle, that a ship should be without consorts in the middle of it.

Where Postmen Are Scarce.

What is declared to be the loneliest mission station in the world is situated on the Roper River, in the Northern Territory of Australia.

Here dwell a missionary and his young wife. They are cut off entirely from the companionship of their fellow whites, for only a few Australian aborigines live in the district.

The nearest doctor is five hundred miles away, and it is two hundred miles to the nearest white settler. Only once a year does the missionary obtain news from the outside world, and sometimes eighteen months elapse before a mail is received.

Some months ago the homestead was buried twenty feet under water through a sudden flood. It was a trying time for the missionary's wife, who had just given birth to her first baby. For three days and nights her husband, assisted by blacks, rowed them in a small boat to hills sixty miles distant, heavy rains drenching them all the time.

Vegetable Leather in Japan.

A plant grows in Japan which furnishes a sort of vegetable leather. It is a pretty shrub called the mitsumata and its inner bark, after going through certain processes, is converted into a substance as tough as French kid, so translucent that one can almost see through it, and as pliable and soft as calfskin.

CHOLERA INFANTUM

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent all the dreaded summer complaints. Concerning them Mrs. Fred Rose, of South Bay, Ont., says: "I feel Baby's Own Tablets saved the life of our baby when she had cholera infantum and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Boy Scout and Girl Guide Movements As World Leaven.

In the feverish hurly-burly of modern life, in the strife and clash of men and nations, there is a refreshing unity of purpose and achievement in the twin fraternities which owe their existence to the enthusiasm and foresight of the defender of Mafeking, says the London Times, writing editorially of the far-flung Girl Guide and Boy Scout movements. Service in place of self-interest, giving instead of grasping, doing rather than talking, are the guiding principles. From an organization, as Lady Baden-Powell justly claims for the branch of which she is Chief Guide, and Princess Mary the president, they have grown into a movement, with an active power for good. They have put a girle round the earth. Approximately three-quarters of the total number of Boy Scouts in the world (something over a million), and a third of its total 320,000 Girl Guides (six times as many as there were in 1912), live in foreign countries. Each year the movement spreads and the totals increase, more boys and girls pass into the companies and troops, and out of them into the fuller life of adult citizenship, in a larger number of countries.

A third of the Boy Scouts who came over from South Africa to last year's Jamboree in London were Dutch. In India, from which Sir Robert and Lady Baden-Powell have recently returned, there are in the eight provinces thousands of Scouts and Guides, some of them English, some of them of mixed English and Indian parentage, and some Indian. The Chief Scout and Chief Guide went out on the invitation of Lord Chelmsford, the Viceroy, with the object of consolidating the movement on the original lines of a unified organization. As the result of their visit some 20,000 Indian Boy Scouts, who had been enrolled independently of the parent organization, and a further association of 15,000 Scouts and Guides enrolled by Mrs. Besant, agreed, with "indescribable enthusiasm," to come into the world brotherhood. These are but two instances out of many of the universality of the spell exercised by the principles of Scouting. British by origin, pan-British by adoption, they have in them something that appeals to the boys and girls of all nations, and binds them together in a common fraternity that can rise to a plane above the ordinary distinctions of race. With the passing of youth and its enthusiasms, the inspiration of the movement and its ideals must, in some cases, inevitably decay. But if, in the majority, they survive, then it is merely visionary to hope that, in each country where they thrive, they may insensibly leaven the lump and become the germ of a real and abiding League of Nations.

Good Company.

To-day I have grown taller from walking with trees, The seven sister poplars who go softly in a line; And I think my heart is whiter for its parley with a star, That trembled out at nightfall and hung above the pine.

The call-note of a red bird from the cedars in the dusk, Woke my happy mate within me to an answer free and fine; And a sudden angel beckoned from a column of blue smoke— Lord, who am I that they should stoop—these holy folk of Thine?

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Why Dogs Bark.

It is a curious fact that dogs bark only when they are in association with man. The dog in a state of nature merely growls, howls, or whines.

Possibly the act of barking is a dog's attempt at speech: It would certainly seem like it sometimes; as, for instance, when a pet dog sees you carrying food, he will bark as his way of asking for some.

Another dog, which is in the habit of going to bed at sundown, will bark to tell you he is ready when the time comes.

It is also curious that, although the dog is so much the friend of man, his name is used in many expressions of abuse and reproach. Such phrases probably arose in the East, where dogs are considered of very little account.

Minard's Liniment for sale everywhere

BITS OF HUMOR

Tent in Coat Pocket.

So thin is the material with which a four feet high tent, invented in England, is made that it can be folded and carried in a coat pocket, the pole also folding and serving as a walking stick.

On Schedule.

Mistress—"Mary, how is it that the eggs for breakfast are sometimes boiled soft and sometimes quite hard?" Mary—"Well, mum, I'm sure I don't know, I put them in regular as the clock strikes eight, and I takes them out without fail when I hears the down train go by."

Equal to the Occasion.

An Irishman applied for a job at the gas works. "What can you do?" asked the foreman.

"Almost anything, sor," said Mike. "Well," said the foreman, who was a bit of a joker, "you seem to be all right, but could you wheel out a barrow of smoke?" "Shure! could do that," said Mike, "if you would fill it for me first."

Credit Where It Is Due.

Evidently a young editor in Mississippi was a firm believer in the doctrine that if a newspaper copies an item from another paper, it should always give full credit to the paper from which it copies.

This young man copied in his sheet a poem beginning "Full fathom five thy father lies," and at the end put these words of credit:

"William Shakespeare in the New Orleans States."

Spanish Onions.

"And now, children," asked the teacher, at the end of the lesson, "can you tell me the English national flower?"

"The rose!" came in an eager chorus from her pupils.

"And the French?"

"Lilies!" was the response, after some hesitation.

"And the Spanish?"

Dead silence. The pupils looked blankly at each other. Then a hand was waved frantically in the air, and a shrill voice piped out: "Onions, miss!"

Not An Acorn.

It is related that when a certain Ohio man brought up his son to be entered as a student in a college in that State he made known to the president his desire that his boy take a course shorter than the regular one. "My son," he explained, "can never take all those studies. He wants to get through more quickly. Can you arrange it for him?"

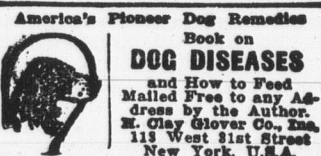
"Oh, yes," said the president. "He can take a short course: It all depends on what you want to make of him. When God wants to make an oak He takes a hundreds years, but he takes only two months to make a squash."

Never explain: your friends do not need it and your enemies will not believe you anyway.—Fra Elbertus.

BRINGS HAPPY EASE. Don't Endure Pain. Apply



The Remedy your Grandmother used to get Sure Relief. On Sale Everywhere. A Good Thing. Rub it in.



Warning! Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Then you will be following the directions and dosage worked out by physicians during twenty-one years and proved safe by millions. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monocaceticacidester of Salicylicacid.

WORTH ITS WEIGHT IN GOLD, HE SAYS

BRAHAM POURS OUT HIS GRATITUDE TO TANLAC

Toronto Man Declares He Was Almost Physical Wreck When He Began Taking It.

"I wouldn't take all the gold you could pile up around me for the good Tanlac has done me," said George W. Braham, 51 Grove Ave., Toronto, Ont. "When I returned from overseas I was pretty much of a wreck. I used to have fainting spells and my nerves were in such a bad state that I used to jump at the least sound. My stomach was always out of order, so that whatever I ate upset me.

"I never knew what it was to have a good night's sleep and I always got up in the morning feeling tired and weary. I was steadily losing weight and finally got very weak.

"One evening I said to my wife: 'I think I'll try a bottle of Tanlac.' I did, and the result was wonderful. It just seemed to meet my needs from the start and has relieved me of all my troubles.

"It gave me a good appetite so that I can now eat well and my food agrees with me. My nerves are now steady, I no longer have fainting spells, I sleep fine and feel stronger and better in every way.

"If there's one medicine that's worth its weight in gold, it's Tanlac, and I want to express my gratitude for what it has done for me."

Tanlac is sold by leading druggists everywhere. Adv.

That Proves Him Sane.

"He's crazy, Your Honor," said the policeman to the magistrate. "I found him standing at the corner scolding his wife."

"That doesn't prove him crazy," rejoined the judge.

"His wife wasn't there, Your Honor," added the officer.

The Canadian Pacific is the only solvent railroad on the North American continent, says the Wall Street Journal.

COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
G. J. CLIFF - TORONTO

ECZEMA IN RASH CUTICURA HEALS

Very Itchy and Burned. Troubled Six Weeks.

"Our daughter's face came out in a rash that we were told was eczema. Her cheeks got sore and she rubbed causing loss of sleep. The breaking out was very itchy and burned so that I had to tie gloves on her hands to keep her from scratching. "This trouble lasted about six weeks before I used Cuticura. I used one large box of Cuticura Ointment with two cakes of Cuticura Soap when she was healed." (Signed) Mrs. H. Stares, Blenheim Rd., Oak, Ont. Cuticura Soap, Ointment and Talcum are ideal for daily toilet uses. Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, St. Paul St., Montreal. Cuticura Soap shaves without mug.

I SUFFERED FIVE YEARS

Finally Was Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Paris, Ont.—"For five years I suffered from pains caused by displacement of my organs and in my back. All of this time I was unfit for work and was taking different medicines that I thought were good. I saw the advertisement in the papers of Lydia E. Pinkham's Vegetable Compound and took it faithfully. I am now in perfect health and do all my own work. I recommend it to others, and give you permission to publish this letter in your little books and in the newspapers as a testimonial."

—Mrs. D. CASSADY, Box 461, Paris, Ont. Why women will continue to suffer so long is more than we can understand, when they can find health in Lydia E. Pinkham's Vegetable Compound!

For forty years it has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, irregularities, etc.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

ISSUE No. 34—21.

Have you noticed how many of your neighbors have changed from tea or coffee to

INSTANT POSTUM

The smooth, rich flavor of this cereal beverage appeals to the taste, and it is free from any element of harm. Better nights and brighter mornings usually result from Postum in place of tea or coffee.

"There's a Reason"

