

NEW HEALTH FOR SUFFERING WOMEN

Obtained Through Enriching the Blood Supply.

Many women endure with silent patience suffering that casts a shadow over half her life. But an aching back, tired limbs, headaches, attacks of faintness and splitting headaches need not be a part of a woman's life. Such trials indicate plainly that her blood is thin and impure; that to drive away these troubles her system requires the new, rich blood supplied by Dr. Williams' Pink Pills. These pills are valued by suffering women, who have used them, above all other medicines because they make the rich, red blood that makes women feel well and at their best. Proof of these statements is given by Mrs. Eugene Deslauriers, Richot, Man., who says:—"A few years ago my health completely failed. I was subject to those troubles that afflict so many of my sex. Added to these I suffered from constipation, loss of appetite, dizziness, a ringing in my head and nervous prostration. I consulted several doctors, but their medicines failed to give me relief. After much persuasion I began to take Dr. Williams' Pink Pills, but without much hope as I believed that no medicine would help me. To my great joy, however, I found these pills were just what I needed, and I can honestly say they have made me a well woman. I can now do with ease all my own household work, and I strongly urge other weak, ailing women to give this medicine a fair trial, feeling that what it has done for me it will do for others."

You can get these pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Many-Eyed Insects.

Some insects are liberally provided with eyes. In general they have two kinds—simple and compound. Simple eyes are like our own, though less efficient, while compound eyes are composed of numerous facets and lenses.

Most people know how difficult it is to catch the common house-fly. This is not surprising when one realizes that fly's eye has 12,000 facets, and the more recently there is not much that is out of its line of vision. The dragonfly's eye has 12,000 facets, and the Mordella beetle's eye is made up of no fewer than 25,000.

While the compound eyes never exceed two, the single eyes vary in number from eighteen to twenty. They are situated in groups on each side of the head.

Spiders and scorpions have both single and compound eyes, though they appear to derive little benefit from them.

The Tree Planting Division of the Forestry Branch of the Dept. of the Interior in 1923 distributed some five and a quarter million trees to farmers in Manitoba, Saskatchewan and Alberta, and since this work began, has supplied, free, some seventy-five million trees for shelter belts about prairie homesteads.

In the Province of Alberta there are eight forest reserves, the total area of which is about 18,620 square miles. These have been set aside with the idea of maintaining a timber supply and conserving the flow of the rivers.

Edison, with all his inventions, was a piker compared to the ambitious young photographer who advertised, "Your baby, if you have one, can be enlarged, tinted, and framed for \$8.79."

Sing a Song of Sixpence.

"Sixpenny worth of miracle," is a striking expression from George Gissing, the novelist. Mr. Kennedy Williamson writes a summary of a story that Gissing himself told. In a lonely spot by a woodland the novelist found a small boy leaning against a tree; his head was buried in his hands, and he was sobbing out his heart. The lad had been sent to pay a debt with sixpence and had lost the money. He was not so much afraid of facing his parents as he was sorrowful at the loss they sustained.

"Sixpence (twelve cents) dropped by the wayside and a whole family made wretched! I put my hand in my pocket and wrought sixpenny worth of miracle," said Gissing.

How little it sometimes takes to make a heart happy! The significance of the story becomes more apparent as Mr. Williamson takes a look behind the scenes of Gissing's private life as related in the Private Papers of Henry Ryecroft. Once in his days of struggle the novelist lived in a back bedroom on the top floor, but he changed to the front cellar of the same building; the cellar had a stone floor and contained a bed, a table, a chair and a washstand. He made the change because it saved him sixpence a week; with sixpence he could buy two meals.

Once he bought at an old bookshop a greatly coveted book and then lived on bread and butter for twenty-four hours in order that he might save the price—sixpence.

Writing his book, *New Grub Street*, in six weeks by toiling ten hours a day, he sometimes had to sell some of his own books to obtain the simplest food. One day, however, he found sixpence in the street. Long afterwards he wrote concerning it, "I had an exaltation which is vivid to me at this moment."

Gissing was able to sympathize with the impoverished boy because of his own grim knowledge of poverty.

NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. Georges Lefebvre, St. Zenon, Que., writes: "I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Lefebvre says thousands of other mothers say. They have found by trial that the Tablets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish indigestion, constipation, colds, colic, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Fans for Fighters.

An Italian newspaper correspondent in China gives some amusing impressions of the civil war now "raging" in that country.

He points out that blood is rarely drawn in battles. When General Tschan-Hun had been thirteen days in Pekin, the Republican generals, Taso-Kun and Tuan, marched against him. Each side was equipped with machine guns and aeroplanes, and a "battle" ensued. A bomb struck a house and killed a civilian and Tschan-Hun's army thereupon scattered.

The Chinese soldier of to-day is splendidly drilled in the European way, but if it begins to rain he stops fighting and opens his paper umbrella, which, with a fan, forms part of his equipment. There is rarely any fighting in China when the weather is bad.

In Mexico a bridge 150 feet long is built entirely of solid mahogany.

The best Tobacco for the pipe

Ogden's CUT PLUG

OGDEN'S LIVERPOOL

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario.

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

A prominent business man of Toronto was recently found dead in his garage, with the engine of his automobile still running. On investigating the case, the conclusion arrived at was that the man's death was due to carbon monoxide poisoning. Carbon monoxide has become one of the commonest forms of gas poisoning. In the cities, it is now found that the deaths from this gas exceed those from any other poison. But deaths from carbon monoxide can happen anywhere. This gas can be just as fatal in small cottages out in the country through incomplete combustion in the coal furnace or stove. It can produce fatal results in a garage, as has been seen when the engine is left running and not sufficient ventilation provided. The danger involved in running a gasoline engine in a small closed space for any length of time should be recognized by all automobile owners. In recent tests on the exhaust of a small automobile engine, it was found that it discharged approximately twenty-five cubic feet of gas per minute, samples of which gave an average of six per cent. carbon monoxide or one and one-half cubic feet of deadly carbon monoxide gas every minute. Larger engines will, naturally give off more. A ratio of fifteen parts of carbon monoxide to ten thousand parts of air is considered a dangerous concentration to be exposed to for any considerable time, and a small engine in "warming up" and giving off only one cubic foot of carbon monoxide

per minute would contaminate the air of a garage 10 feet by 10 feet by 20 feet to the danger point in about three minutes.

It is not so very long ago that the newspapers contained an account of a young girl who, while taking a bath, was asphyxiated through having a small heating stove in the bathroom. These accidents occur so unexpectedly that it is well for the public to know the danger of hot water gas heaters becoming an important source of carbon monoxide in houses, especially where they are not properly connected to an active flue. Soot gradually collects in these devices, and may become incandescent, thus furnishing ideal conditions for the production of carbon monoxide, which, unless removed through the flue, may result in serious accidents.

The danger of carbon monoxide is that it is odorless and the victim has thus little warning of its presence until symptoms appear. The individual feels dizzy and complains of headache, with a feeling of sleepiness and sense of fatigue. Because of the great loss of motor power which the gas causes to the muscles of the body, the victim may be unable to escape even though he is aware of the danger. It is thus well to know something of the dangers of carbon monoxide and where it is liable to appear, for to be forewarned is to be forearmed. Proper ventilation is essential wherever there is danger from this poison.

The Lucky Sons.

Lucky the one who can look at Fate With a laugh, and say— "Block the highway and bar the gate, Send me down where the beaten wait, But I won't stay. I'm on my way and I'll take the load Through hell or what to the end of the road."

Lucky the one who can understand That it's all a fright; Driving on through a broken land Where it's hilt to hilt and it's hand to hand. With its share of night; Who knows in advance that the old dream's gone And it's mainly a matter of slogging on.

Fate finds a joy in breaking men Who shrink from the flame; But out of the struggle now and then The valliant rise from the shadowed glen To play out the game; Taking the breaks as they come—or go— But slogging on to the end of the show. —Brantland Rice.

His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 487, 70 Fifth Avenue, New York city, will be given a prompt reply.

Waiting Both.

A star looks down at me, And says: "Here I and you Stand, each in our degree: What do you mean to do— Mean to do?" I say: "For all I know, Wait, and let Time go by, Till my change come."—"Just so," The star says: "So mean I— So mean I." —Thomas Hardy.

The use of coral for jewelry dates back to the third century B.C.

Minard's Liniment Relieves Pain.

A Camera Pioneer.

The Royal Photographic Society has erected a tablet to the memory of Henry Fox Talbot, "the father of modern photography."

Before this tablet came as a reminder, it is to be feared that few knights of the camera had ever heard of Henry Fox Talbot, though his experiments in photography are not yet a century old.

In 1835 Fox Talbot, a Cambridge mathematician of distinction, made a simple box camera, with which he took views of his house on sensitized paper. Then, after the invention of the daguerreotype, he patented his calotype process. This was in 1841.

He brushed a solution of silver nitrate over selected paper, which was then dried at the fire and dipped into a solution of potassium iodide. "Gallionitrate of silver" was next brushed over the paper; then it was exposed in the camera, and developed. Wax was now applied, and the result was a "negative"—first called by this name by Fox Talbot.

How many amateur photographers of to-day would be willing to go to all this trouble before they could even start to take pictures?

New to Her.

Little Mary was making her first visit to her grandfather's farm. As she and her grandfather were walking near the barnyard, she spied a muzzled calf. Clapping her hands she cried out gleefully: "Oh, grandpa, grandpa, look at the little cow with the false face!"

The safe way to send money by mail is by Dominion Express Money Order.

Poultry manure is a valuable aid to the gardener. Before using, it should be broken up quite fine. It must be used carefully and never in large quantity at one time.

Minard's Liniment for Rheumatism.

A whim of the Empress Eugenie saved the roadside trees of France from destruction when they were being cut to make room for telegraph poles.

BEECHAM'S PILLS For Sick Headaches

Classified Advertisements

AGENTS WANTED

AGENTS TO MAKE \$5.00 TO \$25.00 a week handling snappy Xmas Quick Sellers for women and children. Don't delay. Write to-day. Buckley's, Box 267, London.

BIG CHRISTMAS CATALOG—Household Goods, Christmas Goods. Saves Dollars. Free upon request. Martin Company, Station E8, Toronto.

MALE HELP WANTED.

DOMINION WIDE ORGANIZATION wants reliable men to distribute samples in small cities and towns. Splendid pay. Canadian Distributors' Association, Sevenoaks, Victoria, B.C.

Celebrities of the Sands.

If you are a woman, it always gives you a thrill to find you are rubbing shoulders with some man or woman who matters.

Till quite recently Queen Alexandra used to pay regular visits to Bickling Hall, an old baronial mansion not very far from Cromer and Sandringham. Many excursions used to be taken in the hope of seeing the Queen in such a charming setting and in such an unconventional way.

There is a bungalow on the marshland at Rye that used to house Dame Clara Butt, while in the little village of Winchelsea, not many miles away, was Ellen Terry, whose avander gowns and huge lace ruffles were quite a feature of the village.

The dye fluorescein will change the color of ultra-violet light to yellowish green.

MURINE Keeps EYES Clear, Bright and Beautiful Write Murine Co., Chicago, for Eye Care Book

RHEUMATISM Why suffer from rheumatism, sciatica or lumbago? SPIRIT OF IRON gives permanent relief. Easy to use—absorbed through the feet—sure in its results. Full particulars free. CHAS. W. TEETZEL CO., Dist. J., 1200 Queen St. W., Toronto, Ont.

Be Prepared

for colds. Check them at the start with

MINARD'S "KING OF PAIN" LINIMENT

BOTHERED WITH SCALP TROUBLE

Itched All the Time. Caused Blisters. Cuticura Healed.

"I was bothered with scalp trouble for a year. My scalp itched all the time causing me to scratch. This caused blisters, and my head was so sore that I could hardly comb my hair. My hair fell out in handfuls and I was nearly bald."

"I read an advertisement for Cuticura Soap and Ointment and purchased some. I was completely healed after using three cakes of Cuticura Soap and three boxes of Cuticura Ointment." (Signed) Miss Bertha Holderby, Mold, Wash., June 9, 1923.

Cuticura Soap to cleanse and purify, Cuticura Ointment to soothe and heal and Cuticura Talcum to powder and sweeten are ideal for daily toilet purposes.

Sample Book Free by Mail. Address Canadian Depot: Cuticura, P. O. Box 1010, Montreal. Price: Soap 25c, Ointment 25c and 50c, Talcum 50c. Try our new Shaving Stick.

ISSUE No. 48-74.



The Northern Electric R-4

The Aristocrat of Radio.

Super-heterodyne set is the highest development of science to-day—a product of the "People who know their Phonos." It is the set which was installed on the Prince of Wales' ranch at High River.

Sensitive circuit, wonderful tone and volume. Peanut tubes, it is an indoor loop (illustrated) or with serial, and brings stations within reach.

For information describing this set to David A. McCowan Distributor

101 ST. TORONTO, ONT.

Will solicit your enquiries for catalogue and discounts.