

PALE, WAN CHEEKS INDICATE ANAEMIA

New Health Can be Obtained by Enriching the Blood.

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, 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 renews the blood supply and banishes anaemia before it has obtained a hold on the system.

Among the many who have benefited by the use of these pills is Miss Dora Kerr, R.R. No. 4, Warton, Ont., who says: "For a long time I had been feeling tired and worn out. I was troubled with headache and backache, and would wake up in the morning feeling tired and depressed. I had to walk a considerable distance going to and from school and would feel so tired that it seemed I could not go another step. About this time a lady doctor came to the school, to examine the children, and she told me I badly needed a tonic to build me up. Dr. Williams' Pink Pills had been used in our home before this and I began to take them. I can only say that they have greatly helped me. I no longer suffer from the headaches and backaches and I now wake up in the morning feeling rested and refreshed. If ever in need of a tonic again I shall lose no time in taking Dr. Williams' Pink Pills."

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

Bacon is more than twice as valuable as rump steak, from the food point of view.

Minard's Liniment for Dandruff.

Disease Carriers.

Health experts have been trying to find out whether our too intimate friend, the bedbug, does, as long suspected, act as a carrier of disease.

The answer is probably yes. It may carry relapsing fever, bubonic plague and possibly leprosy. But if it does so, such cases are merely accidental, germs acquired by biting a sick person being transferred to a healthy individual with another bite. Unlike the malaria mosquito, the flea and the louse, the bedbug does not serve as an "intermediate host" for the development of the parasitic organisms concerned.

On the other hand, the bite of the bedbug is quite poisonous to some people. There is reason for congratulation that the insect has no wings, since otherwise there would be no safety from it even for the most careful of housekeepers.

It is one of the most intelligent of insects. Even bedsteads of brass and iron do not insure safety from its attacks, inasmuch as it may find hiding places in such beds or get to them readily from other places of concealment.

The best way to get rid of bedbugs is by the liberal use of kerosene.

Weighing Air.

Until very recently nobody knew how much air weighed.

We cannot see the air, and, except when the wind blows, we do not feel it. Hence it seems to us to have almost no substance.

Yet it is a rather substantial fluid. When it moves at a rate of 100 miles an hour it uproots great forest trees and throws the waters of the ocean into turmoil.

If our bodies were empty of air the pressure of the atmosphere surrounding us would crush us to an immediate pulp.

A room ten feet long, ten feet wide and ten feet high contains seventy-five pounds of air.

Of Queen Victoria's grand children, one is a reigning monarch—King George—and three are Queen Consorts of Norway, Spain, and Rumania.

The sea-cow, or dugong, is a herbivorous water-animal found in the Red Sea and the East; from 8 to 12 feet in length, it resembles a small whale.

Adrift.

Adrift on the ocean:
No sun by day, nor moon by night,
Nor throbbing stars to guide me right;
Oar and rudder fall me,
Terrors grim assail me;
Helpless, by raging wave I'm borne
In tempest loud in howling storm,
Adrift on the ocean.

Adrift on life's sea;
In the sky no light I see—
Is any there? Ah! not for me;
Waves of doubt enfold me;
Fears, death-boding, hold me;
No Faith I know—no Hope—no Love—
And yet I cry to God above—
Adrift on Life's sea.

WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters, are exceedingly hard on the health of little ones. The weather is often so severe that the mother cannot take the little one out for an airing. The consequence is that baby is confined to overheated, badly ventilated rooms; takes cold and becomes cross and peevish. Baby's Own Tablets should be given to keep the little one healthy. They are a mild laxative which regulate the stomach and bowels and thus prevent colds. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Resistance of Human Body.

The United States Bureau of Standards has recently made some interesting experiments for measuring the electric resistance of the human body. They were made for the first time in such a way as not to include the resistance through the skin (a variable factor) where the current enters and leaves the body.

The measurements showed that the electrical resistance of the same part of the body in different individuals may differ by ratio of 3 to 2, or even more. The resistance of a person changes from day to day, and often by small amounts in an hour. Also the resistance depends to some extent upon the position of the body and the degree to which the muscles are relaxed.

It is thought that a knowledge of the resistance of different parts of the body, exclusive of the skin, may be of interest to those concerned with life hazards from high-voltage circuits, since when accidental contact is made to such circuits the skin is burned at the point of contact and therefore largely loses its protecting power.

"Pape's Diapepsin" for Indigestion.

"Pape's Diapepsin" is the quickest, surest relief for indigestion, Gases, Flatulence, Heartburn, Sourness, Fermentation or Stomach Distress caused by acidity. A few tablets give almost immediate stomach relief and shortly the stomach is corrected so you can eat favorite foods without fear. Large case costs only 60 cents at drug store. Absolutely harmless and pleasant. Millions helped annually. Largest selling stomach corrector in world.—Adv.

Hot Ice.

Water has always been regarded as an incompressible substance. Nevertheless, a Washington scientist, Prof. F. W. Bridgman, has succeeded in reducing it to four-fifths of its normal volume by subjecting it to a pressure of 150 tons to the square inch.

Most remarkable, however, is the fact that the water thus compressed becomes a solid, turning to ice, though nearly boiling hot! By the use of high pressure Prof. Bridgman has converted water into four new kinds of ice, each having its own peculiar properties. All four are more dense than ordinary ice and, therefore, heavier. They are so much heavier that cakes of them will actually sink in water instead of floating.

Land-Going Warships.

There is a new type of armored craft which in war may be utilized on land as well as on the water. It is an armoured motorcar mounted on the deck of a boat, the propeller of which it drives, by the help of suitable gearing, with its own gasoline engine. But, if there be occasion, it can run off the boat and operate in the ordinary way as an armored motorcar.

One use suggested for this amphibious vehicle is that of transporting troops from vessels to the shore, the car being provided with a machine gun for defensive or offensive purposes.

Water Curtain.

The Cincinnati Fire Department has been experimenting with a new kind of fireproof suit which is supplemented by a helmet so contrived as to discharge a curtain of water downward over the body of the wearer. Thus equipped, the fire-fighter can with safety venture into the midst of flames.

The suit is made of fireproof canvas and is of two thicknesses, between which (conveyed by a tube) water flows. This keeps the wearer cool, and is in itself a protection. But the defense is made complete by a brass perforated pipe which, encircling the helmet, discharges all around him a sort of veil or showerbath of water.

Used as a cure for "scolds," the ducking-stool was a chair fastened at the end of a long beam over a pond or river. The last record of its use was at Leominster, in 1809.

AUTO REPAIR PARTS

for most makes and models of cars. Your old, broken or worn-out parts replaced. Write or wire us describing what you want. We carry the largest and most complete stock in Canada of slightly used or new parts and automobile equipment. We ship C.O.D. anywhere in Canada. Satisfaction or refund in full our motto. Shaw's Auto Salvage Fast Supply, 923-921 Buxton St., Toronto, Ont.

What is a Boy Scout?

A Boy Scout! He enjoys a walk through the woods more than he does the excitement of the city streets. He learns the facts about the winds, the stars, the trees and all living things—and becomes "master of himself" in the open.

A Scout can tie a knot that will hold, he can swim, he can patch a tent, he can mend a tear in his trousers, he can tell you what weeds are poisonous and what are not; if living near the ocean, lake or river he can reef a sail or pull an oar.

A Scout does not run away when an accident occurs. If a person has been cut he uses his first aid knowledge in stopping the flow of blood; if a person has been burned he knows just what to do to alleviate the sufferings; and should anyone be drowning, his training helps him to meet the emergency, to swim, with all clothes on if necessary, to the person in danger, and to bring him back to safety. And when the drowning person is pulled ashore, he doesn't stand around waiting for somebody else to do something. He knows how to apply artificial respiration and sets to it at once because he knows that not one moment can be lost.

A Scout is kind to everybody that lives. He prides himself upon doing a "good turn" every day—for which he, of course, will not accept a tip.

A Scout promises to do his duty to God and his country, to help other people at all times, to obey the Scout law, and at all times undertakes to do his best to keep himself physically strong, mentally awake and morally straight.

Any boy, twelve years of age or over, may become a Boy Scout by joining a troop that has already been started. In case there is no troop in his neighborhood, or if for other reasons it is advisable to form a new troop, this may be done after consultation with Scout Headquarters in Toronto. But in any case, the consent of the parent or guardian must be shown on the enrollment blank.

Islands For Sale.

Almost any island sounds attractive, which probably accounts for the fact that many famous specimens have recently changed hands for quite large sums, irrespective of their actual worth.

Herm and Jethou, in the English Channel, are rented by Mr. Compton Mackenzie, the well-known novelist; the Shetland Isles of East and West Burry—the latter closely associated with Sir Walter Scott's novel, "The Pirate"—will also probably change hands shortly.

The Pembroke Islands of Skomer, Grassholm, Gatholm, and Midland are another collection which should not lack bidders, particularly among nature lovers. Besides their scenic beauty, they are the home of rare seabirds, rabbits, seals, and the elusive porpoise.

From Italy comes the news of yet another island purchase. An enterprising firm of cinema-producers have bought Monte Cristo, immortalized by Dumas' novel, and propose using it for filming purposes.

MONEY ORDERS.

Buy your out-of-town supplies with Dominion Express Money Orders. Five Dollars costs three cents.

Auto-Battery Service Kit.

All the necessary paraphernalia for giving service on automobile storage batteries are kept conveniently together, ready for use, by means of a portable kit. The enameled-steel case, 22 in. long, 12 in. high, and 6 1/2 in. wide, contains a rubber jar for distilled water, a hydrometer safely held in a clip, a three-compartment sliding tray for extra terminal nuts and vent caps, and a full set of tools. The kit, which weighs 10 lb., is easily carried by the long bar handle at the top.

Minard's Liniment Relieves Dismemper

France's birth-rate of 7 per 1,000, with infant mortality at 20 per cent. of births, compares badly with Germany's birth-rate of 20 per 1,000, with infant mortality at 10 per cent. of births.

In 1914 the Arras region of France had 41,000 cows; to-day there are only 8,000, including 5,000 supplied by Germany, of which 50 per cent. are affected by the foot-and-mouth disease.

Chilblains, Frost-Bites and chapped hands use

BAUME BENGUE

for immediate relief try a tube to-day and be convinced
BEWARE OF SUBSTITUTES
\$1.00 a tube
THE LEWING MILLS CO., LTD.
MONTREAL
Agents for Dr. Jules Bengue
RELIEVES PAIN

BITS OF HUMOR FROM HERE & THERE

Slow Work.

Guide—"This wonderful redwood tree has taken centuries to grow to its present size."
Tourist—"No wonder! It's on a government reservation."

All Wrong.

A party at the Zoological Gardens stood puzzled before a bird.
"It's a eagle," said one.
"It's not," said another; "It's a howl."
They appealed to a bystander.
"Both wrong," he said shortly; "It's a hawk!"

A Speedy Post.

A New England teacher avers that the subjoined is an actual composition on Longfellow, the poet, composed by a fourteen-year-old pupil:

"Henry W. Longfellow was born in Portland, Maine, while his parents were travelling in Europe. He had many fast friends, among whom the fastest were Phoebe and Alice Cary."

The Modern Maid of All Work.

Mrs. Sutton advertised for a woman to do general housework. A colored girl applied for the place.

"Are you a good cook?" asked Mrs. Sutton.

"No, indeed, I don't cook," was the reply.

"Are you a good laundress?"

"I wouldn't do washin' and ironin'; it's too hard on the hands."

"Can you sweep?" asked Mrs. Sutton.

"No," was the answer. "I'm not strong enough."

"Well," said the lady of the house, quite exasperated, "may I ask what you can do?"

"I dusts," replied the girl placidly.

The first colors used by artists in the early history of the world were made from various colored earths, bound together with honey or one of the gums.

DANDERINE

Stops Hair Coming Out; Thickens, Beautifies.



A few cents buys "Danderine." After a few applications you cannot find a fallen hair or any dandruff, besides every hair shows new life, vigor, brightness, more color and abundance.

OUCH! ANOTHER RHEUMATIC TWINGE

Get busy and relieve those pains with that handy bottle of Sloan's Liniment

WHAT Sloan's does, it does thoroughly—penetrates without rubbing to the afflicted part and promptly relieves most kinds of external pains and aches. You'll find it clean and non-staining. Keep it handy for sciatica, lumbago, neuralgia, over-exerted muscles, stiff joints, backache, pains, bruises, strains, sprains, bad weather after-effects.

For 39 years Sloan's Liniment has helped thousands the world over. You aren't likely to be an exception. It certainly does produce results.

All druggists—35c, 70c, \$1.40.

Sloan's Liniment

ASPIRIN

Only "Bayer" is Genuine



Warning! Take no chances with substitutes for genuine "Bayer Tablets of Aspirin." Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacturing of Monoaceticacidester of Salicylicacid.

Classified Advertisements.

THE TORONTO FREE HOSPITAL, near Weston, Ontario, in affiliation with Bellevue and Allied Hospitals, New York, offers to young women desirous of becoming qualified nurses a three-year course of general training; attractive residence; single rooms. For salary and other information apply Lady Superintendent, Toronto Free Hospital, Weston, Ontario.

AGENTS WANTED.

AGENTS WANTED: BLISS NATIVE Herbs is a remedy for the relief of Constipation, Indigestion, Biliousness, Rheumatism, Kidney Troubles. It is well-known, having been extensively advertised, since it was first manufactured in 1888, by distribution of large quantities of Almanacs, Cook Books, Health Books, etc. which are furnished to agents free of charge. The remedies are sold at a price that allows agents to double their money. Write Alonzo O. Bliss Medical Co., 124 St. Paul St. East, Montreal. Mention this paper.



Minard's Liniment, King of Pain, Liniment. After a hard day's work or a long tramp and your feet are completely used up, bathe them in hot water, then rub them with MINARD'S LINIMENT. It will relieve you and you will never be without a bottle.

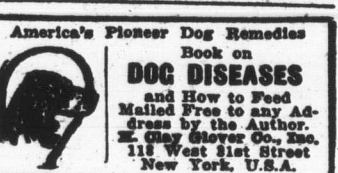
The three Prairie Provinces have 3,600 elevators that hold 110,000,000 bushels of grain.

A moderate gale has a velocity of between thirty-nine and forty-six miles an hour, a strong gale between forty-seven and fifty-four miles per hour, and a whole gale between fifty-five and sixty-three miles per hour.



Magic! Drop a little "Frezzone" on an aching corn. Instantly that corn stops hurting, then shortly you lift it right off with fingers. Doesn't hurt a bit.

Your druggist sells a tiny bottle of "Frezzone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and calluses.



MOTHER!

"California Syrup of Figs" Child's Best Laxative



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless physic for the little stomach, liver and bowels. Child's love its fruity taste. Full directions on each bottle. You must say "California."



CUTICURA

SOOTHES SKIN TROUBLES. Bathe with plenty of Cuticura Soap and hot water to cleanse and purify. Dry lightly and apply Cuticura Ointment to soothe and heal. Cuticura Talcum soothes and cools the skin and overcomes heavy perspiration. Delicate, delightful, distinguishing. Soap 25c, Ointment 25c and 50c, Talcum 25c. Sold throughout the Dominion, Canadian Depot: Lewing Mills Co., 244 St. Paul St., Montreal. Cuticura Soap leaves without mac-

After a ten-day trial of
INSTANT POSTUM
instead of coffee, you're apt to wonder why you stuck to the coffee habit so long

INSTANT POSTUM IS DELICIOUS AND HEALTHFUL
"There's a Reason"