

## THE CAUSE OF SICKNESS

### Almost Always Due to Weak and Impoverished Blood.

Apart from accident or illness due to infection, almost all ill-health arises from one or two reasons. The mistake that people make is in not realizing that both of these have the same cause at the root, namely poor blood. Either bloodlessness or some other trouble of the nerves will be found to be the reason for almost every ailment. If you are pale, suffering from headaches, or breathlessness, with palpitation of the heart, poor appetite and weak digestion, the cause is almost always poor blood. If you have nervous headaches, neuralgia, sciatica and other nerve pains, the cause is exhausted nerves. But run down nerves are also a result of poor blood, so that the two chief causes of illness are one and the same.

If your health is poor; if you are pale, nervous or dyspeptic, you should give Dr. Williams' Pink Pills a fair trial. These pills act directly on the blood, and by enriching it give new strength to worn out nerves. Men and women alike greatly benefit through the use of this medicine. If you are weak or ailing, give Dr. Williams' Pink Pills a fair trial and you will be pleased with the beneficial results that will speedily follow.

If your dealer does not keep these pills you can get them by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### What Music Is.

The English composer and teacher, Sir Walford Davies, has been giving some very successful lectures on music to children in the schools. Recently the somewhat novel experiment of transferring these lectures, together with musical examples, to the phonograph, has been tried out with remarkable success.

A somewhat lengthy review of these records was published recently in the London Times, and in it was embodied some quotations from Sir Walford's lectures, which are well worth remembering.

"Music," Sir Walford says, "is any two or more musical sounds put together for love, that make sense." And again, "Music is a straight and beautiful way of uttering what we feel." "A musician," Sir Walford tells us, "is any one in the whole world who loves music and can put two or more musical sounds together and make musical sense of them."

### Artificial Light for Extra Eggs.

By E. W. Knife.

The use of artificial light is simply to induce the hens to eat a greater quantity of feed. This, of course, with proper exercise, results in increased egg production. Therefore it matters little when the lights are turned on. Some people prefer morning, and turn on a couple of hours before sunrise. In this case, scatter the grain ration in the litter after dark the previous evening, and when the hens get off the roost in the morning they will immediately get busy scratching for their feed. Then feed your hot mash at noon, and your grain late in the afternoon again. Others prefer continuing daylight, by artificial means, until 8.30 or 9 p.m., feeding grain about 7 a.m., hot mash at noon, grain again about 3 p.m. and 7 p.m.

Others, including Professor Graham's farm, believe in supplying an "evening lunch" by turning on the lights for an hour, from 8 to 9 p.m., then feeding the extra feed of grain.

It will pay anyone who keeps a flock of 50 or more hens to have light installed, as the use of same increases egg production from 1/3 to 1/2 more than when lights are not used. This does not necessarily mean a greater egg production throughout the year, but it does mean getting the most eggs when prices are highest.

Electric light is, of course, the most convenient form of lighting, as the lights can be switched on and off by an alarm clock. But if you have not electric light do not despair. A plant with about 2,000 birds a short way from Toronto uses gasoline lanterns, which being the safest lantern made, giving a 300 candle power light, has also a great advantage, for when gasoline is turned off the light does not go out for a few minutes, thereby giving the birds a chance to get back to roosts. With a lantern it is almost necessary to use lights in either of the two evening methods suggested.

Using light is not a new idea, but a long used method, coming back and back to stay this time.

### Good Guess.

She was an Irish maid from Tipperary, and when the visitors expected for lunch turned up at 4.30 she explained what had happened.

"Sure," she said, "the master and mistress waited for ye till 3 and then they hoped ye wouldn't come, so they went out."

Keep Minard's Liniment in the house.



"WE ARE CANADIANS"

Rosa, Roland, and Donald Lorimer, of Leeds, England, obtain their first view of Canada through a life-buoy at Quebec. These three smiling faces are en route to Regina to join "Daddy." The latter preceded them and has everything ready for their reception.

### Sanctuary.

There's a tingly sort of feeling  
In the atmosphere to-day;  
And the wild goose is starting  
For the southland away.

The night wind is crooning  
Dirges o'er the lonely nest.  
For the pilot-bird is trailing  
The horizon in the west.

"Honk, honk!" it is the tocsin  
Of the dusky cavalcade,  
Flying swiftly and unerring  
For the southern everglade.

The marshland is lonely.  
And lone the empty nest.  
But the pilot-bird is veering  
For the sanctuary blest.

—Horace Seymour Keller.

### BABY'S OWN TABLETS ALWAYS KEPT ON HAND

Mrs. Ernest E. Adkins, Eronton, Sask., writes:—"I have used Baby's Own Tablets with great success for four years and always keep a box on hand." Thousands of other mothers say the same thing—once they have used the Tablets for their little ones they will use nothing else. Experience shows them that the Tablets are the ideal medicine. They are a mild laxative, thorough in action and never fail to relieve the minor ailments of little ones. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Eyes for the Blind.

Marvelous strides toward helping the blind were made during the war, but a recent English invention promises to exceed almost all of them. Every one is familiar with the books made especially for the blind by the Braille method, in which the letters are raised or indented by means of a sharp instrument. It is a slow and laborious process at best, and the supply of Braille books is necessarily limited by the expense of the output and because Braille letters wear down into unintelligibility.

But now comes the optophone, a machine which makes available to the blind all kinds of typewritten matter and even newspapers. It depends not upon the sense of touch, as do the Braille books, but upon the sense of hearing, a faculty that is usually keenly developed in all blind persons. Only a few lessons are needed for the blind user of the optophone to learn the system.

The chemical selenium is the important element in the optophone. A selenium bridge is exposed to light pulsations that vary according to the forms of the typewritten or printed letters that are passed through the machine. A sensitive head phone like those used by radio enthusiasts is worn by the blind operator, and it records single notes and chords through the selenium bridge. This sound alphabet is different from our own in common use, but is easily learned, and the optophone can be operated at high speed by the more proficient.

Dr. E. E. Fournier d'Albe, who makes his home in London, is the man who has brought the optophone to perfection, and so taken from thousands of his less fortunate fellows one of the greatest terrors of being blind—lack of contact with the world at large.

### MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

Sympathy without help is like mustard without beef.—Mr. Clarke Hall.

### The Suppliant.

I go down on my knees and pray each night  
That I shall never see your face again  
Nor hear your voice, . . . that you will never write  
That none will name your name to me—and then  
I pray to lose the curse of memory . . .  
That full forgetfulness will make me free!

But I wake—eager for the coming light,  
And whisper to my heart: "Another day!"  
It may be he will come . . . or he may write  
Or I may see him in the street . . . he may

Pass by me in the crowd and I may hear  
His voice—as in the throng he passes near!"

And I invent small trifles to make  
Those who surround me name your name to me—  
Only to hear it somehow soothes the ache  
Of longing that burns on—unceasingly!

Your name falls on my heart like a caress—  
Which they who speak it do not know or guess!  
But—all the day is one long ache for you!  
Again at night I kneel and make my prayer—  
That you may be as one I never knew,  
My ears beseech God not to let me care  
With supplications they assail His ear—  
But my heart prays that He will never hear!

—Roselle Mercier Montgomery.

### Ask for Minard's and take no other.

#### Diplomat.

"Father," said Charles, "what is a diplomat?"  
"A diplomat, my son," answered the father, "is a man who remembers a woman's birthday and forgets her age."

## Thin Folks

If you are weak, thin and nervous, let your druggist supply you with Bit-ro-Phosphate. It is guaranteed to increase weight and strength and restore energy, vigor and nerve force. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

America's Pioneer Dog Remedies  
Book on  
**DOG DISEASES**  
and How to Feed  
Mailed Free to any Address  
by the Author,  
H. CLAY BLOVER CO., Inc.  
129 West 24th Street  
New York, U.S.A.

### Relieves Dyspepsia

M.D. advises: "Persons who suffer from severe indigestion and constipation should take after each meal and at bedtime, fifteen to thirty drops of the Extract of Roots known to the Drug Trade as 'Mother Seigel's Curative Syrup.' Get the Genuine. 50c. and \$1.00 bottles."

Fill your pipe with  
**Ogden's CUT PLUG**  
"It Satisfies"

15¢ per packet  
80¢ a 1/2 lb. tin



If you roll your own ask for  
**OGDEN'S FINE CUT**  
(green label)

### Air Magnetizes Steel.

When steel is dipped into liquid air its magnetism is curiously affected. Non-magnetic nickel acquires magnetic properties after being immersed for five minutes in liquid air. Manganese steel is similarly affected. The density of carbon steel is perceptibly decreased after the immersion.

Silver was first coined in Rome in 269 B.C., when Fabius Pictor set up a mint.

An uphill journey early in life strengthens your staying-power. A guinea-pig is usually full grown when six weeks old.

**MURINE**  
FOR YOUR  
**EYES**  
Wholesome Cleansing Refreshing

### Miss Boissineau Tells How Cuticura Healed Pimples

"About three years ago I was bothered with pimples on my face. The pimples were hard and small and feasted, and my face was disfigured for a while. They oftentimes caused me to lie awake hours at a time as the irritation was so great.

"I tried different remedies but without any relief. I began using Cuticura Soap and Ointment and after the first application I could see an improvement. I continued using them and was completely healed after using three boxes of Cuticura Soap and two boxes of Cuticura Ointment." (Signed) Miss Rose Boissineau, 12 Bellevue Ave., Saulte Ste. Marie, Ont.

Give Cuticura Soap, Ointment and Talcum the care of your skin.

Sample Each Free by Mail. Address: "Lyman, Limited, 244 St. Paul St., Montreal." Sold everywhere. Soap 25c. Ointment 25c. and 50c. Talcum 50c.

## HELP FOR YOUNG WOMEN

### Mrs. Holmberg Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Viking, Alta.—"From the time I was 15 years old I would get such sick feelings in the lower part of my abdomen, followed by cramps and vomiting. This kept me from my work (I help my parents on the farm) as I usually had to go to bed for the rest of the day. Or at times I would have to walk the floor. I suffered in this way until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. I have had very satisfactory results so far and am recommending the Vegetable Compound to my friends. I surely am glad I tried it for I feel like a different person now that I don't have these troubles."—ODELLA HOLMBERG, Box 93, Viking, Alta.

Letters like this establish the merits of Lydia E. Pinkham's Vegetable Compound. They tell of the relief from such pains and ailments after taking it.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female ills in this country, and thousands of voluntary testimonials prove this fact.

If you doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for Mrs. Pinkham's private text-book and learn more about it.

**GARGLE**  
With Minard's in water several times a day for colds in throat. For colds in head inhale.  
**MINARD'S "KING OF PAIN" LINIMENT**

## ASPIRIN

Say "Bayer" and Insist!



Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians over twenty-three years for

Colds Headache  
Toothache Lumbago  
Earache Rheumatism  
Neuralgia Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoacetic Acidester of Salicylic Acid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."