

LE AND WEAK YES AND MOTHERS

gain Health and Strength
through Dr. Williams'
Pink Pills.

Many women who had a good color in their girlhood grow pale and colorless when they become wives and mothers. When the fading color in the cheeks and lips is accompanied by a loss of brightness in the eyes and an increasing heaviness in the step, the cause will be found in the state of the blood.

Many causes contribute to the condition of the blood known as anaemia. Overwork in the home, a lack of outdoor exercise, insufficient rest and sleep, improper diet—these are a few of them. The important thing is to restore the blood to normal, to build it up so that the color will return to cheeks and lips, brightness to the eyes and lightness to the step. Dr. Williams' Pink Pills are the great blood builder and nerve strengthener. They begin with the very first dose, and through a fair use make new blood that carries strength and health to every part of the body. The appetite increases, digestion becomes more perfect and energy and ambition return. The case of Mrs. Wm. McNish, Abbott Street, Brockville, proves the value of Dr. Williams' Pink Pills in cases of this kind. Mrs. McNish says: "I was quite young when I married, and in raising my family I became all run down and a nervous wreck. I became so weak that I could hardly walk across the floor without sitting down to get my breath. I slept poorly and at times my nerves would twitch so that I could not keep still, and I was in constant misery. I tried many medicines but they did not help me; indeed my condition was growing worse, until one day a friend told me that she had been in a somewhat similar condition and had been helped by Dr. Williams' Pink Pills, so I decided to try this medicine. After the use of a couple of boxes I felt they were helping me. My appetite was better and I slept better. By the time I had used half a dozen boxes I felt like a new woman, my health had fully returned and I could do my housework with ease. In view of what Dr. Williams' Pink Pills have done for me I cannot recommend them too highly."

The best time to begin taking Dr. Williams' Pink Pills is the moment the least bit out of sorts. The sooner you will get your old time energy. You can get pills through any medicine mail at 50 cents a box or \$2.50 from The Dr. Williams' Co., Brockville, Ont.

See Themselves.

Mr. and Mrs. Martin lives on Malekula in the pictures of the captured by the date, and had to manage to get these in another trip to come they were What brought of the can-

him a gen- for a mo- line. He the palm of the under the motion es. seeing that being too oreys ers, emyly

er un-; gain

in a eyes."

out Pain

oesn't hurt a bit! Drop a little "zone" on an aching corn, instant-ly corn stops hurting, then short-ly lift it right off with fingers.

our druggist sells a tiny bottle of "zone" for a few cents, sufficient to remove every hard corn, soft corn, corn between the toes, and the cal-1908, without soreness or irritation.

Members One of Another.

Family loyalty is not the least of the virtues. The household divided against itself, we are assured, cannot stand. A young man or woman facing life and entering the world without the faith and the love of a home in the background is destitute of one of the most valuable assets.

It is not news that most households live at peace and in equity behind closed doors, and so it is quarrels and murders that find their way into the newspapers preferentially.

Could we but see at close range how most families lead their lives we should be reassured, and we should not become cynical because of the minority of dismal failures in marriage and parenthood.

The foundation-stone of society is the happy family. It is a family in which a firm hand of discipline controls the growing child; in which children's rights are recognized and still a respect for the elders is inculcated and insisted upon.

It is a family which knows how its own members spend their days and where they are. Children and parents do not meet as strangers at the table now and then. Pleasures and sorrows are shared like food or labor or any other blessing.

There is no family life where the heads of the household are not deferential to each other. No contagion spreads so fast as that of disrespect. If husband and wife are querulous or caustic, so runs the tune of all the household. The children will follow the deplorable pattern. Much of the pleasure of life is in the reminiscence; and there is nothing we remember more gladly than the affection evident between our parents, who were lovers to the last. In a time of upheavals and varying standards, when civilization seems to stand on the debatable ground and the pillars of the social order threaten to collapse, we need to consider the part that the home plays and the duty of each individual in the home. The country at large will have no higher character than that which the ethics and ideals of its homes establish. Sweeten and purify domestic existence and a cleansing wind blows through the nation. The life of those who one by one compose a family is linked with the upward struggle of the race, and in the family one learns the meaning and the utility of consent and common action, for the good of all.

The Self-Reliant Raven.

The literary history of the raven begins with Noah and Elijah. Naturalists call him "the most wary, the most amusing, the cleverest of birds." He has also been described as grave, dignified, and sedate, and many instances have been given of the peculiarities of this historical bird.

The bill of the raven is a formidable weapon, strong, stout, sharp at the edges, curved toward the tip. It is his one weapon of offence, but it answers the purpose of two or three. Like the dirk of the old time plainsman it is equally available as a dagger or as a carving knife. It can also be used as a pair of pliers. It can kill a rat at one blow. The raven can drive its beak right through the spines of a hedgehog. It is said that the raven will never attack a man. If this be true, it is, it is thought, not so much from any defect of courage as from the bird's keen intellectual perception of what will pay and what will not.

Like most of his tribe, the raven is, in the strictest sense of the word, omnivorous. His dietary ranges from "a worm to a whale." When his nest is built, as it generally is, beneath some overhanging rock which quite conceals it from view from above, its position may sometimes be discovered by the remains of rabbit neatly laid in the short grass at the top of the cliff in what might be called his "larder." But a larder implies an amount of economy and self-restraint that it is not in the raven to practise.

In districts where food is scarce the ravens will attack without scruple a newly born lamb or even a sheep that has been cast.

The raven has a passion for solitude. He will tolerate no rival, not even his own offspring, in the neighborhood of his throne. He drives them ruthlessly away as soon as they are able to shift for themselves.

Are Handkerchiefs Dangerous?

When you have been suffering from a bad cold have you noticed what a long time it hangs about?

The handkerchief is responsible, for each time you use it you reinfect yourself. No one would think of cleansing a wound and then replacing the dirty bandage on it, yet that is what we do when we continue to use the same handkerchief for a cold.

The power of eucalyptus to kill the germ is well known, and a handkerchief liberally supplied with it is rendered as nearly disinfected as possible, considering that the handkerchief is repeatedly used. Unfortunately, so many people dislike it.

I have discovered that by using eucalyptus on a supply of paper handkerchiefs, when used once only and destroyed, a bad cold can be cured within a very few days, for by this treatment every application of the handkerchief to the nose carries with it fresh disinfectant, and being used once only no reinflection can possibly take place. A clean, properly disinfected handkerchief is of the greatest value to use for breathing through where there is dust, bad smells, or infection of any kind.

The "Weaker" Sex.

If it is charged against women that their brain weighs less than the male brain, the quality of the female brain is much higher than the male.

It has been noted, too, that few great causes succeed unless there is a woman behind them. It was a woman who really roused the conscience of the world against slavery. It was a woman—Florence Nightingale—who roused the world to make warfare humane.

It was Queen Elizabeth and Queen Victoria—who lifted the prestige and standing of the Empire to higher points than any male ruler.

In paying our thanks for "services rendered" to such great statesmen as Gladstone, Salisbury, and Chamberlain, to mention but three of many, we are really honoring their wives, from whom they drew their inspiration.

A woman—Joan of Arc—saved France from becoming part of Britain, and another woman, Catherine the Great, set Russia high among the nations.

There are more women inventors than men, and more female teachers than male.

It is admitted that women have far greater moral courage than men, and it is a very moot point as to whether they have not greater physical courage.

On the stage, and in the world of song, women reign supreme. And let it be remembered that women stood nearest to the cross on Calvary, and were first at the open tomb on Easter morn.

HEALTHY CHILDREN ARE HAPPY CHILDREN

The well child is always a happy child—it is a baby's nature to be happy and contented. Mothers, if your little ones are cross and peevish and cry a great deal they are not well—they are in need of medicine—something that will set their bowels and stomach in order, for nine-tenths of all childhood ailments arise from a disordered state of the bowels and stomach. Such a medicine is Baby's Own Tablets. They are a mild but thorough laxative which regulate the bowels, sweeten the stomach, and thus drive out constipation, colic, indigestion; break up colds and simple fevers and make the baby healthy and happy. Concerning them, Mrs. Albert Hamel, Pierrefleur, Que., writes:—"Baby's Own Tablets are the best medicine I know of for little ones. They relieved my little girl from constipation when nothing else would and I can strongly recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Water We Carry.

The body of an average man, weighing 154 pounds, contains forty-six quarts of water, the fat a little less, the nerves more than one-half water, and the skin nearly three-quarters water. The brain, muscles, lungs and heart are three-fourths water, while the blood is more than four-fifths water.

Ask for Minard's and take no other.

Copperas is an iron compound, and contains no copper.

When beginning to give a foal cow's milk do so most gradually. If it is suddenly given a full meal, indigestion and troublesome results will be sure to occur, but if given in small quantities, and often, there should be no complaints. When once accustomed to a cow's milk there will be few or no dangers in feeding more liberally.

FALLING? HERE'S WHERE IT SHOWS

Don't worry! Let "Danderine"
save your hair and double
its beauty



To stop falling hair at once and rid the scalp of every particle of dandruff, get a small bottle of delightful "Danderine" at any drug or toilet counter for a few cents, pour a little in your hand and rub it into the scalp. After several applications the hair usually stops coming out and you can't find any dandruff. Your hair will grow strong, thick and long and appear soft, glossy and twice as beautiful and abundant. Try it!

ED. 7. ISSUE No. 27-28

NEURITIS

So many have Neuritis, that painful, paralyzing inflammation of the nerves. Do not suffer another day. If you are a victim, try

Templeton's Rheumatic Capsules

Nothing else brings relief so quickly and so surely. Send for free sample to Templetons, 142 King St. W., Toronto. For sale at reliable drug-gists for \$1.04 a box.

ASTHMA

Templeton's RAZ-MAH Capsules are guaranteed to relieve ASTHMA. Don't suffer another day. Write Templetons, 142 King St. W., Toronto, for free sample. Reliable druggists sell them at \$1.04 a box.

His Grave.

His grave is far away
Across the sea,
Away from home and love—
Away from me.
I'd go and lay on it,
If it were near,
The spring-time flowers he loved
When he was here.
I'd plant the summer roses,
White and red,
Beside the wooden cross
Above his head.
Lord, I believe his soul
Is in Thy care,
Yet from my heart doth rise
This human prayer:
"Oh Lord, beside his grave
May flowers spring,
And in the air above
May sweet birds sing!
"Oh, may the spot be blessed
And brightness shine!
May Nature take the charge
That should be mine!"

MONEY ORDERS.

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

Quebec's Maple Sugar.

The Province of Quebec has three schools in which maple sugar making is taught. The Province's output of maple sugar for 1919 was 12,353,667 pounds, and 1,470,275 gallons of syrup.

Minard's Liniment for sale everywhere

Many farmers have been handicapped because they have been taught that clover and the other legumes were the only means of increasing the nitrogen content of their soils. Of course, these are the best, and in many instances the most satisfactory means of adding nitrogen to the soil, but there are millions of bacteria, waiting to feed upon roots, stems and organic matter that may be plowed under and make it into available nitrogen for another plant.

BITS OF HUMOR

In Sunday School.
Teacher—"Why did Noah build the ark?"
Young Canada—"I think it was the first attempt to solve the housing problem."

Deaf to Duty's Call.
An American was boasting about his country, and stacking wonders tier on tier, when a listening Britisher intervened with:—
"Pretty good, all those things! But we have a bugle which was sounded in England in 1914, and it wasn't heard in the United States till nearly three years afterwards."

One On the Parson.
"It is not always safe even for a clergyman to quote Scripture," remarked Bishop Weldon the other day.
"For instance (he continued) one very cold day a certain vicar and one of his elderly parishioners were walking home from church when the latter slipped and fell flat on his back. The clergyman looked at him for a moment, and being assured that he was not hurt, said:
"Ah, sinners stand on slippery places."
"The old man looked up and smiled slyly.
"Yes, I see they do," he said, "but I can't."

Minard's Liniment Co., Limited.
Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad, so I could not work, and it hurt me to breathe. I tried all kinds of Liniments and they did me no good. One bottle of MINARD'S LINIMENT, warmed on flannels and applied on my breast, relieved me completely.
C. H. COSSABOOM,
Rossway, Digby Co., N.S.

"The essential charm of the farm remains and always will remain: the care of crops, and of cattle, and of orchards, bees and fowls; the clearing and improving of the ground, the building of barns and houses; the direct contact with the soil and with the elements; the watching of the clouds and of the weather; the privacies with nature, with bird, beast and plant; and the close acquaintance with the heart and virtue of the world."
—John Burroughs.

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Ad-
dress by the Author.
H. Clay Glover Co., Inc.,
113 West 31st Street
New York, U.S.A.

SHILOH
30 STOPS COUGHS

ONLY TABLETS MARKED
"BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

For Colds, Pain, Neuralgia, Tooth-ache, Headache, Earache, and for Rheumatism, Lumbago, Sciatica, Neuritis, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all.

Accept only "Bayer Tablets of Aspirin" in an unbroken "Bayer" package which contains complete directions. Then you are getting real Aspirin—the genuine Aspirin prescribed by physicians for over nineteen years. Now made in Canada. Handy tin boxes containing 12 tablets cost but a few cents. Druggists also sell larger "Bayer" packages.

There is only one Aspirin—"Bayer"—You must say "Bayer"

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mono-aceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

SHILOH
30 STOPS COUGHS

Classified

STEVENS' COMPLETE...
Peterborough, Ontario.

FOR SALE
WELL EQUIPPED NEWS...
Ontario. Insurance carried \$1,500. Will go for \$1,500 on quick sale. Box 48, Windsor Publishing Co., Ltd., Toronto.

SOFT BLM WANTED.
SOFT BLM WANTED, 3 IN. AND thicker, shipped green from say. Do not sell until you consult with us. Keenan Bros. Limited, Owen Sound, Ont.

TRAINING SCHOOL FOR NURSES.
REGISTERED TRAINING SCHOOL for Nurses: St. Elizabeth Hospital, 204 South Broad Street, Elizabeth, New Jersey. Complete course. Monthly allowance: first year \$6.00, second \$10.00, third \$12.00. Address: Superintendent.

AGENTS WANTED.
WANTED—AGENTS WITH FORD cars, everywhere in Ontario to handle a fast selling guaranteed device that improves the lighting system of the Ford car 200 per cent; agents to receive \$50 to \$200 a week profit, whole time. Write quick territory going. The Acrlington Co., Lora Park, Ont.

Electricity Closes Windows.
Electrical apparatus has been invented to close all the windows in a house when rain begins to fall, the first few drops moistening blotting paper, putting the mechanism in operation.

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. Children love its fruity taste. Full directions on each bottle. You must say "California."

SHILOH
30 STOPS COUGHS

SHILOH
30 STOPS COUGHS