THE HUMAN FACTORY 'Its Motive Power is Rich, Red

Blood.

The human body is the busiest fac tory in the world. There is no eight-hour day, no slack season, no holidays, no cessation of its labor at any time. Day and night work is carried on in workshop of your body and it never ceases until the engine-your heart-stops forever.

The factory of your body has its motive power without which it would cease at once. That power is rich, red healthy blood, which keeps your whole system efficient and which drives away all disease that may attack it. Often, however, the blood begins to fail and becomes thin and poor. It becomes loaded with waste and charged with poisons. Then it is that your bodily workshop goes wrong; your physical

machinery becomes disorganized and you fall ill. You become anaemic, perhaps the nerves break down, or you. begin to suffer from indigestion, neuralgia, general debility, with pains in the back, head or side. In this condition of bloodlessness Dr. Williams' Pink Pills are just what you need. Their one mission is to make rich, red blood, which brings health and energy to every part of the body. Mr. Ray mond Webber, Welland, Ont., tells what these pills did for him as follows:--"My blood was thin and watery, and I was in a hadly run down condition. Pimples broke out on my body which caused me much discom-I would catch cold easily, which aggravated my condition. My brother advised me to try Dr. Williams' Pink Pills, and after taking about eight boxes I felt that I was again a well almost round. In the first case, what man. pills with good results to others."

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

There are now fifteen Republics in Europe, occupying two-thirds of the territory of the Continent and having a population of nearly 284,000,000.

Minard's Liniment for Rheumstism.



JOSEPH J GODERSHI -Ouch

Ding-"What kind of doc is Jones?" Ling-"I thought he was an eye doctor till I got his bill; then I found he was a skin specialist.'

Animals' Eyes.

No two animals have eyes exactly alike. In every case they are adapted to the special needs of their owner.

The eyes of flesh-eating creatures are closer together than those of vege tarians. This is said to be due to the habit which the former have of fixing their gaze on their victims before springing. Human eves are closer together than those of any other creature that eats flesh.

Tigers, lions, cats, and others of the ame family are unable to see at great distances, but for objects near at hand heir sight is very keen. Lions and igers have round pupils, which grow bigger when the animal is angry. Ont.

Cats have pupils which can be dilated enormously. In the dark, or when the cat is angry, the pupils look little light there is is reflected by the laborer, and, placing a cheese on the retina, which is the explanation of the breakfast table, told him to help him-I have since recommended the little light there is is reflected by the fact that a cat's eyes look green at

night. Animals that live on grass have large eyes, placed as a rule at the ing. sides. This gives :. wide range of vis-

ion and enables the creatures to watch for danger while cropping grass

MONEY ORDERS.

Send a Dominion Express Money Order. Five Dollars costs three cents

HEALTH EDUCATION BY DR. J. J. MIDDLETON

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

All over the world at the present, want to know that sanitary and pre-All over the world at the present want to know that sanitary and pre- ed and manifested in Public Health Work. In the countries of Central Europe, shaken to their foundations by the how to prolong their fives. are making valiant efforts to carry on some prevent of Public Health know, interesting a valiant of pre- ed and the public health. They want to know how to keep well, and create the public health. They create the public health is being extended to the tribesmen of the desert. An man

taken to co-ordinate the work of gov-reads somewhat as follows: "In the ernment and voluntary social agencies so that a minimum amount of good may be done with the least possible voverlapping of effort. Belgium is now launching a vigorous campaign to bring about the complete suppression of white lead in industry. As far away as East Africa, an energetic campaign is being carried on against the ravages of cattle plague, but what-ever the place it has its own problems to be dealt with. Everywhere the importance of edu-teation is being realized. The people contagious diseases. The preventable

are making valiant efforts to carry on some program of Public Health, know-ing that the life and vitality of the serving the health of the individual and of the community. Reports of "Book of Good Health." The advice what is being done in many European countries are very encouraging, show-ing the introduction of new laws to be introduction of new laws to the new and changing conditions that have arisen out of the world war. In Prage important steps are being the introduction of the world war. that have arisen out of the world war. is headed by an epigraph, a citation In Prague, important steps are being from the prophet. The introduction taken to co-ordinate the work of gov- reads somewhat as follows: "In the

"Howlers." Among some delightful schoolboy mistakes recorded in the "University

"orrespondent" are: A grass widow is the wife of a dead vegetarian.

Tertium quid is a legal term mean ing 6s 8d. Psyche was a black boxer who

fought Carpentier. A circle is a round straight line with

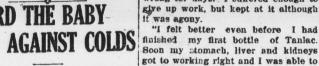
hole in the middle. Bacchus first taught the Greeks to get drank, and Raleigh named tobacco after him in honor of the Virgin

Queen. The capital of Norway is Christianity.

Guy's Hospital was built to con memorate the Gunpowder Plot. roles Teaching is a sedimentary

Wells's history is a veritable mill stone on the road to learning.

GUARD THE BABY



got to working right and I was able to sleep well. My back never hurts me To guard the baby against colds nothing can equal Baby's Own Tab-lets. The Tablets are a mild laxative any more now and I have a dandy apetite. I have gained several pounds that will keep the little one's stomach in the last month and am feeling fine and bowels working regularly. It is a recognized fact that where the stomin every way. Taniac beats them all. Tanlac is sold by all good druggists. Over 35 million bottles sold. ach and bowels are in good order that colds will not exist; that the health of

Ont.

the little one will be good and that he will thrive and be happy. The Tables are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville,

Seeing It Through.

The farmer had engaged a Scottish

time later, he found the man still eat-

"Sandy," he exclaimed, "you take ong time to breakfast, don't you?" "Aweel," replied the man, "a chee

may think!

Always Acceptable

to a magazine was accepted." Young Friend-"Was it poetry of

Author-"Prose.

diseases. How to treat wounds. Dis-eases of domestic animal. The duties of chiefs.

self." The passage of the Koran: "Allah creates beings that you know not of," has been introduced in the chapter on contagious diseases; the beings that man knows not of are the micro-

All of which is very interesting, in-dicating that even in the bypaths of the world, whether people live singly or congregate together it is necessary to know something of sanitary mea-sures and disease prevention if health is to he preserved

Mrs. C. R. asks in the notes should be kept warm in cold weather, with-out any ventilation, as she is afraid of colds, coming from the draughts. Yes, the house should be kept warm, but there should be some means of ventilation. If nothing else will do, let everybody leave the room for a few minutes and throw onen the winbring about the complete suppression of white lead in industry. As far away as East Africa, an energetic campaign is being carried on against book to teach you to safeguard the the ravages of cattle plague, but what-ever the place it has its own problems to be dealt with. Everywhere the importance of edu-cation is being realized. The people



Trouble.

"For years before quitting time came felt 'all in,' but since taking Tanlac can do a tard day's work on the

farm and still feel good when night rolls around," is the characteristic "Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, statement made recently by Nat Hillman, a well-known farmer of Newbury, Ont., while on a visit to London "My liver and kidneys had bothered me for over eight years. The pains in my back kept me awake at night

and I got up mornings all tired out. Every once in a while I had a bilious spell and then my stomach would go wrong for days. I suffered enough to

GAS, INDIGESTION

"Pape's Diapepsin" Corrects Sour, Upset Stomachs at Once

W RITE FOR OUR 1928 ILLUS-trated sweet pea seed Chalogue. Contains all latest novelites and best Spencer varieties. Also full instructions on cultivation. Crosland Bros., Duncan, Vancouver Island. flatulence, heartburn, sourness, fer-mentation or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages.

Rings were used by the Egyptians as an equivalent for money.

Cause of

Early Old Age

The celebrated Dr. Michenhoff,

AGENTS WANTED. AST WEEK OUR WINDSOR AGENT made \$61 clear profits, selling tube favors house to house. Write quick, Craig Brothers, Niagara Falls, Canada. You always get your money's worth when you pay attention. "Cascarets" 10c

Classified Advertisements.

FEMALE MELF WANTED.

E ARN \$20 WEEKLY, SPARE TIME, at home, addressing, mailing, Music, croulars. Send 10c for Music, Informa-tion, etc. American Music Co., 1058 Broadway, N.Y.

RUBAN CLOVER.

HUBAM CLOVER, THE GREAT annual Write for interesting in-formation, D. Fraser, R.R. 2, liderton, Ontario.

SEED FOR SALE.

For Sluggish Liver or Constipated Bowels

Clean your bowels! Feel fino! When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No griping---nicest laxa-tive-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.



Recommends Lydia E. Pinkham's Vegetable Compound to Other Mothers

Hemford, N. S.-"I am the mother Hemford, N. S.—"I am the mother of four children and I was so weak after my last baby came that I could not do my work and suffered for months until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. Since taking the Vegetable Compound my weakness has left me and the pain in my back has gone. I tell all my friends who are troubled with female weakness to take Lydia E. Pinkham's Vegetable Compound, for I think it is the best medicine ever sold. You may advertise my letter."—Mrs. GEORGE I. CROUSH, Hemford, N. S.

My First Child

My First Child Glen Allen, Alabama. — "I have been greatly benefited by taking Lydia E, Pinkham's Vegetable Compound for bearing-down feelings and pains. I was troubled in this way for nearly four years following the birth of my first child, and at times could hardly stand on my feet. A neighbor recommended the Vegetable Compound to me after I had taken doctor's meditines without much benefit. It has relieved my pains and give sou permission to use my testi-monial letter."—Mrs. IDA RYE, Glen Allen, Alabama.

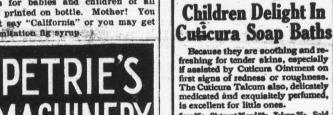
monial letter."--Mrs. IDA RYE, Glen Allen, Alabama. Women who suffer should write to the Lydia E.Pinkham Medicine Co.,Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women." O

Backaches?-welcome relief! Scatter the painful congestion. Sloan's warms and stimulates the blood, breaks up congestion -banishes the pain

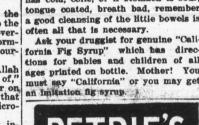
-kills pain!

Sloan's Liniment

Made in Canada



Saap 25c. Olatmont 25 and 50c. Talcam 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 344 St. Paul St., W., Montreal.







has cold, colic, or if stomach is sour,

ages printed on bottle. Mother! must say "California" or you may get an imitation fig syrup.

is to be preserved.

BEVERAGE

Im Cereal Compa

NET WEIGHT FOUR OUNCES

self. When the farmer returned, some

o' this size is nae sae soon eaten as ye

Minard's Liniment for Neuralgia

Author-"The very first thing I sent

prose?'

It was a cheque for a year's subscription."

of chiefs. The booklet makes reference to the words of Mahomet! "Cleanliness is the sword of the believer. If any evil over-take you when you have not perform-ed ablutions, blame no one but your-

Mrs. C. R. asks if the house should





The celebrated Dr. Michenhoff, an authority on early old age, says that it is "caused by poisone generated in the intestine." When your stomach digests food properly it is absorbed without forming poisonous matter. Pol-sons bring on early old age and premature death. 15 to 30 drops of "Scigel's Syrup" after meals makes your digestion sound. 10 **MOTHER! MOVE CHILD'S BOWELS Rheumatism?**

Minard's Liniment is the old reliable relief for Rheumatism. Rub it in to the aching part and you'll see why two genera-tions have crowned it King of Data tions

> Minard's Liniment

The Family Medicine Crest.

6

What is good health worth to you?

HEALTH is priceless. You wouldn't knowingly part with it for anything in the world.

Why then do you risk it needlessly for the sake of a few cups of tea or coffee?

Tea and coffee contain Caffeine, a drug which often interferes with nerves and digestion.

There's an easy, pleasant way to avoid this menace to health, without any sacrifice to comfort or satisfaction. Drink Instant Postum instead of tea or coffee.

Instant Postum is a pure, wholesome and delicious beverage made from choice wheat. It is most convenient and economical, too. Just a level teaspoonful to each cup, add boiling water and stir thoroughly. Then add cream and sugar to taste.

At Your Grocer's in Sealed, Air-tight Tins

Instant Postum FOR HEALTH

"There's a Reason" A generous sample tin of Instant Postum sent, post-paid, for 40 in stamps. Write:

Canadian Postum Cereal Co., Limited, 45 Front St., E., Toronto. Factory: Windsor, Ontario

Young Grief.

Run from me, wind, to the far earth's end. You must not make little grass blades bend,

You must not coax me by tilting a leaf I am alone with a deep, new grie!.

Hide from me, sun, hide your glad, wild face, You must not tease me to laughter

again-I have a rendezvous promised with

pain.

Turn from me, joy, turn out of my way. You must not call me nor bid me to stay,

You must not follow where lonely I go

I have a heart that is burdened with woe.

Years from the present I may come to you, Now I forbid you, my grief is too new.

Life, do not woe me with sunshine or smile-

I must be sad for a long, long while! ---Helen Frazee-Bower

When I Was Young.

When I was young I gathered all The shining words that Love would

fling So lavishly about my feet And strung them on a silver string-I hid them in a secret place Against the day when I grew old, Thinking to weep young tears again Over the precious things Love told.

did not know, when I was young How smoothly love slips off the tongue Molile Cullen.



UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Handy "Bayer" hoxes of 12 tablets-Also bottles of 24 and 100-Druggists. Applyingle the trade mark to gistered in Canada) of Bayer Manufacture of Mono-entitical dester of solidy it could While it is well known that Asplrin means Bayer manufacture, to agree the public available invitations, the Tablets of Bayer Company will be shamped with their general trade mark, the "Payer Cross,"

188UE No. 7-23.