

## SYMPTOMS OF DEBILITY

### How to Tell Whether Your Blood Needs Revitalizing.

The symptoms of general debility vary according to the cause, but weakness is always present, a tendency to perspire and fatigue easily, ringing in the ears, sometimes black spots passing before the eyes, weak back, vertigo, wakefulness caused by inability to stop thinking and unrefreshing sleep. The cause of the trouble may be some drain on the system, or it may be mental or physical overwork, sometimes insufficient nutrition due to digestive disturbance.

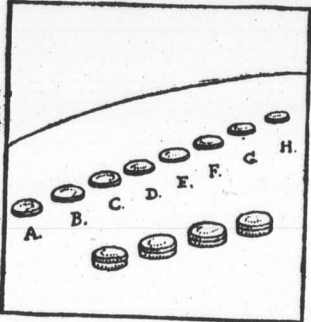
If you have any or all of these symptoms try building up the blood with Dr. Williams' Pink Pills, and as the new blood courses through your veins there should be an increase in your appetite, a better digestion and soon a renewal of strength and vigor.

You can get these pills through any dealer in medicine or by mail, post-paid, at 50c a box from the Dr. Williams' Medicine Co., Brockville, Ont.

## EASY TRICKS

No. 45

### Easy When You Know How



Place eight coins or checkers on the table in a row as indicated in the drawing. Now lift one coin up, pass it over two coins and place it on another. If you do it correctly, you will have the coins in the position shown in the lower illustration in four moves.

To do it, pick up D, pass it over E and F and place it on G. Pick up F, pass it over C and B and place it on A. Pick up A, pass it over F and B and place it on C. The last move is to pick up H, pass it over D and G, which are together and place it on E.

Another way is to place D on B, C on G, H on F and D on A.

(Clip this out and paste it, with other of the series, in a scrapbook.)

## BABY'S OWN TABLETS OF GREAT VALUE

Mrs. Hermads Chagnon, Ste. Thedose, Que., writes:—"Baby's Own Tablets have been of great value to me in keeping my little one well and I would not be without them." Thousands of other mothers say the same thing. They have learned by actual experience the value of the Tablets in regulating the bowels and stomach; banishing constipation and indigestion; breaking up colds and simple fevers; and keeping the baby free from the many simple ailments of childhood. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Wet Weather.

It is the English in me that loves the soft, wet weather—  
The cloud upon the mountain, the mist upon the sea,  
The sea-gull flying low and near with rain upon each feather,  
The scent of deep, green woodlands where the buds are breaking free.

A world all hot with sunshine, with a hot, white sky above it—  
Oh then I feel an alien in a land I'd call my own;  
The rain is like a friend's caress, I lean to it and love it,  
'Tis like a finger on a nerve that thrills for it alone!

It is the secret kinship which each new life is given  
To link it by an age-long chain to those whose lives are through,  
That whosoever he may go, by fate or fancy driven,  
The homestead rises in his heart to keep the compass true!

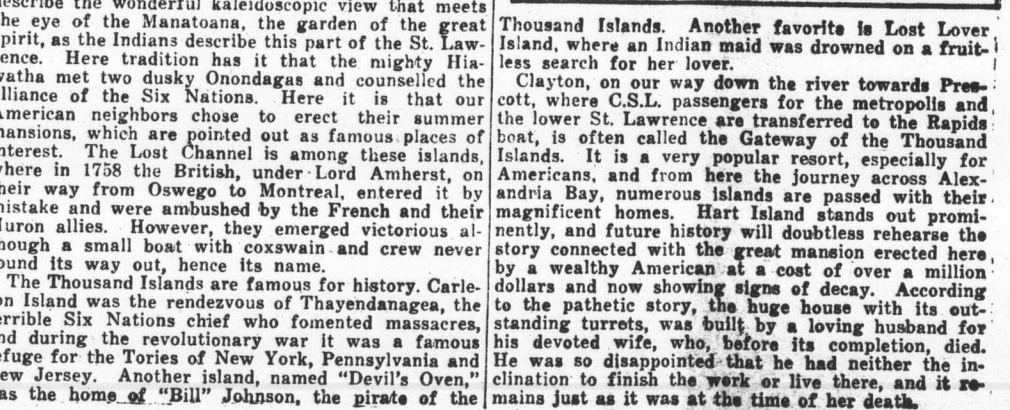
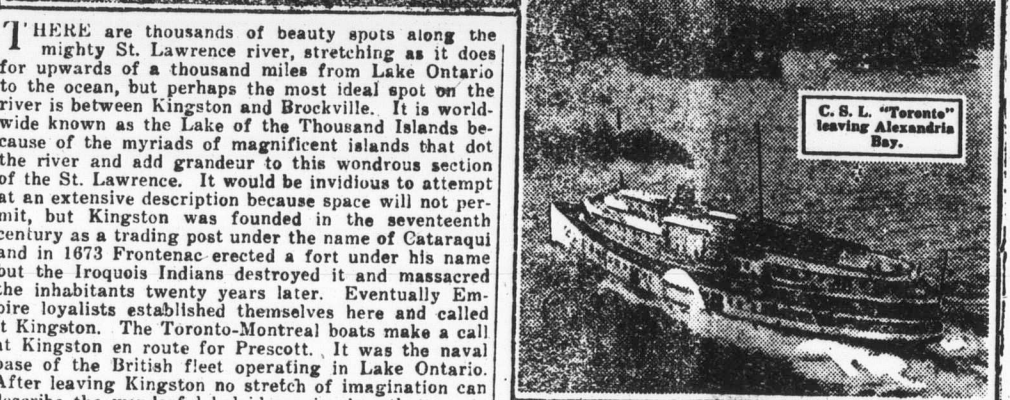
—Isobel Ecclestone Mackay.

Red cheeks, sturdy limbs, clear vision, happiness alike in work and play; long and useful lives; these should be the lot of your children. But for many thousands, the picture is and will be, sadly different. Blindness, deafness, insanity, locomotor ataxia, heart disease—these are only a few of the serious results of the devastating plague of venereal diseases which overwhelm so many. Surely the heritage of our children should be the right to be well-born—the right to a sound body and mind inherited from healthy parents who



**CAWS ENOUGH!**  
The Bird—"Was there any cause for Mr. Crow being expelled from the Flyer's Club?"  
The Bird—"Yes, too many caws!"  
Keep Minard's Liniment in the house.

## Wonders of the Thousand Islands



THERE are thousands of beauty spots along the mighty St. Lawrence river, stretching as it does for upwards of a thousand miles from Lake Ontario to the ocean, but perhaps the most ideal spot on the river is between Kingston and Brockville. It is world-wide known as the Lake of the Thousand Islands because of the myriads of magnificent islands that dot the river and add grandeur to this wondrous section of the St. Lawrence. It would be invidious to attempt at an extensive description because space will not permit, but Kingston was founded in the seventeenth century as a trading post under the name of Catarqui and in 1673 Frontenac erected a fort under his name but the Iroquois Indians destroyed it and massacred the inhabitants twenty years later. Eventually Empire loyalists established themselves here and called it Kingston. The Toronto-Montreal boats make a call at Kingston en route for Prescott. It was the naval base of the British fleet operating in Lake Ontario. After leaving Kingston no stretch of imagination can describe the wonderful kaleidoscopic view that meets the eye of the Manotauque, the garden of the great spirit, as the Indians describe this part of the St. Lawrence. Here tradition has it that the mighty Hiawatha met two dusky Onondagas and counseled the alliance of the Six Nations. Here it is that our American neighbors chose to erect their summer mansions, which are pointed out as famous places of interest. The Lost Channel is among these islands, where in 1758 the British, under Lord Amherst, on their way from Oswego to Montreal, entered it by mistake and were ambushed by the French and their Huron allies. However, they emerged victorious although a small boat with coxswain and crew never found its way out, hence its name.

The Thousand Islands are famous for history. Carleton Island was the rendezvous of Thayendanegea, the terrible Six Nations chief who fomented massacres, and during the revolutionary war it was a famous refuge for the Tories of New York, Pennsylvania and New Jersey. Another island, named "Devil's Oven," was the home of "Bill" Johnson, the pirate of the

Thousand Islands. Another favorite is Lost Lover Island, where an Indian maid was drowned on a fruitless search for her lover.

Clayton, on our way down the river towards Prescott, where C.S.L. passengers for the metropolis and the lower St. Lawrence are transferred to the Rapids boat, is often called the Gateway of the Thousand Islands. It is a very popular resort, especially for Americans, and from here the journey across Alexandria Bay, numerous islands are passed with their magnificent homes. Hart Island stands out prominently, and future history will doubtless rehearse the story connected with the great mansion erected here by a wealthy American at a cost of over a million dollars and now showing signs of decay. According to the pathetic story, the huge house with its outstanding turrets, was built by a loving husband for his devoted wife, who, before its completion, died. He was so disappointed that he had neither the inclination to finish the work or live there, and it remains just as it was at the time of her death.

### 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.

Where and from whom are children to receive education on sex matters? The question is an important one, for investigation has proven that ninety per cent. of children receive this information at a tender age from thoroughly improper sources. The child should be repeatedly impressed with the fact that the source of information on such matters should be the father or mother, not friends or companions. Sound training in civility and idealism, a proper reverent attitude towards sex and the great purposes of nature, thorough training for marriage and its responsibilities—these constitute a foundation upon which parents can build the future happiness of their children. Yet in spite of this, it has been proved that the great majority of children obtain their education on sex matters from their companions, not often of the right type. What does this state of affairs lead to? It leads to a biased and improper viewpoint of the whole question of sex. It blinds the high purposes of nature; it develops cynicism, carelessness and sometimes is the starting point for careers of ill health and crime.

Red cheeks, sturdy limbs, clear vision, happiness alike in work and play; long and useful lives; these should be the lot of your children. But for many thousands, the picture is and will be, sadly different. Blindness, deafness, insanity, locomotor ataxia, heart disease—these are only a few of the serious results of the devastating plague of venereal diseases which overwhelm so many. Surely the heritage of our children should be the right to be well-born—the right to a sound body and mind inherited from healthy parents who

It is not what happens to you but the way you take it that shows what kind of man you are.—Mr. Lloyd George.

### Relieved Rheumatism, Too, Says Contractor

Thousands of people everywhere have learned of Tanlac through the statements of others and have taken the treatment with such splendid results that they in turn deem it only fair to relate their experience for the benefit of suffering humanity. Such is the case with L. Desormeauux, well-known electrical contractor, living at 1066 Berri St., Montreal, who says: "I couldn't do otherwise than publicly endorse Tanlac for I was lucky to find out about the medicine the same way myself. For nearly a year I suffered from indigestion, and also had rheumatism in my legs. About a month ago I was laid up in bed for two weeks with this rheumatism and a bad case of grippe. I lost about eight pounds and felt miserable. "Three bottles of the Tanlac treatment, besides greatly improving my rheumatism, has made my eating and digestion better than they ever were. I have regained my lost weight, and am feeling extremely well. Tanlac is great."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold. Tanlac Vegetable Pills are Nature's own remedy for constipation. For sale everywhere.

**Good Sign.**  
Those who notice the rapid growth of their finger nails should be happy, for it is considered to indicate good health.

**MONEY ORDERS.**  
Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

"I just likes to let her in at the door," said an Irish servant one day, of a woman I know, whose face was always cheery and bright; "the face of her does one good, shure!"

**Ask for Minard's and take no other.**  
Housework ranks as high as any of the professions.—The Duke of Connaught.

**Classified Advertisements**  
SILVER FORKES—NOTES FROM MY DIARY (Booklet). Nine years' experience ranging from 25 cents. Dr. H. Hall, Toronto, Nova Scotia.

**WASHINGTON HAND PRESS.**  
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## 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)

**Good at the Bank**  
"Every time that singer goes up the scale in her wonderful trills it means money to her."  
"Yes, from dough to dough every note's good at the bank."

**America's Pioneer Dog Remedies**  
Book on **DOG DISEASES** and How to Feed Mailed Free to any Address by the Author, H. CLAY GLOVER CO., Inc. 120 West 24th Street New York, U.S.A.

**First American Coins.**  
The first coins made in America were in Mexico, in the mint established there in 1535. The coin was called the real. They are now worth from six shillings to two pounds apiece.

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Cleanses and Beautifies  
Write MURINE CO., CHICAGO for Free Book on Eye Care

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## WARTS

Minards, applied frequently, dries up and removes Warts.

### MINARD'S "KING OF PAIN" LINIMENT

Hardest, purely vegetable, infants' and children's liniment, formula on every label. Guaranteed non-narcotic, non-alcoholic.

### MRS. WINSLOW'S SYRUP

The Infants' and Children's Regulator  
Children grow healthy and free from colic, diarrhoea, flatulency, constipation and other trouble if given it at teething time. Safe, pleasant—always brings remarkable and gratifying results. At All Druggists

## WOMAN SUFFERED FOR MONTHS

Weak and Nervous. Made Well by Lydia E. Pinkham's Vegetable Compound

Webbwood, Ont.—"I was in a very weak and run-down nervous condition, always tired from the time I got up until I went to bed. Sleep did not rest me at all. My sister recommended Lydia E. Pinkham's Vegetable Compound to me and others told me about it, but it was from my sister's advice that I took it. It did not take long until I felt stronger, headaches left me and my appetite came back to me. I am a farmer's wife and have many things to do outside the house, such as milking, looking after the poultry, and other chores. I heartily recommend the Vegetable Compound to all who have the same trouble I had, for it is a fine medicine for women."—Mrs. LOUIS F. ELSASSER, Hillcrest Farm, Webbwood, Ont.

**Another Nervous Woman Finds Relief**  
Port Huron, Michigan.—"I suffered for two years with pains in my side, and if I worked very much I was nervous and just as tired in the morning as when I went to bed. I was sleepy all the day and didn't feel like doing anything, and was so nervous I would bite my finger nails. One of my friends told me about Lydia E. Pinkham's Vegetable Compound, and it helped me so much that I soon felt fine."—Mrs. CHARLES BEELER, 501-14th St., Port Huron, Mich.

Women who suffer from any feminine ailment should try Lydia E. Pinkham's Vegetable Compound.

# ASPIRIN

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" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocetylacetate 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."