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GUARD YOUR HEALTH

**You Can Do This by Keeping the
Blood Rich and Red.**

It is useless to tell a hard working woman to take life easily and not to worry. Every woman at the head of a home; every girl in office, shops and factories is subjected to more or less worry. These worries cannot be avoided. But it is the duty of every woman and every girl to save her strength as much as possible, and to build up her system to meet unusual demands. Her future health depends upon it. To guard against a breakdown the blood must be kept rich, red and pure. To keep the blood in this condition Dr. Williams' Pink Pills will be found most useful. They strengthen the nerves, restore the appetite and bring the glow of health to pallid cheeks, and renewed energy to listless people. Women cannot always rest when they should, but they can keep up their strength through the occasional use of Dr. Williams' Pink Pills. This is shown by the case of Mrs. Minnie Swick, residing near Simcoe, Ont., who says: "A few years ago I was in a deplorable state of health. My blood was weak and watery and the circulation poor. My appetite was poor and what food I did take distressed me. I was not able to do my housework, and often my nights were sleepless, and headache and backache added to my misery. I was finally persuaded to drop other medicines and take Dr. Williams' Pink Pills. This I did, and after taking the pills for a couple of months I could do my housework with ease, eat well, slept well and had gained in weight. From my own experience I cannot praise these pills too highly."

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

Automatic Window.

In these days we appreciate the advantage of ventilation. We are careful to open the window before we go to bed, having no fear of the "poisonous night air" which our grandparents dreaded. True, it is uncomfortable on winter mornings to get up and dress in a chilly bedroom. One may step out of bed, shut the window and huddle back under the bedclothes again while waiting for the room to warm up, but that is a bore. How desirable it would be if the window could be made to shut itself at the proper time without demanding one's personal attention. A New York man has studied out this important problem, and as a result he offers a contrivance which he calls an automatic window closer. It works while you sleep.

Beside the window on a shelf is placed an alarm clock, which one sets to go off an hour or so before getting-up time. When it does go off it makes no noise, but disengages a lever which releases a weight that pulls the sash shut. You continue to snore peacefully, the room warms up, and when you arise you can do so and put on your clothes without shivering.

Hawaiian Islands Fortified.

If there were no islands in the Pacific there would probably be no Pacific problem, but in an immense ocean-coasting points for ships and relay stations for telegraphic communications become of the utmost importance. Strategically Hawaii is the recognized key to supremacy in these waters. It is difficult to cross the Pacific without landing in Hawaii. Far from being unprotected, as many people seem yet to believe, the islands since 1914 have had at Pearl Harbor a naval base second to none in the world, and one fairly to be considered as impregnable.

If you must knock, get a job in a blacksmith's shop and do it on a regular anvil.

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often ~~stuffy~~ that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels, and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Never Touched Them.

Two wives were holding forth about their husband's meanness with money. "It is so humiliating," said one, "to have to go into his pockets and get money." "I think that is underhanded," replied the other. "I wouldn't go into any man's pockets, let alone my husband's." "How do you do it, then?" asked the first. "I just turn his trousers downside up and over the bed and help myself," said the other.

**Mother! Move
Child's Bowels With
California Fig Syrup**

Hurry mother! Even a sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

Making Tommy Attractive.

Ethel, the twelve-year-old daughter of a family that resides in an uptown apartment house, recently said to her mother: "Mother, I wish you'd wash Tommy's face."

Now Tommy was the son of the man whose apartment adjoined theirs. So mother was both alarmed and astonished.

"The idea!" she exclaimed. "Why, he's a neighbor's child! I have nothing to do with him."

"But I have," explained Ethel. "We have become engaged, and I want to kiss him."

Ladies All Looked.

Applicant—"I see you advertise for a window dresser."
Merchant—"Yes. Have you had much experience?"

"I arranged the windows in the last shop I was employed at, and every woman who passed stopped and looked in."

"That's something like. You're just the man we want. By the way, what line was your firm in?"

"Mirrors!"

Go an inch toward a temptation, and it will leap a yard toward you.

endure all sorts of pain and torture; but stop breathing for two or three minutes and life leaves the body.

A well-known authority says that a man out-of-doors is exposed to one hundred times more fresh air than he could possibly get in the best ventilated room in the same period of time. To maintain good health it is therefore imperative to sleep and live out of doors as much as possible.

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.

The less a thing costs the less appreciated it often is. Salesmen have told me that by putting a cheap price on a line of goods they were unable to effect a sale, but on rearranging the goods and raising the price they were quickly disposed of. The public have strange and almost freakish inclinations at times, often the result of prejudice. Sea-water is a plentiful commodity, but very little used except to swim in or to sail steamers over. A new use was found for it during the war when several surgeons treated septic wounds with sea-water to great advantage. Being so much in evidence over the surface of the earth, there is little hope of its being cornered and offered for sale in attractive job lots. As a result, there is little hope of its gaining universal popularity as a useful antiseptic solution because it cannot be disposed of at bargain sales.

The same is true of fresh air. While fresh air is the cheapest and perhaps the most beneficial of all medicines that a person may use, many people refuse to use it as a medicine and seem to try to get as little as possible in order to keep alive. I have been in houses in the winter-time heated by water or air and the amount of oxygen in these houses was noticeably deficient the moment one entered the door. In such an atmos-

ber of people in this stuffy room was increased at meal times and in the evenings by the addition of the husband. How any family could live and thrive in such an atmosphere of poor air is one of nature's wonders. The vitality of everyone in that house must have been lowered—it could not be otherwise, for an adequate supply of oxygen is needed for almost every function of the body.

When summer comes, many of these people with lowered health and vitality through lack of fresh air in winter, go to seek rest and change at a summer hotel in the mountains or at a lake resort. Dr. George Porter, until lately the secretary of the Canadian Society for the Prevention of Tuberculosis, describes the net result of such a holiday in many cases by saying: "The hotels usually take the change, and the waiters take the rest."

People who stay all day in close, stuffy rooms, or who work under conditions of poor ventilation, must have an abundance of fresh air at night and during hours of recreation if they are going to keep their bodies strong and healthy.

Fresh air is absolutely necessary to human life. You may live for some time without food, or without drink; you may go without sleep, or you may spare a mother and several children spent most of every day, and the num-

One third of your life is allotted to sleep. Do you get your share?

The most important period in the process of applying nutrition to the repair of the body is while you are asleep. For the most favorable transformation of digested food into nerve and cell tissue, so doctors tell us, sleep is absolutely essential.

Is it any wonder that those who suffer from lack of proper sleep are weak, pale and lacking in energy or ambition?

One of the causes of insomnia is nerve-irritation from tea and coffee drinking. Tea and coffee both contain caffeine, which has a tendency to cause undue stimulation. The irritating effect of caffeine often results in insomnia, depression, and a weakened nervous system.

You can easily overcome these troubles by drinking Postum instead of tea or coffee. Postum is a delicious, satisfying cereal beverage, and it is absolutely free from caffeine, or any other harmful substance.

Ask your grocer for Postum. Drink this delicious, refreshing beverage for ten days. Then see if you do not feel better and more clear headed, and if you do not sleep better at night—as so many other people have proved for themselves.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

Postum for Health
"There's a Reason"

Made by Canadian Postum Cereal Co., Limited, Windsor, Ont.

BAYER
Genuine
Aspirin

WARNING! Always say "Bayer" when you buy Aspirin. Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances? Accept only an unbroken "Bayer" package which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds **Headache** **Neuralgia** **Rheumatism**
Toothache **Neuritis** **Lumbago** **Pain! Pain**

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—All druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocetate 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."

**TORONTO WOMAN
GAINED 35 POUNDS**

**ONLY WEIGHED NINETY
POUNDS WHEN SHE BE-
GAN TAKING TANLAC.**

**Was So Weak and Ill from
Stomach Trouble Life Was
a Burden.**

"Tanlac has built me up from a mere frame weighing only ninety pounds to a strong woman weighing one hundred and twenty-five pounds, and my gratitude is unbounded," said Mrs. Lydia Pickup, 12 Ramsay Lane, Toronto, Ont.

"My stomach troubled me so much during the past three years that my life was a perfect burden. My appetite was gone entirely, gas would form and nearly set me wild with pain in the pit of my stomach. The gas nearly smothered me and my heart acted so queerly that it alarmed me. I could get scarcely any sleep and was tired and dull and worn out all the time. I often turned so dizzy I could hardly stand up, and at times my head hurt like it would burst open. I lost weight until my clothes were entirely too large and I was so weak I could hardly move."

"One day I saw a statement about Tanlac and I determined to try it. I have now taken ten bottles in all and my appetite has come back, I eat anything I want and as much as I want at every meal without pain or any uncomfortable feeling afterwards. I do not have headaches or dizzy spells any more. I sleep soundly every night and get up feeling fine and strong in the morning."

Tanlac is sold by all good druggists. —Advt.

Telling the Time.
The Time of Day I do not tell, As some do, by the clock; Or by the distant chiming bell, Set on some steeple rock; But by the progress that I see, In what I have to do; It's either Done o'clock to me, Or only Half-past Through.

MONEY ORDERS.
A Dominion Express Money Order for five dollars costs three cents.

Teacher—"Johnny, you may name five animals that live in the polar regions." Johnny—"Three polar bears and two seals."

**COARSE SALT
LAND SALT**
Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

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.,
118 West 31st Street
New York, U.S.A.

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

Blistered Feet, Sore Feet, Tired Feet,
Burning and Aching Feet.
After a hard day's work on a long tramp
and your feet are completely used up,
bathe them in hot water, then rub them
well with MINARD'S LINIMENT. It
will relieve you and you will never be
without a bottle.

**USE SLOAN'S TO
WARD OFF PAIN**

LITTLE aches grow into big pains unless ward off by an application of Sloan's. Rheumatism, neuralgia, stiff joints, lame back won't fight long against Sloan's Liniment.

For more than forty years Sloan's Liniment has helped thousands, the world over. You won't be an exception. It certainly does produce results. It penetrates without rubbing. Keep this old family friend always handy for instant use. Ask your neighbor.

At all druggists—35c, 70c, \$1.40.
Made in Canada.

**Sloan's
Liniment** (Pain
Chaser)

If Headachy, Bilious
or Stomach is Bad,
Take "Cascarets"

Get a 10-cent box now.
Furred Tongue, Bad Colds, Indigestion, Sallow Skin and miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which sours and ferments like garbage in a barrel. That's the first step to untold misery—indigestion, foul gases, bad breath, yellow skin, everything that is sickening. A Cascaret to-night will give your constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep. Millions of men and women take a Cascaret now and then to keep their stomach, liver and bowels regulated, and never know a miserable moment. Don't forget the children—their little insides need a good, gentle cleansing, too.

Classified Advertisements.
CANADIAN MATRIMONIAL PAPER.
25c. No other fee. A. McCreary,
Chatham, Ont.

MYERS' WHITE ROCKS, PULLETS,
25 to 35 Cuckers, \$5. A. H. Myers,
Box 422, Stratford, Ont.

AGENTS WANTED
LIVE AGENTS WANTED FOR
quick selling household necessities.
Repeat orders assured. Write for par-
ticulars for sole agency in your town to
Patricia Products, 365 Broadway Ave.,
Toronto.

BELTING FOR SALE
ALL KINDS OF NEW AND USED
belting, pulleys, saws, cable, hose, packing,
etc., shipped subject to approval at lowest
prices in Canada. YORK BELTING CO.,
115 YORK STREET, TORONTO.

We can sing away your cares easier
than we can reason them away.—
Beecher.
Minard's Liniment for Distemper.

For Fifty Years
Mother Seigel's Syrup has been the
world's remedy for indigestion,
and it is still the best and cheapest
of stomach and liver tonics.
The medicinal extracts of varied
roots, barks and leaves restore
the natural efficiency of the dig-
estive organs and it has banished
numberless cases of pain after
eating, headaches, flatulence,
acidity, biliousness and constipa-
tion. Sold in 50c. and \$1.00
bottles at drug stores. 0-21

DANDERINE
Stops Hair Coming Out;
Thickens, Beautifies.

35-cents buys a bottle of "Danderine"
at any drug store. After one applica-
tion you can not find a particle of
dandruff or a falling hair. Besides,
every hair shows new life, vigor,
brightness, more color and abundance.

**TROUBLED WITH
ITCHY ECZEMA**
In Rash On Face And Limbs,
Cuticura Heals.

"I had been troubled with eczema
on my face which took the form of a
rash. Later it broke out on my
limbs and they itched very much,
causing me to scratch them until
they were bleeding. The rash would
often keep me awake at night.
"I tried some remedies, which
failed, and then thought I would try
Cuticura Soap and Ointment. It
was not long till the rash began to
disappear, and I used three boxes of
Soap and four boxes of Ointment,
which healed me." (Signed) W. M.
Hymers, Paris, Ont., Sept. 12, 1919.
Cuticura Soap to cleanse, Cuticura
Ointment to soothe and heal.
Sole U.S. Dispensary, 25 and 26c. Sold
throughout the Dominion. Canadian Dist-
ributors: Limited, St. Paul St., Montreal.
Cuticura Soap shows without soap.