

PALE FACES AND WORN OUT NERVES

Due Solely to Weak, Watery Blood—A Tonic is Needed.

Anaemia—literally impoverished blood—comes on so stealthily that it is often well advanced before its presence is recognized. Feelings of fatigue and discomfort are the earliest manifestations of the trouble and these are seldom taken seriously. Gradually small tasks become an effort and exertion causes the heart to palpitate violently. The complexion becomes sallow or pale and there is loss of weight. The nerves grow weak and the victim displays irritability under slight provocation and is extremely sensitive to noise. The appetite is sickle and indigestion often follows.

A condition of anaemia calls for a tonic, one that will enrich the blood and strengthen the nerves, and for this purpose there is nothing can equal Dr. Williams' Pink Pills. These pills give the blood all those missing elements necessary to give strength to the nerves, color to the cheeks, and nourishment to starved organs and tissues. Miss Margaret J. Fraser, R.R. 2, Theaillon, Ont., has proved the value of this treatment. She says: "I was very pale and weak. My blood was poor and I was very nervous. I lost my appetite, my feet and ankles were swollen and I was in a very miserable condition. A friend advised me to try Dr. Williams' Pink Pills and I got two boxes, and found before they were finished that they were helping me. I continued the pills until I had taken a half dozen boxes, with the result that I am now enjoying the best of health, all symptoms having disappeared. I feel confident that what Dr. Williams' Pink Pills did for me they will do for others, if given a fair trial. You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont."

"Friends" to Avoid.

An old Persian proverb runs, "Think twice before you make an enemy, and three before you make a friend." True even if we think that "twice" and "thrice" should be transposed. As a matter of fact, however, they are in their right places.

Most of us, before experience teaches us wisdom, take to ourselves friends far too easily. We continue the friendship because we don't quite know how to end it, but in our hearts we wish certain of our "friends" a thousand miles away permanently!

There's the painfully "candid friend" for a start. He—or she—tells of our faults, our defects, our shortcomings, and rules in hard all the things we know but would like to forget.

"I'm sure no one would tell you but myself, old man, but do you know you are getting fat?"

Or when a new hat appears—"My dear, I know you don't mind what I say, but it doesn't suit you a bit! It would be all right for a girl of sixteen, but—"

Had I my time over again I would never have one of these candid friends. I've searched my memory, and cannot remember when candid praise was given. It is always criticism. Candid friends are life-spoilers. Keep them out of your life.

Then there's the easily offended friend! Never have a friend of that type. Or if you have any, seize the first opportunity of letting them go out of your life. They will age you, worry you, and make a slave of you if they remain. You will always be apologizing, explaining, smoothing them down, begging their pardons. Your soul will be free to do what you like. They might be "offended!"

They are tyrants, and their tyranny grows worse the more you pander to their "tactfulness." Get rid of them! Buy—as I did—a new hat, and tell them nothing about it. They are sure to be "offended," and then let them remain so.

Finally, there's the "friend" who uses you when her real friend isn't available. "Use" is the right word! You are in reserve—to be used as required. That type should be barred, too.

Choose your friends carefully.

School Gardens.

In the rural districts of Sweden a garden is attached to every school. Here the children receive practical instruction in the cultivation of plants, herbs, flowers, and fruits.

The well-being of mankind throughout the world is the avowed aim of the Rockefeller Foundation. In ten years, since it was established, it has devoted itself almost wholly to public health and medical education. So far, it has spent \$76,757,000.

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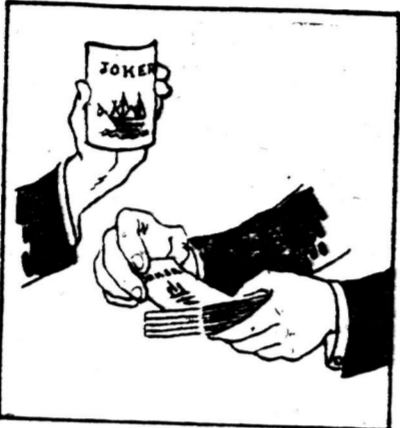


Master Georges Deirue, and the Canadian Pacific S.S. Minnedosa, on which he journeyed from Antwerp. This little fellow is not much on size or weight, but he is a recorder-holder, nevertheless. He was one of the most distinguished passengers aboard the Canadian Pacific liner Minnedosa on her last westward voyage, and he holds the record of being the youngest passenger to make the trans-Atlantic voyage unaccompanied. He has just passed the second milestone. Mr. Georges Deirue is his name. He has spent most of his young life with his grand-parents in Tourcoin, a small town on the border line of Belgium and France. He took the journey that he might join his parents and take up permanent residence at St. John's, P.Q. While he was travelling "unaccompanied," Georges was not for one moment unobserved for, and although he objected to the Minnedosa to the full extent possible for the first 24 hours, after this period he found that the ship was merely a huge playground with everyone his friend.

EASY TRICKS

No. 40

A Card Mystery



This is a trick with the Joker which will be found in every complete pack of playing cards. The Joker is shown and is placed on the top of the pack. The magician asks whether his spectators would like to have it placed near the top of the pack, near the bottom or in the middle. Whatever the choice, he takes the Joker and places it where he is told.

He places the cards behind his back for an instant and then brings them out. He snaps his fingers, says a magic word and the Joker appears on the top of the pack.

This is how it is done. When he shows the Joker he holds it so that the presence of another card, behind the Joker, is not observed. This is done by holding the card so that they curve slightly, the convex side toward the audience. He places the two cards (apparently only one) on the top of the pack. The card he takes off the top and places anywhere desired in the pack. Really, it is the other card. The Joker stays on the top of the pack for the finish of the trick.

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

SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand, the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any of these troubles may prove deadly if not promptly treated. During the summer mother's best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Huge Barometer in Munich.

A new barometer, larger than the ordinary city hall clock, has been installed in the tower of the German Museum at Munich. Where the 12 is on a clock face the barometer has a large figure 71. The atmospheric pressure is normal the hand of the barometer is at 71. Fair weather is indicated by moving the hand to the right of 71 and bad weather by moving it to the left.

Canada recently received an order from Rumania for a \$9,000,000 deal in woolen textiles.

Music broadcast by wireless from Glasgow was heard by miners 330 feet below ground, at a distance of fifteen miles from the city.

The first letter ever typed was written in 1830. It contained only 150 words, and is said to have taken more than four hours to type.

Although butter from New Zealand has to travel about 14,000 miles, it reaches the British consumer in perfect condition.

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.

A great menace to the public health presents itself in the slipshod way some vendors have in serving ice cream and soft drinks. A rinse through cold water is sometimes practically all that the utensils get. Various investigations have shown that the ordinary methods of washing soda water glasses and ice cream dishes neither cleans nor sterilizes them. Contagious disease germs could thus be transmitted from mouth to mouth.

The following disinfectant is recommended by certain boards of health for the cleansing of soda water glasses and other drinking and eating utensils:

Solution No. 1. Chlorinated lime, 12 ozs. avoirdupois, sodium carbonate, 34 ozs. and 66 grains avoirdupois. Water to make 50 fluid ounces. Grind the chlorinated lime in a mortar with 20 fluid ounces of water until a thick paste is made. Transfer the paste to a gallon bottle, washing it from the mortar with 14 fluid ounces of water. The chlorinated lime must be of full strength. Dissolve the sodium carbonate in 17 ounces of hot water. Add

the soda solution to the lime solution in the bottle. Shake thoroughly. If the mixture becomes gelatinous, set the bottle in warm water until the gelatin has dissolved. Strain through wet muslin until liquid becomes clear. Wash with successive portions of warm water until the amount of the solution totals 50 fluid ounces.

Solution No. 2. Hydrochloric acid, 3 fluid ounces, apothecaries' measure. Water 29 fluid ounces. Mix and stir well. To one gallon of water, add 11-3 fluid ounces of solution No. 1. When ready to use, add one fluid ounce of No. 2, to the above mixture. This makes a solution which is practically neutral and which contains 2.31 per cent. free chlorine.

The best method of disinfecting a soda water glass with the above described solution is to first rinse it with warm water; next, with the solution and, finally, wash off the solution with clear, clean, cold water.

To wash eating utensils first clean off the grease and dirt with soap and water. Rinse. Put in disinfectant. Rinse with clean, clear, cold water.

His Flute Was Better Than a Gun. When John Jacob Astor, the founder of the Astor fortune used to go into the forests to trade with the Indians for furs he did not carry a gun. He took a flute with him and played on it, which pleased the Indians, and won him their confidence and friendship.

When you are trying to make friends never carry a gun with you. Always take a flute—the flute of courtesy, kindness, and good will.

Tattooing in red and blue completely covered the bald head of a man who appeared in a London police court recently.

Goitre is very prevalent throughout the Himalayas caused from drinking snow water.

Women Organists. So many women play the organ in church these days that it is surprising that none has as yet achieved any very great distinction, considering the lightness of touch of the modern organ. Probably the first woman to attain distinction in this field were Ann and Elizabeth Mounsey, two English ladies who lived in the first half of the nineteenth century. The elder of these, Ann Shepherd, held important posts in London, and we learn with interest that in 1843 she gave the first of six series of Classical Concerts at Crosby Hall, London, for one of which Mendelssohn composed "Hear My Prayer," for voices and organ, first performed January 8, 1845.

The younger sister, Elizabeth, was for many years organist of St. Peter's, Cornhill. Besides the organ and piano she discovered with some amazement, she was also a virtuoso on the guitar, and appeared in public as a performer on the instrument. This is as bad as Dussek, the virtuoso pianist, who also played the musical glasses.

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

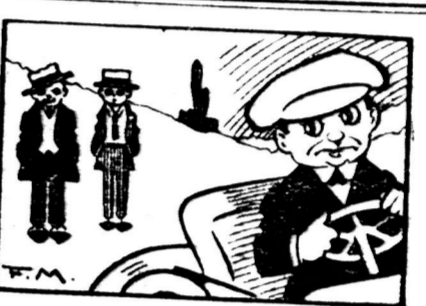
Boon to Housewives. A new household convenience is a portable metal cabinet into which dust can be emptied from mops without any of it flying back into a room.

Asparagus is believed to be the oldest known plant used for food.

Ask for Minard's and take no other.

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The Tobacco of Quality
1/2 LB. TINS
and in packages



Common Complaint. "He's sick of life? Must be his liver." "No; just disorder of his liver."

A lie is the greatest homage paid to truth.

White specks on young evergreens? Dose frequently with strong soapsuds.

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Use Cuticura Talcum Daily For The Skin After a bath with Cuticura Soap and warm water Cuticura Talcum is soothing, cooling and refreshing. If the skin is red, rough or irritated anoint with Cuticura Ointment to soothe and heal. They are ideal for all toilet uses.

Poland's Loss in Young Men. Poland's greatest loss of recent years has been, not in devastated regions, but in young men. Therefore physical education was stressed at a recent meeting of schoolmasters, and the government was urged to allot more money for the building of playgrounds and otherwise to assist in the building up of Polish youth.

Keep Minard's Liniment in the house. Child's first electric railway will be a line 26 miles long from Santiago to Talagante.

MURINE You Cannot Buy New Eyes. But you can purchase a Clear, Healthy Condition. YOUR EYES. Use Murine Eye Remedy "Night and Morning." Keep your eyes clear, clean and healthy. Write for Free Eye Care Literature. Murine Eye Remedy Co., 9 East Ohio Street, Chicago.

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