STAPTOMS OF DEBILIPY

How to Tell Whether Your Blood Needs Revitalizing.

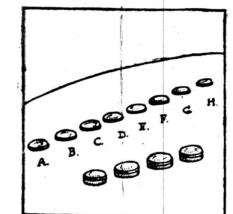
The symptoms of general debility vary according to the cause, but weakness is always present, a tendency to perspire and fatigue easily, ringing in the ears, sometimes black spots passing before the eyes, weak back, vertigo, wakefulness caused by inability to stop thinking and unrefreshing sleep. The 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, postpaid, at 50c a box from the Dr. Williams' Medicine Co., Brockville, Ont.

EASY TRICKS No. 45

Easy When You Know How



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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 E and place it on B. 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 E on B, Con G, H on F and D on A.

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

BABY'S OWN TABLETS OF GREAT VALUE

Mrs. Hermadis Chagnon, Ste. Theodoste, 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 The question is an important one, for ease. And yet, eighty per cent. of always cheery and bright; "the face fevers; and keeping the baby free investigation has proven that ninety blindness in the new-born is due to of her does one good, shure!" from the many simple ailments of per cent of children receive this in- gonorrhoea; and syphilis is responchildhood. The Tablets are sold by formation at a tender age from thor- sible for the birth of thousands of dismedicine dealers or by mail at 25 oughly improper sources. The child eased children, four out of five of cents a box from The Dr. Williams' should be repeatedly impressed with whom die in infancy. Medicine Co., Brockville, Ont.

Wet Weather.

It is the English in me that loves the and idealism, a proper reverent atti- Surely when they understand, parents soft, wet weather--The cloud upon the mountain, the poses of nature, thorough training for part for the sake of the children of marriage and its responsibilities—the land. No parent can sit back and

The sea-gull flying low and near with

The scent of deep, green woodlands where the buds are breaking the great majority of children obtain free.

A world all hot with sunshine, with a type. What does this state of affairs measures. hot, white sky above it-Oh then I feel an alien in a land I'd proper viewpoint of the whole ques- rank with the tremendous costs of

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 and crime.

thrills for it alone!

It is the secret kinship which each new life is given

The light to be secret kinship which each new life is given

The light to be secret kinship which each new life is given

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The light to be secret kinship which each new life is given to be should be the lot of your children.

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To link it by an age-long chain to those whose lives are through.

But for many thousands, the picture is and will be, sadly different. those whose lives are through, Blindness, deafness, insanity, loco- Experiments are being made with That wherescever he may go, by fate motor ataxia, heart disease—these are Mexican hemp as to its adaptibility

The home-star rises in his heart to the devastating plague of venereal diskeep the compass true! -Isobel Ecclestone MacKay.



CAWS ENOUGH! he Bird-"Was there any cause for Mr. Crow being expelled from the

Plyers' Club?" 2nd Bird-"Yes, too many caws!"

Less 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 worldwide 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 Cataraqui 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 Prescett. 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 Manatoana, the garden of the great spirit, as the Indians describe this part of the St. Lawrence. Here tradition has it that the mighty Hia- less search for her lover. watha met two dusky Onondagas and counselled the alliance of the Six Nations. Here it is that our cott, where C.S.L. passengers for the metropolis and American neighbors chose to erect their summer the lower St. Lawrence are transferred to the Rapids mansions, which are pointed out as famous places of boat, is often called the Gateway of the Thousand interest. The Lost Channel is among these islands, Islands. It is a very popular resort, especially for where in 1758 the British, under Lord Amherst, on Americans, and from here the journey across Alextheir way from Oswego to Montreal, entered it by andria Bay, numerous islands are passed with their mistake and were ambushed by the French and their magnificent homes. Hart Island stands out promi-Huron allies. However, they emerged victorious al- nently, and future history will doubtless rehearse the though a small boat with coxswain and crew never story connected with the great mansion erected here found its way out, hence its name.

ton Island was the rendezvous of Thayendanages, the to the pathetic story, the huge house with its outterrible Six Nations chief who fomented massacres, standing turrets, was built by a loving husband for and during the revolutionary war it was a famous his devertible, who, before its completion, died. refuge for the Tories of New York, Pennsylvania and He was so disappointed that he had neither the in-

Crescent, Toronto.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontarie

ters through this column. Address him at Spadina House, Spadins

the fact that the source of informa-tion on such matters should be the norance and cowardly silence. Ignor-

tude towards sex and the great pur- and indeed all citizens, will do their

these constitute a foundation upon say "This is none of my affair." Pre-

which parents can build the future ventive social measures are important

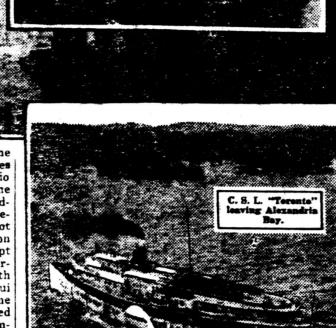
their education on sex matters from recreation, good books and proper companions, not often of the right companions are all real preventive

lead to? It leads to a biased and im- The cost of venereal diseases takes

tion of sex. It blinds the high purposes of nature; it develops cynicism, carelessness and sometimes is the every day comment among those who

starting point for careers of ill health have studied the question. The fact and crime.

Red cheeks, sturdy limbs, clear tals, insane asylums, Homes for In-



Thousand Islands. Another favorite is Lost Lover Island, where an Indian maid was drowned on a fruit-

Clayton, on our way down the river towards Presby a wealthy American at a cost of over a million The Thousand Islands are famous for history. Carle- dollars and now showing signs of decay. According New Jersey. Another island, named "Devil's Oven," clination to finish the work or live there, and it rewas the home of "Bill" Johnson, the pirate of the mains just as it was at the time of her death.



packet

Good at the Bank Every time that singer goes up the cale 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

DOG DISEASES and How to Feed Mailed Free to any Address by the Author.
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129 West 24th Street

GOLTVI PLUE "It Satisfies"

Fill your pipe

roll your OWIL ask for GOEN'S FINE GUT (groon label)



First American Coins.

The first coins made in America were in Mexico, in the mint establish-

ed there in 1535. The coin was called

the real. They are now worth from six shillings to two pounds apiece.

Cleanses and Beautifies

Attractive Proposition

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of their finger nails should be happy, for it is considered to indicate good health. LARGE PIMPLES MONEY ORDERS. Dr. Middleton will be glad to answer questions on Public Health mas-

Good Sign. Those who notice the rapid growth

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

"I jist likes to let her in at the Where and from whom are children have married in full knowledge of the door," said an Irish servant one day, to receive education on sex matters? fact that they are free from all dis- of a woman I know, whose face was

Ask for Minard's and take no other.

Housework ranks as high as any of the professions.-The Duke of Confather or mother, not friends or com- ance can be dispelled if citizens and naught.

> Classified Advertisements SILVER FOXES—NOTES FROM MY DIARY (Bookist). Nine years' experience ranching tures. 25 cents. Dr. Randall. Truro. Nova Scotia.

WASHINGTON HAND PRESS. TON Hand Press that will take a pages of tumns, long. Wilson Publishing Co., Ltd., 11 tide St. W., Euronto.

CUTICURA HEALS

OnFace. Itchedand Burned Caused Loss of Sleep.

"I was troubled awfully with pim ples on my face. Little white spots formed at first which later broke out in large, red pimples that festered and scaled over. They itched and burned causing loss of sleep, and my face was disfigured.

Other remedies were used without success. A friend recommended Cuticura Soap and Ointment so I purchased some, and after using them about a week I got relief. I continued using them and in a month was completely healed.' (Signed) Miss Lilian Warner, Williamsburg, Ontario.

Daily use of Cuticura Soap, Ointment and Talcum helps to prevent skin troubles.

Sample Each Free by Mail. Address: "Lymans, Lim-ited, 344 St. Paul St., W., Montreal." Sold every-where. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

ASPIRIN

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



Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Rheumatism Neuritis Pain, Pain

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

WOMANSUFFERED FOR MONTHS

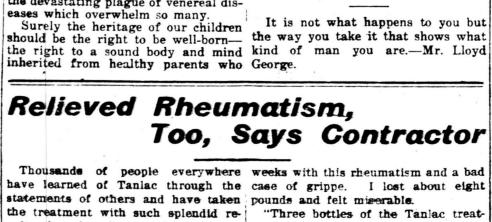
Weak and Nervous. Made Well by Lydia E. Pinkham's Vegetable Compound

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 cheres. 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 Relie Port Huron, Michigan,—"I suffer for two years with pains in my side. if I worked very much I was nerve 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 hite my linger nails. One of I would be to my linger nails. One of I would be to my linger nails. Lydia E. Pinkham's Vegetable Con pound, and it helped me so much that I soon feltfine."—Mrs. CHARLES BEELER. 501-14th St., Port Huron, Mich.

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

195UE No. 38-72.



only a few of the serious results of for paper pulp.

sults that they in turn deem it only ment, besides greatly improving my fair to relate their experience for the rheumatism, has made my eating and benefit of suffering humanity. Such is digestion better than they ever were

1066 Berri St., Montreal, who says: great."

"I couldn't do otherwise than pub- Taniac is for sale by all good druglicly endorse Tanlae for I was lucky gists. Accept no substitute. Over 37 to find out about the medicine the million bottles sold. same way myself. For nearly a year I suffered from indigestion, and also Tanlac Vegetable Pflis are Nature's

the case with L. Desormeaux, well- I have regained my lost weight, and known electrical contractor, living at am feeling extremely well. Taniac is

had rheumatism in my legs. About a own remedy for constipation. For sale month ago I was laid up in bed for two everywhere.

Accept only an "unbroken package" of "Bayer Tablets of

Colds Toothache Earache

Headache Neuralgia Lumbago

Handy "Bayer" boxes of 12 tablets-Also bottles of 24 and 100-Druggists.