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London, England

19th April, 1924

Havel Posters Com

every \$1.20 given.

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To One Who Plants Trees.

While these saplings stand,
Grown to graceful trees,
Glad shall be the land
That you planted these.

Death your hands may bind
And your voice may cease;
Nearth men men will find
Laziness and peace;

Coolness in their shade
From hot August skies;
(Man will meet a maid
When the night wind sighs);

Glory in their sheen
When October burns;
Guerdon when the green
Hope of spring returns.

While these saplings stand,
Grown to graceful trees,
Glad shall be the land
That you planted these.

—John Hanlon.

BROKEN IN HEALTH

**After An Attack of Influenza—
Health Now Restored.**

"I am writing to tell you what Dr. Williams' Pink Pills have done for me," says Mrs. J. H. Oulton, Firdale, Man. "A few years ago I was in a badly rundown condition, so much so that I was subject to fainting spells which would leave me in such a condition that I could hardly go about. Then I was stricken with influenza, which was epidemic at that time, and this still further weakened me, and throughout the whole winter I remained in this condition. I was constantly taking doctor's medicine, but as it did not seem to help me, my mother advised me to try Dr. Williams' Pink Pills, and I got a couple of boxes to start on. When these were done I seemed to feel an improvement and I got a further supply to continue the treatment. I took in all about a dozen boxes, and by that time I was in the best of health and had gained in weight. My faith in Dr. Williams' Pink Pills is now unbounded, and I keep a supply on hand and take them occasionally if I am not feeling quite well. I often recommend them to others, and cannot praise them enough for restoring my health."

Dr. Williams' Pink Pills are useful in all cases where the blood is thin and watery as their mission is to build up and purify the blood. That is why they give new strength and vigor after an attack of influenza, and it is also the reason why they are beneficial in nervous disorders, neuralgia, rheumatism and that condition generally described as all run down."

You can get the pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Philanthropic.

"Doctor Pillsbury is very moderate in his charges, is he not?"

"Oh, yes!" replied old Gaunton Grimm. "He does his best to bring illness within the reach of all."

Keep Minard's Liniment in the house.

Tightened the Tinfoil.

Loose battery terminals may be tightened by using a thin sheet of tinfoil.

WARNER'S SAFE KIDNEY & LIVER REMEDY

is the quickest and best relief for pains in the back and the many other indications of kidney trouble. Sold for 50 years. Satisfaction in every bottle. At your druggist, or direct from WARNER'S SAFE REMEDIES CO. Toronto

Look Younger

Care-worn, nerve-exhausted women need Bitro-Phosphate, a pure organic phosphate dispensed by druggists that New York and Paris physicians prescribe to increase weight and strength and to revive youthful looks and feelings. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

FEET SORE?

Rub every night with Minard's. It relieves inflammation, soothes and heals.

MINARD'S "KING OF PAIN" LINIMENT

Bovril the mighty energiser

Tanlac Saved Life Says Ottawa Lady

Mrs. Varalo Tells of Recovery from Complication of Troubles—Gives Tanlac Full Credit.

"That I am alive and in good health to-day I can attribute to nothing but Tanlac," is the remarkable statement recently made by Mrs. Eva Varalo, 233 Cumberland St., Ottawa, Ontario, Canada.

For two long years I suffered terribly from indigestion, constipation, extreme nervousness, sleeplessness, palpitation of the heart, almost continuous sick headaches and shortness of breath, until life seemed a burden to me and I had given up hopes of ever regaining my health.

"But Tanlac helped me the very first day I took it, and now after using seven bottles my health and strength are as fine as can be, and everyone remarks how well I look. I eat heartily, my food digests just perfectly, my nerves are steady, I sleep sound, my heart never troubles me and work is like play. Really, the way the treatment restored me to perfect health seems almost miraculous. Tanlac is simply grand."

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.

Take Tanlac Vegetable Pills.

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.

Prenatal and child welfare work, systematically carried on, brings satisfactory results. There has just come to hand a report presented by Mr. John G. Gebhard of the New York Association for Improving the Condition of the Poor, on the work of the association on its Mulberry Bend Health Centre. Nothing so elaborate has as yet been attempted in this province, but the following account of the results of a five years' demonstration, shows what can be accomplished anywhere by persistent and consistent efforts:

"In a congested Italian district with a population of 35,000, for the last three years 80 per cent. of all the new births have had the benefit of the Health Centre Service.

In those cases where the mothers have received prenatal and one month of postnatal care, miscarriage and deaths under one month have been reduced from the average rate (three years period) of 31.7 per thousand births to 24.8.

Sixty per cent. of the children now examined are of the pre-school children studied, had food habits were reduced from an average of 5.5 to 1.8 per cent. of bad health habits were reduced from 8.2 to 1.2 per cent. This, Mr. Gebhard points out, is much more convincing evidence of the value of the educational work with the children than is the record of the actual gains in weight over and above the expected gains. The demand for milk from one dealer alone in the district increased 81 per cent.

A careful study of the defects among children of preschool age showed a high incidence of rickets among babies. This resulted in a campaign for the prevention of rickets in babies, which is being carried on by the City Health Department in co-operation with the Association and which promises to be most effective.

The percentage of school children needing no dental work has increased in three years from 10.7 to 36.0; and the percentage of those who, in the judgment of the supervising dentist, give evidence of having kept their mouths clean has increased 100 per cent.

The service of the Health Centre has included a study of the vital statistics of the district for a five-year period, and this has shown the Association definite lines of health work needed among its people. This includes work for a reduction of the alarming mortality from pneumonia among the children and from tuberculosis among the adults.



HEALTHY CHILDREN ALWAYS SLEEP WELL.

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the new-born babe with perfect safety. The new sales tax will not increase the price of Baby's Own Tablets, as the company pays the tax. You can still obtain the Tablets through any medicine dealer at 25 cents a box, or by mail, post paid, from the Dr. Williams' Medicine Co., Brockville, Ont.

Attitudes.

I have been noisy over little joys, Noley as English sparrows in their play, And querulous and fretful at small griefs, And aches that spoiled my day;

But I have known a great exultant joy, And suddenly I grew so very still, That I was like the mirrored lake at night, Or a high tower on a hill.

And I have known—have known a hurt so deep— That quiet—without a moan or cry, I—wave good still—aloud as a white star— And watched my own self die.

—Grace Noll Crowell.

When sending money by mail use Dominion Express Money Orders. Safer than sending bills.

Unfortunate Man!

It used to be common for Englishmen who have trouble with their "itches" to own costly mansions, but the war has changed all that along with much else—which makes the following story credible:

Two Americans met at a London garden party. Said the first, "To look at that Englishman you'd think he was a tramp, wouldn't you?"

"Well, I know for a fact that he hasn't a place he can call home," replied the second dryly.

"Nonsense! Why, his mansion in London is—"

"Sumptuous, you were going to say? Yes, but he calls it 'one'."

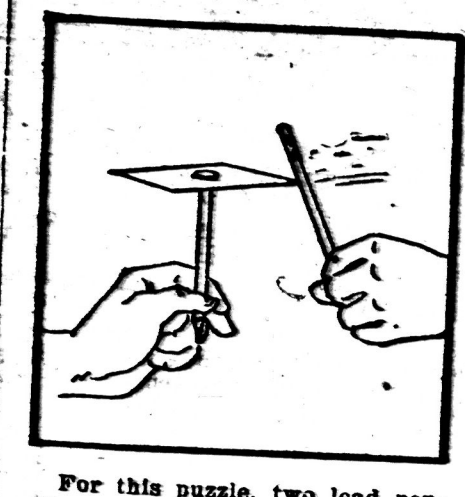
If time be of all things the most precious, then wasting time is the greatest profligacy; for lost time is never found again.—Benj. Franklin.

Ask for Minard's and take no other.

EASY TRICKS

No. 222

A Simple Problem



For this puzzle, two lead pencils, a playing card and a half dollar are used. The playing card is placed on the unsharpened end of one of the pencils. On the card, directly over the end of the pencil, the half dollar is placed. The problem is to remove the playing card without removing the coin. The first part of the trick is to place the coin so that it will stay in position after the card is removed. That is not very difficult. To remove the card, strike the edge of the card with the other pencil so that it will fly away. If the card is struck a straight blow, it will slip from under the coin and the trick will be accomplished.

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

YOU CANNOT JUDGE BY APPEARANCE.

It is impossible to tell the quality of tea by the appearance of the leaf. A rough, coarse, unevenly rolled tea may taste much better in the cup than a closely rolled, well tipped tea that LOOKS much finer. The only way to be sure of getting tea of reliable quality is to buy a tea like "SALADA," whose goodness and purity are guaranteed.

It's Up to You.

Brace up to Life! It will lash you—it will give you many a blow; But brace up! Don't let it smash you—it's up to you—you know!

Be master yourself, nor allow it The smallest advantage to gain; Brace up to Life and avow it. Shall never o'er you hold a rein.

It will maul you—and pelt you—and beat you, If you give it a bit of a show; It will harass—and drive you—and cheat you, But it's all up to you—you know!

It's much in the way that you view it; Though seemingly full of strife. It's up to you, if you but know it. The good that you get out of Life! —Ida M. Thomas.

God Loves Gardens.

God made a garden once, long ago. God loves gardens still, I know. Loves nasturtium and mignonette; God loves gardens even yet.

He looks on phlox and Canterbury bell, Wistfully, with pride as well.

He says, as garden lovers do, "I had luck with my garden too." —Mary Carolyn Davies.

His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Avenue, New York city, will be given a prompt reply.

How to Prevent Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients; it chases away indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine at your druggist.

It is the end that crowns, not the fight.

He that runs in the dark may well stumble.

Are You a Tired Out Housewife?

Many people do not realize that the most exhausting of all work is housework and the care of children. Many a woman who should be in the prime of life finds her strength gone, her nerves unstrung and is weak, worn out and runs down with pale, thin, watery blood from the strain of housework.

In such cases, what you need is something to put more iron into your blood. Nuxated Iron contains iron like the iron in spinach, lentils and apples, and like the iron in your blood. You will be established at how much better you feel often in even a few days.

Try taking Nuxated Iron for two weeks, and you will see color come back to your lips and cheeks, you will not be so easily upset by trifles, and best of all, you will find that you have new strength and energy and endurance for your daily work. At all good druggists.

OLD CHUM SMOKING TOBACCO

IS FOUR TIMES SEALED

to bring you the full richness and mellow sweetness of this—

"Tobacco of Quality"

Manufactured by IMPERIAL TOBACCO CO. OF CANADA LIMITED

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ASPIRIN

Beware of Imitations!

Demand

Unless you see the name "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for

Colds
Toothache
Neuritis
Headache
Lumbago
Rheumatism
Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monooctadecadiester of Salicylicacid. 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."

ECZEMA IN RASH ON HANDS

Fingers Cracked. Lost Sleep. Cuticura Heals.

"Eczema began with a rash on my hands and I could not put my hands in water. It grew worse every day and my hands and fingers all cracked which made them covered with eruptions. I lost sleep with the itching.

"The trouble lasted three months before I heard of Cuticura Soap and Ointment, and after using three cakes of Cuticura Soap and a half box of Cuticura Ointment the eczema was healed." (Signed) Miss Eva E. Belliveau, 338 Highfield St., Moncton, New Brunswick.

For every purpose of the toilet and bath Cuticura Soap, Ointment and Talcum are wonderfully good.

Sample Each Free by Mail. Address: "Egmont, 1250 Ave. 51, Montreal, P. Q." Sold every where. Show Cuticura Ointment to and the Talcum 25c. Cuticura Soap shares without stamp.

YOUNG DAUGHTER MADE WELL

Mother Tells How Her Daughter Suffered and Was Made Well by Lydia E. Pinkham's Vegetable Compound

Vancouver, B. C.—"My daughter is a young girl who has been having severe pains and weak and dizzy feelings for some time and had lost her appetite. Through an older woman who was taking it for the same trouble, we were told of Lydia E. Pinkham's Vegetable Compound. My daughter has been taking it for several months and is quite all right now. It has done all it was taking it for. I am a nervous woman without a bottle of it in the house, for I myself take it for that weak, tired, worn-out feeling which sometimes comes to us all. I find it is building me up and I strongly recommend it to women who are suffering as I and my daughter have."—Mrs. J. McDONALD, 2947 26th Ave. East, Vancouver, B. C.

From the age of twelve a girl needs all the care a thoughtful mother can give. Many a woman has suffered years of pain and misery—the victim of thoughtlessness or ignorance of the mother who should have guided her during this time.

If she complains of headaches, pains in the back and lower limbs, or if you notice a slowness of thought, nervousness or irritability on the part of your daughter, make life easier for her and Lydia E. Pinkham's Vegetable Compound is especially adapted for such conditions.

A German investigator who has been studying butter says that the choicest and freshest of it will take on a disagreeable taste if exposed even for ten minutes to sunlight. He believes that light is quite as harmful to butter as strong odors are and advises dealers and housekeepers to bear the fact in mind.

Classified Advertisements

WOOLGROWERS—COTT AND

Rejects accepted for limited time only. Apply Georgetown Woollen Mills, Georgetown, Ontario.

FOR SALE—FANNING MILL

wire and zinc screening, all sizes. For prices, write J. A. Graham, 201 Langlois Ave., Windsor, Ont.

MURINE FOR EYES

IRRITATED SUN, WIND, DUST & CINDERS

RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS

MADE FOR SALE BY CASE BOOK HEALING CO. CHICAGO

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Fingers Cracked. Lost Sleep. Cuticura Heals.

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