

A TIRED FEELING IN SPRINGTIME

Not Sick, But Not Up to the Mark—You Need the Help of That Sterling Tonic, Dr. Williams' Pink Pills—They Give New Vitality.

With the passing of winter many people feel weak, depressed and easily tired. The body lacks the vital force and energy pure blood alone can give. In a word, while not exactly sick, the winter life of winter has left its mark upon them. A blood-building, nerve-renewing tonic is needed to give renewed health and energy. Dr. Williams' Pink Pills are an all-year-round blood builder and nerve tonic, but are especially useful in the spring. Every one helps to make new, rich, red blood, and with this new blood returning strength, cheerfulness and good health quickly follow.

If you are pale, easily tired, or breathless at the least exertion, if your complexion is poor or you are troubled with pimples or eruptions, Dr. Williams' Pink Pills are just what you need to put you right. If you have twinges of rheumatism, are subject to headaches and backaches, if you are irritable and nervous, if your sleep does not refresh you, or your appetite is poor, you need the treatment Dr. Williams' Pink Pills alone can give—you need the new blood, new strength and new energy this medicine always brings. Mrs. Emma Fraser, Thessalon, Ont., says: "Two years ago my nervous system was in such a condition that life seemed a burden. I could neither work, eat or sleep well. I tried several medicines, but did not get any relief. Indeed my condition seemed to be growing worse. Then Dr. Williams' Pink Pills were brought to my attention and I decided to try them. After using a few boxes there was no room to doubt that they were helping me. I continued their use until I had taken eight boxes, when I was completely restored to health, and I have not any time since had a symptom of the trouble. When I began the use of the pills I weighed only 96 pounds, while under their use with my renewed health I now weigh 125 pounds. I feel it impossible to praise Dr. Williams' Pink Pills too highly."

Keep Your System Toned Up. Try Dr. Williams' Pink Pills for anemia, rheumatism, neuralgia, indigestion or nervousness. Take them as a tonic if you are not in the best physical condition and cultivate a resistance that will keep you well and strong. You can get these pills through any medicine dealer or by mail at 50¢ a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A boy of sixteen should be given as much food as a person who is doing fairly vigorous outdoor work, such as gardening, while a girl of thirteen may easily require more food than her mother or even her father does.

The Song-Sparrow.

Like the rusty can cooked over my griddlestone
Dripping its silvery drops, the song-sparrow sings,
A spray of notes out of his frail throat
Flows
Over the fallow world. Loudly he sings.

And the fine rain of the sun dribs in the air
Riddling his branch with light, though along the ground
Shadows are rising on their knees to hear
Earth turns towards darkness with a most solemn sound.

Yet all to-night his voice will vibrate on,
His echo shake the heavens until in showers
Like loosened petals the white stars rain down.
To-morrow we'll be finding the first flowers.

Schuyler Jackson, in The New Republic.

One Man Feeds Fifty.

Even if you are what is called a small eater the amount of food needed to keep you going for a year is considerable. In that period you will eat 120 lb. of meat and fish, 378 lb. of breadstuffs, including other grains such as rice and oatmeal, a similar amount of potatoes, vegetables, and fruit, besides some 20 lb. of butter and cheese. Added to these will be rations of tea, sugar, mustard, pepper, salt, and so on.

When you remember that there are some one thousand six hundred million people in the world, the amount of food required to feed them all is colossal. Yet a hundred million people produce it all. These plough and cultivate fields, orchards, and gardens, reap or gather their crops, milk the cows, make the butter and cheese, and catch the fish.

The case may be cited of one American family consisting of a father, his four sons, a nephew, and a son-in-law. They run a large farm near Menno, in South Dakota. In 1924 these seven men produced, by their own labor, 20,000 bushels of wheat, besides keeping and feeding nearly one hundred head of cattle.

The record of fishermen is even more wonderful than that of farmers. Europe and the United States between them require more than five million tons of fish yearly, while the total number of men employed in the fisheries of these countries is under a million. So each man is responsible for catching five tons of fish yearly.

The British record is better than that, for fewer than 100,000 men take between them 958,000 tons of fish. If you put the value of fish as low as \$90 a ton, each British fisherman brings in about \$850 worth of food yearly, or as much fish as is consumed by fifty people.

Storage Battery Fan.

A new type of portable electric fan carries its own current supply. A small electric battery fits in the handle and drives the motor.

No Guess Work

DYEING & TINTING

IF YOU ARE DYING

BY-O-LA DYES

Same kind of dye as used by the Dyers of the East and West. Dyeing and Tinting all materials with the SAME dye. No change of color.

DOLL

Send for color picture and book by mail. Free. Write to: **By-O-La Dyes**, 1000-1001 Broadway, New York, N.Y.

Demand for Birth Certificates Steadily Increases.

There are more babies born in March in Ontario than in any other single month of the year. Our population is increased yearly by about 72,000 births within the province; or to be exact, 71,150 births were registered during 1925.

Are all births registered? Ninety out of every one hundred, it is estimated, are now registered within the time set by law (30 days). To register later means a great deal of trouble in securing signatures to a declaration, etc. The time to register is when the child is born and the person held responsible by law is the parent.

So great is the demand for certificates that the record office is one of the busiest spots in the government buildings. 4,000 applications are being received every month, whereas formerly they rarely exceeded one-tenth of that number. Passports for travel outside of Canada, insurance, soldiers' pensions, mothers' allowances, marriage licenses, etc., are arranged for now only upon record of birth which is accepted as proof of citizenship and age.

There have been some recent changes in the schedule of prices for certificates which now reads: 50 cents for search and \$1.00 additional for each copy of certificate required. If you should want to know whether your own birth is registered, or wish to secure information regarding registration of a birth, marriage or death occurring within Ontario, write to the Division of Vital Statistics, Department of Health of Ontario, Spadina House, Toronto.

Bodily digested food, acidity of the stomach, and sluggish liver cause headaches. Selsol's Syrup will remove these causes. Any drug store.



Quite Colorful.
"I want to tell you how I got this black eye."
"Your story doesn't lack color."

An Ancient Singing Society.
There flourish in England to-day a society which is the oldest musical organization in the world; but few outsiders have ever heard of its performances or are even aware of its existence. This is the Madrigal Society, founded in 1741.

As its name implies, its object has been always to cultivate a liking for madrigal singing, and in an unbroken line of historical meetings, it has been able to do so.

An interesting reference regarding this old association is to be found in the works of Sir George Grove, who gives the quaint rules formed in 1748, in his big musical history. He tells that there were only sixteen members at first, and that the admission fee was eight shillings, and the annual fee five shillings.

In the early days of such societies practices and meetings were held in coffee houses and taverns; the music of the time was studied purely for its own sake—in the spirit, no doubt, of those for whom the great Elizabethan madrigalists, Wilbye, Weekes and Byrd, Gibbons and Morley, composed. The original home of the Madrigal Society was at the Twelve Bells Tavern, City of London, but it migrated in 1748 to the Queen's Arms, Newgate Street, where new rules were enacted. One of them read:

"That all musical performances shall cease at half an hour after ten o'clock, unless the members shall be cheerfully inclined to sing catches, in which case they may be indulged half an hour, but no longer."

Several plants, including the mimosa, are stated to show distinct signs of muscular contraction on being struck. This is said to point out that plants have a sense of feeling.

Railway carriages reserved for people who are suffering from a cold is one novel suggestion for preventing the spread of infection.

Minard's Liniment used by physicians.

Alchemy.
Sometimes my day so staid seems,
So blank and colorless, devoid of dreams;
That like the grains of sand in oyster shells,
It seems to me, must irk the place
Wherein it dwells.

Then through the hours, monotonous and gray,
There comes adventures, quickening and gay,
The proven love of friends, the gain of rights,
The surging forth of all the heart's pure might.

And, as the oyster to a pearl has turned the sand,
The alchemy of Truth shows treasure close at hand.
—Mary Chase Withersbee in The Monitor.

MARCH WEATHER DANGEROUS TO BABY

On Account of the Very Sudden Changes in Temperature.

Our Canadian March weather—one day bright, but sloppy, the next blizzard and cold—is extremely hard on children. Conditions make it necessary for the mother to keep the little ones indoors. They are often confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against these colds and to keep the baby well till the better, brighter days come along, a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach sweet and his bowels working regularly.

Baby's Own Tablets are a mild but thorough laxative which never fail to regulate the stomach and bowels and thus relieve colds and simple fevers and keep baby fit. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Fire Wood.

Oak logs will warm you well
If they're old and dry;
Larch logs of pine woods smell,
But the sparks will fly;
Beech logs for Christmas time,
Yew logs heat you well;
"Scotch" logs it is a crime
For anyone to sell.
Birch logs will burn too fast,
Chestnut scarce at all;
Hawthorne logs are good to last
If cut in the fall.

Cedar logs will burn like wax.
You should burn them green;
Elm logs like smouldering flax.
No flames to be seen;
Pear logs and apple logs;
They will scent your room;
Cherry logs across the door;
Small like flowers in bloom;
But ash logs all smooth and grey
Burn them green or old,
Buy up all that come your way,
They're worth their weight in gold.

Minard's Liniment for colds.

The Last Question.

A well-known author was vainly endeavoring to write when he was repeatedly interrupted by his six-year-old son. "If you ask me one more question," the harassed writer at last declared, "I will go out and drown myself."
"Father," came the small voice, "may I come out and see you do it?"

Nuts for the Million.

The world's largest walnut grove, 850 acres in one unbroken stretch in the Upper San Fernando Valley of California, has been bought by a Los Angeles syndicate for upward of \$1,000,000.

ECZEMA

CUTS, BURNS, BRUISES, and all irritations of the Skin, instantly respond to the first application of TIGIT. Banishes that itching soreness at once, and continued use effects cure relief, especially of Babies' Skin Rash. Send Postal Note of fifty cents and a trial pot will be mailed at once. TIGIT Mfg. Co., Bain Ave., Toronto.



Genuine ASPIRIN

Proved safe by millions and prescribed by physicians for

Colds Headache Neuritis Lumbago
Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

Safe

Accept only "Bayer" package which contains proven directions. 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 Monocresol-acetic acid of Bayer. While it is well known that Aspirin means Bayer manufacture, to guard the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

RED ROSE TEA

"is good tea" TEA

Over 30 years a standard wherever good tea is liked.

The Borrowed Book.

After a time the poet searched the table for a book he had left there. His visitor explained that a neighbor had come in and borrowed it. "She said you had so many books, you wouldn't miss it," added the speaker. Down came Whittier's hand upon his knee in the fashion so well known to his intimates; for his hands might have been called almost another feature, such emphasis did they give to his expression.

"I was in the midst of reading it myself," he retorted. "I wish she had taken something else to amuse her; she won't care for it; I could have helped her out better in a book. But she is satisfied." And his infectious laugh was echoed by his hearer.

For Whittier never forgot how precious books had been to him in his childhood and early youth; and how he had hungered for them. And now that he had them in abundance, he so gladly shared them with his friends that these had the habit of coming in and, if he happened to be away, of helping themselves to whatever they wanted to borrow; so that the poet would often search about for a book that he himself wished to lend and, not finding it, would remark resignedly that he guessed somebody had come in and taken it.—Frances Campbell Spaulding, in "Whittier at Close Range."

Warner's Used For Fifteen Years In One Family

No better recommendation for the medicinal value of this 50 year old herbal remedy could be asked than this: "Your remedies have been used in our family for about 15 years. We are never without a bottle of Warner's Safe Kidney and Liver Remedy in our home. It is a wonderful medicine for diseases of the kidneys and liver." (Name on request.)

If you have pains in the back or other symptoms of kidney trouble, you should lose no time in going to your druggist to get a bottle of Warner's Safe Kidney and Liver Remedy and taking it as per directions.

Sold by all druggists. Price \$1.25 per bottle. Warner's Safe Remedies Co., Toronto, Ontario.

Self-Poisoning Increasingly Common

Modern Living Habits Promote Self-Poisoning—Thousands are Victims.
The average man or woman does not enjoy consistent good health. Loss of appetite, headaches, biliousness and a lack of enthusiasm for either work or play are constant complaints.

Scientists have ascertained that such a condition is usually caused by self-poisoning resulting from constipation. Due to modern living habits, the natural secretion which promotes regular elimination by softening the bowels contents, is often deficient—especially among middle-aged people. The poison from waste matter remaining in the systems of people thus affected is the insidious enemy of good health.

Such people need *Najol*, because *Najol* softens the waste matter and permits thorough and regular bowel elimination without overtaxing the intestinal muscles. It helps Nature help you.

Ask your druggist for *Najol* to-day—and remember, look for the name "*Najol*" is on both bottle label and package.

FREE GOVERNMENT INFORMATION

The Newer Silage Crops

A WEALTH of valuable information regarding the newer Silage Crops is contained in Bulletin No. 50, "Silage—Sunflower, Corn, Sweet Clover and other Silages," recently issued by the Department of Agriculture, Ottawa. The Bulletin is a distinct contribution to our knowledge of silages other than corn, which may be grown in districts

where corn cannot be profitably raised, or where corn borer prevails.

Recent publications include "Silage," "Poultry Feeds and Feeding," "Cultivation of the Apple in Canada," and "List of Five Hundred Publications." Check off those desired on this form and return, without postage to

Publications Branch,
Dominion Department of Agriculture, Ottawa

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Feeling Blue?

Everything seems all wrong and you don't care much whether school keeps or not? Probably all you need is a little Sal Lithofos. It gently eliminates waste products that clog the system, causing depression and a train of minor but intensely disagreeable physical ailments. Easily prepared and pleasant to take, having a sparkling freshness superior to mineral waters.

Also a recognized specific for the treatment of rheumatic and gouty conditions.

At all drug stores. Three shown. Prescribed by doctors for over 20 years.

Sal. Lithofos

The Effervescent Saline Laxative
The Wingate Chemical Co. Limited, Montreal.

BUILD THE NEW HOME
From one of the attractive designs illustrated in the Maclean-Builders' Guide. Each issue contains several plans of moderate priced homes designed by Canadian Architects. Also interesting articles on furnishing, decorating and gardening. Send 20c. Maclean Building Reports, Ltd., 344 Adelaide St. West, Toronto.

The spread of an albatross's wings is 14 times the width from back to front while the spread of the swallow's wings is only four times the width.

GOITRE

A LADY who tried everything in vain and at last discovered a safe, simple and rapid remedy and now mail particulars to sufferers.
Send Address, don't send stamp, to Alice Mac, Publisher Villa Y. Windsor, Ont.

Andrews' Plugs STOP TOOTHACHE

Temporary Filling... Instantly Lasts a Long Time. 15c. SOLD EVERYWHERE. Package Norman S. Wright & Co., Limited, Distributors, Toronto.

AFTER SHAVING

Dilute Minard's one half with cream or sweet oil and apply to the face. Very soothing and refreshing.

MINARD'S "KING OF PAIN" LINIMENT

DOCTOR ADVISED OPERATION FOR MRS. PENN

She Escaped It by Taking Lydia E. Pinkham's Vegetable Compound

Windsor, Ont.—"After the birth of my first baby I was very much run down in health and the doctor said I must have an operation as I was suffering from a displacement. A friend wanted me to try your medicine—Lydia E. Pinkham's Vegetable Compound—and I took it steadily for a year. During this time I was carrying my second baby and I felt real well all the time and did not have a hard confinement. I feel sure the Vegetable Compound did me a lot of good, and all my people do, too. One sister in Leamington, Ontario, takes it, and both sisters praise it as a good medicine. I am more than pleased with the result." Mrs. W. PENN, Windsor, Ontario.

Mrs. Corbin Relieved from Pain. Stewards, N.S.—"I had pains across my back and in my legs for two years after my first baby was born. My mother had taken Lydia E. Pinkham's Vegetable Compound and I read about it in the papers, so I tried it and the pains all left me. I have a family of three children now, and the medicine helped me during the months before they were born. I recommend it to my friends." Mrs. CARY W. CORBIN, Main Street, Stewards, Nova Scotia.



Cuticura Loveliness A Priceless Heritage

For generations mothers have been using Cuticura Preparations for all toilet purposes and have been teaching their daughters that daily use of them produces clear, smooth skin and healthy hair. They find the Soap pure and cleansing, the Ointment soothing and healing, should any irritations arise, and the Talcum an ideal toilet powder. Sample each free by mail. Cuticura Soap, Cuticura Ointment, Cuticura Talcum. Send 10c. to: Cuticura, 150 N. 3rd St., St. Paul, Minn.