#### EE CURTAINS

ENCES GALORE.

tor was white, also the kitchen tab's with its board, its drawer for nastry-board all stores wy porcelain top. kitchen dresser bulli right angles to the and sink at the left on dishes could be set they were dried was

nd dish cupboard. or were stained green s the floor

f above the sink held al and tiny of season Il rack just above the the percelain splash flakes and scouring polish and chamois. wed into the bottom -uspended two dish wire scraper and s

T CARTCHENY lowr inding into the andled dust pan and - might be hung. enamered stool was ne of the sink drain

in use, while beneath

maling it unneceskitchen flooded with light of ceiling fix. a penetrating light

he choorful uncon noist for decorative

DUILEGIA mbine)

Moyle, Member of

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ph to study the seed rit purchase was a e p purpe, " . . grew them by the n hardly have too their peculiar forng colors are very

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ind they do as well shaded place. The the is the reason. will if crowded tohe plant. With pread out all round better than three harming color camof the beautiful

h sile, a third one ng Organial poppy. re and cream ris. manice with eman a imost endless. d hybrids are con-". the beautiful se ow. with

... rat high, and Tr desorative They can . . . . of Crim ila ' winds and

by Chicks.

e from the post-

as all the vent I were of baby, ico rid them to a le produced to the cows after

"" "at proof," Level cribs, and ous use of wire ings will aid in out, once those on ease I or dug out.

### A SPRING TONIC AN AID TO HEALTH

You Can Lay the Foundation of Good Health Now by Building Up Your Blood and Strengthening Your Nerves Through the Use of Dr. Williams' Pink Pille.

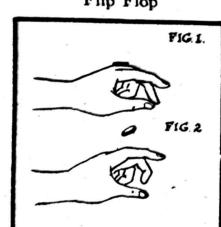
The good old fashion of taking a tonic in the Springtime, like most of the customs of our grandparents, to based upon sound common sense and good medical practice. Winter is always a trying time for those who are not in rugged health. Many men, women and children go through the winter on reserve strength they have stored up during the sunny summer months, and grow increasingly pale and languid as the spring days approach. A tonic for the blood and nerves at this time will do much for such people, but putting color in the cheeks and banishing that tired feeling that worries thousands of people at this season of the year.

It is impossible to be energetic if your blood is thin and weak, or if your nerves are frayed or shattered. You cannot compete with others if you do not get refreshing sleep at night, or if your appetite is poor or better tonic than Dr. Williams' Pink Pills. These pills tone and enrich the blood which circulates through every nortion of the body, strengthening iaded nerves and rundown organs, and bringing a feeling of new strength and energy to weak, easily tired, despondent men, women and children.

Miss K. Sirois, Kamouraska, Que., says:-"I would feel that I was neglecting an opportunity to help some other poor sufferer if I failed to tell you how much benefit I had through the use of Dr. Williams' Pink Pills. Before taking the pills I was in a badly run-down condition. I was very sediment. weak, pale and breathless at the least exertion. I often had headaches and my appetite was poor. I began taking the oceans. the pills and they restored me to better health than I had enjoyed for a are wearing away the land, eating conlong time; in fact, my health is now tinuously into the continents and isthe best, and I am sure that what this lands. medicine has done for me it will do As a result of these processes great for all weak, ailing people."

You can get these pills from any ly deposited in the ocean. a box from The Dr. Williams' Medicine coarse pieces, the Co., Brockville, Ont.

#### **FASY TRICKS** Flip Flop



3

Holding the right hand as in Figure 1, place a dime on the last joint of the middle finger. Tell your friends that you have so developed the muscles of the finger that you can cause the coin to hop up and turn a complete somersault in the air.

As this is a trick, the statement will be taken with a grain of salt, but if you do the trick well you will find your friends practicing it and failing to do it.

When you know the trick, however, it is very easy. The thumb is the silent partner. When you want the coin to hop up and turn over, rest the thumh against the tip of the finger, press hard and let the thumb slip off, just as if you were snapping your fingers. That will do the trick. A little practice is needed in order to catch the coin on the back of the hand. (Clip this out and paste it, with

other of the series, in a scrapbook. By the way, did you ever try to

"Unsay It With Flowers"?

#### Mentges Folder For Sale

Suitable for a newspaper or job office. just as fast as an expert can put them Newspapers, 6 of 7 col., 4 or 8 pages. Will trim, fold and paste (by gear mais do. driven paster) and deliver either at: The separate existence of a sponge third or fourth fold, faster than can be begins with the breaking away from folded by three, six or more persons by hand. The rollers are of steel, all turned true on lathe, milled and accurate, and will not shrink or misbehave under any service. A one-quarter h.p. motor is ample to run it.

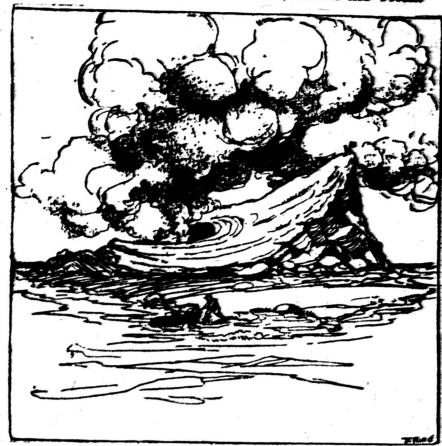
The Guide Port Hope

FOR HOME BUILDERS

Detailed information concerning planning, building, financing, decorating, furnishing and gardening is contained in the MacLean Builders' Gulde. Each issue shows several practical designs in picture. and plan. Sond Twenty Cents for # copy. Questions answered, Mac-Lean Building Reports. Ltd., 344 Adelaid. St. West, Toronto.

# MAKING NEW ROCKS FROM OLD

Nature's Great Chemist, the Sea, Turns the Trick.



Graham Island is an example of how the surface of the earth sometimes changes with rapidity. On July 10, 1831, a column of water 50 feet high rose you are losing weight. You need a in the Mediterranean at a point between the southwest coast of Sicily and tonic at this time to add to your effi- the coast of Africa. Then followed clouds of steam. A submarine voicane had ciency now, as well as to save you broken into action. Soon the cone of the volcane rose above the sea, formfrom suffering later on. And in all the ing an island. By August 4, the island was 200 feet high and three miles in ctrcumference. Then it began to grow smaller. By the year 1832 it had again receded below the surface of the sea. The sketch shows how it appeared in 1831.

#### Secrets of Science. By David Dietz

The atmosphere, as we have seen, causes the rocks to crack and decay. Much of the resulting debris is washed by the rain into the rivers.

The rivers themselves are continually wearing away the rocks. The material which they wear loose and the them, is carried along by the rivers as

Most of this sediment is carried the length of the river and deposited in

The oceans themselves, in addition,

beds of sediment are being continuous-

known as gravel. When the debris mud becomes shale. consists of fine grains it is known as There is also a class of sedimentary The coarser sediment is dropped water.

near shore, while the finer particles A third class of rock results from are carried further out into the ocean. the fact that the ocean is full of bil-

tain types of sediment. Thus a sediment of feldspar is broken down into simpler products, turning in time into

It makes new rocks out of them. Just as men mix sand and lime to rock.

It will be remembered that the water contains many minerals in solution. Some of these minerals are presinking into the layers of sediment and of 630 years between them. cementing them together into solid

These rocks are called sedimentary

When gravel is cemented into solid medicine dealer, or by mail at 50 cents When rocks are broken into rather conglomerate or breccia. Sand be-

sand. Still finer particles are known rocks which consists entirely of minas dust when dry and mud when wet. erai matter precipitated out of the

This can be seen along many coasts lions of minute organisms—animals where the shore-line is gravel, grad- and plants—which have hard shells. ually changing to sand and then mud These shells are composed of calcium as the distance from the shore in- carbonate. When they die, their shells sink to the bottom, forming in time a In addition to separating the sedi-layer of limestone. One form of lime ment according to its size, the water stone is known as chalk. also causes chemical changes in cer- Next article—Uplifting the Land.

#### Gold Rushes.

Prospectors and mushers are making their way as fast as they can to Northern Ontario, whence comes the latest tale of those who "struck it rich" in a gold field. All over the north there are sour-doughs who will cheerfully quit any place or occupation when some one whispers "gold" and trek off into the barrens with a hatchet, a frying pan, a bag of flour and a rasher of bacon. Some of them come back and some do not. Some make their pile and some lose all they had savd. But there are features that differentiate the modern gold rush from an old-time stampede. In the present instance, those who are mistaken will find it out soon. Airplanes have been pressed into service, out-"How are you getting along with stripping the primitive dog-sled. The six-day dog trail from the railroad "Fine, but I don't get much chance terminus to the lake where the gold is supposed to be can be measured through the air in a few hours. If "Well I'm sitting down more than men must leave their work because of the age-old lure of the treasure-hunt, at least they are not committing themselves to months of wilderness wanheartburn, or dyspepsia take the pep out of you. derings, only to be bitterly distillusion-

"DIAMOND DYES"

Each 15-cent pack-

age contains direc-

tions so simple any

woman can tint soft,

delicate shades or

dye rich, permanent

colors in lingerie,

silks, ribbons, akirts,

waists, dresses,

coats, stockings,

sweaters; drapertes.

coverings, hangings

Just Dip to Tint or Boil

to Dye

Buy Diamond Dyes-no other kind-

and tell your druggist whether the ma-

terial you wish to color is wool or silk

or whether it is linen, coton or mixed

# BEAUTIFY IT WITH

everything!

Many surprising facts are encountered by the person who becomes interested in the study of animal life. One of the hardest things to believe is It will fold pamphlets, newspapers, that the sponge you use daily was once in. It will take paper of any weight, an animal, and not a vegetable growth book or wrapping, sizes up to 36x48, of the ocean. Sponges live their own lives and eat their food as other ani-

Don't let indigestion after meals, biliousness,

The Food of Sponges.

Take Seigel's Syrup. Any drug store.

Her Only Fault.

your skating. Mabel?"

"How come?"

I'm standing up."

to practice."

the parent of a tiny particle. The latter, after being whirled about for a time by the tides and currents, eventually attaches itself to a piece of rock, and from that home it seeks its own livelihood.

The food of infant sponges consists of yelk cells, which contain a form of nourishment. Later, as the sponge grows, it requires something more solid, and this is brought by the currents, which sweep into a bag, half mouth, half stomach, minute particles of the new food.

The lungs of a healthy man contain 200 cubic inches of air.

Minard's Liniment for sore throat.

# le are no pilote: let us troet our bark,

That feels a magic impulse through the dark, And leans upon the course it under-

stands From shores unknown to unimagined strande;

Resiete the heim divines

Being itself divine divine commands; And answers to so compass save the eigne

fineireling deepest heaven where the Zomae shines. -John Jay Chapman, in Atlantic Monthly.

## HEALTHY CHILDREN **ALWAYS SLEEP WELL**

If Baby Does Not Enjoy Refreshing Sleep He is Far From Well.

The healthy child sleeps well and during its waking hours is never plant, and gets its name from the fact cross but always happy and laughing, that the pith of its young shoots con- ket and is provided with blue-tinted It is only the sickly child that is cross tains stanch, which is eaten by the na- goggles whilst the treatment is in proand peevish. Mothers, if your child-tives in the form of bread or sago.

ren do not sleep well; if they are cross The usual height of such trees is It is necessary to expose dogs to well and happy again.

thorough laxative which regulate the smooth trunk. bowels, sweeten the stomach, banish opiates and may be given to the newborn babe with perfect safety.

You can obtain Baby's Own Tablets through any medicine dealer at 25 Minard's Liniment for dandruff. But in time the water also has another very important effect upon these Brockville, Ont. cents a box, or by mail, post paid,

Don't expect your children to do make mortar, the water in time ce things the way we used to 30 years material which the rain washes into ments the loose sediment into solid ago; you can't teach a new dog old

> With ages ranging from eighty-two to sixty-two, one London family of five cipitated or deposited out of the water. brothers and four sisters have a total 11,862,921 acres in 1924.

> > An authority states that every square mile of the sea contains 120,-

# Banish The Blues

By Observing Nature's Basic Rule

Those who suffer from despondency, listlessness and headaches can usually trace the cause of these conditions to

They are frequently brought about by overwork, nervous strain, lack of outdoor exercise or sleep, or improper food, but more frequently by the nonobservance of nature's basic ruleregular thorough bowel elimination.

Poisons from waste matter left behind are picked up by the blood and absorbed by the system, weakening the nerves and lowering the vitality. Nujol, the scientific internal lubri-

cant, corrects constipation in nature's own way by augmenting the supply of nature's lubricant.

Nujol by softening the waste matter thus permits thorough and regular elimination without overtaxing the intestinal muscles. It is gentle, safe and natural in its action, and can be taken for any length of time without any ill effect.

Ask your druggist for Nujol today and remember—look for the name "Nujol" in red on both bottle, label and package.

# "is good tea" TEA

People who want the very best use Red Rose Orange Pekoe Jea

Classified Advertisements.

WOOD THRESHING OUTPIT, FOR PRICE AND

Violet Rays for Dogs.

The ultra-violet ray treatment is

now being used in connection with the

The dog is placed in a special bas-

Diogenes was once asked what

beasts had the most dangerous bite.

He replied: "If you mean wild beasts,

M Andrews' Plugs

Last a Long Time.

VETERINARY

SOLD EVERYWHERE

use and recommend Minard's

Liniment. Splendid for sprains,

bruises, cuts, chafes, swellings,

LINIMEN

**RUN-DOWN AFTER** 

**BIRTH OF BABY** 

Ottawa Woman Made Strong by

Taking Lydia E. Pinkham's

Vegetable Compound

STOPTOOTHACHE

INSTANTLY

**DOCTORS** 

#### 1.000-Years-Old Tree.

At the time when Athelstan was on the English throne a little shoot appeared above the ground in a South African forest. Athelstan died, and was followed in turn by a long line of English kings, but the little South African shoot persisted, growing in size and strength until to-day, having been transplanted from its native soil, it flourishes in the Royal Botanic Gardens, Regent's Park.

It is a specimen of the Kaffir bread cure of distemper in dogs.

and cry a great deal, give them Baby's 20ft. This one, however, is only 10ft., the rays for about fifteen minutes at Own Tablets and they will soon be and measures 15in. round its cydindria time, and it is understood that the cal trunk. Long leaves with curling treatment is very effective. Baby's Own Tablets are a mild but ends sprout from the top of the fairly

Each year fresh fronds are produced, constipation, colic and indigestion and the old ones falling and leaving scars. promote healthful sleep. They are Thus, by noting the yearly crop of the slanderers; if tame ones, the flatabsolutely guaranteed free from leaves and counting the scars on the trunk's surface, the age of the tree has been estimated at a thousand years.

If you have a large kitchen, put your work-table on casters. In this way you can roll it to the stove, sink or cupboard, thus saving many steps.

The total area of the potato and other root and fodder crops of Canada in 1925 is estimated, according to the Dominion Bureau of Statistics, to be 12,181,713 acres, as compared with

# For More than twenty years

Sal Lithofos has been prescribed by leading physicians as an invaluable specific for the treatment of

Indigestion Constipation Disorders of the Stomach and Kidneys Rheumatic and Gouty Conditions

A palatable, effervescent, saline preparation of Lithia and Sodium Phosphate highly beneficial and remedial in the case of disorders mentioned.

At all Druggists—three sizes



#### Ottawa, Ontario.—"I was terribly run-down after the birth of my third baby. I had awful bearing-down pains and was afraid I had serious trouble. I was tired all the time and had no appetite. My sister-in-lay is taking Lydia E. Pinkham's Vegetable Compound and cannot praise it too highly and asked me to try it. I have had splendid results and feel fine all the time now. Any one who needs a thorough pick-me-up soon learns from me what to take."—Mrs. RENE Paquin. 320 Cumberland Street, Ottawa, Ontario. Terrible Backache Hamilton, Ont.—"After my baby was born I had terrible backache and headaches. I could not do my work and feit tired from the first minute I got up. But worst of all were the pains in my sides when I moved about. I had to sit or lie down for a while afterwards. I could keep my house in order, but many things had to go undone at the time, because of my ailments. I was told by a neighbor to take Lydia E. Pinkham's Vegetable

## **CUTICURA HEALS** ITCHY ECZEMA

Compound, as she said it would build

me up. I was relieved before I had

taken the first we bought and have

Mrs. T. MARKLE, 115 Ferguson Ave-

not had any trouble like it since.'

nue South, Hamilton, Ontario.

Caused Much Suffering. Nose Swollen and Sore. Face Disfigured.

"Eczema broke out in red spots and pimples on my cheeks and nose. The eruptions grew larger and my nose was swollen and sore. t itched and burned so much that t kept me awake, and scratching caused eruptions. My face was disfigured and caused much suffering. "I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more and after three months' treatment my face was healed." (Signed) Mrs. Corinne Desjardins, Albert-

Daily use of Cuticura Soap, with ouches of Cuticura Ointment now and then, keeps the skin fresh, smooth and clear.

ample Each Free by Mail. Add. ces Canadia. lepot: "Sumbene, Ltd. Montreal." Price, Son Sc. Gintment 25 and 50c. Talcum 25c. Cuticura Shaving Stick 25c.

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Proved safe by millions and prescribed by physicians for

Neuritis Neuralgia

Colds Pain

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DOES NOT AFFECT THE HEART



Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100-Druggists.

he trade mark (registered in Canada) of Bayer Manufacture of Monoacctic-Salicyllezeid (Acetyl Salicylle Acid, "A. S. A."). While it is well known means Bayer manufacture, to assist the public squinst imitations. the Tableta mpany will be stamped with their general trade mark, the "Eayer Cross."