

ALWAYS TIRED OUT

People Who Feel Like This Need the Help of a Tonic.

The dictionary defines a tonic as a medicine that increases the strength and gives vigor to the system. That tells why Dr. Williams' Pink Pills are a real tonic. Thousands of men and women are ailing today, not sick in bed, but without ambition to do a full day's work, though they are forced to keep on. They are always tired or nervous, do not sleep well, and awake in the morning unrefreshed. Many have headaches, backaches and stomach trouble. Such people need the tonic help of Dr. Williams' Pink Pills. The beneficial effects of this medicine reach the whole system. Dr. Williams' Pink Pills do more than relieve the symptoms—they remove the cause. Mrs. E. Virginia Gray, Tofield, Alta., has proven the value of this medicine and says: "I can sincerely recommend Dr. Williams' Pink Pills for a tired and run-down condition of the system. I have followed the nursing profession for a number of years and after a few weeks of hard or trying cases I take two or three boxes of Dr. Williams' Pink Pills, and always with the very best results. The pills also proved a great boon to my daughter at a trying age, and I have seen splendid results follow their use in other cases."

Dr. Williams' Pink Pills are sold by all medicine dealers or sent by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.

The Four Seasons.

Father (examining son in general knowledge): "Now, George, name the four seasons."

George (after much thought): "Salt, mustard, vinegar and pepper!"

Fastest Plane.

Flying Bullet, said to be the fastest fighting airplane yet designed in England, is being assembled near Southampton under direction of A. V. Roe, British aviation pioneer.

"Sleep lingers all our lifetime about our eyes, as night hovers all day in the boughs of the fir tree."—Emerson.

Eaten too much?

Take a spoonful of Sal Lithofos in a glass of water daily before breakfast and rid yourself of that disagreeable feeling of dullness. An efficient saline laxative that gently purges the system of clogging poisons and makes a new being of you.

Sal. Lithofos

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is given in various trades. The schools and classes are under the direction of an ADVISORY COMMITTEE. Application for attendance should be made to the Principal of the school.

COMMERCIAL SUBJECTS, MANUAL TRAINING, HOUSEHOLD SCIENCE AND AGRICULTURE AND HORTICULTURE are provided for in the Courses of Study in Public, Separate, Continuation and High Schools, Collegiate Institutes, Vocational Schools and Departments. Copies of the Regulations issued by the Minister of Education may be obtained from the Deputy Minister, Parliament Buildings, Toronto.

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1st Prize \$100
2nd Prize \$75
3rd Prize \$60
4th Prize \$50
5th Prize \$40
6th Prize \$30
7th Prize \$25
8th Prize \$20
5 Prizes of \$10 each
10 Prizes of \$5 each
Every contestant will receive a prize of at least \$2.50 value.

COUNT THE DOTS

If you count the dots correctly and sell 10 tubes of Rust and Shine Remover at 50¢ a tube, you will receive one of these prizes. And you will have a chance for the Big Cash Prize. When we receive your order send you the Rust and Shine Remover at once. Try your skill now.

UNITED SUPPLY CO., Dept. 40, TORONTO, 3

EARTHQUAKES TRAIL MOUNTAINS

That's Because Pushing Up of Ranges Weakened Earth's Crust.



An outline map of North and South America is reproduced here with the earthquake line along western America traced on it. The numbers give the location of the eight earthquakes which took place on this line between 1899 and 1906. The first was off the coast of British Columbia in September, 1899. The second was in Central America in January, 1900. The third was in British Columbia again in October, 1900. The fourth and fifth were in Central America in April and September, 1902. The sixth was in South America in January, 1906. Then came the San Francisco earthquake in April, 1906, the seventh of the series. The eighth was in Peru and Chile in August, 1906.

Secrets of Science.

By David Dietz.

The contraction of the earth's surface, as we have seen, is responsible for the rise of continents and mountain ranges. All life upon the earth, therefore, owes its existence to this fact.

But while this contraction makes life possible, it also results at times in the destruction of life. For it is the chief cause of earthquakes.

An earthquake is caused by a sudden movement or slipping of a part of the earth's crust.

Earthquakes occur in certain regions. These are the regions of great upheaval during the last movements of the earth's crust which resulted in the buckling up of the present great mountain ranges.

The largest earthquake region extends along the line of the Alpine-Himalayan mountain system. It starts in the Alps and extends to central China, taking in Italy, the eastern Mediterranean, the Caspian, and the Himalayan mountains. These mountains are among the youngest upon the earth. Many geologists believe that they are still growing that is, still being pushed up by movements of the earth's crust.

Over one-fifth of the earthquakes occur in this region. Another great earthquake region extends from the Bay of Bengal to north of New Zealand. It includes the mountain region through the Malay Archipelago.

A third region starts at Kamchatka, a peninsula at the eastern end of Siberia, and follows the eastern coast of Asia to the Philippine Islands. This region includes Japan.

There are three earthquake regions in America. One lies along the coast of Alaska and British Columbia. The second begins in California and ends in Ecuador.

The third is along the west coast of

South America from Peru to Patagonia.

Another earthquake region is the West Indies. Geologists believe that at one time these islands were all connected together into a continent, but that great regions subsided, owing to movements of the earth's crust, leaving the present archipelago.

A southern earthquake region extends from South India westward to Mauritius, in the Indian Ocean.

Another large earthquake region extends from North Africa to Spain and Portugal. A smaller region includes the Bermuda Islands.

Many factors tend to aggravate the natural instability of these weaker portions of the earth's crust.

One is the atmospheric pressure. Delicate measuring instruments prove to the satisfaction of geologists that when the atmospheric pressure is heaviest in western Japan and when heavy rains fall there, the result is an upward tilt of eastern Japan. It is noticeable of course, except for the records made by exceptionally delicate apparatus.

Strains in the earth's crust are also aggravated by the tidal pull of the moon and by the fact that the earth does not rotate smoothly upon its axis but wobbles somewhat as it rotates.

Next article—Volcanoes.

An acid stomach caused by indigestion often creates rheumatic symptoms. Set your stomach right with Seigel's Syrup. Any drug store.

The Householder.

There was a lark in Devonshire. He walked one day at dawn And found a yellow clover With bright dew brimming over Upon his little lawn.

The dew was clear as honey: 'Twas more than heart could bear. With all his breast a tumult He heaved a far-flung star—Up, story after story, With "Glory, glory, glory!" To gain a golden turret High up the crystal air;

So glad his alleluia That drowsy farmer folk Slow blinking in the mist beneath Half-dreamed an angel spoke; So loud his jubilation That all the folk of heaven Heard how a tuft of meadow grass Was shining down in Devon

Far, sweet and solitary, Rejoicing, lost and fair, He leaped from latticed sunlight And turned one pure note slowly, Then, dropping down the circled stair Of amethyst and amber air, Came crying, "Holy, holy!" Still telling all the wondrous worth, The marvel, over and over, Of one square foot of April earth And one new April clover.

—Nancy Byrd Turner in Youth's Companion.

Ring On—Ring Off!

"Oh, George, dear," she whispered, when he slipped the engagement ring on her finger, "how sweet of you to remember just the sort of stone I preferred! None of the others was ever so thoughtful!"

George was staggered for a moment. Then he said: "Not at all dear; you overate me. This is the one I've always used." She was inconsistent enough to cry about it.

Can't Be Opened.

Inventor—"I have here a safe which cannot be opened."
Patent Attorney—"Let's see; what is the idea back of it?"
Inventor—"I have combined the Pullman window and a sardine can, retaining the best features of both."

Minard's Liniment for sore throat.

Life's Golden Rule.

It only thoughtful people Would take a little heed And think about their neighbors. Their troubles and their need! It never just occurs to them That, in their selfish way, Maybe they've dimmed the sunlight And darkened someone's day.

If only busy people Would linger for a while And stop to do a kindly act. Then pass on with a smile. The world would be a warmer place If only, no wand then, We all would stay to think a bit About our fellow-men —Lily Dean.

SIXTEEN YEARS USE OF BABY'S OWN TABLETS

Has Shown One Mother There is Nothing to Equal Them.

A constant use of Baby's Own Tablets for their children has proven to thousands of mothers that they are without an equal for babyhood and childhood ailments. One mother, Mrs. C. W. Jackson, R.R. 1, Gilford, Ont., writes: "We have used Baby's Own Tablets ever since our first baby was born sixteen years ago. We have seven fine healthy children and the Tablets is the only medicine they received in their early years. Our baby is one and a half years old, is walking and talking and weighs 25 pounds. Baby's Own Tablets is the only medicine he has ever had."

Baby's Own Tablets are guaranteed to be absolutely safe for even the newborn babe. They are free from opiates and narcotics; act as a gentle laxative on the stomach and bowels and thus relieve constipation and indigestion; break up colds and simple fevers and make baby healthy and strong. You can get Baby's Own Tablets from your druggist or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Puzzle.

The teacher was showing the children how to form the figures from 1 to 12. After writing them on the blackboard several times she told the children to write them in their exercise books from memory.

When, later, she looked at the books she found that one little boy had written the numbers correctly up to 10, but instead of the figures 11, he had written only 1.

"Why, what is the meaning of this, Jackie Jones?" she asked, pointing out the solitary figure.

"Please, teacher," he said, "I didn't know on which side of the 1 to put the other 1."

Minard's Liniment for dandruff.

And Not Until.

Salesman (at show): "This is the type of car that pays for itself, sir." Prospective Buyer: "Well, as soon as it has done that you can have it delivered at my garage."

"Coché hats, now so popular as to be almost universal, are made much too tight, according to a statement recently made by Sir Robert Armstrong-Jones, the famous physician.



CHAMBERLAIN'S PAIN-BALM

Your favorite old LINIMENT is now being offered in TUBE FORM

Better than before! Easy to apply!

Its well-known soothing, healing and penetrating qualities have been intensified in the new, compact form.

For over fifty years it has been a standard household remedy for sprains, bruises, rheumatic pains or muscular lameness for any cause.

Generous tube for 25 cents. Sold Everywhere, or by mail from Chamberlain Medicine Co., Toronto



Genuine ASPIRIN

Proved safe by millions and prescribed by physicians for

Colds Headache Neuritis Lumbago
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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 Monocrotic-acetic acid of Salicylic acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin is a Bayer manufacture, to assist the public against imitation, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

RED ROSE TEA

"is good tea" TEA

Red Rose Orange Pekoe is extra good. Won't you try it this time?

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RUBBER-IF IT'S MADE OF RUBBER, WE have it. Write us and mention your wants. Camera Supply Co., Dept. W, Box 2104, Montreal.

Taking Her Part.

They were talking about the weight of different members of the family, and the daughter's young man spoke up before he thought, and said: "I tell you that Jennie isn't so very light, either, although she looks so." And then he looked suddenly confused, and blushed, and Jennie became absorbed in studying a picture on the wall.

There is no half way house between the reign of law and the reign of force.—Sir Esmé Howard.



Andrews' Plug

STOP-TOOTHACHE

Temporary Filling—15c. Instantly. SOLD EVERYWHERE.

Wholesale & Retail, Limited, Distributors, Toronto.

Chapped Hands

and other skin irritations are quickly relieved by a few applications of Minard's Liniment with sweet oil.



MINARD'S LINIMENT

"KING OF PAIN"

YOUNG WOMEN SUFFER MOST

These Two Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Ayer's Cliff, Quebec.—"I have been teaching for three years, and at the end of the year I always feel tired and have no appetite. I was a full sick each month, too, having pains in my back until sometimes I was obliged to stop working. A friend recommended Lydia E. Pinkham's Vegetable Compound to me and I heard many women telling how good it was so I thought it would help me. And it did. Now I take six bottles every year and recommend it to others." —DONALDA FANTEUX, Ayer's Cliff, Quebec.

"Unable to Work"

Canning, Nova Scotia.—"I had irregular periods and great suffering at those times, the pains causing vomiting and fainting. I was teaching school and often for some hours I would be unable to attend to my work. Through an advertisement in the papers I knew of Lydia E. Pinkham's Vegetable Compound, and it has been of great benefit to me, the troubles being completely relieved." —LAURA J. EATON, Canning, King's County, Nova Scotia.

RASH COVERED FACE AND NECK

Caused a Lot of Pain, Itched Badly. Healed by Cuticura.

"My trouble began with a rash of pimples that covered my face and neck. The pimples grew larger and started to fester, causing a lot of pain. They itched badly and I was very restless at night. The trouble lasted four months. "A friend advised me to try Cuticura Soap and Ointment so I purchased some, and after using three cakes of Cuticura Soap and one box of Cuticura Ointment I was completely healed." (Signed) Miss Martha Martene, R. R. 2, Crediton, Ont., Nov. 3, 1925.

Daily use of Cuticura Soap, with touches of Cuticura Ointment now and then, keeps the skin fresh, smooth and clear. Cuticura Talcum also is ideal for the skin.

Sample Each Free by Mail. Address Canadian Depot: "Shampooing Soap, Cuticura Soap, Ointment 25 and 50c. Talcum 50c." Cuticura Shampooing Stick 25c.