10 10 38.50.

from the Sec-

## NUCH SUFFERING **FOLLOWS INFLUENZA**

Health Can Only be Restored Through the Use of a Blood-Making Tonic.

An epidemic of influenza, such as is now prevalent in many parts of Canada, always leaves widespread suffering in its wake. The disease itself is dengerous, but the danger is seldom over when the characteristic sympforms of the trouble have passed. There is left behind depression of spirits, weakened vital powers, thin impaired digestion and oversensitive nerves. Men and women who were robust before stricken with influence find their bodies racked with pein previously unknown to them. This is due to an abnormal thinning of the blood and leaves the system an prey to other serious troubles. to the time when the convalescent from influenza should build up the blood with a reliable blood-making

toric such as Dr. Williams' Pink Pills. When the blood regains its rich red quality the nerves recover their strength and the organs of the body function naturally and the dangerous, depressing after-effects of influenza disappear. Proof of the undoubted value of Dr. Williams' Pink Pills as a blood-builder and nerve tonic is shown by the case of Mrs. R. O. Stromberg, Cobalt, Ont., who says: -"I had a very severe attack of grippe, or influenza, which confined me to my bed for a tructive phenomenon besides the week. On getting up again I did not recover my usual strength. I was very weak, had a severe pain in my head. and a constant backache. I had to get a woman to do my work for me as I had neither the strength nor the energy to do anything. At this stage, remembering the great benefit I had through Dr. Williams' Pink Pills in crust upon it. girlhood, I began taking this medicine, and soon my strength began to: own work again, and take care of my baby boy. I am very grateful for what my experience will be of benefit to becomes molten.

some other sufferer." ing The Dr. Williams' Medicine Co., either on islands or close to the sea-volcanic mud. This mud solidifies in never fall to be of benefit—they can bers of the family who give him to a porous rock known as tufa. Brockville, Ont.

#### Alien.

Far through the shadows the thin rain

Faint on the sand is the sound of the High in the twilight a wild bird is

Lonely and lost on the desolate lea.

Uvier my lashes the slow tears are burning. Empty the hand that was lifted in prayer.

While my heart, like the bird, for its lost land is yearning. Calling through darkness, defeat and despair!

Josephine Johnson.

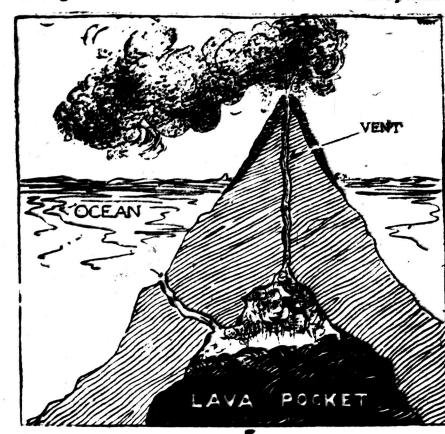
Silly Display. The mania for ostentation, foolish when it is not absolutely wicked. which attacks so many of the newly and suddenly rich, has been observed proved a sticker for the class, but ample of it is reported from Java. tirely of Dutch banknotes, sewed to and so the verb is irregular." gether and cut wherever necessary, All but the grammar-bound examiner officers and men of the American liner regardless of their value. You cannot help pitying those who have so planation. little idea of beauty, good taste or the proper use of wealth.

X-Rays on Mummies.

Museum in Chicago to permit stury of above sea level to view the famous pled vessel's heroic rescue is now himtheir anatomy without unwrapping. | crater.

# HOW OCEAN AFFECTS VOLCANOES

Sinking of Sea Floor is Cause of Destructive Eruptions.



This diagram shows how sea water creeping through a rock fissure into the lava pocket of a volcano causes a violent eruption.

terial. This is likely due to water

from the sea creeping through fissures

into the pocket of molten material,

Finally the pressure due to the

steam and other gases becomes so

ter are hurled forth by volcanoes.

The lava streams cool and solidify

#### Secrets of Science By David Dietz

Contraction and adjustment of the where the intense heat turns it to earth's crust results in another des- steam.

earthquake. That is the volcano. The cause of volcanic action is more great that the pocket can no longer complex than the earthquake. Here hold it. Then it is suddenly blown out we must also take into consideration of the volcano in a great eruption, frethe fact that the material in the in- quently burying farms and whole vilterior of the earth is at so high a tem- lages beneath a stream of molten lava. the fact that the material in the in- quently burying farms and whole vilperature that it is kept rigid only by Besides molten lava gases, water in the intense pressure of the earth's the form of steam and fragmental mat-

Geologists believe, however, that in the buckling up of the earth's crust into a variety of rocks which are classreturn. I am now able to do all my the rocks sometimes assume a forma- ed among the igneous or fire-hardened tion which releases the pressure upon rocks. large areas in the earth's interior. As | The fragmental materials range in the pills have done for me, and hope a result the material in these pockets size from dust-like particles to par-

Such pockets would be most apt to known as volcanic ash. If you need a blood-building tonic form where the movement of the begin taking Dr. Williams' Pink Pills earth's crust was greatest. Therefore condenses and falls as rain. This car- lieving baby of any of the many his unsweetened (but essentially the theory is supported by the fact ries down with it much of the vol- minor ailments which afflict him at nourishing) diet is supplemented by to-day. Sold by all medicine dealers the theory is supported by the fact ries down with it much of the voluments which afflict him at nourishing) diet is supplemented by that volcanoes are found as a rule canic dust, forming what is known as one time or another. The Tablets

> sinking as a result of the earth's con- Vesuvius in 79 A.D. Pompeti was drugs. The downward pressure upon the in-

terior of the earth would tend to pro- mud. duce a corresponding upward pressure

under these pockets. sure in the earth's surface, the molten Patagonia.

The second, including Mount Verification street in the carth's surface, the molten patagonia.

The second, including Mount Verification street in the carth's surface, the molten patagonia.

The second, including Mount Verification street in the carth's surface, the molten patagonia.

The second, including Mount Verification street in the carth's surface, the molten patagonia.

The molten material usually pours But occasionally another factor en- pines. ters the situation. A great quantity Next article — The Metamorphic 25 cents a box from The Dr. Williams' of gas collects with the molten ma- Rocks.

A Lesson in Grammar.

One of the questions put to a class

Road on Lofty Mount.

Things taste so good we can't help eating too much, now and then. Don't suffer for it. Take Seigel's Syrup. Any drug store.

Madagascar.

of rural adults was: "In the sentence 'The bird flew over the house' is 'flew' Unwritten Law of the Sea. a regular or an irregular verb?" This The British sailors' unwritten law of and satirized ever since the days of finally one man ventured an answer, the seas, "women and children first," Egypt and Bahylon. The latest ex- said he, "If the bird that fiew over the when taking to the lifeboats, was house was a wild goose; it went in a amended to include "married men where the daughter of a man who has straight, regular line, so the verb is next," by imperiled bachelors in the made a quick fortune in rubber was regular; but if it was a woodpecker crew of the Antinoe, when on Jan. 26 actually married in a dress made en- then it went in a crooked zigzag line, last they were dramatically rescued in midocean by Captain Fried, and the

were satisfied with this rational ex- President Roosevelt. the British freighter which left New York on Jan. 14 with 25 men. Nine A federal road to the top of Mount days later in a tumultuous sea a big Mummies of pre-incan inhabitants of Haleskala, Hawaii, is to enable tour- wave struck the ship and bent the Peru are being X-rayed at the Field lets to drive cars up to 10,000 feet steering rod. The story of the crip-

aboard.

Darby testified: "The discipline on refreshing dish is purveyed. the Antinoe seems to have been good, because when a lifeboat was seen to de jour, he gave his order to the atbe approaching, the remaining men on tendant. Thus: the Antinos were arranged in the order in which they were to go and the plaice, if you please, and—ah—yes, married men were sent away to the President Roosevelt first."

#### Love's Ambassador.

house party suddenly woke up to the recovered herself. fact that the hostess' youngest daughter of about eight summers was try- chips yer mean. Righto!" ing to make friends with him and, being a kindly young man, he encouraged

"I say, how old are you?" asked the fair hatred mite suddenly He smiled and answered the ques-

tion, only to meet with another: "Are you married?" The young man smilingly assured the little girl that he was not.

At that moment the hostess herself appeared, and the little girl turned to her and said:

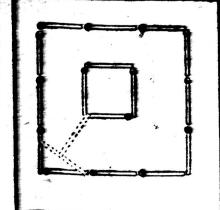
"He's O.K. so far, mother. Is there anything else you want to know?"

Among British voters there are eleven men to every eight women.

Minard's Liniment for dandruff.

# EASY TRICKS

A Difficult Problem



This is a test of the wits but you will find that most of those to whom you show the stunt will have some difficulty in arriving at the correct solution.

Arrange nine matches in the form of the outer square and say that they represent four walls of buildings surrounding a smaller building, represented by four other matches Declare that it is eight feet from each of the larger buildings to the smaller and that you have two planks, each represented by a match, and each eight feet long, on which it is desired to make a bridge from any of the larger buildings to the smaller.

The immediate response is that only one plank is necessary—one eight foot plank to bridge a gap of eight feet. Point out, however, that this is not practical because the distance would not allow the ends of the plank to be supported.

The dotted lines in the diagram show the manner in which the two planks should be arranged.

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

# BABY HAS HAD

Say of Baby's Own Tablets.

ticles the size of walnuts. The dust is Tablets for her little ones she will use when twelve or fifteen months old the nothing else. Experience teaches her The steam ejected from a volcano that they are without an equal for replace at the family dinner table. Here, to a porous rock known as tufa. - not possibly do harm as they are guar- "tastes" of all the strongly-flavored, As we have seen, the ocean beds are In the historic eruption of Mount suited to be free from all injurious highly-seasoned and attractively-color-

There are three great lines of vol. to say for Baby's Own Tablets. I acquires a liking for the case of the say for Baby's Own Tablets. Hence, if there were a crack or fis- ern side of America from Alaska to fact they are the only modified the trouble could be avoided if children up is just what a volcano is a hole or suvius and Mount Etna, which erupted show. She is eleven months old and family table. While this may mean sort of natural pipe connecting with in June. 1923, begins in Iceland and weighs 22 pounds. No mother whose some little readjustment in the home, one of these pockets of molten ma. runs across Italy to eastern Africa and child is prevish or alling will make a it will unquestionably result in a mistake in giving it Baby's Own Tab- marked improvement in the health of The third great line starts in Burma lets."

> medicine dealers or direct by mail at years later. Medicine Co., Brockville, Ont.



Miss Eel-"I wish you wouldn't my grandmother." Board of Trade inquiry into the loss of

Frog-"I can't help it, and besides this is a "hop" anyway!" ---

#### Stunning the Waitress. Fried fish and potato chips occupy in

London the same plane of economic The unpublished version of the gustenance that is occupied in this bachelers' regard for the families of country by "hot dogs." The Argonaut imperiled companions was told at a tells the story of a gentlemen with court inquiry by L. F. C. Darby. Ten "the Oxford manner," who often gets of the surviving 23 men had been short of funds toward the end of the saved, leaving 13 still in jeopardy month and takes himself to one of the numerous establishments where this

After a careful scrutiny of the carte "I'll-sh- have -all - some fried

perhaps—ah—just a few fried potatoes."

The waitress stared at him, popeyed, and gasped. Then, as she seem-The handsome young man at the ed on the point of fainting away, she

"Ow!" she exclaimed. "Fish an'

#### CAN YOU SOLVE THIS? DIERFLAG

The above letters when properly arranged spell the name of a late President. Everyone sending in the correct solution will be awarded a beautiful lot 20x100 feet Free and Clear of All Encumbrances, in a section now open to colonization in New Jersey. Answer puzzle and mail to-day.

This Offer Expires July 15. Beware of Imitators! We are the originators of this advertising plan. Maxim Development Corporation

# "is good tea" TEA

Perhaps you use good tea. We think Red Rose extra good.

#### Child Health.

It is difficult to measure in actual terms of disease the harm that will ultimately result, but one cannot fail to be impressed by the large number of children in Ontario who are handirapped as the result of bad food habits.

Fifteen per cent. of the physically "below normal" children throughout 291. Ft. Worth. Texas. the province who present themselves to a physician for examination tell the same story, namely: a pronounced dislike for milk, fresh vegetables (carrots, cabbage, white turnips, beets, lettuce, spinach and celery), fresh or cooked fruits, cooked cereals and milk puddings. These children eat chiefly package cereals, toast, jams and jellies, sweet biscuits, thin soups, meat, potatoes, pickles, cakes, pastry, sweets and highly seasoned foods, with tea as a beverage. The lack of the first mentioned valuable foods in the diet is evident on examination: the child is materially below weight, is pale, has flabby muscles, tires easily, is irritable, has decayed teeth, suffers from digestive disturbances and constipa-

Much, if not all, of the responsibility for this condition of affairs is due to apparent ignorance on the part of the parents and those associated with the child in infancy. No serious thought is given to the question of making it Is What Thousands of Mothers easy for the child of one or two years to acquire a liking for these wholesome, inexpensive and essential articles of its diet; in fact the opposite Once a mother has used Baby's Own is the case. For some vague reason infant is required to take its allotted ed articles of food on the table.

buried under volcanic ash, while Her- Concerning Baby's Own Tablets He not only acquires (at once) a pro-Mrs. Russell Hill, Norwood, Cat., says: nounced dislike for the food which is canoes. The first runs down the west- have given them to our baby girl. In be distinctly harmful.

the children and help prevent their slowly out of the crater of the volcano. and includes Japan and the Philip- Baby's Own Tablets are sold by being classed "below normal" a few

Minard's Liniment for sore throat.

# Laying Asbestos Shingles. Asbestos shingles may be laid by the

roofer in any one of several different ways. Each of theer ways, however, is so simple that, without any instruc tion, a competent reofer can apply the shingles so that they will protect the house as long as it lasts.

No Wonder.

Jerry "That woman you were with last night looked old enough to be your mother." Harry-"Yes; isn't it queer. She's

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 inten-sified in the new, compact

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

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

Keep This Safe Home Medicine Ready to Use

To every home come periods of Illness, the treatment of which is so well known that the use of a household medicine like Warner's Safe Kidney and Liver Remedy is required.

The relief that this remedy can accomplish is almost immeasurable, and it should always be kept ready for use in all cases of derangement of stomach and bowels, and especially if symp-

toms indicate disorders of the kidneys, liver and Fr urinary organs, thus preventing the development of more serious symptoms and often serious illness.

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

#### Classified Advertisements.

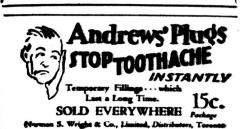
FOR BALE W HITE OAK BRIDGE PLANK, AND timbers. Reid Bres., Bothwell, Cutario.

LECTRIC MOTORS BOUGHT AND SOLD.
Milton, Frederick St., Toronto. ANT TO HEAR FROM OWNER OF GOOD

Nothing but the infinite Pity is sufficient for the infinite pathos of human life.—Shorthouse.

#### BEAUTIFUL HOMES

The MacLean Builders' Guide gives valuable data and aids in solv ing problems relating to planning, building, financing, decorating, gardening and furnishing. Profusely illustrated. Homes of all types shown in various sections of the country. Send Twenty Cents for a copy. Questions answered. Mac-Lean Building Reports, Ltd., 344 Adelaide St. West, Toronto.



**EARACHE** 

Heat an iron spoon. Put four drops of liniment and four drops of sweet oil in it, mix and put one or two drops in the ear.





### Mother's Favorite For Baby's Skin

The pure, cleansing properties o the Soap make it ideal for baby' daily bath. Assisted by Cuticura Ointment it does much to prevent little skin and scalp troubles becoming serious and to keep baby's tender skin healthy and clear. Cuticura Talcum is soothing and cooling, ideal for baby after a bath. Sample Each Free by Mail. Address Canadl Depot; "Stenhouse Ltd., Montreal." Price, So Se. Olmment 25 and 80c. Talcum Se. Cutleura Shaving Stick 25c.

# DRAGGING-DOWN PAINS RELIEVED

Woman Suffered Nearly a Year. Lydia E. Pinkham's Vegetable Compound Brought Her Health

Moose Jaw, Sask.—"I am going to try to tell you what Lydia E. Pinkham's Vegetable Compound has done for me. I suffered very badly with dragging-down pains and inflammation, also pains in my right side over my hip and down my whole side into my leg. I had it nearly a year when went to a doctor and he said I would have to have an operation. But my mother said to take Lydia E. Pinkham's Vegetable Compound as it saved her life years before. I took two leadles and I found I was better, so I kept on taking it and also used Lydia L. Pinkham's Sanative Wash I have had two more children since then and am perfectly well. I used to have to lie down two or three times a day, and now I do all my housework without trouble. I always keep the Vegetable Compound in the house as I find a dose now and then helps me. I am willing for you to use this letter any way you see fit and I will answerletters. If I can help any other woman I'd be only too glad to try."-Mrs. ESTHER HOUGHTON, 712 Athabasca W., Moose Jaw. Sas-

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for all women.

For sale by druggists everywhere.

188UE No. 17-28.



The Wingste Chemical Co. Limited