

HOW ALL MOTHERS CAN KEEP HEALTH

Cares of Home and Children Often Causes a Breakdown.

The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls while hurried meals, broken rest and much indoor living tend to weaken her constitution. It is no wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown up to accept these troubles as a part of the lot of motherhood. But many are the cause is simple and relief at hand. It is rich, red blood that keeps a woman well; when she is ill the blood is thin and watery, and she must take a tonic to enrich it to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one sure way to get this rich blood so necessary to health, and that is through the use of Dr. Williams' Pink Pills. Mrs. Henry Burke, Lower L'Ardoise, N.S., tells what these pills did for her. She says: "I first used Dr. Williams' Pink Pills five years ago. After my baby was born I did not regain my usual health. I felt weak, miserable, and always tired, so I started taking Dr. Williams' Pink Pills. After taking five boxes I felt like a new woman. Ever since that time when I feel tired and overworked I take this treatment and always with great benefit. I have proved them to be a splendid medicine for nursing mothers, and I always recommend them to others."

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Oh Mother! What Can I Do?

How many times a day do your babies ask you that question? And how often are you able to suggest some interesting game for them to play, some amusing occupation for a rainy day? If you'd like always to have a practical, helpful suggestion for them, read this snappy new feature.



Daddy is through with this old straw hat. Cut off the brim, make a ribbon handle, and you will have a basket for your doll clothes.

Small.

Mauretta had returned to her suburban home from visiting her aunt, who lived in a small apartment in the city. On being asked how she liked her aunt's home, she replied: "I didn't like it, it was too close fitting."

Santa Fe

Springtime begins the moment you board a Santa Fe train for California
on your way a sunny, scenic wonderland -
Fred Harvey dining service - another exclusive Santa Fe feature
Enjoy the out-of-doors this winter - take your family
California hotel rates are reasonable

May I send you our picture folder?
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444 Transportation Bldg.
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BOILING SEA OF LIQUID ROCK

It Covered Earth While Air Shook With Primeval Storms



The artist's conception of the primeval storm raging above the molten surface of the earth in the early days of solar system.

Secrets of Science.

By David Dietz.

As we have seen, the earth at the close of its growth had a molten surface, according to the theory adhered to by Barrell, Schuchert and other eminent geologists.

As we gaze upon our earth to-day, with its beautiful green fields and rivers, its mountains and valleys and lakes, it is difficult for us to imagine what conditions must have been like upon the molten earth in the early days of its formation.

It is very probable that the molten condition included only the outer fourth of the earth. The pressure upon the central portions is so great that they probably were liquefied and then solidified early in the formative process. All present-day observations lead to the conclusion that the core of the earth is more rigid than steel.

Since the metals are the heaviest elements, it is not unlikely that these sank to the centre as the earth formed, so that the earth may have a metallic core.

An envelope of rock probably formed above its metallic core, while the outer fourth remained in a molten state, a great boiling sea of liquid rock stretching around the equator and from the north pole to the south pole its temperature was probably 10,000 degrees.

Above the surface of the earth there was an atmosphere. But a far different one from the air which we now breathe. It must have been so dense that it prevented sunlight from reaching the earth's surface.

It probably contained a great amount of water in the form of hot steam, and lesser amounts of carbon dioxide, carbon monoxide, chlorine

and hydrochloric acid. There was probably some nitrogen but probably no free oxygen.

Soon a great primeval storm began. The outer layers of the atmosphere, it is supposed, began to cool off. The steam in this portion turned to rain and fell as rain. But before it reached the surface of the earth, the intense heat of the lower layers of the atmosphere turned it back to steam and it ascended again in heavy dense clouds.

It is supposed that as this continuous rain poured down, the atmosphere became electrified. Soon there was a continuous accompaniment of great flashes of lightning and great crashes of thunder. We cannot conceive of the fury of this storm raging simultaneously over the whole globe.

It is also very probable that at this early stage, solar space was still filled with fairly large planetesimals. We arrive at this conclusion from the fact that tens of millions of tiny meteors still enter the earth's atmosphere every 24 hours.

These planetesimals must have ploughed through the dense atmosphere, turning white hot from the heat developed by friction. Like gigantic sky-rockets they left a trail of fire behind them. As they struck the molten surface of the earth, great waves of fiery liquid rock were sent dashing up.

This great primeval storm probably lasted millions of years. Finally, however, all the great planetesimals were swallowed up, there remained only the continuous fall of smaller meteors.

More and more of the heat became dissipated from the atmosphere of the earth, and at last the rain began to fall directly upon the molten surface of the earth.

NO NEED FOR BATTERIES TO OPERATE RADIO SET

Rogers' Canadian Invention Makes it Possible to Just Plug Into the Light Socket, Eliminating All "A" and "B" Batteries.

What is admittedly the most advanced step in Radio—and what all are interested in Radio have been looking forward to—(a set requiring no batteries) is now an accomplished fact and a proven success.

To a young Canadian—Mr. Ted Rogers—goes the credit for perfecting this Batteryless Radio Set, which will operate from any electric light socket on either 25 or 60 cycle alternating current.

Canada can justly feel proud of this latest achievement, which bids fair to revolutionize Radio reception.

The Rogers Batteryless Radio Set—for that is its name—is already operating in thousands of homes throughout Canada and giving satisfaction. Transcontinental reception with batteries and even without aerial is common to most owners, while many Rogers owners reported hearing the Overcast stations during the Tests.

Some far-seeing merchants have realized that the Batteryless Set is the coming Radio Set, but if there is no dealer in your community who has been able to secure this valuable agency, just write the Q. R. S. Music Co., Toronto, who will be glad to send you full particulars.

P.S.—For those not possessing electric current in the home, Mr. Ted Rogers has also produced a battery set. Write for particulars to above concern.

Infant Joy.

"I have no name:
I am but two days old."
What shall I call thee?
"I happy am,
Joy to my name."
Sweet Joy befall thee!

Pretty Joy!
Sweet Joy, but two days old.
Sweet Joy I call thee:
Thou dost smile,
I sing the while,
Sweet Joy befall thee!

—William Blake.

Minard's Liniment for Grippe.

Curiosities of Hair.

Some curious anomalies regarding the hair and skin have been noted by Professor Barcroft. He tells us that hair is merely skin which has grown in a particular way, hardened, and instead of being rubbery, as happens with the ordinary surface of the skin, sticks out in tubular form. The pigment which colors the hair is not the same as that which colors the skin, for the skin of an Anglo-Saxon, however black his beard, is not negro.

Experiments with a piebald cat showed that though at first glance the skin, shaved off hair, remained particularly colored as the hair, when the places were put under a microscope it revealed that the colored parts were merely the hair roots seen under the skin.

Melanin is the name given to the pigment which colors negroes or the black cat, and this pigment will also be found when an apple or potato is cut in half and exposed to the air. It is not clear, however, what relation exists between the coloring matter of differently hued animals.

In studying white animals some interesting points arise. There are two sorts of white animals, as in the case of white rabbits (pure white with pigmented eyes) and albinos (which are devoid of pigment or coloring matter). If one were to cross a pure white rabbit with a pure black, the family in the first generation would all be white, while if a black thoroughbred were crossed with an albino the first generation would all be black.

If it 16 he doesn't like the way things are run, your son is a normal boy.

For Pains in Back

Don't neglect nature's gentle warning of kidney and liver disorders. If unheeded these troubles become chronic and lead to untold suffering and expense.

Warner's Safe Kidney and Liver Remedy is a safe and reliable remedy that has been used by millions in all parts of the world in helping nature in the important duties of eliminating poisons from the system. Do not neglect the kidneys and liver.

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

One Year Old.

Baby's one year old to-day.
Like a little queen
sitting up to table, just
the smartest to be seen:
With her brand new "piny" on
and her curls of gold
and with pale blue ribbon—
Our Baby's one year old.

Years will flutter quickly,
Then she'll be quite grown;
Now she's just our Baby girl
Her high chair her throne.
Mummy smiles so proudly
Baby looks so bold
This the dearest day of all—
Baby's one year old.

—Ursula Bloom.

CHILDHOOD AILMENT

Can Be Quickly Banished With Baby's Own Tablets.

The ailments of childhood are many but nine-tenths of them are due to one cause and one cause only—a disordered condition of the stomach and bowels. To quickly banish any of the minor ailments of babyhood and childhood the bowels must be made to work regular and the stomach must be sweetened.

No other medicine for little ones has had such success as has Baby's Own Tablets. They banish constipation and indigestion; break up colds and simple fevers; correct diarrhoea and colic and promote healthful sleep by regulating the functions of the stomach and bowels. Concerning them Mrs. L. M. Brown, Walton, N.S., writes: "I cannot speak too highly of Baby's Own Tablets as I have found them excellent for childhood ailments."

Baby's Own Tablets are sold by medicine dealers, or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Requital.

Out of a little want
There grew a song
Which sang itself to me,
Both clear and strong.

There grew a song of praise
Out of a bitter need.
A baby's tender prayer
Brought forth a noble deed.

—Nan Roads in The Monitor.

The finest thing in the world to keep your stomach in top shape is 15 to 30 drops of Siga's Syrup in a glass of water. Any drug store.

What is a Lake?

The vicar was paying his annual Christmas visit to the village school. Every face shone with cleanliness, every collar stood stiff starch, all ears were strained to catch every word the vicar uttered, every hand was itching to be the first raised in reply.

The visit was coming to an unusually successful close when the great man asked:

"Now can any of you tell me what a lake is?"

There was a long silence. Nobody could answer the question. At last Willie's chance had come and his hand shot up in the air.

"Well, Willie," asked the vicar. "What is it?"

"A hole in the kettle, sir," was the proud answer.

Some people are so respectable they can't say what they think without insulting themselves.

Coughs and Colds Mean Restless Nights

which sap the vitality.
Dropper bottle in every home is a find in itself. Assured nature to bring your children quickly back to health and strength and avoid serious complications by the prompt use of Gray's Syrup—over 50 years in use.

Always keep the Large Size.

GRAY'S SYRUP
RED SPRUCE GUM
Manufactured by D. WATSON & CO., New York



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 Monocarbonyl-phenylhydrazide (Acetyl Salicylic Acid, "A. S. A."). 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 special trade mark, the "Bayer Cross."

RED ROSE TEA
"is good tea" TEA

Over 30 years a standard wherever good tea is liked.

EASY TRICKS A Card Discovery



The trickster asks that a card be taken from the pack while he holds the pack behind his back. This card is to be examined and replaced in the pack. The trickster shuffles the cards and then permits a spectator to shuffle them. In spite of this he has little difficulty in finding the card which was selected.

A pin is the secret assistant. This is thrust in the back of the coat or the vest—anywhere it can easily be obtained when the hands are behind the back. A card is selected while the pack is held by the performer who faces away from the audience. He asks that the card be examined and placed on the top of the pack. Then he faces the audience, explaining how difficult it is for him to find the card when he cannot see the pack. While he is talking he gets the pin and marks the corner of the selected card with it. A very slight indentation will be enough. Then he begins to shuffle the cards, completing the shuffling while the cards are held in front of him. When he wants to find the selected card, he simply looks for the card he has marked.

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

A month without a full moon will not occur for another two and a half million years.

TAYLOR-FORBES

Tree Pruners

For every purpose in the orchard, cutting limbs up to 14 inches. Handles—4, 6, 8, 10 and 12 feet.

Your Hardware Dealer knows the quality.

Our descriptive circular sent to any address on request.

TAYLOR-FORBES COMPANY, LIMITED GUELPH, ONT.

GRIPPE!

Stop it at the start! Heat and inhale Minard's, also bathe the feet in Minard's and hot water.

MINARD'S "KING OF PAIN" LINIMENT

Wanted to Keep It.
Little Emmy—"Mother wants a tape measure."
Shop Girl—"How long does she want it, dear?"
Emmy (in surprised tone)—"Oh, she wants to keep it."

Minard's Liniment for frost-bites.

Even a bird doesn't rise without expending some effort.—Forbes Magazine.

What a joy Methusalem must have been to the life-insurance agents!

MURINE NIGHT & MORNING
KEEP YOUR EYES CLEAN, CLEAR AND HEALTHY

WANTED

CIGAR STORE INDIAN

Formerly used in front of Tobaccoist Store. Must be in good condition. State price and where can be seen.

H. WATKINS

73 W. Adelaide St. Toronto

ARE YOU BUYING A HOME?

The MacLean Builders' Guide aids home builders; supplies information not generally obtainable except through professional sources. Fifty-two pages profusely illustrated. Send Twenty Cents for a copy or \$1.00 for two years' subscription (8 issues). Questions answered. MacLean Building Reports, Ltd., 344 Adelaide St. West, Toronto.

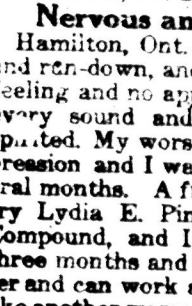
COULD NOT DO HOUSEWORK

Woman Suffered until Relieved by Taking Lydia E. Pinkham's Vegetable Compound

St. Charles, Quebec.—"I was married three years and had no children. I was always troubled with pains in the abdomen and was not able to do my housework. After trying all other remedies suggested to me I have at last found that Lydia E. Pinkham's Vegetable Compound is the best in the world for me. It has done me more good than anything else I ever tried. I am well now and able to do my housework and care for my family. I recommend it to my friends as I am sure they will be satisfied."—Mrs. J. D. Ronchard, St. Charles, Que., Bellechasse, Que.



Nervous and Run-down
Hamilton, Ont.—"I was nervous and run-down, and always had a tired feeling and no appetite. I jumped at every sound and was always low spirited. My worst symptom was depression and I was this way for several months. A friend advised me to try Lydia E. Pinkham's Vegetable Compound, and I have taken it for three months and am very much better and can work around home. I feel like another woman."—Mrs. P. L. Gury, 38 Tuxedo Ave. No., Hamilton, Ont.



It has done me more good than anything else I ever tried. I am well now and able to do my housework and care for my family. I recommend it to my friends as I am sure they will be satisfied.



Soothe Itching Skin With Cuticura

Bathe with Cuticura Soap and hot water and follow with a gentle application of Cuticura Ointment. This treatment not only soothes but in most cases heals.

Sample Book Free by Mail. Address: Cuticura, P.O. Box 100, Lowell, Mass., U.S.A. Send 10c for Book. Cuticura Soap 25c, Cuticura Ointment 25c, Cuticura Tablets 25c.

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