

## PLACE

room they occupy, or will do well to before buying, used in polishing are, especially if red-oil, are a sort of container. A tin can with close-fitting purpose. Tools and work better if clean and ready.

KINDS OF MOPS. oftener if necessary, a carpet-sweeper over a dampened mop, and then cleaned from the mop-head, coarse. The mechanism is oiled. A vacuum cleaner after in that in addition bag should be

should be well used, and occasional soap-suds, rinsed, and dried as dried mops can be on a few drops of oil and letting the oil spread. If too much oil is darkened, and be left on the

be washed free dirt comes out use dirty clothes as they take highly-polished "dustless" cloths hanging to the rinse one or floor-oil. A quart of a few drops of rolling it tight, until the oil

seems a hard plan the work the home clean make it clean.

the spirit. He the many of the wrought such (30), or at the which he finds

The comparison the evidence toward these show how they are the tears are into me all heavy laden. I was as a man in a heart of the "rained".

machine. a real house- other friends tion and sym- or so occur- a pleasant be a hundred-

merely dusted, immachinery and bits of gulate beneath stiff beneath this cleaning machinery he machinery so easily

to hear about machine. I find the finest that is multi- other

st deal of oil, fan, but too machinery is often about feeling

drop of machine where keeps every- and smooth-

## ONE SURE WAY TO GOOD HEALTH

Is Keeping the Blood Rich and Red—Dr. Williams' Pink Pills Make Rich, Pure Blood and Restore Health.

Thin, pale people lack the power of resistance to disease that rich, red blood gives. Nervous breakdown is the result of thin blood. So is anemia, indigestion, rheumatism and many other troubles. People suffering from thin, impure blood need just the help Dr. Williams' Pink Pills can give. For more than a third of a century Dr. Williams' Pink Pills have been famous as a nerve restorer. Thousands upon thousands of letters from grateful people have proved the rare value of this medicine. The first effect of the pills is usually to stimulate the appetite; then the spirits revive; and restlessness at night gives way to health-restoring sleep. For sufferers from anemia, nervousness, general weakness, digestive troubles, rheumatism, or the after-effects of influenza or acute diseases, Dr. Williams' Pink Pills are a restorative of the utmost value. If you are weak or ailing give these pills a fair trial and the result is sure to be beneficial.

"Dr. Williams' Pink Pills have done wonders for me," writes Mrs. Russell Hill, Norwood, Ont. "I was run-down and could not eat or sleep and was very nervous. I was pale and would sometimes faint. I took a lot of doctor's medicine but it did not help me. It was a real trial to do any house-work, or to go about, and I got so that I scarcely cared whether I lived or died. One day while reading a paper I saw an advertisement about Dr. Williams' Pink Pills. It described a case very much like my own and I decided to give the pills a trial. I had not been taking them long when I could feel a change for the better. I continued the pills until I had used eight boxes, when I felt like a new woman. Every disagreeable symptom had vanished and I gained in weight, and a good color returned to my face. All this I owe to Dr. Williams' Pink Pills and I am now never without them in the house, and any time I feel out of sorts they are my first aid. I gladly bear this testimony in the hope that it will benefit some other sufferer."

Two useful books, "Building Up the Blood" and "What to Eat and How to Eat," will be sent free by The Dr. Williams' Medicine Co., Brockville, Ont., if you mention this paper.

Dr. Williams' Pink Pills are sold by all dealers in medicine or will be sent by mail, post paid, on receipt of price, 50 cents per box.

**Less Than Kin.**  
(He was a hill man,  
And she watched the spray  
Bath he came and won her  
All in a day.

Sea-folk will talk all day,  
But mountain-folk are still  
And the tide dashes vainly  
Against a cliff's will.

He knows not how to answer  
Her suit side of talk.  
He goes no further from his hills  
Than a day's walk!

Though she climb to roof or hill-top  
As if her soul to save,  
All that her eastward staring sees  
Is a hill-wave.

Hill-folk cannot easily  
Speak what they feel,  
But his look follows her  
Like a dog at heel.

Far up a hillside  
Sees cannot climb  
Her tide of talk is going out  
Before its time.

Destiny that mated them  
Was less than kind or human;  
All in a day to tether  
Hillman sea-woman.

A Good Bargain.  
The doctor was awakened in the small hours of the morning by a resident who lived some distance from the centre of the town, and asked to make a call. They got into the doctor's car and drove furiously to the man's house. Upon their arrival there the caller alighted and said, "How much is your fee, doctor?"

"Three dollars," said the doctor in surprise.  
Counting out the money the man said, "Here you are, doc, that darned thief of a garage man wanted five dollars to drive me home."

## GRANITES COVERED CONTINENTS

That Was When Land Emerged at Close of Formative Period



The artist's sketch shows a formation of basaltic rocks on the coast of Ireland known as the Giant's Causeway. The formation is the result of a stream of molten lava pouring out through a fissure in the earth's surface. The column-like structure of the Giant's Causeway is thought to have been caused by contraction which took place as the lava cooled.

**Secrets of Science.**  
By David Dietz.  
At the conclusion of the formative period, as we have seen, there were continents composed of lighter rocks to which geologists give the name granites. Then there were the great oceans whose beds were composed of heavier rocks which are known as basalts.

These rocks which formed out of the original lavas are known as primary rocks because they were the first ones formed. They are sometimes called the fire-hardened rocks.

The geologist calls them the igneous rocks, from the Latin "ignis," meaning fire.

The original lavas from which the igneous rocks formed were very complex and not exactly alike everywhere. Consequently we would expect many variations in the igneous rocks. We would, however, expect a certain general uniformity.

The facts bear out these assumptions. When geologists examine samples of rocks which they believe are these first-formed or primary rocks, they find seven chief constituents.

These are the oxides of iron, silicon, aluminum, calcium, potassium, sodium and magnesium. By an oxide is meant the substance results from the chemical combination of an element with oxygen.

The basaltic rocks owe their great weight to their richness in iron. They

**Tuberculosis.**  
"Tuberculosis lies round about us in our infancy," might be the radio-gram broadcasted by any town or township in Ontario. Ontario has been wondering for some time to what extent tuberculosis is attacking her child population and is now informed by two surveys, one urban and one rural, that 32 out of every 100 (or 425 out of 1392 examined) apparently healthy, normal children gave evidence that germs of this disease had gained entrance into their bodies. In addition, 94 suspicious cases and 14 active cases of tuberculosis were found.

The common source of infection was the adult open case. Every person, but particularly a child, who has been in close contact with a tuberculosis patient should be examined by a doctor who has studied the disease.

Milk from tuberculous cows was shown to be the one and only source of infection in many children, both town and rural. This led the committee to urge "that children be protected from the milk of tuberculous cows, and that milk from uninfected herds for the use of children should be pasteurized."

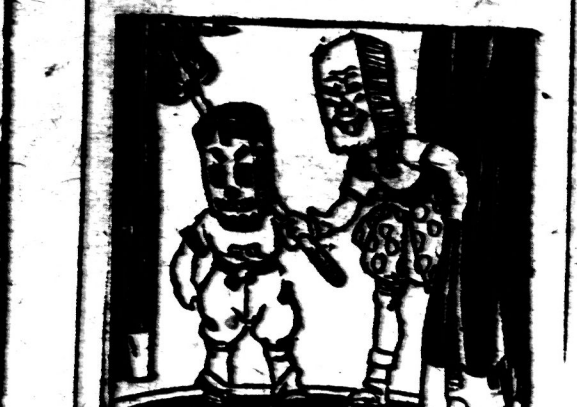
To assist physicians who have not facilities at their disposal in detecting early tuberculous disease in people who have been exposed to opportunities for infection is the reason for the Traveling Tuberculosis Clinic of the Department of Health. The clinic is staffed by two chest specialists and a nurse; its equipment includes an x-ray outfit, and it is sent free upon request of physicians in different localities.

**Then She Went.**  
It seemed as if the visitor never would go away. She had been there a month or more, and gave no signs of departure. One day the small boy of the house was looking at her very intently at the table.

"What is it, Johnny?" she inquired, gracefully, as do those who are receiving undeserved benefactions.  
"Ain't no part of your head gone, is there?" he asked.  
"Of course not. Why do you ask such a queer question?"  
"Cause I heard mamma say you were eating your head off, and I wanted to see if there was any marks on it."

## On 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.



Fill this paper bag down over your head. Now mark where your eyes and nose and mouth come. Take the bag off and cut holes in it to make a false face. You can make several and color them with your crayons if you wish.

## BABY'S WELFARE DURING FEBRUARY

Should be Most Carefully Guarded by All Mothers.

February is one of the hardest months of the year on little ones. It is a month of cold, blustery days that prevent the mother taking her baby out for the fresh air so necessary to his welfare. Baby is consequently confined to the home. More often than not the rooms are over-heated and badly ventilated and the little one catches cold or gripe. What is needed to keep the baby well is a gentle laxative that will regulate the stomach and bowels, banish constipation and indigestion and in this way will either prevent or break up colds and gripe. Such a laxative is found in Baby's Own Tablets. They are mild but thorough in action; are absolutely safe and they are guaranteed to contain neither opiates nor other harmful drugs. They never fail to be of benefit to little ones and may be given to either the newborn babe or the growing child.

Baby's Own Tablets are sold by all dealers in medicine or may be had by mail, post paid, at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**Her Mistake.**  
Mrs. Huggins was in court. She was charged with assault and battery, and the recipient of her unkind attentions was none other than the husband whom she had promised to love, honor and obey.

"So you broke an umbrella over your husband's head?" remarked the magistrate. "What have you to say?"  
"It was an accident, sir," replied the accused.  
"How could it have been an accident?" queried the magistrate quickly.  
"Well, sir," explained the woman, "I didn't mean to break the umbrella."

**Beware of Overloading.**  
Avoid overloading your tires and when it is absolutely unavoidable help the tires to handle the extra load by putting in more air. If the overloading is likely to be continuous change your tires for larger ones.

**Mother's Coughs and Colds Go Quickly**  
She cannot afford to be laid up and neglect her household duties. At the first symptoms she prepares the way for quick recovery by the immediate use of Gray's Syrup—a household preparation of sixty years standing.  
Mother always keeps the Large Size.

**GRAY'S SYRUP OF RED SPRUCE GUM**  
Prepared by D. WATSON & CO., Ltd., TORONTO.

**BAYER**  
**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 18 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocrotic acid of Salicylic acid (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 general trade mark, the "Bayer Cross."

**RED ROSE TEA**  
"is good tea" TEA  
You've been intending to try Red Rose sometime. Why not now?

## EASY TRICKS Not Very Easy



This stunt will tax the skill of the most agile member of any party. The next time one of your friends demonstrates his steadiness of hand—as he will do if you coax him properly—propose this one. If he succeeds in doing it, he will be an exception.

He is to take a candle in each hand. One is to be lighted and one unlighted. He is then to sit on a bottle as in the illustration and to place the heel of one foot on the other.

He will find it rather difficult to do this but he may succeed in keeping his balance. The rest of the stunt, however, is the most difficult of all. He is to light the unlighted candle from the lighted one.

The stunt can be done by a person who has good command of his muscles and who will practice it well.  
(Clip this out and paste it, with other of the series, in a scrapbook.)

**The Wrong Man.**  
Miss Flirt—"Hurry to the door, Mary, and let Mr. Smith in. He has rung twice."  
Maid—"That isn't Mr. Smith. It is the other young gentleman."  
"Oh, wait a minute, then. I must change the photographs on the mantle place."

**Famous last words:** "Watch me do sixty miles an hour!"

**BETTER HOMES IN CANADA**  
Write for a copy of the MacLean Builders' Guide which contains plans by leading Canadian Architects, and helpful information on building, financing, decorating, furnishing and gardening. Profusely illustrated. 52 pages. 20 cents a copy. Questions answered. MacLean Building Reports, Ltd., 344 Adelaide St. West, Toronto.

**Don't Cough!**  
Take a few drops of Minard's in syrup or molasses. Gives quick relief.

**MINARD'S "KING OF PAIN" LINIMENT**

**Cuticura Complexions Are Fresh And Clear**  
Daily use of Cuticura Soap prevents clogging and irritation of the pores, the usual cause of pimples and blackheads, while the Ointment soothes and heals. Always keep Cuticura Talcum on hand; it is cooling and refreshing.

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