

## DELICATE GIRLS NEED NEW BLOOD

Which Can Be Had Through the  
Use of Dr. Williams' Pink Pills.

Nature intended every girl to be happy, active and healthy. Yet too many of them find their lives saddened by suffering—nearly always because their blood is to blame. All those with colorless cheeks, dull skins and lusterless eyes are in this condition because they have not enough red blood in their veins to keep them well and in the charm of health. They suffer from depressing weariness and periodical headaches. Dark lines form under their eyes, their heart palpitates violently after the slightest exertion, and they are often attacked with fainting spells. These are only a few of the miseries of bloodlessness. When the blood becomes thin and watery it can be enriched through the use of Dr. Williams' Pink Pills and the troubles that come from poor blood disappear. In almost every neighborhood you will find some formerly ailing girl who has a good word to say for this medicine. Among them there is Miss Ida M. Withrow, Hardwood Lands, N.S., who says: "Dr. Williams' Pink Pills did more for me than all the other medicine I took, and I cannot praise them too highly. When I began the use of these pills I was in a terribly run down condition, very thin and very pale. My appetite was gone, and I had a tired, worn out feeling all the time. Doctor's medicine did not seem to improve my condition and I was getting greatly discouraged when a friend advised me to give Dr. Williams' Pink Pills a trial. After some urging I decided to do so. After taking six boxes I felt like a new person. I gained weight, had a good color, and an improved appetite, and the constantly tired feeling that had made me so miserable was gone. I took a few boxes more before I stopped, and by that time I had never felt so well in my life. I shall always feel very grateful to Dr. Williams' Pink Pills and strongly recommend them to those who are run down."

You can get these pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Lovely Air.

When you go to country or seaside you probably pay a compliment to the fresh, pure air. But if you were the father of an inquisitive child, what would you be able to tell if about air? Country air is purest, because trees, plants and flowers absorb carbonic acid from the air and return pure oxygen to it. A summer day may be very hot, but in this country the air is usually from ten to twelve degrees cooler than the body temperature. The greater purity of air after a thunderstorm with lightning is because the latter produces nitric acid, which destroys the noxious gases in the air. Air is never "still," and cannot be seen. Subjected to great pressure at a low temperature, it can be turned into a liquid, or even a solid.

Thousands of fire rangers are on the job this month protecting the forest against human recklessness. Ease the ranger's job all you can. Make yourself his ally!

What makes life worth living is that the unexpected so often happens.

**FLIT**  
DESTROYS  
Flies, Mosquitoes  
Roaches  
Bedbugs



STANDARD OIL CO. (NEW JERSEY)

**Do You Want To Get Ahead?**  
COME TO THE O.A.C.  
and  
LEARN THE BUSINESS OF UP-TO-DATE FARMING

Up-to-Date Farming is a real business—a profession, it requires knowledge, it needs training, but it pays.

Come to the O.A.C. and join the Freshman class in September.

We will send you the College Calendar containing full particulars if you say so. Write to-day.

**ONTARIO AGRICULTURAL COLLEGE**  
Guelph Ontario

J. E. Reynolds, M.A., President. A. M. Porter, B.S.A., Registrar. L. Stevenson, M.S., Extension.

### Gipsies.

The origin of the Gipsies was long shrouded in mystery and is still the subject of endless and abstruse controversy. That they came from India is, however, generally accepted. In India they inhabited the marsh-lands of the Indus and were known as Jatts. The first record of migration of this tribe appears in the Shah Name of Firdusi, who tells us that during the fifth century of our era the Persian monarch, Behram Gour, received from the Marajah of India the royal gift of twelve thousand muskians of both sexes, known as Luric or Jatts. How long they staid in Persia is uncertain, probably several hundred years, going from there to Armenia where they sojourned a longer time. By 1100 they had penetrated the Byzantine Empire and were spreading northward into Wallachia, Moldavia and Hungary.

The appearance of Gipsies in Europe is first noted by chroniclers in the thirteenth century, when "a peculiar race of wandering, wastrel, ragamuffin vagabonds" arrived in Germany, about 1417. They traveled in hordes, each led by a count on horseback, or by a "Lord of Lessor Egypt."

Gipsies arrived in England at a somewhat later period, enjoying a marked degree of toleration at first. Henry VIII. promulgated a law against them in which they are described as "an outlandish people, calling themselves Egyptians, using no craft nor feat of merchandise, who having come into this realm, and gone from shire to shire, in great company."

There are many historical evidences to believe that Gipsies have been in America from nearly the first days of its settlement. Many Gipsies were banished to the Colonial plantations, and many old-world families and tribes came voluntarily in later years seeking more elbow room. The United States, Canada and South America have today probably as large a Gipsy population as is to be found in all of Europe.

The name "Gipsy" originated in the pretense of these wanderers to being Egyptians. They are also known as "Zigeuners" in Germany, "Cizgani" in Hungary, "Tsigani" in Rumania and "Zingari" in Italy. These different forms of the same root are supposed to be derived very significantly from the Persian word Tchengan, denoting musicians, dancers.—Joseph Ellner, in the Introductory "The Gipsy Pattern."

### It's Cooler Near the Sun.

The predicted summer heat wave need have no terrors—for anyone who can afford to take a trip in an aeroplane!

If the heat wave began this month, with the shade temperature well into the 70's, an ascent of about 6,000 feet would bring the thermometer down to near freezing-point.

If that were not a sufficient "cooler," another mile up would produce ten or twelve degrees of frost.

The reason why it is cooler in the air, even though you are going towards the sun, is that the sun's rays go direct to earth and are flung upwards from the earth. Thus, the higher you go the fainter becomes the strength of these reflected rays.

If the predicted heat wave—in the vicinity of 90 in the shade—does not assert itself until July, it would mean ascending four miles to feel the effects of zero. A nice cool air, with the thermometer at 41 degrees, could be encountered at a height of 6,000 or 7,000 feet.

Something very refreshing could be obtained at a height of three miles in August—twenty degrees of frost!

Whether one wants cooler weather or not, depends, of course, on what one has been used to in the matter of climate. Anyone newly home from a long residence in India or Egypt might shiver at the mere thought of the thermometer in the thirties, and would prefer to bask in the "cool" 80 in the shade at ground level.

On the other hand, an Arctic explorer home from a two or three years' expedition in the neighborhood of the North Pole, would have to go up six or seven miles to get anything like the temperature he has been used to. At this height there would be a temperature of sixty degrees below zero.

The ancient Hebrew did not know the elephant; but Solomon imported ivory.

WE BUY  
**FLEECE WOOL**  
Harris Abattoir Co., Limited  
Strachan Ave., Toronto

## ARTISTS LIVED 25,000 YEARS AGO

They Scratched Their Sketches on Bones and Cavern Walls.



Paintings found on the roof of the Altamira Cave in Northern Spain are shown in the sketch. The paintings, representing a bison and a galloping bear, are believed to have been the work of Cro-Magnards who lived 25,000 years ago.

### Secrets of Science.

By David Dietz.  
True, man probably made his first appearance in South Asia or North Africa 25,000 years ago.

It is thought that he appeared upon territory which has since sunk below sea-level due to movements of the earth's crust and is now covered by the Mediterranean Sea.

Anthropologists find two distinct races in the fossil remains of this period. One race has been named the Cro-Magnards. The Cro-Magnards were tall men, about six feet tall, with broad foreheads and prominent noses. Their skulls give evidence that their brain capacities exceeded in size the average of to-day.

The second type is known as the Grimaldi man and seems to have been a negroid type.

Many fossils of this period cannot be positively identified as belonging to either race. Very likely there may have been many other races at the time.

Neanderthal man was driven out of his caverns by these new types which took possession of the earth.

These new races were hunters. They made rough implements out of stone.

They were artists. Rude sketches which they made are found on the walls of caverns of the period and scratched on bones found in the caverns.

They even tried their hand at sculpture, making little statuettes out of ivory and soapstone.

About 12,000 years ago a new type of man known as the Azilian made his appearance.

Then about 10,000 years ago the greatest change came. Up until this time implements were all of rough stone. Hence this foregoing period of which we have written has been called the Old Stone Age, or to use the scientific name, the Paleolithic Age.

New starts the New Stone or Neolithic Age. This is the period of polished stone implements.

From now on, man polished his implements with care. Arrow heads are found. There are also axe heads so constructed as to be fastened to handles.

At this time the start of agriculture and the domestication of animals was also made.

Six thousand years ago man learned to make implements of copper.

Three thousand years ago he first learned the use of iron.

### 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, Gifford, Ont., writes: "We have used Baby's Own Tablets ever since our first baby was born sixteen years ago. We have seven 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.

### Sentence Sermons.

We Get But Little—Satisfaction out of money that is bought at the cost of conscience.

Pleasure out of the happiness that makes other people unhappy.

Enjoyment out of life if our children are a disappointment.

Free advice that has much cash value.

Interference when we start out to make fools of ourselves.

Sympathy after we start pitying ourselves.

Encouragement in attacking some sin that is highly profitable.

Minard's Liniment for all pains.

Large Foreign Elements in U.S.

More than 36,000,000 of the inhabitants of the United States are of foreign birth or parentage.

Let every dawn of morning be to you as the beginning of life, and every setting sun be to you as its close; then let every one of these short lives leave its record of some kindly thing done for others, some goodly strength and knowledge gained for yourself.—John Ruskin.

Marriage of Moslem women to Christians is forbidden in a bill now before the Turkish National Assembly for passage.

**Cold Water** should be cold to give the best effect and the Mustard should be mixed 10 minutes before the meal.

**Always**

**Keen's Mustard**  
Aids Digestion

### Some Rooms in the House.

The very rooms, quiet, cool, unadorned, had a memorable charm which no mere catalogue of their contents could ever suggest. Not the charm of antiqueness, for this had been rejected. Just as the family itself was not eccentric, so there was not an artlessly quaint corner in their house. Yet individuality triumphed even over the black walnut which at this period had formidably superseded mahogany. The family assembly room may have lacked actual beauty, but it had comfort and dignity it expressed the same, reasonable, truly liberal temperament. And only an insupportable aesthete could have called the "spare chamber" an ugly room, in spite of the high-peaked bedstead, and the towering bureau with ponderous marble slabs, and classically superfluous black walnut tassel; it was not ugly because its appointments were so unadorned, and because bluebirds perched perpetually upon the pink-and-black flowered wallpaper in such delicately paradoxical fashion. And through the windows on summer evenings you heard the frogs sing moodily from the river, and honey-suckle poured heavy fragrance all night long.

From the favorite point of view, however, the consummately desirable spot in the house was a tiny room, almost a closet, which jutted out from that bright, orderly attic with which one associates a slightly dusty scent of drying sage and mullin. Here one looked out upon a thoroughly familiar prospect that at this height seemed dully enchanting; and one spent hours searching for the nameless secret pearl of books that was bound to lie hidden among discarded schoolbooks, a generation old, little volumes of rhymed sentiments, with gaily garlanded covers, magazines of the Go-days Lady's Book variety, with brilliant prints of ladies in ample azure skirts and flowing crimson mantles, with bright cheeks, triangular foreheads, and black curls.

If there was a more interesting retreat than this, it was that combination of office, studio, and workshop in the unused building across the road, where a much loved member of the family, a practiced law, discharged the not too exacting duties of a town office or so, and assembled the ingenious tools of an unrememberable number of crafts. Here one found a library and documents; blueprints and pencils, rulers and compasses, all the paraphernalia of draughtsmanship; tripod, cameras, and the dark agencies of photograph development; paints, brushes, and canvases; tools for carving and carpentry; and a musical instrument or two. And one would also come upon a book of logarithms, a sextant, and binoculars; for this lover of wood and river was moved by an even deeper love for sea and ships, for sea-lore and sailor-lore. His keen far vision could fully test itself only on vast stretches of ocean; his body adapted itself most naturally to the motions of a ship in a storm.—Olivia Howard Dunbar.

### Minard's Liniment for Burns.

One of the most remarkable egg incubators known in Nature is that of the small seahorse, the water creature that gets its name from its remarkable resemblance to the "horse" used as a knight in the game of chess, both resembling the head and the shoulders of a horse.

The seahorse father somehow opens up a little pouch somewhat like that of the kangaroo and the female lays her eggs in this pouch.

Then the old man seahorse travels around with these eggs at the end of his body until he finds they have hatched.

Then the old fellow opens the pouch and out come several hundred little seahorses, perfectly formed, yet so small that they can be seen only with the aid of a magnifying glass.

It is just as easy to form a good habit as it is a bad one. And it is just as hard to break a good habit as a bad one. So get the good ones, and keep them.—William McKinley.

WALTER ANDREW, Ltd.

246 Yonge St. Toronto

1894

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### Light.

Be not much troubled about many things. Near often hath no whit of substance in it. And lives but just a minute; While from the very snow the wheat blade springs; And light is like a flower That burst in full leaf from the darkest hour; And he who made the night, Made too, the flowery sweetness of the light. Be it thy task through his good grace to win it.

—Alfred Cary.

Those who find fault with worthy things are captious without being helpful.

To carry on its work the Canadian Red Cross needs the help of your steady membership. Keep it renewed.

### BICYCLE BARGAINS

How and slightly used, \$10 upwards. Transportation possible. Write for prices. L. H. FERRIS, BICYCLE WORKS, 120 Dundas Street West, Toronto.

### Stiff Joints

and sore muscles are quickly relieved by a few applications of Minard's.

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

### SICK ABE EIGHT MONTHS

After Taking Lydia E. Pinkham's Vegetable Compound Could Do All Her Work and Gained in Weight

Melfort, Saskatchewan.—"I had inward troubles, headaches and severe pains in my back and sides. I was so sick generally that I could not sit up and I was in bed most of the time for eight months. An aunt came to visit and help me as I was unable to attend to my baby and could not do my work. She told me to try Lydia E. Pinkham's Vegetable Compound, and after taking two bottles I could get up and dress myself. I also took Lydia E. Pinkham's Blood Medicine. When I first took the medicine I only weighed seventy-eight pounds. Now I weigh twice as much. If I get out of sorts or weary and can't sleep I always take another bottle of the Vegetable Compound. I find it wonderfully good for female troubles, and have recommended it to my neighbors. I will be only too glad to answer any letters I receive asking about it."—Mrs. WILLIAM RITCHIE, Box 486, Melfort, Saskatchewan.

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