

HER IMPROVEMENT WAS REMARKABLE

Weak and Run-Down—Restored by Dr. Williams' Pink Pills.

"Two years ago," says Mrs. L. Wright, Secretan, Sask. "I was very much run-down in health. I suffered from indigestion, sick headaches and sleepless nights. Faint spells would often come over me and I would have to lie down till the faintness passed away. I was so short of breath that I could not walk any distance or do anything that required much exertion, without feeling completely used up. As I was constantly growing weaker, I consulted a doctor who told me I was anemic and needed building up. I took several bottles of tonic he gave me, but the help I got from it was only temporary. At this stage I decided to try Dr. Williams' Pink Pills, which I had used in girlhood with much benefit. It was not long after I began using them that I knew I had at last found the right medicine. I think I took altogether some fifteen boxes, and the improvement was remarkable. As I was feeling as well as ever I had been, and my good health has continued to this day. I had also been troubled at times with rheumatism, and this as well as my other troubles disappeared. I have since recommended Dr. Williams' Pink Pills to neighbors who have used them with equally good results."

All weak, anemic women and girls should follow the example of Mrs. Wright, and give these pills a fair trial. New health and new strength is sure to follow. You can get the pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Touch of God.
Down 'mid the fields crusted white with snow,
Where the ramp mists hang, and the chill winds blow,
And scarcely a gleam from the sky breaks through,
And you'd think that never a daisy grew,
I felt the sun and I knew the sod
Was but awaiting the touch of God.

Down where the blues of solitude fall,
And the curtain of loneliness hangs o'er all,
And scarcely a glad, brave light shines through,
And you'd think that a happiness never grew,
I felt a presence beside me stand
And I touched a hand that had touched God's hand.

Do you get a sensation of pressure on the heart? Do you get a fluttering of the heart? Do you get a palpitation of the heart? Do you get a nervousness of the heart? Do you get a weakness of the heart? Do you get a dizziness of the heart? Do you get a headache of the heart? Do you get a sore throat of the heart? Do you get a cough of the heart? Do you get a shortness of breath of the heart? Do you get a faintness of the heart? Do you get a loss of consciousness of the heart? Do you get a death of the heart? Do you get a resurrection of the heart? Do you get a new life of the heart? Do you get a new hope of the heart? Do you get a new faith of the heart? Do you get a new love of the heart? Do you get a new peace of the heart? Do you get a new joy of the heart? Do you get a new strength of the heart? Do you get a new courage of the heart? Do you get a new patience of the heart? Do you get a new kindness of the heart? Do you get a new gentleness of the heart? Do you get a new meekness of the heart? Do you get a new lowliness of the heart? Do you get a new humility of the heart? Do you get a new modesty of the heart? Do you get a new simplicity of the heart? Do you get a new purity of the heart? Do you get a new holiness of the heart? Do you get a new righteousness of the heart? Do you get a new peace of the heart? Do you get a new joy of the heart? Do you get a new strength of the heart? Do you get a new courage of the heart? Do you get a new patience of the heart? Do you get a new kindness of the heart? Do you get a new gentleness of the heart? Do you get a new meekness of the heart? Do you get a new lowliness of the heart? Do you get a new humility of the heart? Do you get a new modesty of the heart? Do you get a new simplicity of the heart? Do you get a new purity of the heart? Do you get a new holiness of the heart? Do you get a new righteousness of the heart?

Let Everything Go By.
An Indian chief had just bought a new car, and after careful instructions, driven away in it. An hour later he returned, battered up and drenched to the skin.
"Me buy new car—old one heap no good," he grunted.
"I start off in car. See trees rush at me."
"I turn out and let trees go by."
"Then see houses rush at me."
"I turn out and let houses go by. Soon I see bridge rush at me. I turn out to let bridge go by—and 'Wham!'"
The world is better and brighter than when I was a boy.—Mr. Will Thorne, M.P.

Croup and Whooping Cough

Guard your children from the dangers of winter weather. Check their first cough with Buckley's "Modified" Mixture. Pleasant to take and brings instant relief.

Buckley's Mixture "Strong" or "Modified" acts like a flash on Croup and Whooping Cough or any affection of throat, chest and lungs. Keep a bottle handy. Wonderful at night. A dose stops coughing.

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"Strong" or "Modified"
75c—40 doses

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HONORED BY INDIAN TRIBE
Here is a photograph of Robert Randolph Bruce, new Lieutenant-Governor of the province of British Columbia, being appointed as a chief of the Stoney Indians. The governor was given a puff at the Pipe of Peace and seemed to enjoy it.

EARTH IS ALWAYS CHANGING

Everlasting Hills Exist Only in the Language of the Poets.



These formations of granite rock exposed on a hill-side in the Mourne Mountains, Ireland, show how the hills are worn away by the elements. The formations sketched here are known by the picturesque title of "The Castles of Kivvitar."

Secrets of Science.
By David Dietz.
The earth as we know it today is far different from the earth as pictured by geologists at the close of the formative period.
The continents are not bare rock, but almost everywhere are covered with layers of loose materials of various sorts—soil, clay, sand and gravel. If we dig below this loose material, which geologists have christened the rock mantle, we do not always find the primary or fire-hardened rocks. Frequently we find rocks of entirely different composition. We find rock formations of various kinds occurring in layers or strata. Such formations do not have resulted from the cooling of lavas, and other causes had to be found to explain them. Geologists call these the secondary rocks.
Geologists now believe that the conditions which existed at the close of the formative period—great continents of granite rocks protruding above the oceans—endured only momentarily. Immediately a great variety of agents set to work to cause change. These same causes have been at work throughout the history of the earth and are still at work.
These forces can be divided into sets of opposing forces.
The first set tends to continuously wear away the land.
The poet who speaks of the "everlasting hills" is drawing most liberally upon poetic license.
The old Biblical writer, who wrote the Book of Job, had a better understanding of the situation, when he wrote:
"The waters wear away the stones;

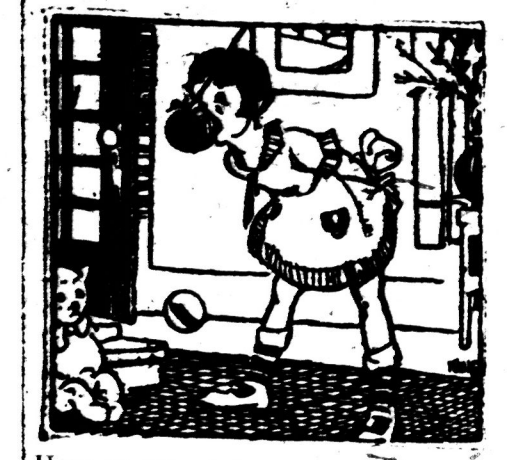
"The dust of the earth."
For water is one of the chief destructive forces in this first set. Its members include the atmosphere, winds, cold, frost, rain, rivers, lakes, oceans, and the tides.
These forces wear away the land and, as we shall see later, create the secondary rocks out of the debris of the primary rocks.
If these forces alone were at work, it stretched in flat plains from ocean to ocean. The material which they wear away is deposited in the oceans.
But their work is counteracted by a second set of forces. This set tends to elevate the land and to create hills and mountains. They also tend to lower the ocean floors.
As a result of these opposing sets of forces, the earth has had a constantly changing surface throughout its history.
Geologists believe that the continents and oceans have always occupied their present relative positions. But when the continents were low, the waters flooded great sections of them.
With changes in the size and height of the land, geologists believe there have been great changes in the climate.
There were not always great zones starting with frigid one at the equator. There is geological evidence to prove that for long periods the climate was very temperate at the poles.
And at four periods in the earth's history—the so-called glacial ages, the polar fields of ice extended far down into what is now the temperate zone.
Next article—The Work of the Atmosphere.

Boon to Musicians.
After seven years of patient experiment, a young musician has invented an ingenious pedal device that makes it possible for a musician to turn pages of music without taking his hand from the instrument he is playing.
All that is necessary is to step on the pedal that actuates an arrangement of levers that turn the page of the music automatically.
The device can be applied to a piano as well as to a music stand, and can be adjusted to turn the pages of a book at any height, says a writer in "Popular Science." When idle it holds the pages flat and firmly on the rack.
Baldness may be due to bad teeth, according to a new medical theory.
Minard's Liniment for colds.

All Tired Out—Feel Miserable, Generally?
If you feel out of sorts, your kidneys and liver are not acting naturally. Don't delay but go to your druggist and get a bottle of Warner's Safe Kidney and Liver Remedy and take according to directions. In a short time you should notice the benefit from this remedy made from herbs and other beneficial ingredients. Used for over 50 years by millions in all parts of the world. For your health's sake take care of your kidneys and liver.
Sold by all druggists. Price \$1.25 per bottle. Warner's Safe Remedies Co., Toronto, Ontario.

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.



Here on this string an apple you see. Get a big bite, bring the apple to me. Here in the center we'll find a surprise. A very fine fortune for two little eyes. (Core the apple and roll the fortune up in the hollow.)

FIGHTING FOR BABY'S HEALTH

Is the Constant Care of Every Young Mother.

The young mother has a constant care in looking after the welfare of her little ones. Childhood ailments come on so suddenly—sometimes without a minute's warning—the mother may have a very sick baby on her hands before help can be obtained. That is unless she has a remedy in the house which she can safely give the baby for any of the many minor ailments of babyhood and childhood.
Such a remedy is found in Baby's Own Tablets. Thousands of mothers throughout the country always keep a box of the Tablets on hand and they proclaim them to be without an equal for sweetening baby's stomach; regulating his bowels and thus driving out constipation and indigestion, colds and simple fevers, and making the dreaded teething period easy.
Baby's Own Tablets are an absolutely safe remedy. They are guaranteed to be free from opiates or any other narcotic drug which are so harmful to the future welfare of the baby. Mothers, if you value the life of your little ones give him Baby's Own Tablets when he is ill, or, better still, give him an occasional dose of the Tablets to ward off illness. The Tablets are sold by medicine dealers or will be sent to any address, post paid, at 25 cents a box by addressing The Dr. Williams' Medicine Co., Brockville, Ont.

Spring Dance.
Up from indolent sleep the eyes of the flowers to wake,
Over their faces each dawn cloudlets of spring water shake.
Denizens all of the mead now with new vigor are filled,
That were its foot not secured,
Into dancing the cypress would break.
—From the Turkish of Mevlâ (1512) (Gibbs).

Nowadays everyone looks down upon the woman who does not work.—Mrs. Stanley Baldwin.

Yes! It Really Does Stop Your Cough

GRAY'S SYRUP
RED SPRUCE GUM

RED ROSE TEA
"is good tea" TEA
Perhaps you use good tea. We think Red Rose extra good.

GEORGETOWN INCUBATOR
Canadian Made for Canadian Climate. Double wall, Copper Hot Water heating system. Sensitive Automatic regulator. Hatchers strong, healthy chicks. Write for FREE Circular to: J. B. Mackenzie, Georgetown, Ont.

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Temporary Filling which Lasts a Long Time. SOLD EVERYWHERE. Norman S. Wright & Co., Limited, Distributors, Toronto.

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MINARD'S "KING OF PAIN" LINIMENT

STRATFORD WOMAN

Restored to Health by Lydia E. Pinkham's Vegetable Compound
Stratford, Ontario. "After my first baby was born I started to work on the tenth day and did a big washing on the twelfth day. Being so young (I was married at 19) I did not know what was the matter, so let it go until I was all run-down, weak and nervous, and had a bad displacement. For nearly two years I could not sleep and I would always complain of having 'not a head-ache, but a brain-ache.' My mother is taking Lydia E. Pinkham's Vegetable Compound during the Change of Life and she recommended it to me. After taking two bottles I began to get a little sleep and to feel better and I have never left off since then, except for about three months. I can safely say I have taken thirty bottles since my second baby was born. I think it makes child-birth easier as I had terrible pains with my first three children and very few with my fourth as I was so much stronger. I am now able to do my work alone, but I am still taking the Vegetable Compound as I am nursing baby."—Mrs. OMER PAUL, 49 Cherry Street, Stratford, Ontario.
If you are suffering from any weakness which causes such symptoms as pains in the side and back and nervous feelings, give Lydia E. Pinkham's Vegetable Compound a trial now.

Bayer's Genuine ASPIRIN

Proved safe by millions and prescribed by physicians for
Colds Headache Neuritis Lumbago
Pain Neuralgia Toothache Rheumatism

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Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monacette-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."

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Is a delicately medicated, anti-septic, deodorizing powder ideal for both children and adults. It is cooling and refreshing and imparts a pleasing fragrance leaving the skin sweet and wholesome.
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