

THE GROWING GIRL

Requires a Mother's Constant Care and Watchfulness.

In their early teens it is quite common for girls to outgrow their strength, and mothers should carefully watch the health of their daughters at this time, for it is when strength is sapped by too rapid growth that anaemia develops. The first signs may be noticed by peevishness, languor and headaches. The face grows pale, breathlessness and palpitation follow, with low spirits.

At the first symptom of anaemia mothers should act at once. Neglected anaemia often leads to decline, but if you see that your daughter's blood is enriched there need be no cause for anxiety. The finest blood enricher ever discovered is Dr. Williams' Pink Pills. The pure, red blood created by these pills will quickly banish all signs of anaemia. They will build up your girl's health and ensure her a robust girlhood. Give your daughter a course of Dr. Williams' Pink Pills now. Make her strong like thousands of girls and women throughout Canada who have been rescued from the clutches of anaemia by Dr. Williams' Pink Pills.

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

One of the Flower Secrets.

Flowering depends on reserves, whether in bulb or tree, in oak or daffodil. "The power to form flowers is bound up with the power of the plant to lay by stores of reserve material." And though, as Ward reminds us, some herbaceous plants flower a few weeks after sowing, whilst some trees produce no flower until they are fifty or sixty years old, they share a common secret. Within wide margins of difference they obey the great law of reserve. The beauty that sooner or later finds expression must first of all be stored.

How impressive is the patience and restraint in the trees of the forest! No oak is to be hustled. Cedars cannot be "forced" like rhubarb. Their growing forms are quietly serene. Most great productions in art or in character have something of the same serenity. They are not born of haste to make an impression. They grow quietly in the background. They come of lifelong patience and faith, of that patience which has been defined as "faith with her lamp lit."

So grew the cathedral at Amiens, and dad Vincent's "Last Supper" and Dante's great trilogy.

Those who are wise pluck the early flower buds that rotage may be the more secure. In the case of the greatest, a stern fate has been set against immediate bearing. The richer the native talent, the sterner the discipline that restrained.

As a child, Kubelik was a musical prodigy. People came miles to hear him, and almost worshipped him. No end of offers came to his father; managers, we are told, were only too anxious to pave his cottage with gold.

But that father was a gardener—poor enough in earthly things yet wise in his craft. He knew that to strain for immediate result would mar the child's future. "He refused all offers and, setting stoically to work, toiled as never before, to win, penny by penny, money for the boy's education."

For six years Kubelik worked at his violin at the Conservatoire in Prague. When his triumphs began it was the father who had earned the applause.

No wonder the son said he always played best when he imagined his father was in the audience.

Surely that gardener-father had learned the lesson among his flowers.

It sometimes happens that the things we get for nothing cost us more than the things we buy.

Motorists usually discover what causes the wheels to revolve upon paying their gasoline bill.

And Get Bloom.

Infodis or narcissism growing in one's ears and have ceased to dig them from the bulbs and roots.

And be lifted out of the mud with a spading fork with the fingers, have started much back to an inch fore repainting.

And place several of large bulbs attached in a place, spread them around "naturalize" them a stream or lake. They require no beautiful anywhere.

free a Book of Recipes for Delicious Salads, Sandwiches, Egg Dishes, Pickles and Relishes.

Write for a copy—mailed Free.

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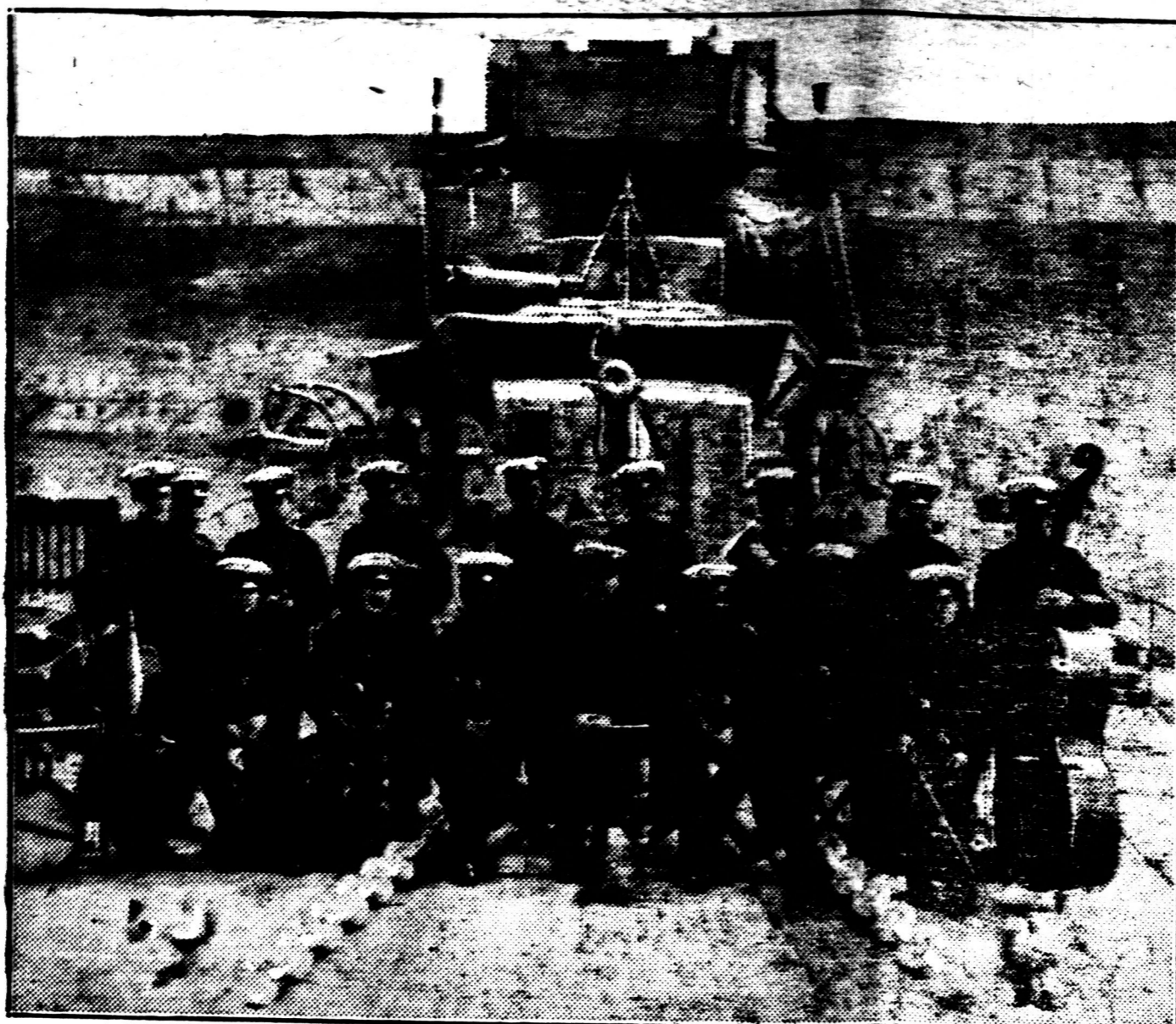
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Broadcast From War Ship Is Novel CNRM Feature



Tradition in the British Navy harks back to Nelson and a great many features of daily routine on board ship date from the time of the famous Admiral. However, the navy is at all times equally ready to establish precedent and the Commander-in-Chief of the North America and West Indies Squadron, Vice Admiral Sir Walter Cowan, Bart., K.C.B., D.S.O., M.V.O., has given permission for an event of absolutely novel character, nothing less than a radio broadcast from the deck of a warship. The broadcast will take place on the night of Thursday, September 16, on board His Majesty's Ship Calcutta, moored in the Port of Montreal, when a special programme will be played by the Royal Marine Band. The transmission will be effected through CNRM, which on this occasion will be tied in with CNRO, giving to the most populous section of North America the opportunity of listening-in to a most unusual broadcast.

The Vice Admiral accepted the invitation of the Radio Department of the Canadian National Railways most graciously and expressed his pleasure at the unusual opportunity of giving entertainment to such a vast army of radio enthusiasts as is reached from Montreal and Ottawa. The musicians will be stationed on the upper deck of H.M.S. Calcutta where three microphones will gather in their performances. Telephone circuits will carry the music to the studio of CNRM and from the latter studio lines of the Canadian National Railways will connect with CNRO at Ottawa and the latter station will engage in a simultaneous broadcast on its regular wave length.

The band, under the direction of Bandmaster Herbert Wright, L.R.A.M., will commence at 9 o'clock with the march past of the Royal Marines, and after a programme of light and serious music, will conclude with a medley, "Sea Songs of Old England." An added feature of this programme will be the rendition of the bugle calls of the British Navy with an explanation of each call. An address will be delivered by Lieutenant-Commander W. V. Heayheard, R.N.M., entitled, "Our First Line of Defence." A year ago CNRM broadcast the band of H.M.S. Calcutta in a studio programme, the first broadcast of such a character, while the coming broadcast is said to be the first ever transmitted from the deck of a British warship.

KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery, colic and stomach troubles are rife at this time and often a precious little life is lost after only a few hours' illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevent stomach and bowel troubles, or if trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Like Dad. Wife—"That boy of ours gets more like you every day." Husband (meekly)—"What's he been up to now?"

Minard's Liniment relieves stiffness.

Related by Refusal. "Are you related to her by marriage?" "No; I'm her brother by refusal."

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Woodchucks.

We walked all night along a road That we could never see. Stars in our hair, the moon in a tree. A yellow, orange-rind of moon. Lulled in larches by the croon Of wind that passed along the lane. And wind that soon came back again.

We sat at dawn upon a rock Beside the little house. With Puck, the bushy, tawny squirrel. As noisy as a mouse. Scampering up the window-sill. And down again like Jack, or Jill. And only stopped his dancing fuss To watch the Morning Star with us.

And when the sun had risen, We plunged into the pool. And oh! it was blue, and oh! it was cool! We splattered the water in a silver rain. And just to keep dry we plunged in again. And rose splashing water upon the sun. He thought it impudent, we thought it fun.

—Josiah Titzell.

FLIT DESTROYS Flies, Mosquitoes, Roaches, Bedbugs

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ART AS A CAREER

OFFERS UNUSUAL OPPORTUNITIES Many O.C.A. students are successfully employed creating Advertising Designs and Illustrations, Interior Decorating, Sculpture, Metal Work, Stained Glass, Jewellery, and other highly-paid work.

ONTARIO COLLEGE OF ART GRANGE HALL, TORONTO DAY AND EVENING CLASSES BEGIN OCT. 4. WRITE FOR BROCHURE ON PARTICULARS.

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RED ROSE "is good tea" TEA

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

The Health of School Children.

The month of September has certain logical claims to prominence, it is the first month of autumn; it is the transition period between Summer, with all its joyous outdoor activities, and Fall with its evidence of winter's approach; it is the harvest month, and is often depicted as a period of thanksgiving. It has, however, one other claim to everlasting prominence, it is the month with which is associated the return of children to school. Play is a natural child activity, school is a simile for work, long confining hours, and prosy books.

The importance of education has long been realized, by all individuals and agencies. Many plans have been conceived as to how it may be acquired and distributed. A generation ago few if any of these dealt with anything but the question of intellectual attainment; all now realize the fundamental importance of the present health and the continued well-being of the child at school.

The Inspector, Principal and teacher are equally interested with the school doctor, dentist or nurse, in the physical condition of the boy or girl. The interest of the parent is taken for granted. The school health authorities manifest their interest by attempting to safeguard the child from contagious disease, by supplying school buildings with modern sanitary equipment, by the regular inspection by the teacher and nurse, and the examination by the physician and dentist. Are parents realizing their responsibilities? Has advantage been taken of the opportunities during the summer vacation, to have the children immunized against diphtheria or scarlet fever? Have they been vaccinated against smallpox? Have the physical defects noted by the school or family physician been corrected? Has the advice of the school dentist been followed?

Frankly, are you sending your children back to school, physically equipped to profit by the educational advantages available, or are you one of the comparatively small group, who ignore such worthwhile advice and are resting in a false sense of health security? The health of the school-age child is the most important question that faces either teacher or parent.

"Sterling" means a coin of true weight, and is derived from the "East-ernings," German traders, who coined pure money in England in the thirteenth century.

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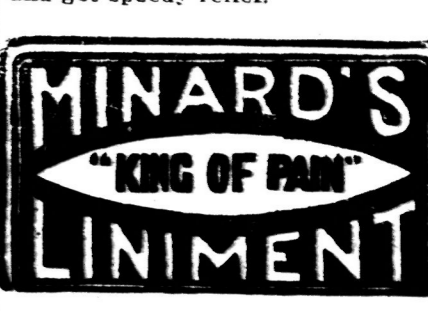
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Canadian Plan Book
In co-operation with Canadian Architects designs of moderate priced homes are published in the MacLean Builders' Guide. Detailed information on planning, building, furnishing, decorating and painting. An ideal reference book. Send 25 cents for a copy. MacLean Builders' Guide 344 Adelaide St. W., Toronto, Ont.

Rheumatism.

Apply Minard's to the painful spot and get speedy relief.



CARRIED WIFE TO BED

Suffered So She Could Not Walk. Restored to Health by Lydia E. Pinkham's Vegetable Compound

Minesing, Ontario.—"I am a practical nurse and I recommend Lydia E. Pinkham's Vegetable Compound to suffering women. For three months I was almost helpless and could not sit at the table long enough to drink a cup of tea. Many a time my husband carried me to bed, I would be so weak. Then he read in the paper of a woman suffering as I did who got better after taking the Vegetable Compound, so he went and got it for me. When I had taken three bottles I was just like a new woman and have had splendid health ever since. When I feel any bearing-down pains I always take it; sometimes a half bottle or whatever I need. It is my only medicine and I have told many a one about it. Any one wanting to know more about Lydia E. Pinkham's Vegetable Compound, I will gladly write to her. I do all I can to recommend it for I feel I owe my life and strength to it." Mrs. NEAT BOWSER, R. R. 1, Minesing, Ontario. Do you feel broken-down, nervous, and weak sometimes? Do you have this horrid feeling of fear which sometimes comes to women when they are not well? Lydia E. Pinkham's Vegetable Compound is excellent to take at such a time. It always helps, and if taken regularly and persistently will relieve this condition.

HARD PIMPLES ALL OVER FACE

Lasted Three Years. Healed by Cuticura.

"My trouble began with pimples breaking out all over my face. They were hard, large and red, and feasted and scaled over. The pimples used to burn, causing me to scratch, and my face looked so badly that I was ashamed to go anywhere. The trouble lasted three years. I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more and I was healed after using only two boxes of Cuticura Soap and two boxes of Cuticura Ointment." (Signed) Miss Reta F. Warren, Diligent River, Nova Scotia.

Rely on Cuticura Soap, Ointment and Talcum to keep your skin clear.

Sample Book Free by Mail. Address: Cuticura Dept., P.O. Box 100, Portland, Me., U.S.A. Cuticura Soap and Ointment 25¢ each. Talcum 10¢.

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