

## TRIALS OF INDIGESTION

### Errors About This Trouble Into Which People Fall

Many people so far misunderstand the digestive system as to treat it like a machine; neglecting it until it works sluggishly, then irritating it into work again by the use of purgatives. The stomach needs help at all times, but a study of the process of digestion will show that purgatives, so commonly taken, are seldom necessary and often harmful.

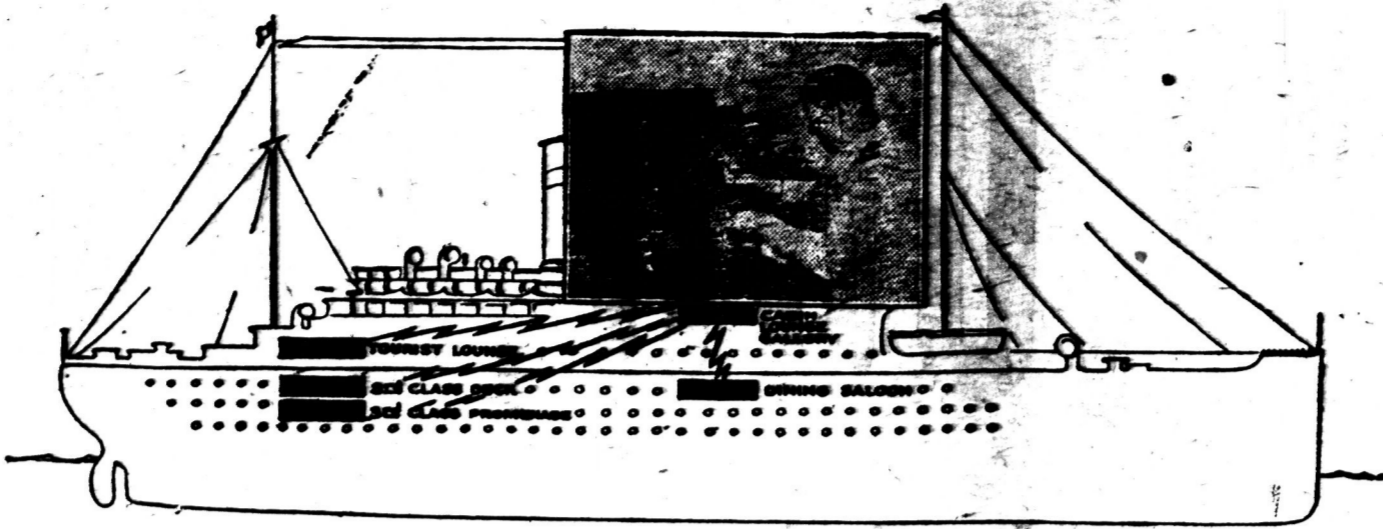
To safeguard your digestion the diet must be controlled. Over-eating is always harmful, but one must assimilate enough food to supply the needs of the blood. Remember, the blood has to carry nourishment to all parts of the body and fuel for its energy. Hence when the blood becomes weak and fails to do its work, indigestion arises. Therefore the sure remedy for indigestion is to build up the blood. If you suffer from any form of indigestion choose your diet carefully and take wholesome nourishment. Above all, start building up your blood by taking a course of Dr. Williams' Pink Pills. Then under the influence of the new blood supply, your digestive system will respond naturally, your appetite improve and your food will do you good. So begin to improve your digestion by starting to take Dr. Williams' Pink Pills now.

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

### The Fortunate Farmer

Sorel Courrier (Ind.): Farm produce will always be necessary of life and will always command a market. The products of urban industries, on the contrary, are often compelled to make their own markets and are subject to great variations. The farmer can exist happily, knowing that his produce will always find a purchaser. The town worker is not even certain that he will be employed the following day. At all times agriculture has been the essential factor in the prosperity of a country. That our country may grow ever greater and greater, our farmers must be imbued with the spirit which has made our history.

## Music from Unseen Orchestras



The Panatropa, latest development in gramophone equipment, installed on the Anchor Donaldson steamer "Athens", sailing to Montreal. The "Athens" is the first Canadian Service Transatlantic steamer to carry the new device, which broadcasts music from the ordinary gramophone record to six different locations on the ship with all the power of a full strength orchestra.

### New York's Finest

New York is policed by gangsters, who form "watchmen's associations" and insure storekeepers and landlords of immunity from burglary and hold ups, in consideration of a regular fee. This new activity of New York's gangsters has the full concurrence of the police, for it releases the latter from regular duties and gives them time to ferret out every new bootlegger and collect the cash. The whole situation misses becoming scandalous because the gangsters are vastly more efficient in curbing the crime in their districts than the police have ever been. They are criminals and are paid to be good. The police are guardians of the law and are paid for breaking it.—G. D. Eaton in Plain Talk Magazine.

After the company had gone, Mrs. Mason said to her husband, "What on earth did you mean, John, by telling the Flemings that my humor was positive, but not negative?" "I meant," said Mr. Mason, discreetly moving towards the door, "that you could make a joke, but couldn't take one!"

"The press reflects the public." This seems somewhat of a reflection on the public.

## A PERFECT MEDICINE FOR LITTLE ONES

### Baby's Own Tablets Should be in Every Home Where There Are Children

The perfect medicine for little ones is found in Baby's Own Tablets. They are a gentle but thorough laxative which regulates the bowels, sweetens the stomach; drive out constipation and indigestion; break up colds and simple fevers and promote healthful, refreshing sleep. It is impossible for Baby's Own Tablets to harm even the new-born babe, as they are absolutely guaranteed free from opiates or any other injurious drug.

Concerning the Tablets Mrs. Alex. J. Perry, Atlantic, N.S., writes:—"I always keep Baby's Own Tablets in the house for the children, as I have found them a perfect medicine for little ones."

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

### Wants to Die Before She's Old

"I could not live one year, one month, one day beyond the hour when I lose the ability to live fully," declares Anna Steens Richardson in the current issue of "The New Age Illustrated." The famous writer goes on to say, "The one thing I fear is living until I am old, not old in years, but in body, in thought, in spirit! Compared with the thought of falling in health, physically and mentally, of becoming helpless and useless, the prospect of dying is exhilarating. It is because I have found life so unalloyingly interesting and stimulating that I shiver at the thought of living after it has turned stale and unprofitable. Have the physicians who evolved the formula for longer living worked out also a formula for prolonging physical and mental vigor? If they have not, must we live the years longer under the shadow of the Scriptural warning: 'The days of our age are three-score years and ten; and though men be so strong that they come to fourscore years; yet is their strength then but labor and sorrow?' My father lived until he was seventy-two; my grandparents died in their late seventies; and truly their strength was labor and sorrow. So at sixty-two I regard the prospect of living longer than they did with doubt and dread."



She—'Doesn't the air and scenery here inspire you to write?' He—'Yeh. To write home for money.'

### Voice of Authority.

A little girl was put in an upper berth of a Pullman sleeping-car for the first time. She kept crying till her mother told her not to be afraid, because God would watch over her. "Mother, you there?" she cried. "Yes." "Father, you there?" "Yes." A fellow passenger lost all patience at this point and shouted: "We're all here—your father and mother and brothers and sisters and aunts and uncles and cousins. All here; now go to sleep." There was a pause; then, very softly: "Mamma?" "Well?" "Was that God?"—Tit-Bits.

Some wives have a lot to go through. For instance, I know a man whose new suit has 15 pockets.

Of course you want fresh, fragrant tea. Then see that it is put up in Aluminum. Aluminum does not absorb dampness, or cause loss of flavor and pungency. Red Rose Tea is packed in Aluminum and every package carries a "money-back" guarantee of satisfaction. or

## Fire Damage

### Warnings Cannot Be Too Often Repeated To Watch "Fire Starters" and So Prevent Loss

Farm fire losses in this Province continue to reach a staggering total. Since midsummer the press has carried one story after another of valuable barns going up in flame with their treasured contents of grain, hay and live stock. A barn means as much to a farmer as a factory does to a manufacturer, and even if the loss is covered by insurance, the setback, fix time and wasted labor is incalculable.

Causes of barn fires are innumerable and have been discussed in detail. Probably there will always be causes for fires, but if so many barns were not fire-traps or the worst sort—and often unnecessarily so—the loss would be nothing like it is to-day. In a barn that has dark corners and passage-ways littered up with dry chaff and straw, gasoline and gasoline machinery carelessly stored, and other inflammable material such as kerosene oil, it needs but a spark from a pipe, a lantern or a carelessly thrown match to set the whole place smoking and in a few minutes the old adage that "prevention is better than cure" is as applicable in this case as in any other.

Now that the days are shorter and a good part of the chores must be done after sundown, it is an excellent precaution to clear up everything that may make quick fuel for a blaze. This includes chaff, straw and hay, bits of boards, oily rags or bagging that has been used for cleaning machinery, that may be lying around the barn, while outside any grass, weeds or brush should be cleared away and burned in a safe spot. Never permit the accumulation of such waste materials as shingles, paper, old lumber, empty boxes and straw near the buildings, for a spark from an engine, a cigarette or a match may set them on fire and burn the premises. Bonfires should always be watched carefully until they are out.

Paint, varnish and oil fillers usually contain linseed oil, which will oxidize, heat and set fire to rags, excelsior or similar material. Gasoline is as dangerous to have around as dynamite unless it is stored in a safe fire-proof place and the containers closed so that the vapor cannot escape. Lanterns, now coming into daily use again, are safe only when clean, well-trimmed, properly filled, free from leaks and hung on hooks out of the wind, away from cobwebs and out of the reach of horses and cattle.

## QUESTIONS OF GENERAL INTEREST

Palm Needs Repotting.—I have a palm that I have had one year. It has had only one new leaf. It has had six leaves in all, some of which have died. It is in a four-inch pot. Is this pot too small for that size plant? If I transplant it, how large a pot should be used, and what kind of soil is best for a palm? How often should a palm be watered? Should it be watered often, sparingly, or at lengthy intervals with a lot of water?—H. W. N. I suspect that your palm needs a larger pot and some fresh earth. A palm with six leaves should be in a pot six inches in diameter. When you repot it, give it a good, rich earth with about an inch of broken rocks or pebbles in the bottom so as to assure perfect drainage, and water it regularly so that the earth is usually just comfortably moist but not wet.

Painting Interior of Poultry-House.—Is anything gained, aside from wood preservation, by painting the interior of a poultry-house?—C.H.F. When the interior of a poultry-house is evenly lighted and bright, the birds are more active. Light gained by painting the walls white is cheaper than light gained by putting in extra windows. Good whitewash is first-class for the walls. Add 5 per cent. of a good dye or disinfectant to the whitewash. Water paint lasts longer than whitewash, and makes a better looking job. Painting the interior helps control vermin, too—a mighty important consideration.

### Modern Life

I haven't any puppy dog,  
I haven't any cat,  
I haven't any house at all—  
I'm living in a flat.

Minard's Liniment for Distemper.

# RED ROSE TEA "is good tea"

You must try RED ROSE ORANGE PEKOE. A little higher price than other teas, but a real difference in quality. Now packed in Aluminum.

### Three-Ring Show.

A moving-picture producer, on filming "The Passion Play," noticed that there were twelve Apostles. "Oh, that won't do," he said; "this is a big production. That number will have to be increased to twenty-four."—Out-look.

### Glad Reunion.

Crowd of 4,000 at Lawrenceburg Fair Brings Out Great Collection of Swine.—Nashville Banner.

## TRAPPERS

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## FOR COLDS



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Physicians prescribe Aspirin; it does NOT affect the heart

Aspirin is the trade mark (registered in Canada) indicating Bayer Manufacture. While it is well known that Aspirin means Bayer manufacture, to assure the public against imitation, the Tablets will be stamped with their "Bayer Cross" trademark.

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