

THE TONIC THAT GIVES STRENGTH

After Acute Diseases the Blood Must Be Built Up Before Recovery is Complete.

Fever and other acute diseases like pneumonia and influenza, leave the patient weak, with thin blood and unstrung nerves. The period of convalescence is often long and trying, and years of poor health have frequently followed so brief an illness as an attack of influenza or pneumonia. Much of this sort of misery could be avoided by taking steps to build up the blood so that it can carry to the nerves and other tissues of the body the elements they need to restore their normal functional activities. To build up the blood and restore it to its rich, health-giving vigor, no other medicine can equal Dr. Williams' Pink Pills. From first to last it is their mission to improve the blood and thus restore good health and vigor.

The value of these pills in conditions described above is shown by the statement of Mrs. Rebecca O'Brien, Pembroke, Ont., who says:—"In Nov., 1923, I was stricken with pneumonia, and at the time but little hope was held out for my recovery. However, with the best of care I was able to walk about after some months. But I did not recover my strength. The doctor told me I was anemic. My appetite was poor, I grew nervous and restless, I was deathly pale and practically gave up hope of ever being strong again. However, remembering that in my girlhood I had taken Dr. Williams' Pink Pills with decided success, I decided to try them again. By the time I had used two boxes there was no doubt the pills were helping me. Continuing their use I was soon able to attend to my household duties. I continued taking the pills, however, until I had used twelve boxes, by which time I was enjoying better health than at any time in the previous ten years. In gratitude for what the pills have done for me, I give this statement in the hope that it may point the way to health to some other weak, despondent woman."

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



"You know there's nothing like them mountains to get rid of the old surplus."

"I'll say there's not! I've gotten rid of about one thousand in the past two weeks myself."

Britain's Colonial Empire

Auckland Weekly News (N.Z.): The Colonial Empire of Great Britain covers more than 2,000,000 square miles. Most of it is tropical in character, yielding a diversity of products in true tropical profusion. From that aspect it is an asset of incalculable value. Many parts of it must be left almost entirely to the native inhabitants, for the European can live and work there only for limited periods. This is true of much tropical territory. If it complicates administration, it simplifies the future, in that aspirations toward autonomy will come slowly, and there will not be the clash between the interests of native and European which other colonies and Dominions experience. Central and Eastern Africa are not of this character.

This is one of the worst years on record for mosquitoes, but they never had such opportunities before.—Portland Oregonian.



FLIT
Destroys
Flies - Mosquitoes
Ants - Roaches
Bed Bugs

SMILES

Money isn't everything, but everything takes money!

A miss is often good for a smile.

Some folks don't have to patronize loan sharks. They could starve.

Patent (gaspingly)—"I seem a little better, doctor, but I'm still short of breath."

Doctor—"Have patience and we'll stop that."

Gladys says her friend Clarice is off again. She thinks that the hemlock is an attachment for a sewing-machine.

She—"Let me speak."

He—"You mean continue, don't you?"

There may be nothing in a name, but who would want to be named Skunk?

"What is the rent of this room, including the piano?" "Well," suggested the landlady, "perhaps you'd be so good as to play me something first."

From The Outlook.

Had to Learn English.

Among the many contacts of Sir Arthur Currie in France, was one with a Frenchman, a working man whose mastery of English amazed the General. The man used even Canadian slang.

"Where did you learn to speak English so well?" Sir Arthur asked.

"I learned it in Regina," replied the Frenchman. "I had to learn English there. When you get as far west as Regina and tell them you can't speak English, they tell you to go to hell."



Fast Work.

Bug—"Where you goin' in such a hurry?"

Snail—"I'm finishing that twelve inch marathon I started last summer!"

MADE HER BABY PLUMP AND WELL

Nothing makes a mother more grateful than a benefit conferred upon her child. Mothers everywhere who have used Baby's Own Tablets for their children speak in enthusiastic terms of them. For instance, Mrs. Zepterif Lavoie, Three Rivers, Que., writes:—"Baby's Own Tablets are a wonderful medicine for little ones. They never fail to regulate the baby's stomach and bowels, and make him plump and well. I always keep a box of the Tablets in the house and would advise all mothers to do likewise."

Most of the ordinary ailments of childhood arise in the stomach and bowels, and can be quickly banished by Baby's Own Tablets. These Tablets relieve constipation and indigestion, break up colds and simple fevers, expel worms, allay teething pains and promote healthy sleep. They are guaranteed to be free from injurious drugs and are safe even for the youngest and most delicate child. The Tablets are sold by medicine dealers or by mail at 25c. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Merchants and Politics

Hong Kong Press: The ineffectiveness of the merchant class in Canton is creating a feeling of pessimism. They do not participate in politics to appear to be unable to unite in any way to make their influence felt. They should be able to procure a dignified interview with the military and politicians of the Kuomintang now controlling affairs in the city, but instead of this it is said that they have decided to follow the example set by factory girls of camping out in front of official buildings in order that the officials may be forced to listen to their grievances. According to present arrangements, Canton merchants will camp in front of the Canton Government House with the idea of persuading the Kuomintang Administration to reconsider their order to tax necessities as luxuries.

It is still permissible in Chicago to say that neighbors live within gunshot of each other.—Arkansas Gazette.

Because he did not enter a plea of insanity a murderer charged in America has been remanded for the state of his mind to be inquired into.—Punch.



A party of British public school boys arrived in Canada on Saturday on the White Star liner *Alberic* to make a tour of Montreal, Quebec, Toronto, Algonquin Park and New York, to become better acquainted with Canadian boys and to understand the points of view of other nations by means of personal friendship. They are in charge of Rev. E. S. Fellows-Farrow, M.A., F.R.S., of Cambridge University, third from the left in the front row, and Rev. Howard J. Rose, M.A., of Oxford University, on the extreme right.

HELPING BUILD CANADA

Starting Young Canadians Right With a Healthy Foundation is Recognized as of National Importance

A SPLENDID EFFORT

Government Caps a Notable Year With a Notable Publication

The Dominion Government has just published "The Canadian Mother's Book," written by Dr. Helen MacMurchy, chief of the Division of Child Welfare of the Department of Health at Ottawa. The foreword—"The greatest gift is a child, and the greatest honor is to be a mother," and the introduction—"This book has been written for you—a Canadian mother. The Government of Canada knowing that the nation is made of homes, and that the homes are made by the father and mother, recognizes you as one of the Makers of Canada. No National Service is greater or better than the work of the Mother in her Own Home. The Mother is the First Servant of the State."—These tell the story.

Simply Told
Dr. MacMurchy is to be congratulated upon the simplicity and clearness of the language with which she tells her story of how to care for young Canadians. Dr. MacMurchy used to be a teacher of literature in the Old Grammar School or Jarvis Collegiate Institute in Toronto and well does the reviewer remember how colloquialisms and popular expressions were frowned upon by the Doctor when she endeavored to teach him the rudiments of the English language. The Doctor, a master of English, has worded her book in the simplest manner possible, and where popular expressions are carried her thought most forcefully she has used such expressions until the result is absolutely clear, readable, and understandable by anyone who can read words of two syllables.

To stress the important points Dr. MacMurchy has resorted to repetition so that any one seriously wanting to benefit by her instruction could not possibly fail to have her truths driven home. She has written, for the good of the great mass of Canadian women in average circumstances. Her simple, direct and intimate language proves her as great a master of English as of psychology.

A New Era

The old time method of "rocking the baby," picking up the darling, "cuddling the little pet" is past and Dr. MacMurchy has stressed the point so often forgotten that the first year of a baby's life is made up of sleep, food and bath. The reviewer's personal experience, arrived at through watching and helping his better half raise a fair sized family fully confirms the Doctor's methods.

Free For The Asking

The publishing of the Canadian Mother's Book is without doubt one of the most notable events marking Canada's Jubilee Year and every mother, prospective and expectant, should have this most excellent publication which will be mailed free by simply writing and asking for it to the Department of Health, Ottawa, Canada.

Advice to Doctors

Being a mere newspaper man the reviewer hesitates to offer advice to the medical profession but as the father of a successfully raised family who has been through the experience he does not hesitate to say that every doctor in city or country should keep a supply of these little books on hand and give one to every wife and mother. We congratulate the government on their Chief of the Division of Child Welfare and we congratulate Dr. MacMurchy on such a noteworthy achievement.

Opium Monopoly in China

Singapore Free Press: The news that Chiang Kai Shek is returning to the old system of farming out the opium monopoly as a means of raising revenue, is a sufficient indication that financially affairs are far from satisfactory with the new Government. It would of course have sorted ill with membership of the League of Nations when praying to be free from a foreign drug tyranny in one's own country, but now that the Chinese delegate to Geneva has departed it is possible to sacrifice the shadow of morality for the substance of materialism and to make use of the tyranny to produce funds for the continuation of campaigns.

Experiments of more than thirty years have proved that Aluminum is the best container for tea. Red Rose Tea is now packed only in Aluminum, and every package is guaranteed to be in perfect condition.

Moderates Prevail
Neue Freie Presse (Vienna): The report of the Trade Unions Commission on the development of free Trade Unions in 1924 shows that the movement, in spite of the prevailing unfavorable economic conditions, experienced but a comparatively little setback during the past year. The large amount of unemployment and the worsened position of the employed on account of short time did not react upon membership in the manner that might have been expected. The unions were kept particularly busy during the year in trying to effect wage improvements for the workers. Although in such times it is usual for the extreme elements to gain the upper hand, this was fortunately not the case with the Austrian unions last year, for moderation was the keynote of their policy and actions.

The Willow of St. Helena

London Truth: As everybody knows, Americans have a craze for collecting hotel spoons, door-knockers, nail-stones, or anything useful as evidence of their peregrinations. One Phineas P. Daly took a fancy to the weeping-willow on Bonaparte's grave at St. Helena and transferred it to his Connecticut garden in 1860. His heir an historian named Reynolds, recently instructed the United States Ambassador in Paris to offer it as a present to the French Republic, which he regarded as Bonaparte's next of kin. It has taken some transplanting, but is now on its way to the garden of the Invalides, that last resting-place of Bonapartist illusions.

Minard's Liniment relieves backache

To feel much for others, and little for ourselves; to restrain our selfish and exercise our benevolent affections, constitutes the perfection of human nature.—Adam Smith.

It is about time to call off these record-breaking stunts. The silly season and the vacation months are about over. It is time we get back to work and sanity.

Minard's Liniment cures sore feet.

Pure tea of finest quality, free of dust and packed in Aluminum.

RED ROSE TEA "is good tea"

RED ROSE ORANGE PEKOE is extra good.

Silo Filling

Practically ever since silos came into use it has been one of the cardinal rules of silo operation that the silage must be very thoroughly trampled as put in, to prevent molding and spoilage. This job of tramping in the silo is one of the most disagreeable ones on the farm, and the good wages demanded adds quite a little to the cost of filling the silo.

The high cost and scarcity of labor led a number of farmers in different sections of the country to try the plan of filling without tramping, and several have used it the last three or four years with perfect success. Many claim that there is less loss from spoilage in silos filled this way, than under the old plan of two or three men tramping down the silage.

By not tramping the silage, and using a small ensilage cutter and tractor, and a binder with bundle-loading attachment, a farmer and his hired man or boys can fill the silo without extra help, greatly reducing the cost and labor of filling the silo.

The advocates of the non-tramping plan recommended cutting the silage in one-fourth-inch lengths, adding plenty of water if the corn is frosted and dry, and directing the filler pipe at the centre of the silo, allowing the ensilage to fill up in a conical shaped pile, the center tending to push down and out, packing the ensilage tightly and eliminating air spaces.

Experiments carried on at some of the agricultural experiment stations indicate that these farmers are right, and that where the silage is cut rather fine and made rather wet, that there is little, if any, more spoiled silage than with the older and more costly method. It is important that the silage be quite damp, so that water can be squeezed out of a handful, that the silo not be filled too rapidly, and that it be refilled after settling. Also, it is recommended that the top two or three feet be even wetter than the average, and be tramped well.—I.W.

As we understand the report of the commission, the Leaning Tower of Pisa is safe so long as it doesn't get much leaner.—New York Evening Post.

In the opinion of a well-known judge some husbands are too suspicious of their wives. Still, there is good cause for suspicion when a man finds a long hair on his wife's shoulders.

If this year's Tunney-Dempsey fight should prove to be a financial success, it is likely that Tex Rickard will hold the 1928 Dempsey-Tunney fight in Chicago again.

Marry in haste and you'll never have any leisure to repent in.—El Paso Times.

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