

TO THE MOTHERS OF ALL PALE GIRLS

If Your Daughter Shows Signs of Anemia a Tonic is Needed.

Anemia is simply a lack of blood. It is one of the most common and at the same time most dangerous troubles from which growing girls suffer. It is common because the blood so often becomes impoverished during development, when girls often overwork and overstudy. It is dangerous because of the staidness of its approach and because of its tendency to grow steadily worse. Every growing girl should occasionally take a tonic to ward off this insidious trouble. It is because of their powerful action in rebuilding the blood that Dr. Williams' Pink Pills have made a world-wide reputation. The case of Miss Claire Sullivan, Plucker Creek, Alaska, simply proves the value of this medicine. Miss Sullivan says: "During my school days I suffered a great deal from thin and watery blood. I was continually weak and tired; my appetite was poor, my sleep unrefreshing and I was troubled with backaches. To make matters worse I was attacked with acute appendicitis and the operation left me in a very weakened state. My mother, learning of the value of Dr. Williams' Pink Pills, had me take them, and after using them for some time I can say the result was simply wonderful, as they completely restored my health, and now when opportunity occurs I always recommend these pills to weak, pale girls suffering as I did."

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

Radio Station Aids Byrd Call For Men

KDKA Sends Message to Arctic Eskimo, Asking Him to Join South Pole Expedition

Commander Richard E. Byrd, explorer and aviator, who is seeking a crew to explore the Antarctic region next winter, sent a message to the Far North recently by way of station KDKA in an Eskimo, named Noo-Ka-Ping-Wa, in Ellesmere Land, asking if he and five of his tribe would like to make the trip to South Pole.

Noo-Ka-Ping-Wa lives near the Canadian Royal Mounted Police Post on the Bache Peninsula, about 600 miles from the North Pole. The message follows: "Would you like to go down to the Antarctic with me next winter? Want five others of your tribe to go along. Want five men and two of their wives who are good at sewing. Want good strong men and good dog team drivers."

Noo-Ka-Ping-Wa accompanied Commander Peary on his North Pole trip and aided other Arctic explorers.

The next mail from the North will not be sent down to civilization until August, so Commander Byrd will have a long wait to learn whether Noo-Ka-Ping-Wa accepts the offer.

Minard's Liniment for rheumatism.

It's not much good having "Welcome" on the door mat if you haven't got it in your face.

Many a youngster wonders why it is that the older folks refer to the days just before the holidays as being the shortest of the year.



There is an exception. Seven boys took a creek to bath, but when told not to go, they would not inform their father. Robert—



When Pain Comes

What many people call indigestion very often means excess acid in the stomach. The stomach nerves have been over-stimulated, and food sour. The corrective is an alkali, which neutralizes acids instantly. And the best alkali known to medical science is **Phillips' Milk of Magnesia**. It has remained the standard with physicians for 50 years since its invention. One spoonful of this harmless, taste-

A Hundred-Foot Jump

A fantastic novel, probably by H. G. Wells, once described the visit of men to the planet Mars. One of the first things these adventures discovered was that, owing to the small size of Mars and the decreased pull of gravity, they were able to jump three or four times as far as on the earth.

But something of the same sensation is to be had even upon this London ball. With a small balloon any one of us can jump a hundred feet. The possibilities of balloon jumping as a feature of amusement parks are discussed in a recent number of "The Billboard." The balloons, which are twenty feet in diameter and cost \$500, have a lifting power of 187 pounds. The brave messenger, who weighs, let us say, 140 pounds, has small sand-bags tied on to him until his earth-bound self and the aspiring balloon weigh together 182 pounds. Then he takes a hop, skip and jump. He finds himself rising, rising in the air, with nothing between him and the ground but his own nervous feet and a light rope to prevent him from being kidnaped into the clouds. But the rope is only a precaution. In fact, his ride is a jump and not an ascension, and unless he is murdered by bald eagles or electrocuted by the high voltage wires that infest the upper air, he comes slowly down, after an excellent tenth-storey view of the world, and pays \$1 for ten of the most exciting minutes of his life.

A deposit should be required on every balloon. Clients who cut the rope and connect with a northeast wind ought to pay for the cost of getting disentangled from the top of the highest elm tree in the district.

GIVE CONFIDENCE TO YOUNG MOTHERS

By Always Keeping Baby's Own Tablets in the Home.

A simple and safe remedy for the common ills of babyhood and childhood should be kept in every home where there is either a baby or a young child. Often it is necessary to give the little one something to break up a cold, allay fever, correct sour stomach and banish the irritability that accompanies the cutting of teeth.

Experienced mothers always keep Baby's Own Tablets in the home as a safeguard against the troubles that seize their little ones so suddenly and the young mother can feel reasonably safe with a box of these Tablets at hand and ready for emergencies.

Baby's Own Tablets are a mild but thorough laxative that act without gripping and they are absolutely guaranteed free from opiates or other harmful drugs. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



He: So Jack won his last wrestling match, eh? How did he get his practice? She: Petting with me.

President Coolidge is referred to as a possible "dark horse" at the next convention, but it remains to be seen whether he will be a "draft horse."

Wonder how long it will be before "stiver" will be classed as an absolute word.

Jamaica is to set aside a forest reserve for fiddle-wood. Oh, fiddlesticks!



PUTTING ON A SHOW FOR LINDERBURGH. One of Mexico's famous bull fighters putting on a "show" to explain the fine points to America's leading airman.

Adventuring With the Wife!

By Sir Alan Cobham, K.B.E., A.F.C.

What is the object of my 20,000 miles cruise round Africa, on which I shall be accompanied by my wife?

Firstly, we are going to try to stimulate the whole of Africa to the possibilities of air routes. We hope that when we have finished our cruise we shall have ascertained the right type of aircraft for the work and the correct route over which to run, and by sound propaganda and negotiations have laid the foundation of the future air route from Egypt to South Africa. A Pioneer Effort.

We are taking the largest all-metal flying-boat in the world, because we want to find out if flying-boats are a practical proposition for operating on that 2,500 miles route up the waters of the Nile from the Mediterranean to Central Africa. Again, we want to come home from South Africa via the West Coast, and as aerodromes will be few and far between, we consider the flying-boat the only practical way of doing the job.

It must be borne in mind that this is a pioneer reconnaissance flight, more or less over uncharted territory from a flying-boat point of view. Should we have any trouble it must be remembered that we are trying out a flying-yacht in strange waters, and that ours will be a pioneer effort, where we may meet with unknown difficulties, with no ground organization to assist us, and such troubles as would never be experienced on a regular air route.

Largest in the World. Before going any further I must tell you something about our craft. To start with, she is called the Short-Rolls-Royce Flying Boat, because she is manufactured by Short Bros. of Rochester, and fitted with two Rolls-Royce engines of 700 h.p. each. The craft is all built of metal, and incidentally, is the first all-metal British flying-boat and happens to be the largest of its kind in the world. She is nearly a hundred feet in span and over sixty feet in length, and when fully loaded weighs nearly ten tons.

Inside the spacious hull there is a large cabin provided with beds, work-bench, vice, and tool-lockers. There is also a chart desk where the navigator can work out his courses, and there are cupboards for food and storage bins for first-aid. In fact, we are equipped like any seafaring yacht. We are a yacht that flies, being seaworthy as well as airworthy.

Filming the Great Flight. Once off the water we can keep in the air for twelve hours and cruise at a speed of eighty-five miles an hour. Thus we can cover a thousand miles without landing.

Our engines, each one of which is about twice as powerful as the average railway-engine, are water-cooled, and between them will consume about half a gallon of petrol per mile. That means that four pints of spirit will give the motive power to carry our ten-ton aerial yacht through the air at nearly ninety miles per hour for a mile. Altogether, I expect we shall use up petrol amounting to a total of 100,000 gallons.

From the winter cold of the British Isles we are flying away to the warmth of Africa. While our friends are shivering in the cold and damp atmosphere of England we may be in the scorching heat of the Southern Sudan where we shall be unable to face the wind owing to the burning heat.

It may interest my readers to know that, in my opinion, Egypt will become in the near future the main junction for some of the world's greatest air routes, for eastward is the airway to Bagdad, India, Singapore, and Australia; southward is the way to Kenya, Rhodesia, and South Africa.

The crew of our craft numbers six. In addition to myself, there is an assistant pilot, Captain Worrall. The Short-Rolls-Royce has two pilots' seats with dual control, so that we can relieve one another at the wheel during flight. Thus, with one hour on and one hour off, the time in the air will pass quickly, and I can write dispatches and keep records during flight.

There are two engineers, Green and Conway respectively, whose chief job is to nurse the Rolls-Royce engines

and see that they come to no harm. Another member of the crew is Mr. Bonnett, of the Gaumont Co., who is coming along with his camera to secure a pictorial record of our adventures. He will be able to picture not only what the earth looks like from above, but, by means of the various cockpits in the hull, ourselves flying this giant craft over Africa.

Now we come to the sixth member of our crew, my wife, who is going on this flight to help me out with all the hundreds of things that I have to think of, not only in connection with the flight organization, but the various negotiations that I hope to conduct in connection with the through air route.

From a Woman's Viewpoint. She is going with me on this big flight more or less in the spirit of the explorer's wife. In all my previous journeys, owing to lack of accommodation, it has not been possible for me to take my wife with me.

My wife will be able to give me impressions of the journey from a woman's point of view, which will be extremely helpful in the planning of an air liner where the comfort of women passengers will be even more important than that of the men.

In brief, our objects are as follows: To prove to the world the utility of the flying-yacht, and to demonstrate the practicability of all-metal construction. Secondly, we are going to survey flying-boat conditions from the Mediterranean to Central Africa, for we have now joined forces with Captain Gladstone and Mr. Blackburn to

bring about a Cairo to Kenya air route. Then we hope to negotiate with the Governments concerned to bring about the through African air line.

This flight could never have come about had not the aircraft industry taken a broad view, and thus Messrs. Short Bros. and Rolls-Royce have borne much of the heavy expenditure in connection with the expedition, which was ultimately made possible by the generosity of Sir Charles Wakefield. He came forward to help because he thought our success would be a benefit to the British Empire.

Answers.

ISSUE No. 2-28

RED ROSE TEA

"is good tea" The Orange Pekoe is extra good In clean, bright Aluminum

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Answers.

Classified Advertisements

SAVER \$20.00. AUTOMATIC INCUBATOR now direct from the factory to you. Pictures and Price Lists from Hobbrook's, Bradford, Ontario.

SALES MEN—STEADY, PROPERLY ABLE employment, weekly pay, selling our universally known, guaranteed quality, Tress and Plants, New and best varieties. There is good money in it for you. Illustrated up-to-the-minute equipment. Real sales co-operation. Write LUKW BROTHERS NUMBERS, MONTREAL.

Mother—"No, dear, I gave you a good big piece of cake, and that's enough." Daphne—"Oh, but Mamma, one good big deed deserves another."

The King of Pain—Minard's Liniment

In our opinion the alleged uneasiness in Europe is largely due to too much rattling of the olive-branch.—Punch.

TO WOMEN OF MIDDLE AGE

Mrs. Wilson's Experience a Guide to Women Passing through the Change of Life

Hamilton, Ontario.—"I have taken several bottles of Lydia E. Pinkham's Vegetable Compound and I cannot speak too highly of it as I was at the Change of Life and was all run-down and had no appetite. I was very weak and sick, and the pains in my back were so bad I could hardly move. I got very sad at times and thought I had not a friend on earth. I did not care if I lived or died. I was very nervous, too, and did not go out very much. A friend advised me to try a bottle of Lydia E. Pinkham's Vegetable Compound, and I did. I am a farmer's wife, and always worked hard until lately, and was in bed for two months. I began to feel like a new woman after the first bottle, and I recommend it with great success, also Lydia E. Pinkham's Liver Pills. I am willing to answer letters from women asking about your medicines, as I cannot speak too highly of them."—Mrs. EMMA WILSON, 471 Wilson Street, Hamilton, Ontario.

Sold by druggists everywhere.

ASTHMA STANDARD REMEDY

For 33 years Dr. Guild's Green Mountain Asthma Compound has successfully and quickly relieved the distressing paroxysms of Asthma. Two sizes \$1.50 and 35c, also cigarettes (box of 24, 60c), at your druggist or sent direct post paid for cash. FREE TRIAL box of 6 cigarettes with treatise on causes and treatment of Asthma, etc., sent on request.

J. H. GUILD CO., Dept. 22, Rupert Vt., U.S.A. Distrib. for Can. Lyman's Ltd., 344 St. Paul St. W., Montreal.

MINARD'S LINIMENT

After strenuous high climbing and jumping, a rub down with Minard's prevents stiffness.

Children Cry for

Fletcher's CASTORIA

Why do so many, many babies of today escape all the little fretful spells and infantile ailments that used to worry mothers through the day, and keep them up half the night?

If you don't know the answer, you haven't discovered pure, harmless Castoria. It is sweet to the taste, and sweet in the little stomach. And its gentle influence seems felt all through the tiny system. Not even a distasteful dose of castor oil does so much good.

Fletcher's Castoria is purely vegetable, so you may give it freely, at first sign of colic, or constipation, or diarrhea. Or those many times when you just don't know what is the matter. For real sickness, call the doctor, always. At other times, a few drops of Fletcher's Castoria.

The doctor often tells you to do just that; and always says Fletcher's. Other preparations may be just as pure, just as free from dangerous drugs, but why experiment? Besides, the book on care and feeding of babies that comes with Fletcher's Castoria is worth its weight in gold!

Children Cry for Fletcher's CASTORIA

Aspirin is the trade mark (registered in Canada) indicating Bayer Manufacture. It is well known that Aspirin is a Bayer manufacture, to ensure the full effect against influenza, the Tablets will be stamped with their "Bayer Cross" trademark.