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A Baby's Health

At the Heart of the Matter

"She seems to be fading away," said an anxious mother recently about her daughter. Thousands of mothers could say the same thing. Their daughters are pale, their cheeks are pale; their eyes dull; their step languid and every movement tells of shattered health. If neglected their suffering grows more acute and decline sets in.

If your daughter complains of weakness; pains in the side; weakness; headache or backache; her appetite is uncertain; and she has low hemoglobin in the blood. She needs Dr. Williams' Pink Pills for Pale People. Give her Dr. Williams' Pink Pills at once for these pills actually renew and enrich the blood. They make sickly girls well and happy; improve the appetite and bring back all the charm and brightness of perfect health.

Dr. Williams' Pink Pills are sold by all dealers in medicine or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

In England about twenty packs of bounties have been masters, many of whom carried on the pack on the death of their husbands.

What ardently we wish we soon have.—Young.

Hospital for Sick Children

at CHATHAM ST., TORONTO
(Country Branch, Thistleton)

December, 1928.

Dear Sir: As a friend of afflicted little children you will learn with satisfaction that through the benevolence of the supporters the Hospital for Sick Children was enabled to increase its services considerably during the past year. At that period its costs were occupied by nearly 7,000 small patients, most of whom were removed, or are well upon the way to recovery, and an enormous amount of good is being accomplished for Ontario's many "little ones" and by passing this information along to the good-hearted people, your newspaper service will benefit them and at the same time be instrumental in promoting the continuance of this humane service. It is a gigantic undertaking and the hospital needs every bit of help it can get.

Please note the following official figures for the year which ended September 30, 1928, indicating the magnitude and rapid expansion of this mission of mercy. Total number of out-patients in year, 6,970, an increase of 373 over the previous year; actual number of patients days, 122,718, an increase of 11,321; average daily stay of all patients 15. These figures include the wonderful out-patient hospital at Thistleton, where the year's total of patient days was 36,998 and the daily average 104. In addition to this, the out-patient department, at the main hospital, had 56,705 attendances within the year, the largest number of patients treated in a single day being 917.

The little sufferers who are ministered to in the Hospital for Sick Children come from all over the Province of Ontario. Through this magnificent institution for healing, the very poor child has an equal advantage with the very rich in securing the benefit of the finest known medical and surgical skill. There are no barriers to maintenance of the child's suffering; no barriers to care. There are no barriers to the child's recovery. It is a great Mother Church. Every year the trustees have to see that a very large deficit is provided for and they rely on kind people to help. We babies, bigger ones, toddlers, kindergarten, up to early teen age boys and girls, must be with us. We are, others, deformed, crippled or maimed, make up the continuous large population of the Hospital for Sick Children, which has been in existence for 55 years. The annual appeal for funds is always made at the approach of the Christmas season, and it is most appropriate time to urge the claims of such a cause, when all lovers of little children would like to contribute. The Hospital for Sick Children does not share in the funds of the Toronto Education for Community Service, because it serves the whole province. Donations from the generous persons in your territory are earnestly solicited.

Faithfully yours,
IRVING E. ROBERTSON,
Chairman of Appeal Committee.

Economy Corner

12 LEMON CAKE

One cup of brown sugar, a pinch of cinnamon, 1/2 teaspoon of nutmeg, 1/2 cup of salt, 1 cup crushed pineapple, 1 cup of strained pumpkin, 2 eggs and 1/2 cup of milk. Mix sugar with seasoning, add the pineapple either fresh or canned, the egg whites well beaten, eggs, and the milk. Pour all into a pie pan lined with plain pastry and bake as usual. This makes about 12 cookies.

Pumpkin Surprise Pie

One cup of brown sugar, a pinch of cinnamon, 1/2 teaspoon of nutmeg, 1/2 cup of salt, 1 cup crushed pineapple, 1 cup of strained pumpkin, 2 eggs and 1/2 cup of milk. Mix sugar with seasoning, add the pineapple either fresh or canned, the egg whites well beaten, eggs, and the milk. Pour all into a pie pan lined with plain pastry and bake as usual. This makes about 12 cookies.

Raisin Nuts Pudding

One-half cup rice, 1 cup raisins, 1 cup sugar, pinch of salt, 2 eggs and 1 cup milk, vanilla if desired. Wash and boil rice in salted water until tender. Just before draining add raisins and let stand a few moments. This keeps them from sinking to the bottom. Beat eggs, add sugar, salt and vanilla. Beat all thoroughly and add milk, then rice. Stir well and place in a buttered baking dish and cook for 30 minutes in a hot oven. Nutmeg or cinnamon may be sprinkled over top just before placing in oven if you like.

Underground Waterfalls

Explorers in the recently-opened Lickok Mountain caves, near Chattanooga, Tennessee, United States, report the discovery of a 150-foot waterfall 1,000-feet below the earth's surface. Already it has been heralded by geologists as one of the scenic wonders of the world. An elevator shaft has been sunk to the level of the waterfall, thus making access possible for tourists. Over 250,000 have been spent in constructing Cavern Castle, a luxurious stone tavern, at the entrance to the caves. Flood-lighting effects, with colored electric lights, have been installed throughout the labyrinthian passages leading to the waterfall.

"Well," said Johnny, rising, "will you please hold this stick tightly at both ends?"

Having done this, the teacher inquired what was to be done next.

"Let go one end of the stick," commanded the pupil.

"Which end?" asked the teacher.

"Oh, it's immaterial," replied Johnny; "there's glue on both ends."

The really great man is known by three things, generosity in the design, humanity in the execution, moderation in success.—Bismarck.

WELCOME to NEW YORK and MONTREAL GOVERNOR CLINTON
31st ST. - 7th AVE.
opposite PENNA. R.R. STATION
1200 Rooms
Lunch with Bath and Servitor
ROOM-BATH-3-UP

PHILLIPS' MILK OF MAGNESIA
For Trouble due to Acid Indigestion, Bow Stomach, Headache, Constipation, Gas, Flatulence.

Immediate Relief for INDIGESTION

WHAT most people call indigestion is usually excess acid in the stomach. Food has soured. The instant remedy is an alkali which neutralizes acid. But don't use crude helps. Use what your doctor would advise. The best help is Phillips' Milk of Magnesia. For the 50 years since its invention, it has remained standard with physicians. You will find nothing else so quick in its effect, so harmless, so efficient. One teaspoonful in water neutralizes many times its volume in acid. The results are immediate with no harmful after-effects. Once you learn this perfect way you'll never deal in any other manner with the headache, gas, bloating, nausea, dizziness, indigestion, biliousness, etc., due to an over-acid stomach and bowels. Be sure to get genuine Phillips'. It is always a liquid; never made in tablet form. Look for the name Phillips on the bottle. All drug stores—50c.

PHILLIPS' MILK OF MAGNESIA



Crypt of Hythe parish church, Kent, showing skulls and bones of seven thousand soldiers fallen in battlefields of southern England, dating back in some cases to 1066.

The Gypsy

Her skirts were bluer than the seas
Upon the globe that lights my desk;
The cloth she wore around her head
Showed bastards caught in arabesque.
I did not give her bread or coin,
But put the chain across the door;
She laughed, then, and adjusted to reject
Her sisters, asking nothing more.
But from my book she stole the tale,
And from my hands she stole the fob;
The little space she left is stale—
O roads in the sun, roads without ending!
—Helene S. Pulse, in the New York Times.

Guard the Baby Against Colds

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

What is the Prime of Life?

A good many years ago Osler, the famous doctor, made the statement that most men's powers for either brain work or manual work had begun to decline at the age of forty. Recent investigations seem to show that the majority of men are retaining their powers longer than they were. Sir Thomas Oliver, the physician, discussed the question in his presidential address before the Royal Institute of Public Health in London recently. The position, he said, appears to be that in the United States the physical condition of man was undoubtedly declining after he had reached forty; on the other hand, it was improving in Great Britain. Possibly the American takes so much out of himself in his younger days in a strenuous pursuit of the dollar that he is too old at forty.

"The way to look at the question," said Sir Thomas, "is from the side of values. Is a moderately long life, with its possibilities of contentment and leisure, to be the object aimed at, or is the life to be a shorter one, each day of which is to be lived to its fullest and with little pause for reflection?"

Head of Irish Clan

Favored the Kilt
Pierce Charles de Lacey O'Mahony, head of the County Kerry branch of the oldest clan in Ireland, died at his Wicklow home last Halloween. To the last he maintained many of the old customs attending his rank as head of Erin's oldest clan. Every Sunday morning he marched to Mass, behind a piper and with a retinue following him. He had five residences in County Wicklow, and he moved from one to another as the whim suggested. And when he moved, he moved as an old chieftain should, taking all his sheep and cattle with him. Since his retirement from public life he spent most of his time in the peacefulness of his charming old-world garden. The original chief of this famous clan, which is older than most Old Country families, married the daughter of Brian Boru, the famous high king of Ireland who drove the Danes from the Green Isle in the great battle of Clontarf in 1014, A.D. The O'Mahonys, who passed away last Halloween, never forgot the glory of his name and he wore the Irish kilt to the end of his days. And now, perhaps, in Tir-na-nog, the Land of the Ever Young, he talks with Brian and Finn and Cor and other heroes of the older day by which he set such store.—From "The New Outlook."

Colored Puddings

Good old bread pudding, colored an enchanting pink or yellow with vegetable coloring, is much more acceptable to children. Banish pain with Minard's Liniment.

Paraphernalia

By ANNE MARJORIE BEER
Earth, careless prodigal, squandered her gold.
Squandered her substance in riotous fashion.
Reckless her purchase and reckless her passion.
For scarlet and saffron her birthright she sold.
Now every tree that her beauty unfolded
Radiant she went to the height of her glory—
Suddenly all that is left of her story
Is left upon leaf on a ground that grows cold.
A rain that falls, chill and a wind that is bold,
Grey skies at noon are all that she gainseth.
Out of her passion grief only remaineth—
Prepare now white burial for earth-grown old.
—In "The New Outlook."

Time Is Money

If time is money, some folks try
Their best to turn the trick;
And that is why they always buy
On tick.

"Have you called on your neighbors yet?"
"No, they're hardly our kind,
my dear. They're the sort of people
who never do anything they can't afford."

"Have you seen Mand's new hat?"
"Yes, it looks like an election bet."

CHILLED CANDLES
If you kept candles in the ice box until you are ready to light them, they will stand straighter and burn more slowly.

Wealthy Father—"So you wish to marry my daughter?"
Young Jones—"Er—About fifteen hundred dollars." Father—"I said money—not loose change."

BLACKHEADS

Get two ounces of peroxide powder from your druggist. Sprinkle on a hot, wet blackhead and rub the face briskly. Every safe, sure and simple way to remove blackheads. Satisfaction guaranteed or money refunded. E. W. BAKER & CO., 422 Wellington St. W., Toronto.

WHY SUFFER FROM YOUR LIVER?

Why be handicapped with unsightly blotches on the face, eyes with yellow tinge and that tired and languid feeling? This indicates a torpid liver. Headache, Dizziness and Biliousness surely follow. You must stimulate your lazy liver, start the bile flowing with Carter's Little Liver Pills. They also act as a mild laxative, purely vegetable, free from calomel and poisonous drugs, small, easy to swallow, and not habit forming. They are not a purgative that cramps or pains, unpleasant after effect following, on the contrary a good tonic. All Druggists 25c and 75c red pkg.

HEADACHES

Ended by Kruschen

"I was a martyr to headaches, with frequent attacks of dizziness affecting my vision. My occupation is a very sedentary one—a printer's reader. I gave Kruschen Salts a good trial, and from then onwards I seemed quite another person. The headaches disappeared and the dizziness, and the most wonderful thing to me is that I have gone back to weaker glasses, a lens which I had discarded some years ago as not being strong enough. I also suffered from bad circulation during the early mornings of winter. Now at 59 I can enjoy cold baths all the year round, enjoy and am eager for my food, and am what I consider very fit—the sort of fitness that makes living a joy."—(G. F.)

Headaches can nearly always be traced to a disordered stomach or to partial constipation—a complaint many labouring women suffer from without ever suspecting it. Kruschen Salts go right down to the root of the trouble and remove the cause by gently persuading the organs of elimination to function exactly as Nature intended they should.

Newcomers to Canada WELCOME!

We hope you'll like it here and do well. And we invite you to try Red Rose Tea among other good things.

RED ROSE TEA

"is good tea"

Stuck
The teacher had been giving a lesson on the job of the word immaterial, and to discover what the children had learned asked them to bring some article to school demonstrating the word.

Next day she said to one bright youth, "Now, Johnny, show me what you have brought."

Minard's Liniment refreshes the scalp.

Time Is Money
If time is money, some folks try
Their best to turn the trick;
And that is why they always buy
On tick.

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"No, they're hardly our kind,
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WHEN CHILDREN FRET
THERE are times when a child is too fretful or feverish to be sung to sleep. There are some pains a mother cannot pat away. But there's quick comfort in Castoria!

For diarrhea, and other infantile ills, give this pure vegetable preparation. Whenever coated tongues tell of constipation, whenever there's any sign of sluggishness, Castoria has a good taste children love to take it. Buy the genuine—with Chas. H. Fletcher's signature on wrapper.

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Classified Advertising

MARRY. RELIABLE MATRIMONIAL. LAL paper mailed free. Address Friendship Magazine, Medina, New York.

Yellow Vegetables
A nice vegetable plate for winter time is an all-yellow one, such as baked winter squash or candied yams, stewed carrots and mashed turnips molded in cups.

PATENTS

List of "Wanted Inventions" and Full Information Sent Free on Request. THE RANKIN CO., Dept. W. 278 Bank St., Ottawa, Ont.

For Instant Ease From COUGHING take BUCKLEY'S MIXTURE

It's like a Flash
A SINGLE SIP PROVES IT

Chapped Skin

Wind, snow and sleet bruise unprotected skin surfaces. Minard's heals the raw skin tissue and affords full protection.

MINARD'S LINIMENT

"KING OF PAIN"

Minard's Liniment

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