THE ANAEMIC GIRL

Who Has Lost Her Charm and Beauty

"She seems to be losing her looks." This remark is often heard about girls who were once noted for their sparkling eyes, their rosy cheeks and their vitality. The cause is not far to seek—they have become anaemic; that accounts for the pallor and the loss of charm. The anaemic girl, if she neglects her health, may be a sufferer all her life.

Take heed, you pale, anaemic girls. Plenty of fresh air, nourishing food and rest will help you, but what you need most is good blood. Those wretched headaches; that fickle appetite and those terrible heart palpitations can only be banished if the blood is rich, red and pure.

Good blood—the kind that brings good health, is created by Dr. Williams' Pink Pills. The whole mission of these Pills is to build rich, red, health-giving blood. The Pills are sold by all dealers in medicine or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Owl Laffs

We are told that there were two dates which caused most of the trouble in the 1930 census enumeration—The men couldn't remember the date of their marriage and a lot of the women couldn't remember for the life of them when they were born.

Travel

Travel is an awful thing,
It hardly could be worse—
It broadens out your intellect,
And flattens down your purse.

It takes all kinds of people to ruin a vacation. Our idea of total depravity is for one to be so mean he could hate a baby. A tree is known by its fruit, a brass band by its toot. One of the dividends of courtesy is to be often bothered by bores. Nothing in the round world beats being square. If newspapers printed only good news they'd soon lose all their subscribers. If you can't be your age you're sure to loo kit. If you ever get old and dependent on in-laws for support you'll no longer doubt that there's a hell. Unnaturalness comes natural with many persons. If you don't take life as it comes it will be forced on you. A man feels flattered to be called smart but insulted to be called sharp. One pays for everything he gets but dumbness seems a big price to pay for beauty. Usually a nervous person is a great talker. Question: Does the talking cause the nervousness or the nervousness cause talking?

Puddle Pondering

We folks, it seems to me, are much like puddles;
A puddle's very shallow, dirty, small,
A seeming accident, a storm-born creature
Of formless element, moulded by wall
Of brick, or mud, or stone—whatever happens
To be about. Yet sometimes, in the night,
When gad-fly-bitten traffic stops its splashing,
A puddle may catch a shy new born moon in flight,
May hold Orion for a breathless hour,
Give passage to argosies of clouds that break
And flee a pirate wind, or, softly tremulous,
Embrace dawn's early image like a lake.

And so the human puddle lifts its face
To catch, at times, the beauty of God's grace.

An old-fashioned marriage is one that lasts at least until they get to Niagara Falls.

Father—"I do not favor your young gentleman friend as he lacks industry in his calling."

Daughter—"Calling? Why Dad, that sweet man calls seven evenings a week."

Child—"Mamma, why do elephants have such big trunks?"

Mother—"Well, they have to come all the way from India."

"Somewhere the sun is shining"—and somewhere else somebody's grumbling because it ain't.

Customer—"I don't want any of your crackers. They tell me mice run all over them."

Storekeeper—"That isn't so. The cat sleeps in the cracker barrel every night."

Sam—"My feet are burning like the deuce. Do you think a mustard bath would help them?"

Stan.—"Sure. There's nothing like mustard for hot hogs."

The choir was rehearsing a new setting of "Onward Christian Soldiers" for the Sunday School Convention. They were having some trouble with the third verse. After several attempts to correct the trouble the choirmaster finally exclaimed': "Now remember, only the trebles sing down to 'the gates of hell,' and then the rest of you all come in."

Thruster: "Well, laddie, and how did your provincial tour go?" Buster: "I can't say all went well. When we played tragedy the box-office returns were a farce; and when we played farce the box-office returns were a tragedy!"

Children of this generation will live, on the average, twelve years longer than did their grandfathers.

Orphan Sailors

Four boys on board Italian training ship Garaventa, which takes care of all the waifs and orhans, being disciplined for slight peccadillo. They are treated with kindness, not the rod.

Replica of First Edison Phonograph Is Discovered in Museum in England

London.—An appeal by the Institute of Physics for old apparatus used by inventors in making their discoveries, which might be lying about unheeded and forgotten, has brought to light a replica of Edison's first phonograph. This interesting instrument belongs now to a firm of gramophone dealers in Brighton, by whom it has been lent to the Science Museum in South Kensington.

Until two years ago the phonograph was in the possession of Henry Edmunds, a pioneer in electricity, to whom it was given by Edison in 1880. He was on a visit to America in 1877, and while in New Jersey went with a friend to a shed where Edison was working. As his friend opened the door they saw Edison seated at a table on which was a strange looking instrument with a fly wheel and a long cylinder. He motioned them to be quiet, and when near the instrument with Edison turning the wheel, they heard a voice with a very nasal twang say, "Mary had a little lamb, its fleece was white as snow."

Edison then told them that it was the first time he had put the indented tin-foil record into the machine.

Mr. Edmunds was the first to announce in England in The Times that he had actually heard a talking machine. It was two years later, when on a second visit to America, that Edison presented him with a duplicate of his first phonograph as a memento of his having heard the first words ever uttered by a machine. This instrument weighs 140 pounds.—From "The Christian Science Monitor."

Crying Babies Are Sickly Babies

The well child does not cry — it is only the sickly baby who cries. The well child is laughing and happy. Baby's cry of distress is his way of telling the mother or nurse that he is ill. Therefore, if your baby cries do not delay in looking for the trouble.

Baby's Own Tablets are a safe and efficient remedy for childhood ailments. They are a mild but thorough laxative which through their action on the stomach and bowels banish constipation and indigestion; break up colds and simple fevers and promote healthful sleep. They will make baby happy and keep him happy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ontario.

When You Are Old

When you are old and gray and full of sleep,
And nodding by the fire, take down this book
And slowly read, and dream of the soft look
Your eyes had once, and of their shadows deep;

How many loved your moments of glad grace,
And loved your beauty, with love false or true;
But one man loved the pilgrim soul in you,
And loved the sorrows of your changing face

And bending down beside the glowing bars,
Murmur, a little sadly, how love fled
And paced upon the mountains overhead
And hid his face amid a crowd of stars.

—By William Butier Yeats.

Highest Moments

If we could only make our highest moments permanent, what splendid things we should do in life and what magnificent beings we should become; but we let our resolutions cool our visions fade until it is more convenient to execute them and they are gone.

A New Coiffure

For the woman with semi-long hair, a coiffure is suggested in which the hair is parted in the middle, swirls to the right across the back, and ends in a cluster of ringlets.

Atlantic Sardines

Atlantic sardines are the young of the herring which in immense numbers frequent the waters of the Grand Manan and Passamaquoddy Bay districts in New Brunswick.

THOUGHTS

Thoughts are the spirits of
Music and Laughter;
Words are the feet that pound
Heavily after.

—Elsie L. Tailor.

The deep breathing exercise fad was probably started by screen lovers.

Minard's Liniment has a hundred uses.

To a Caged Lion

All day you tread your prison's narrow space,
Who, in the jungle, once trod proudly free.
And you still bear yourself right regally
And show a bold defiance in your face.
How can you step with such a feline grace
When you and all your fellows ought to be
Imprisoned for amusement of their race?

It is a maddening and revolting sight
To see you forced to mount a wooden stool
Or cringe beneath a coward's brutal blows;
And he who leaves your presence feeling right
Must either be a sadist or a fool,
Rejoicing in the triumph of your foes.

—Chapman J. Milling.

The Caged Canary

By Jean McMichael

Some people think I should be sad,
Shut tight within my cage,
That it should make me want to fly
Into an awful rage;
But I am happy as can be
Within my cosy nest,
While all about my wicker home
Is peace and quiet and rest.
I'm fed always by some kind hand
And when the days are bright,
The sweetest dish is left for me
To bathe in with delight.
When evening shadows softly fall
I'm covered up quite warm,
So cuddled safe upon my perch
I sleep there snug till morn,
And when uncovered the next day
I sing a happy air,
To thank the people where I live
For all their love and care.

Newspapers by Wireless

The liner America, which sailed recently for Europe from the United States, is the first ship to make use of an entirely new plant for printing the daily newspaper published on board when she is at sea. The entire paper—reading matter, illustrations, and advertisements—is wirelessed from the shore, not in the dots and dashes of Morse, but in facsimile. At the shore station a page of the newspaper is inserted into the transmitting appliance, and on the ship the page is reproduced by the receiving apparatus letter for letter and line for line exactly as it was sent out.

Though this is the first time a whole newspaper has been produced in this way, it is more than a year since two British ships were able to place hour after hour on their bulletin boards messages of all kinds received in facsimile typewriting from shore stations. This was done by means of the Fultograph, the apparatus which was used for still-picture broadcasting from the B.B.C. stations.

Recent experiments have shown that facsimile reception is possible in airships and aeroplanes. Pilots have been able to pick up not only typewritten weather reports, but also maps and weather charts.

Trees on the Prairies

The number of settlers visited last year by the inspectors of tree plantations was 13,012, of whom 1,524 were in Manitoba, 7,771 in Saskatchewan, and 3,717 in Alberta. The total number of trees distributed by the Forest Service, Department of the Interior, since the inauguration of the scheme in 1901 is 110,763,076; of these 1,783,181 were conifers and the remainder broad-leaved.

Minard's Liniment gives quick relief.

Magistrate—"You say this man stole your watch. Do I understand that you prefer the charge against him?" Murphy—"Well, no, your worship; I prefer the watch, if it's all the same to you."

Artist: "I'd like to paint your portrait. Have ou ever been done in oil?" City Man: "Yes; I lost $1,000 in a petrol speculation a few weeks ago!"

At an election meeting the candidate had been talking for an hour, and there were signs that his audience was becoming restive. Suddenly a voice shouted, "Take off your hat!" The candidate looked surprised. "What hat?" he asked. "The one you're talking through."

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 RED LABEL TEA — RED ROSE ORANGE PEKOE TEA

RED ROSE TEA "is good tea"

MAKE MONEY IN YOUR CELLAR! WANTED—Persons to grow Mushrooms for us in cellars. Earn upwards of $25 weekly. Illustrated booklet free. Reading Mushroom Co., Toronto.

A Shaving Lotion
When mixed with sweet oil, Minard's serves as an after shaving lotion and antiseptic. Soothes and freshens the skin.

MINARD'S "KING OF PAIN" LINIMENT

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 pkgs.

BLACKHEADS
Get two ounces of peroxine powder from your druggist. Sprinkle on a hot, wet cloth and rub the face briskly. Every blackhead will be dissolved. The one safe sure and simple way to remove blackheads. Satisfaction guaranteed or money refunded. F. W. SCARF & CO. 422 Wellington St. W., Toronto

Deafness HEAD NOISES, Leonard EAR OIL. $1.25 at Druggists. Descriptive folder on request. A. O. LEONARD, Inc. 70 Fifth Ave., New York City

Quick, Sure Relief for BILIOUSNESS SLUGGISHNESS CONSTIPATION
Take one tonight Make tomorrow BRIGHT
Cascarets "THEY WORK WHILE YOU SLEEP" 10c

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 acids. 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 tasteless spoonful 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 headaches, 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 drugstores—50c.

PHILLIPS MILK OF MAGNESIA

If baby has COLIC

A CRY in the night. Colic! No cause for alarm if Castoria is handy. This pure vegetable preparation brings quick comfort, and can never harm. It is the sensible thing when children are ailing. Whether it's the stomach, or the little bowels; colic or constipation; or diarrhea. When tiny tongues are coated, or the breath is bad. Whenever there's need of gentle regulation. Children love the taste of Castoria, and its mildness makes it safe for frequent use.

And a more liberal dose of Castoria is always better for growing children than strong medicine meant only for adult use.

Fletcher's CASTORIA

Classified Advertising

STOCK ISSUES WANTED: CORPORATE financing promotions or going concerns. Counse. on mergers, consolidations. Write details. Lewis Co., 299 Broadway, N.Y.

PATENTS
List of "Wanted Inventions" and Full Information Sent Free on Request.
THE RAMSAY CO., Dept. W, 273 Bank St., Ottawa, Ont.

Cuticura
The Sanative, Antiseptic Healing Service
Unexcelled for fifty years
Soap • Ointment • Talcum • Shaving Stick
25c. each at all Druggists

BACKACHE

Wonderful relief from pain

Backache is one of those wearying complaints which bind all their victims together with a common bond of misery. And when any one sufferer from backache finds a sure remedy, fellowship prompts the quick report of that discovery to others. Here's a woman who has her friend to thank for knowledge of a remarkably successful treatment. Now gratitude compels her, in turn, to pass along the good news to you.

"I am writing to tell you of the great benefit I have received from Kruschen Salts. My friend, Mrs. H., had received so much benefit that she begged me to give Kruschen a trial, although at first I was doubtful, because I had tried so many things. At last, however, I tried some of her Kruschen, and feeling hopeful, I purchased a bottle, and I can honestly say that before I had finished the bottle my backache was gone. I have suffered for years with kidney trouble and dreadful headaches, and now to be free from the pain altogether is wonderful."—(Mrs. C.)

Daughter Is Stronger Now

"My daughter Catherine is fifteen years old. She was very irregular, often sick at her stomach and had to stay in bed two or three days at a time. One of your booklets was sent to us by mail so I got her a bottle of Vegetable Compound. Catherine has been taking it regularly and she is gaining in weight and every way. I told the neighbors and four other girls are taking it with good results."—Mrs. Clarence Jenkinson, Box 14, Thomloe, Ontario.

Lydia E. Pinkham's Vegetable Compound