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It your health is poor; if you are pale, nervous and easily tired; if you suffer from headaches and backaches: if your digestion is bad you may depend upon it that these symptoms come from an impoverished state of the blood. That unless this condition is remedied a complete breakdown may follow. Dr. Williams' Pink Pills are a perfect medicine for any one in this condition. They enrich and purify the blood and thus promote health and strength.

Your Health?

Do You Value

Mrs. G. M. Andrews, Halifax, N.S. writes: -"I always keep Dr. Williams" Pink Pilis in the house. When I was a young, anaemic girl, they completely restored by health. After marriage and for this Dr. Williams' Pink Pills deserve all credit."

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

THRIFT WITH COLD VEGETABLES

Too many vegetables are sometimes cooked in the best regulated houses. Far too often, also, these are thrown away as uneatable when, with a very

and covered for two minutes. The signs of it, just as it is swift to rewater should then be strained from them, and when the vegetables are good as when first cooked.

about an inch thick, and warmed in neck upwards—the wrong way of the seize their little ones so suddenly and butter sauce or thick gravy. Cold car- hair, as it were. rots may also be cut into any shape to The stiff bristled brush is always safe with a box of these Tablets at

when they are re-warmed, as they are out habitually it is wise to abandon cents a box from The Dr. Williams' likely to turn black. They will do anything in the way of vigorous brush- Medicine Co., Brockville, Ont. nicely for flavoring soups or curry, ing for the time being; it is also wise however, provided that they are placed to try to find some remedy, of course. HEREDITARY KEY SOUGHT

are whole they can also be dipped in helps to keep the bristles stiff. When inologist, believes. bacon fat or dripping, sprinkled with silver brushes are being washed care And when that time comes, Dr. Larsalt and floured, and baked in the oven should be taken to keep their frames in a tin. Another way to deal with out of the water. potatoes when cold is to fry them in batter. To do this they should be cut tablespoonful of cold water, and then fried in plenty of fat.

BRAMBLE JELLY

Gather rather under-ripe fruit and wash if necessary. Put into a preservthe juice next morning, return it to a deposit your hair combines there. clean preserving pan and let it boil for fifteen minutes. Add three-quarthe oven) to each pint of liquid. Stir frocks will make an admirable one if until jelly will set.

Practice Needed

cut he decided to make a protest.

'We Aim to Please'." "That's right," returned the barber

merrily, "that's our motto."

tice?' came the customer's retort. ____``

Lawyer: "Have you ever been in Jail?" Witness: "Yes, sir, once," "Ah! For how long?" "Long enough with you?" Jean—"You've just had to whitewash a cell which was to be it." occupied by a lawyer who had robbed dozens of his clients."





Kirtles and Normandy caps, the traditional dress of the Evangeline period, were the official costume of this group of pretty girls, who formed an immy health broke down and once more portant and attractive section of Louisiana's delegation of Acadians to Grand these pills brought me back to health. Pre. N.S., on August 29, for the celebration of the 175th anniversary of the expulsion of the Acadians, held under the auspices of the Dominion Atlantic He cheerfully chewed every species of Railway. The group posed for the camera beside the memorial church in Grand Pre Park, centre of the festivities, which were attended by Acadians from all parts of the United States and Canada. Official Dominion and provincial, French and American representatives were in attendance.

Bobbed Hair Does Not Need Brushing?

It may be imagination, but with the coming and staying of short hair, the little trouble, they could be made very brush and comb seem to have fallen common ills of babyhood and child-hands with kisses, "can't you see that placed in a saucepan of boiling water into neglect, too, and is swift to show spond to care and attention.

served they will be found to be as more brushing than short hair, but short hair has the advantage that it teeth. It is quite useful to keep carrots is easier to brush it upwards as well ready dressed for use in an emergency. as downwards. It is very good for the Baby's Own Tablets in the home as a They should be cut in round pieces hair to brush it from the nape of the safeguard against the troubles that

serve with ragouts or hashes, or they best for the hair unless the hair is exhand and ready for emergencies. may be cut into narrow strips and ceptionally fine and comes out a good Baby's Own Tablets are a mild but used in soups. To give parsnips a deal. Hair is apt to come out in the thorough laxative that act without second life they should be mashed spring and autumn when new hair is gripping and they are absolutely guarwith butter, milk, and salt, and heated growing and the dead hair automati- anteed free from opiates or other in the oven in a small buttered basin. cally gives place to it, but this is noth- harmful drugs. They are sold by Onions, of course, do not look well ing to worry about. When hair comes medicine dealers or by mail at 25

in when the soup or curry is boiling. Brushes should be washed as often Potatoes can be served for a second as the hair is washed, or, more often lowa City, Iowa.—It won't be long things may be accomplished.

Best Out of Sight

dust does not go back into the hair criminals. again. Keep a special comb for your Though science has not yet discov- those flappers." all juice. Strain through a jelly cloth description handy or, if you use a ily kinship. and leave to drip all night. Measure waste paper-basket in your bedroom,

Last but not least, have a brush and comb bag. A square of checked gingters of a pound of sugar (warmed in ham left over from one of your summer until dissolved, then boil all together you have not one already. Keep your brush and comb in this, and so keep them free from dust. The habit of leaving a brush and comb out on the Wilson was suffering badly at the dressing table or chest of drawers is hands of the barber. After the third another unhealthy and dust-gathering one. Brushes and combs, like most "I say, my man," he said, "I notice other toilet accessories, are best kept you have a sign outside your shop, out of sight, and safe from harm's way in your dressing table drawer.

"I' the workers put as much intertake a day or two off for target prac- their football matches we could alter years."-Ellen Wilkinson, M.P.

> ---John-"May I have the last dance

Minard's Liniment a household friend.



Many people, two hours after eating, You will never use crude methods suffer indigestion as they call it. It is when you know this better method. asually excess acid. Correct it with And you will never suffer from excess an alkali. The best way, the quick, acid when you prove out this easy reharmless and efficient way, is Phillips' lief. Please do that—for your own Milk of Magnesia. It has remained sake—now. for 50 years the standard with physi- Be sure to get the generine Phillips' clans. One spoonful in water neutral- Milk of Magnesia prescribed by physiises many times its volume in stomach class for 50 years in correcting excess theman to knock it for you again." acids, and at once. The symptoms dis- acids. Each bottle contains full direcappear in ave minutes.

tions any drugstore.

Give Confidence

into neglect. A regrettable thing, for hood should be kept in every home I love you?" if these fall into neglect the hair falls where there is either a baby or a She drew herself up to her full break up a cold, allay fever, correct of behaving in company." Long hair always seems to receive sour stomach, and banish the irritability that accompanies the cutting of

Experienced mothers always keep funeral expenses.

time in a variety of ways. Mashed if the hair is not washed every fort- until science will be able to remark and mixed with a little milk and water night or so. Clean brushes help to that Junior has his daddy's eyes, his finement of the mind and not acquirit did." said Archie. "I upset the boat they can be formed into buttered keep the hair clean. Always rinse the grandmother's nose and his mother's ing the habit of reading and study. shapes, floured and browned in the brushes in cold water, standing the fingerprints, Dr. John A. Larson, Uni6. Attempting to compel other peroven, or b fore the fire. When they bristles downward in the water. This versify of Iowa psychiatrist and crimsons to believe and live as 7e do.

son says, danger of babies being mixed up will be almost wiped out.

Combs must be cleaned even more "single point" system of classifying given to the use of shocking language? into rather thick slices and dipped into a mixture made by beating an egg

Combs must be cleaned even more frequently, for with short hair they single point system or classifying given to the use of shock frequently, for with short hair they with having perfected the first work
Proprietor—"From a with a tablespoonful of flour and a seem to be in almost perpetual use, with having perfected the first workand once they get clogged with dust ing model of the "lie detector" now Butyou can never be quite sure that the used for examination of suspected

handbag, and a bigger and more im- ered accurately just what features of portant one to keep your brush com- a fingerprint p.ttern constitute its wash if necessary. Put into a preserving pany. Never on any account leave factors, Dr. Larson is convinced that Your Tongue a Sleigh ride. Ice Cream half cover it. Cook berries slowly an unhealthy, dust-collecting habit, there are such inherited character- Cones, 5 Cents. for an hour or longer, bruising them besides being an extraordinarily un-istics, just as facial or bodily configdown with a wooden spoon to extract sightly one. Keep a hair tidy of some uration among relatives betray fam-



"Your wife must be awfully in love with you. She has written to you the best." "Then don't you think you'd better est into their politics as they do into every day since she has been away." "These are only little notes to tell the face of England in the next 10 me to send her something she forgot of explanations. to put in her trunks."

12-MILLION-YEAR-OLD LOG

A log of a seven-foot tree, found 150 feet below the bed of the Yakima River, in the State of Washington, and was reported last week by the Depart- baby born. ment of Agriculture at Washington. The log was found when a tunnel was being bored under the river by the

United States Reclamation Service. Arthur Koehler, expert on wood identification, designated the tree as a species of sequoia. It lay in solid basalt, believed to have been poured out of one of the Columbia plateau volcances.

PLAYING WITH TOTO

The old lady was sitting on a bench near the eighth green of the golf

Presently an unseen golfer hit a ball onto the green, and Toto, the old lady's dog, ran out and promptly

The next moment the golfer came over the creat of a hill and began waving his arms and shouting indig-

Minard's Liniment aids tired feet.

Owl Laffs

Farming is man's most delightful ecupation—If he can sit in the shade and get somebody else to do it.

Carl-"May I hold your hand?" Helen-"Are you frightened?"

A lot of week-end wrecks are caused by week-end drivers.

plate.

And never, as people do now,

Destroying a roast or a pie. To think it was lacking in granular fat

food,

fancy dessert. And he lived over nine hundred

years. The folks who find fault with the modern dances are either old or fat,

"Darling," he cried, falling on his

young child. Often it is necessary to height. "Well," she said, "I should give the little ones something to hate to think this was just your way

The Seven Mistakes

that many of us make, said a famous writer, and then he gave the following

1. The delusion that individual advancement is made by crushing others But I can tell how kindness may

things that cannot be changed or corrected. 3. Insisting that a thing is impos-

complish it. ferences ,in order that important

of saving money.

Proprietor-"From a sailor, ma'am.

Just so you didn't get it from one of

about her complexion going flat. She always carries a spare.

Analogy

Louise is beautiful, but too slow: She's like a Florida bungalow-Modern, but no heat.

A woman says it is impossible to go through life without telling a fib. She says she just has to say something nice about her husband once in a while.

liar in town." Mercant—"On the contrary, you are

An sunce of silence is worth a ton

FOUND BURIED IN BASALT couldn't see the joke at first.

estimated to be 12,000,000 years old, ten motor-cars are bought for every

SUFFER FROM

Countless remedies are advertised for constipation. Many relieve for the moment but they are habit forming and must be continued. Others contain calomel and dangerous mineral drugs, which remain in the system, settle in the joints and cause aches and pains. Some are harsh purgatives which cramp and gripe and leave a depressed after effect. Avoid lubricating oils which only

A purely vegetable laxative such as Carter's Little Liver Pills, gently touches the liver, bile starts to flow, the bowels move gently, the intestines are thoroughly cleansed and constipation poisons pass away. The stomach, liver and bowels are now active and the system enjoys a real tonic effect. All druggists 25c and 75c red plegs.

Vitamines and Calories Methuselah ate what he found on his

Did he note the amount of the calorie He ate it because it was chow.

He wasn't disturbed, as at dinner he

Or a couple of vitamines shy.

Untroubled by worries or fears, Lest his health might be hurt by some

DIREYS or both. Yeah, you bet.

I cannot tell how all the stars Retain their rhythmic way, Or how the sunset's golden bars Shut out the light of day-But I can tell when loving eyes The secrets of my heart surprise.

We can hardly claim to be civilized until we abolish the present day

There are seven mistakes of life

2. The tendency to worry about

sible because we ourselves cannot acalways said the man I marry must be

both brave and intelligent." "Well, 4. Refusing to set aside trivial predidn't I save you from drowning?" said Archie. "Yes," agreed the girl; "I admit that was brave, but it didn't

it did," said Archie. "I upset the boat on purpose."

7. The failure to establish the habit

it."-George Bernard Shaw. Dr. Larson is the inventor of a new rot)—"Now can you assure me it isn't Aunt Martha (shopping for a par-Makes Your Toilet Complete

Aunt Martha-"Oh that's all right.

An ice cream vendor's pushcart in Hay Fever

The modern girl never worried

She shakes her head when I entreat;

Credit Customer-"I'm not the worst

He who laughs last sometimes gets the horse laugh for being so dumb he

----Among what is known as the "car-

Restless

CHILDREN will fret, often for no apparent reason. But there's always Castoria! Harmless as the recipe on the wrapper; mild and bland as it tastes. But its gentle action soothes a youngster more surely than a more powerful medicine.

the tiniest infant—as often as there is need. In cases of colic, diarrhea or similar disturbance, it is invaluable. A coated tongue calls for just a few drops to ward off constipation; so does any suggestion of bad breath. Whenever children don't eat well, don't rest well, or have any little upset—this pure vegetable prepara-tion is usually all that's needed.

Now soft mi tasknock-YNAHZAN for many woman. beforially if there are children.
But it needn't be "blue. When

slam, suit less ot riged vos yourself a cup of tea.

I CANNOT TELL

I cannot tell how migrants wing

Their course o'er land and sea.

O'er all earth's treasures ranks above.

Or how returning summers bring

Their bounteous gifts to me-

I cannot tell how this round earth

Or how the autumn's priceless worth

From clod and clay is won-

Fill life with sunshine every day.

-A. B. Cooper in "Tit-Bits."

"Will you marry me?" said Archie.

"I don't know," replied Muriel; "I've

The Perfumed Touch that

Cuticura

Talcum Powder

Delicately Medicated and Antiseptie

and catarrh are offensive ail-

ments. Heat and inhale Minards's

a few times daily, as for colds.

It stimulates and relieves the

Revolves about the sun.

But I can tell how love for love

Classified Advertising

FOR SALE

A SEA SLED FOR SALE, MODEL 16, with new 22 H.P. Evinrude motor, all in perfect condition, very fast, absolutely safe, splendid fishing boat, because of the special saden too; owner setting larger model. Now lor led on Georgian Bay. Wilson Publishing Co., 73 Adelaide



List of "Wanted Inventions" and Full Information Sent Free THE BAMSAY CO., Dept. W.

273 Bank St., Ottawa, Ont.

Caused by Blood pressure

"All my life I have been a sojourner Doctor ordered Kruschen on this planet rather than a native of "Five years ago this month I had a serious attack of blood pressure, and my medical man ordered me to take Kruschen Salts daily. Evidently I am a stubborn subject, because I use every morning a small teaspoonful and a half in a glass of hot water, and this acts splendidly and keeps my head right. If I don't have the action mentioned, I feel cold, stupid and liable to fall from dizziness. Therefore I can't do without my Kruschen on any account. Some time ago I tried some other salts which were cheaper, but they pained me so much that I had to stop them. There is no pain with Kruschen. I have told

hundreds of my little wonder-working bottle."—(E. C. Fergusson.) Dizziness is a symptom of a deeperseated disorder. It is one of Nature's danger signals—her urgent warning of an impure blood-stream which, if not attended to in time, may wreck the entire health with some dangerous, indeed lifelong, disease. The six salts in Kruschen keep the blood-stream pure and vigorous by ensuring the complete elimination of poisonous waste matter from the system every



Health Now "In May and June i was badly rundown and had faint spells until it was a drag to do my work. In July and August I didn't seem to pick up so I decided to try Lydia E. Pinkham's Vegetable Compound because I saw it advertised. I took two bottles and now I am the picture of health. I feel fine, do all my work and milk two cows. If any woman writes, I will certainly answer her letter."-Mrs. George R. Gillespie, Punnichy, Saskatche-

Picture of

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grease the intestines and encourage nature's machinery to become lazy.

CHILDREN

That's the beauty of this special children's remedy! It may be given

"Put the ball down, Toto," cried the