

OVERWORK AND WORRY

A Fruitful Source of Broken Down Constitutions

A little worry does a great deal of harm. Overwork and worry give rise to headaches, nervousness, sleeplessness, weak back, lack of interest in your work, indigestion and sometimes a complete breakdown of the nervous system leading to paralysis. If these are your symptoms you need a tonic. And the only way to tone up the nerves is through the blood. Dr. Williams' Pink Pills for Pale People are a direct nerve tonic because they make new rich red blood, which feeds the nerves and strengthens every organ in the body. Under the tonic influence of these Pills nervousness and all the other evils of worry and overwork quickly disappear. They restore the digestion and enable the body to take full advantage from the food eaten.

Mrs. J. C. Chapman, Omeme, Ont., says: "I became completely run down and my nervous system shattered from overwork and worry. I always felt tired and exhausted and slept badly at night. I tried several medicines but did not find the hoped-for relief. Then I decided to try Dr. Williams' Pink Pills. I took them regularly for several months and they restored me to perfect health, and I have since been well and strong. I can recommend these Pills to any afflicted with nervousness or a broken constitution as I feel sure they will effect a cure."

These Pills are sold by all medicine dealers or will be sent by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

READY-MADE ORCHARDS.

Land Companies in Tasmania Prepare Them for Settlers.

The snug little island State, Tasmania, has long since established an enviable record by its fruit production, particularly of apples, large consignments of which reach England just when there is the greatest demand for the best fruit; and every year, encouraged by this demand, increased shipments go to England. There are still available in Tasmania comparatively large areas of land highly suitable for fruit production, and already it would seem that a very happy and promising scheme has been put into operation. It is to this effect. Good numbers of Anglo-Indians and British residents in other countries, who are unable at present to get to such delightful places as Tasmania, are looking to the future and hoping to spend the evening of their life in this picturesque place. They have been able, by satisfactory arrangements with local land companies in Tasmania, to secure areas to be devoted to orchards and to have these areas cleared and planted, so that in the course of a very few years the fortunate owners will be able to step in to their "ready-made" orchards. When it becomes known that it is possible for the people to secure land, and have it properly laid out by reputable firms on the spot, there is bound to be an increase in the demand for areas under these conditions. A well-known fruit expert from Melbourne recently paid a surprise visit to some of these young orchards, and was delighted with the results of his observations. Along the Tamar River, where the climate the whole year round is not surpassed by that of any other country, there are, the expert states, splendid opportunities for the extension of this very interesting scheme.

ROSY AND PLUMP

Good Health from Right Food.

"It's not a new food to me," remarked a man, in speaking of Grape-Nuts.
"About twelve months ago my wife was in very bad health, could not keep anything on her stomach. The Doctor recommended milk, half water, but it was not sufficiently nourishing.
"A friend of mine told me one day to try Grape-Nuts and cream. The result was really marvelous. My wife soon regained her usual strength and to-day is as rosy and plump as when a girl of sixteen.
"These are plain facts and nothing I could say in praise of Grape-Nuts would exaggerate in the least the value of this great food."
Name given by Canadian Postum Co., Windsor, Ont. Read "The Road to Wellville," in pkgs. "There's a Reason."
"Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest."

Comment on Events

The Wireless Telephone.

Extended range of distance telephony close to a commercial basis. Soon, it is reported to be true, we may be able to talk through the air without the aid of tons of copper, strung on poles or buried in conduits. One of the operators, who has experimented with the new method of communication, asserts that a radiation of about two amperes will carry the human voice 1,500 miles under favorable conditions; 800 miles under moderately adverse conditions.

The vocal transmitter, used in sending the first commercial message, is described as a simple device that can be made cheaply.

Should wireless telephony meet the expectations of the scientists and inventors, who believe they have solved the problems involved, there will undoubtedly be a demand for some kind of "universal language" to supplement the present international telegraph code, which speaks in all tongues and is understood everywhere.

A Dying Superstition.

The news from Russia that a case of "ritual murder" at Kieff has resulted in the verdict of only an ordinary murder is encouraging of the emergence of that people from the shadow of a superstition prevailing from the middle ages even in the light of this twentieth century.

There was a recent instance in which this old racial and religious prejudice held a controlling influence upon the determination of the courts. To break away from it is a step toward freedom.

There is much to be done in Russia before the emancipation of the ignorant populace shall be effected. But as the light breaks in the action of the judiciary in such a case as this is encouraging of the proximate death of ancient superstition.

Is the Home Passing?

A contemporary notes the change brought about in home life by modern conditions in the cities. The difficulty of obtaining domestic services is said to be filling up apartment and boarding houses, and the old-fashioned household is passing away. Physically even, the home has wondrously changed. The fireplace, the sacred shrine of the old-time home, has been walled up and no longer casts its blessed glow on life. The lamp, about which all the family gathered in the evening, is gone, too. The living-room—the "home room" as the Dutch more appropriately call it, and more appropriately use it—survives only in name. The father has his "den," the mother has her own room, the small children have the nursery, and the half-grown has the back yard and the street.

The modern home is a place to sleep and take most of our meals—we live elsewhere. The children to-day are brought up, not in the home, but in the schools. It is all for the best, no doubt. But the change, even in the lifetime of the old-fashioned man, has been great, and Mary Ann is not alone responsible for it.

Epoch-Making Events.

If memory serves there have been several cures for baldness in the market and out of it, but bald-headed men will be delighted at the report of two more discoveries. A Polish peasant who has something good for anything that ails you is the author of a decoction of snakehead that would make hair grow on a stone sidewalk, and an eminent physician of Budapest plants hair with gold wires, 1,000 to the square inch, so that after the sewing there is a beautiful crop, luxuriant and glossy.

This is great news. The energy that will be set free when the bald-headed men have ceased to concentrate on repairs for unattached roofs should develop power enough to run a planet. In its ultimate effect conservation of energy would make the inventor famous by comparison with the conservation of hair. Judging by the good omen we may even predict the time when triumphant inventors will have a cure for heads that are bald on the inside.

Temperance in Russia.

The Russian peasant has many virtues. If he is superstitious he is also generally religious, and his loyalty for the Czar there has never really been any question. The Nihilists are, of course, very terrible people, but compared with the mass of the Russian population they are the merest drop in the bucket. But the Russian peasant in Russia has two great faults—he drinks like a fish, and when drunk he can be most abominably cruel. Sober, he is the most charming peasant in the world; drunk, he is a human beast, wherefore his pastors and masters have for a long time been trying on means after another for persuading or forcing this good fellow to keep away from temptation. It is a little known fact, but most true, that hardly any government has adopted more drastic temperance legislation than the Russian. The latest device is to make use of the cinema theatres which exhibit films which deal with the evils of drunkenness. The Russian peasant is one of the most artistic people in the world, and he will be ready enough to watch the pictures which show him into what a brute vodka can turn a man. He will be keen student of the actor who attempts to portray scenes which he knows only too well by his own experience.

Eating Fish in a Restaurant.

A writer in a London paper asks the question: "Did you ever eat the fish called a bloater in a first-class restaurant?" And then he answers the question: "I did the other night. It was quite an inferior specimen, but they called it 'har-guille a la maitre d'hotel,' and it took thirty-five minutes to prepare it— which name and preparation added greatly to the price charged." The bloater is a herring, and the annual yield in Norway, Sweden and on the British coasts is about four thousand millions of this fish or about the number of pounds. When it comes to serving fish to a patron in a European or an American restaurant the proprietor with malice aforethought proceeds to treat the patron as a malefactor so far as he can by levying a special tax upon him. Even at our lakeside resorts where it may be supposed that fish should be abundant the resorters are discouraged from asking for this article of diet and are switched off to beef and bacon.

Sanitary Science.

A very advanced proposition is that of New York's new health commissioner, Dr. Goldwater, that the city once a year test the health of every man, woman and child of its 5,000,000 odd inhabitants. In this way many unsuspected cases of tuberculosis and other communicable diseases would be revealed. It would be a long step in preventive sanitary science. Enforced physical examination, however, is a very drastic thing to force upon the individual and no doubt would be stoutly resisted. Whether such a law would stand a court test seems doubtful. And yet the health or sickness of every member of society is the concern of the whole.

Cool.

"Was your husband cool when you told him there was a burglar in the house?" asked Mrs. Hammer.
"Cool," replied Mrs. Gabb. "I should say he was cool. Why, his teeth chattered."

ELECTRICITY CURE.

Humanity Must Learn More About Itself, Says Edison.

The future uses of electricity that will benefit humanity most will be through its medical application. A new source of electrical supply will be direct from coal without need for steam boilers.

These are predictions of Thomas A. Edison, whose inventive genius is responsible for the widespread application of electricity.

"Electricity has been the principal factor in the enormous progress of civilization in the last 35 years," more wonderful uses of it are held Edison said. "But greater and more wonderful uses of it are held by the future."

"It must be possible to generate electricity direct from coal," he said. "When that is accomplished we will record a new epoch. It may come to-morrow. We are working on it now."

"Considerable is being done to reveal the medical functions of electricity," he continued, "but its possibilities in this direction are practically unknown."

"This research work must be done secretly, as the thousands of quacks now applying electricity to humans for all sorts of ills seize on every advance announcement from scientists to advertise their claims."

"Till we know more about our bodies it will be difficult to tell what can be done with electricity as a medical aid."

"I once asked Du Bois Reymond, psychologist, what makes my finger move. It isn't heat, light, electricity, magnetism. What is it? Reymond had studied it for 30 years, but he couldn't answer me."

Sleeps Longer Now.

Edison now sleeps about five and a half hours a night. For years he only slept four. Mrs. Edison, he explained, doesn't permit him to work all night any more. His daily diet does not exceed a pound and a half of food. He smokes cigars and chews tobacco, but bans cigarettes. He is sixty-seven and says he is enjoying rewards of right living and moderate eating.

He reads regularly 118 scientific and trade periodicals and five daily newspapers and keeps in intimate touch with every form of human activity, including baseball, golf and the stage.

"I read four lines at once," he said. "They should teach that kind of reading in the public schools."

WHEN BABY SUFFERS FROM CONSTIPATION

Mothers, if your baby suffers from constipation, if his little stomach or bowels are out of order, give him Baby's Own Tablets. They never fail to give relief, and an occasional dose will banish constipation and keep the stomach and bowels in perfect order. Concerning the tablets, Mrs. J. H. Gagnon, St. Simon, Que., writes: "I cannot recommend Baby's Own Tablets too highly as a cure for constipation, as I have found them the very best medicine in the world for this trouble." The tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

INSECT INGENUITY.

There are Many Mechanics Among the Bees.

Insects are now making their appearance in the garden, and there is no better place than a garden to study these wonderful creatures. At present a dark-colored beetle—the oil-beetle—may be observed, and as soon as the bees come the larva of this beetle contrives to get upon a bee's body, so as to be carried away to the bee's home, where it feeds upon the food there, and eventually leaves as a perfect beetle. Other kinds of beetles act as grave-diggers; certain ants keep a dairy; and there are masons, carpenters and upholsterers among the bees. The mason-bee constructs its cell of mortar. By dropping saliva on bits of earth and mixing both together, it pounds the mixture into a sort of cement. It then works this into the shape of a mould, inside which the female deposits her egg. Several such moulding cells may often be found lying close together. The carpenter-bee makes its home on decayed wood, and lines it with pieces of leaves, which it adjusts so skilfully that its nest is made water-tight, without any coating. A very ingeniously constructed home also is that of the upholsterer-bee, which dexterously cuts out the petals of the half-expanded flowers of a poppy. It then strengthens the folds, and fits them so that a splendid tapestry overhangs the walls of its home in which the honey is deposited.



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WINNIPEG TORONTO, ONT. MONTREAL

FROM BONNIE SCOTLAND

NOTES OF INTEREST FROM HED BANKS AND BRAES.

What is Going on in the Highlands and Lowlands of Auld Scotia.

The death has occurred of Mr. Jas. C. Lurk, schoolmaster, Bolton, East Lothian.

West Calder dressmakers have come out on strike owing to dissatisfaction with the increase of wages given which was 24 cents a week.

The death has occurred in Aberdeen of Mr. George Falconer, advocate, one of the most prominent law agents in the city.

It is expected that the telephone system to Blair Atholl will be in full working order in the course of a month.

Plans have been passed by the Kirkcaldy Dean of Guild Court, for an extension of Kirkcaldy Hospital, consisting of additional ward, containing 20 beds, operating theatre and other rooms.

Brechin Castle is on the market. It is the property of the Earl of Dalhousie and extends to about 2,330 acres, with a rental of over \$11,000 per annum.

Lady Nairn of Rankeiloin has offered to give a permanent home for the Victoria nurses of Kirkcaldy.

Mr. James Fairweather, an Ayrshire schoolmaster, committed suicide after a walk of thirty miles by shooting himself on the suspension bridge at Glasgow.

On the cairn on the battlefield of Culloden a large wreath of ivy sent by Lieut. D. P. Menzies of Menzies-ton, has been placed by clansman Alexander D. Menzies, C.E., Inverness, in memory of the men of the clan who fell there.

A woman who was charged with stealing a large sum of money, when examined by X-rays at Glasgow Royal Infirmary, was found to have swallowed fifteen sovereigns and five half sovereigns.

A cow which broke away from an attendant caused great excitement in Perth. It attacked a number of persons and rushed at a number of soldiers in Barracks Square, who were drilling. The animal was

eventually driven into the barracks coal yard, where it was secured.

About 500 men will be affected by the decision of the Ormskirk master builders to grant an increase of two cents per hour to all men in their employ.

At the annual meeting of Glasgow Choral and Orchestral Union reference was made to the need for a large concert hall in the city. The financial statement for the past season showed a surplus of \$5,780.

While lighting a paraffin lamp at her residence, Parliamentary Street, Glasgow, Margaret Britton, 55 years of age, was so seriously burned that she had to be conveyed to the Royal Infirmary.

On the advice of the committee of management the Clyde Navigation Trustees will oppose the Glasgow Corporation provisional order for power to construct a bridge over the Clyde at Oswald Street.

Sir John Stirling-Maxwell, Bart., chairman of the executive committee which has been formed to obtain a supply of radium for use in Glasgow, has issued an appeal to support the movement.

While the motor car of the Glasgow Fire Department was proceeding to a fire it collided with a taxi at the corner of Buchanan Street. The passenger of the taxi was badly injured.

There are mighty few people who can see the other side of a case as clearly as their own.

A man has no more right to say an uncivil thing than to act one—no more right to say a rude thing to another than to knock him down.

"Isn't Deeds, the lawyer, a rather extravagant man?" "By no means. I've known him to make one suit last for several years."

Bad Blood

is the direct and inevitable result of irregular or constipated bowels and clogged-up kidneys and skin. The undigested food and other waste matter which is allowed to accumulate poisons the blood and the whole system. Dr. Morse's Indian Root Pills act directly on the bowels, regulating them—on the kidneys, giving them ease and strength to properly filter the blood—and on the skin, opening up the pores. For pure blood and good health take

Dr. Morse's "Indian Root Pills"

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