A BLEMISHED SKIN

Cannot be Relieved by Salves and Ointments.

Irritating sores, pimples, eczema, salt rheum and other skin disorders are all signals of distress, telling that your blood is weak or impure. You cannot get rid of eczema and other skin troubles with ointments and outward applications, because the trouble is rooted in the blood and can only be removed by purifying and enriching the blood. Dr. Williams' Pink Pills banish these troubles because they purify and build up the impoverished blood. This has been proved over and over again. Among those who have thus benefited is Mrs. Chris. F. Hummel, Castor, Alta., who says:—"I was troubled with eczema for years and although I tried many remedies I did not find permanent relief until I used Dr. Williams' Pink Pills. Whenever I did a little work my hands pained me greatly, especially my fingers and joints, which were swollen and cracked, so that I could scarcely move them. Finally as the result of a statement I read, I decided to try Dr. Williams' Pink Pills, and I had not been taking them very long when I found they were helping me. I then got a dozen boxes, and before they were all gone every trace of the trouble had disappeared. Had I known of Dr. Williams' Pink Pills earlier I might have been spared the suffering I endured, and saved the money spent for other treatments that did not relieve me. I hope some other sufferer will benefit by my experience."

If your blood is out of order begin taking Dr. Williams' Pink Pills to-day and note their speedy beneficial results. Sold by medicine dealers or sent by mail at 50 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

The King's Messenger.

In days of old no one wanted to be the courier who carried from the battlefield the story of a losing fight to a distant capital and the King who waited for the tidings. The messenger was well aware of his probable fate. As a rule, the monarch, since he could not wreak vengeance on the foe afar off, took it out on the man here at hand and in a paroxysm of wrath brought on by the dreadful and unwelcome news put the faithful, unhappy envoy to death.

We think of the ancient sovereign who did such a foolish, childish thing as a crude pagan, and we sympathize with the ill-starved victim of his ire. But we retain much of his silly spirit in ourselves and illustrate it in the manifestation of ill temper toward those who tell us the true but unwelcome things. We do not make any distinction between the message and the messenger; we find both unpalatable, and with an imperious gesture we dismiss them for those who are less candid and who tell us the beguiling and flattering things that it is more comfortable for our self-love to believe.

It takes courage to be a messenger of the unpleasant verities. Of course, it is easier to suppress what we know to be the fact and utter the tuneful, agreeable fiction. But what is the value of a teacher who for the sake of a fee will do nothing but commend the pupil and never discover a fault? How is one to learn from those that do nothing but approve, like fawning courtiers, and never speak out in a fearless candor, saying that which they know to be so, no matter whether it wounds the vanity of the hearer or not?

It is a great mistake on the part of one who reads a book or hears a lecture to insist that writer or speaker shall say only that which chimes in with his own preconceived idea. We must be ready to face the shock of challenge, to admit new light, to receive the unwelcome tidings, no matter how they grieve and hurt and contradict us.

Don't measure your industry by the thing you are going to do to-morrow.

A pleasant saline laxative

A clear head, bright eyes, an alert mind, a body full of healthful vigor—you can have them all every day if you are a normal being and keep your system clear of clogging poisons. How? A spoonful of Sal Lithofos in a glass of water daily before breakfast and at bedtime.

Sal Lithofos

PRESSURE TRANSFORMS ROCKS

Great Earth Movements Bring New Types Into Existence.

A sample of metamorphic rock known as gneiss is shown in the sketch here. This particular sample is from Utah. Notice how the rock has been banded and folded as the result of earth movements.

Secrets of Science

By David Dietz.

The great movements of the earth's crust which lower sea floors, bring mountain ranges into existence, and cause earthquakes and volcanoes have an effect upon the rocks themselves.

This is what we naturally would expect.

Consequently we find a third type of rock coming into existence.

These sedimentary rocks, it will be remembered, resulted from the wearing away of the primary or fire-hardened rocks, the debris being deposited as sediment in the ocean where in time it was cemented into new rock formations.

Now we find changes in both igneous and sedimentary rocks, creating a new type of rock known as the metamorphic rock. The word "metamorphic" is formed from the Greek word meaning to "transform." Hence a metamorphic rock is a changed or transformed rock.

The chief agents which accomplish the transformations are pressure and temperature. The presence of moisture also has an effect.

The rocks are subjected to tremendous pressure in the great earth movements. This pressure also helps to generate heat.

Sometimes rocks are pushed deeper into the earth, where they are heated as a result of the higher temperatures deeper down in the earth.

The heat and pressure tends to make the rocks more compact. It also causes changes in the character of the minerals forming them.

A frequent result of the intense pressure is to cause the rocks to assume a sort of laminated structure so that they split easily into thin sections or layers.

Granitic rocks or sedimentary rocks composed of granitic sediment are changed or "metamorphosed" into types of rocks known as gneiss.

Basaltic rocks are metamorphosed into a type known as schist.

Marble is a metamorphic rock. It results from the application of heat and pressure to limestone.

Another type is slate. Slate is shale or clay.

We should expect the oldest rocks now found upon the surface of the earth to have gone through many changes and to exist now as metamorphic rocks. This is the case.

Great beds of gneiss and schist are found in Canada which geologists identify as among the oldest rocks found on the earth's surface.

Next article—The Record in the Rocks.

A MEDICINE THAT ALL MOTHERS PRAISE

Baby's Own Tablets Banish Babyhood and Childhood Ailments.

Mrs. H. Oakes, Sarnia, Ont., says: "I have used Baby's Own Tablets in my home for the past fifteen years and I believe the good health my children enjoy is due entirely to this medicine. The Tablets are helpful at teething time; relieve colds and are always beneficial in the minor ailments of little ones. I have recommended Baby's Own Tablets to other mothers whose experience with them has been as satisfactory as my own."

Baby's Own Tablets do one thing only, but they do it well. They act as a gentle laxative which thoroughly regulates the bowels and sweeten the stomach, thus banishing constipation and indigestion; colds and simple fevers and turn the cross, sickly baby into a well, happy, laughing child.

Baby's Own Tablets are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Poem Worth Knowing.

"The Winter it is Past."

Scotland is a country of song, although many people seem to think that all Scotia's songs were written by Burns. Here is one, the authorship of which is unknown:—

The winter is past and the summer's come at last,
And the small birds sing on every tree;
The hearts of all are glad, but mine is very sad,
For my true love is parted from me.

The rose upon the brier, by the waters running clear,
May give joy to the linnet and the bee;
Their little loves are blest, their little hearts at rest—
But my true love is parted from me.

My love is like the sun that in the sky doth run,
For ever so constant and true;
But hers is like the moon that wanders up and down,
And every month it is new.

All you that are in love, and cannot it remove,
I pity the pains you endure;
For experience makes me know your hearts are full of woe—
And a woe that no mortal can cure.

For truth it is ever the fitting time; who waits till circumstances completely favor his undertaking will never accomplish anything.—Martin Luther.

She—"Do you do your daily dozen?"
He—"No. I dance the Charleston once a week and that more than makes it up."

Changeable.

They were the rawest lot of recruits the sergeant had ever had to tackle. He worked hard at them for three hours, and at last thought they were getting in some sort of shape, so he decided to test them.

"Right turn!" he barked. Then, before they had ceased to move, came the order, "Left turn!"

One burly yokel slowly left the ranks and made off toward the barrack room.

"Here, there!" yelled the sergeant; "where are you off to?"

"I've had enough," replied the recruit. "You don't know your own mind two minutes running."

15 to 30 drops of Seigel's Syrup relieves all forms of indigestion and dyspepsia. You'll swear by it once you have tried it. Any drug store.

A Cache of Mummies.

Thirty Egyptian mummies of priestesses of Amon have been found in a tomb by British archaelogists working in Thebes.

Minard's Liniment King of Pain.

The Bright Iliad.

There are few books which are fit to be remembered in our wisest hours, but the Iliad is brightest in the sehenest days, and embodies still all the sunlight that fell on Asia Minor. No modern joy or ecstasy of curs can lower its height, or dim its lustre, but there it lies in the east of literature, as it were the earliest and latest production. . . . The rays of Greek poetry struggle down to us, and mingle with the sunbeams of the recent day. The statue of Memnon is cast down, but the shaft of the Iliad still meets the sun in his rising.—Thoreau.

Two-headed snakes, abnormal creatures like two-headed calves, are occasionally found.

Three million people died from smallpox in the East Indies in 1770 and 1771.

Keep Step!

Keep step with the marching hours
That are swiftly moving by,
For they still keep tramping onward
From birth to the day you die.
If you let them get before you,
You'll never your place regain,
And you'll hobble along life's highway
In misery, want, and pain.

Keep step with the band of progress
Which plays all the newest airs,
For the great and grand successes
Are always to him who dares.
There are lands on the far horizon,
Where never a foot has trod,
Where the gold of high achievement
Lies close underneath the sod.

Keep step with the helpful army
Which treads out the path of good,
Through deserts of human failure,
Through forest, and fire, and flood.
Set the pace for the halting laggards
Who crowd in the army's rear,
And make for the glorious highlands
Of the far-off golden year!

—A. B. C.

Bible Foundation of Christian Science Teaching

The lecture on Christian Science given in Massey Music Hall, Toronto, last Sunday afternoon, and radio cast from station C.K.C.L. as advertised in these columns last week, reached a large audience.

The lecturer, Mrs. Nelvia E. Ritchie, C.S., of Sewickley, Pa., a member of the Christian Science Board of Lectureship, said in part:

In the Bible we are taught to work, watch, and pray, and Jesus said, "The works that I do shall he do also." To work out the problems of life according to divine law and to be able to prove our way step by step, we must understand not only the law, but the divine Principle from which all real law emanates. Christian Science teaches that the fundamental Principle, the first and only Cause, is God. In the Bible we read, in Genesis. "And God saw everything that he had made, and behold, it was very good." Does it not therefore follow that the law governing God's perfect creation must, of necessity, be exact, unfailing good?

Christian Science makes clear to us that God is "the same yesterday, and to-day, and forever." It also makes clear to us the availability of this changeless God who is infinite good, this first Cause who is the maker, sustainer, and ruler of the universe, forever the same, bestowing all good upon His perfect, spiritual creation.

Now the question is, How may we understand man? We need only turn to the Bible to learn the truth about man. In the first chapter of Genesis we read, "God created man in his own image, in the image of God created he him;" and that God gave man dominion over all things. Reasoning from this true basis will disclose to you, and to all who seek salvation, that everything proceeding from God must be God-like, good, complete, and perfect. The real man, the man of God's creating, must forever manifest all the eternal, spiritual qualities of his Maker, and can never be deprived of this rich inheritance.

Then the natural conclusion from the correct view of man is that he is spiritual, because he is the reflection of his Father, Mother, Spirit. Man is intelligent, because the one Mind, God, is supreme and eternal. Man reflects health, happiness, and harmony, because he is the infinite expression of Soul or substance, which does not sin, suffer, or cause discord of any kind.

Use Minard's Liniment in the stables.

Have Thousands of Eyes.

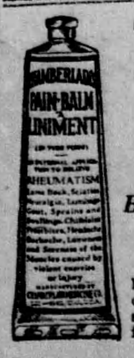
The insects and crustaceans have acute vision, but at a distance of only a few feet.

Both compound and simple eyes are present in most insects. If the compound eye of a house fly be placed under the low power of the microscope the surface will appear marked off in hexagonal areas. These are the ends of cones, each of which may function as a separate eye.

The queen bee has five thousand of them, the drone twelve thousand, the dragon fly twenty thousand, and some beetles twenty-five thousand. The simple eyes, called ocelli, lovated near the middle of the forehead, are just visible to the naked eye in such large forms as the locust in which there are three. These are probably used for very near vision.

Spiders have no compound eyes, but from six to eight ocelli larger than those of insects.

The presence of a great ice cap lowers the temperature of a region about fifty degrees.



CHAMBERLAIN'S PAIN-BALM

Your favorite old LINIMENT is now being offered in TUBE FORM

Better than before! Easy to apply!

Its well-known soothing, healing and penetrating qualities have been intensified in the new, compact form.

For over fifty years it has been a standard household remedy for sprains, bruises, rheumatic pains or muscular lameness from any cause.

Generous tube for 25 cents.

Sold Everywhere, or by mail from Chamberlain Medicine Co., Toronto

RED ROSE TEA "is good tea"

Order your grocer's best and he'll usually send Red Rose.

EASY TRICKS

A Trick With One Eye

Place a match on the table so that about an inch overhangs. Close one eye and, with the forefinger of either hand, try to hit the overhanging part of the match and knock it off.

You will find that you will have to try the stunt several times before you are successful. If you practice it, however, you will get the knack of judging distances with only one eye and will be able to show that "it is easy when you know how," after your friends have tried to do the trick and have failed.

(Clip this out and paste it, with other of the series, in a scrapbook.)

Majority Are English.

Of 183 families of Britishers coming to Canada this spring to join relatives, 90 are English, 73 are Scotch, and 20 families are Irish, so reports an analysis made by the British Welcome and Welfare League.

CAN YOU SOLVE THIS?

DIERFLAG

The above letters when properly arranged spell the name of a late President. Everyone sending in the correct solution will be awarded a beautiful lot 20x100 feet Free and Clear of All Encumbrances, in a section now open to colonization in New Jersey. Answer puzzle and mail to-day.

This Offer Expires July 15.

Beware of Imitators! We are the originators of this advertising plan.

Maxim Development Corporation
110 West 40th Street - New York
Dept. 1200

Keeping Fit! A Matter of Habit!

Good Health Is Within Reach Of All Who Observe This Healthful Habit

There is a very good reason why so many people find themselves subject to listlessness, headaches, biliousness and weakened vitality. They have failed to acquire that healthful habit of regular daily bowel evacuation, with the result that they find themselves victims of constipation.

Modern living conditions tend to decrease the amount of natural lubricant in the intestines, making regular easy elimination of the bowel contents difficult.

Under such circumstances poisons from the waste matter that remains behind, are picked up by the blood and absorbed by the system, result—undermining the general health and vitality.

Nujol, the scientific internal lubricant augments nature's lubricant, and makes elimination safe and easy.

Nujol softens the waste matter and permits thorough and regular elimination, without overtaxing the intestinal muscles.

Nujol is not a laxative, and may be taken for any length of time without ill effects. At all druggists.

Old Remedy Relieves Kidney Trouble.

A Grateful User Tells of His Thankfulness for Warner's.

Wonderful results have been obtained in combating kidney trouble by following certain rules of diet and the use of Warner's Safe Kidney and Liver Remedy, a preparation on the market nearly 50 years.

A grateful user writes: "Your medicine is a miracle to me. My weight was reduced from 157 to 114 pounds when I left the hospital in despair. I began to use Warner's Safe Kidney and Liver Remedy and at once commenced to improve. Now everyone is saying to me that I look better than ever. Every word I have written is true and I can prove it by hundreds who knew of my condition."

Warner's Safe Kidney and Liver Remedy is made from herbs and has been sold for nearly 50 years, a true indication of its worth. Get a bottle to-day.

Sold by all druggists. Price $1.25 per bottle. Warner's Safe Remedies Co., Toronto, Ontario.

Classified Advertisements.

ELECTRIC MOTORS BOUGHT AND SOLD. Milton, Frederick St., Toronto.

RUBBER—IF IT'S MADE OF RUBBER, WE have it. Write us and mention your wants. Camera Supply Co., Dept. W, Box 2704, Montreal.

MALE HELP WANTED.

GO INTO BUSINESS FOR YOURSELF. 200 per cent. to 500 per cent. profit painting autos by our process. Removes old paint—puts on beautiful lustrous finish in a few hours. Big turnover. Paint own car. Free instructions. Write Importers, 1014 King East, Hamilton, Ont.

STRAWBERRY PLANTS.

STRAWBERRY PLANTS—"KELLOGG'S PREMIER," "Dr. Burrill," "Senator Dunlap," "Parson's Beauty," "Pocomoke," "Glen Mary." All perfect bearers; no mating required. 100 plants, $1.25; 500, $4.00; 1,000, $7.00. "Progressive" Everbearing Strawberries, 25 plants, $1.00; 100, $2.75. "Cuthbert" Raspberries, 25 bushes, $1.00; 100, $3.00. Delivered, charges prepaid. Cash with order. Healthy plants, splendid roots, fresh dug, well packed. Complete cultural instructions supplied. Advertisement appears but once. Shipping all through May. Order from this advertisement, mention paper. Lorne C. Wilson, Aylmer, Ontario.

A motorist's defence was that the pedestrian flatly refused to get out of the way. The question, however, is whether he was flat before he refused.

Andrews' Plugs STOP TOOTHACHE INSTANTLY

Temporary Fillings—which Last a Long Time.

SOLD EVERYWHERE 15c. Package

Norman S. Wright & Co., Limited, Distributors, Toronto

WARTS.

Apply Minard's freely and often. Also splendid for corns and bunions.

MINARD'S "KING OF PAIN" LINIMENT

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, so 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. C

CUTICURA HEALS ECZEMA IN RASH

On Scalp, Later on Limbs. Caused Much Suffering.

"I had eczema which made its appearance on my scalp in a rash. It itched terribly and when I scratched it, blisters broke out. Later the eczema broke out on my limbs, which were badly swollen and very red. It kept me awake at night and caused much pain and suffering. When I washed or went near the hot stove it was very painful.

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more and in two or three months I was completely healed." (Signed) Mrs. Emma C. Gibson, R. 1, Box 71, Island Pond, Vt., Oct. 26, 1925.

Use Cuticura for all toilet purposes.

Sample Each Free by Mail. Address Canadian Depot: "Stenhouse Ltd, Montreal" Price, Soap 25c. Ointment 25 and 50c. Talcum 25c.

Cuticura Shaving Stick 25c.