INDIGESTION BANISHED

Through the Timely Use of Dr. Williams' Pink Pills.

The urgent need of all who suffer from indigestion is a tonic to build up the blood. Pain and distress after eating is the way the stomach shows it is too weak to perform the work nature intended it to do. New strength is given weak stomachs by Dr. Williams' Pink Pills, because these pills enrich and purify the blood. This is the natural process of giving strength and tone to the stomach and accounts for the speedy relief in stomach disorders that follow the use of these pills. Proof of this is given by Mr. Wm. H. Kelly, 216 Earl St., Kingston, Ont., who says: —"I cannot recommend Dr. Williams' Pink Pills too highly. I had been bothered with indigestion in a chronic form for almost ten years. Everything I would eat would turn sour. I felt as though there was a big ball in my stomach all the time. I felt tired and weak and would often turn dizzy. I doctored and tried many medicines, spending many, many dollars, but to no avail. One day I heard a lady praising Dr. Williams' Pink Pills and I decided to try them. I am more than glad I did, for soon I found relief, and after taking the pills for a couple of months the trouble disappeared, and now I can eat all kinds of food, and have again my old time health and strength."

If you will send your name and address to The Dr. Williams' Medicine Co., Brockville, Ont., a little book, "What to Eat and How to Eat," will be mailed to you prepaid. This book contains many useful health hints.

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

What We Are and May Become.

The Bible does not tell us everything we would like to know. Its writers do not pretend that they know all that they could wish to be sure about. Of many things it must be said, "It doth not yet appear." But those words are not to be construed as a mere negation. "It doth not yet appear what we shall be" does not mean the placing of a barrier, but the removal of a limitation. The words suggest possibilities greater and finer than those of our meager imagination. They warn us against accepting too near an horizon. And we must not think of it as a promise intended wholly for heaven. That may be, and probably is, included; but the promise is also for this life.

Thomas Gray mused in a village churchyard on the latent talents permanently buried there with no hope of their coming to fruition on earth, but St John suggests the possibility of larger things, in this life than we have darel to hope. The saddest burials are not those of men and women who are dead, but of talents hidden in napkins, their possible wealth unsuspected by their owners.

It is time to protest against the literature of despair which has no little vogue in some quarters. It tells people that it is futlie for them to aspire to be great, and a foolish deprivation to seek to be good. The Bible holds no such view of life. It does not promise every man that he shall be great, but it says that most men can be greater and very much better than they are, and that the juest is well worth one's very best effort. That is not all it says. It declares that God has large resources for the help of those who make the most of their opportunities.

The lives of the great instruct us in many ways, one of which is that almost any of them might easily have missed being great if he had failed to take advantage of some favorable opportunity such as other men neglect. Some men may improve every opportunity and never be great; but that does not prove that it is right to neglect opportunities. The honor roll of those who have entered into life in its higher and learger meanings is a list of those who have not let themselves slip into disregard of opportunities for larger service and greater goodness.

What we are to be must be related to what we are. "Even now are we the sons of God." That is why it is reasonable for us to hope for and proper to expect the very best. So much for this life; and why not also for heaven?

Marble Will Bend.

Marble is not rigid; a slab under slow heavy pressure will bend like stiff tar or wax.

BOYS INVADE CUNARDER

Among the movements in the interests of boys such as the "Big Brother" movement, the most recent is a "Boy's Week," which was recently instituted in Montreal. Among the various activities were entertainments and instructional programs for the boys throughout the week, such as trips to local points of interest, visits to local factories, and industrial plants of various kinds. Although living in Montreal, one of the largest ports on the continent, thousands have never seen an ocean liner. This picture shows a large party of High School lads at the conclusion of an exploration tour of the Cunarder Alaunia, which was the first Cunard ship to arrive and leave Montreal this season. After exploring the Alaunia from the bridge to the engine-room, the boys were entertained at tea in the cabin quarters.

Come Out With Me.

There's sun on the river and sun on the hill . . .
You can hear the sea if you stand quite still!
There's eight new puppies at Roundabout Farm—
And I saw an old sailor with only one arm!

But every one says, "Run along!"
(Run along, run along!)
All of them say "Run along! I'm busy as can be."
Every one says, "Run along,
There's a little darling-"
If I'm a little darling, why don't they run with me?

There's wind on the river and wind on the hill . . .
There's a dark dead water wheel under the mill!
I saw a fly which had just been drowned—
And I know where a rabbit goes into the ground!

But every one says, "Run along!"
(Run along, run along!)
All of them say, "Yes, dear," and never notice me.
Every one says, "Run along,
There's a little darling!"
If I'm a little darling, why don't they come and see?

—A. A. Milne.

Do you get a sensation of pressure on the heart? Don't be frightened it's not heart trouble—it's indigestion. Seigel's Syrup will fix it. Any drug store.

Wars Ten Miles Up.

Experts believe that the next great war will be fought not on land or sea, but high in the air. The contesting forces will be composed of men in enclosed machines, and the battle altitude will be anything from ten to twelve miles.

Owing to the rarefied nature of the air the ordinary aeroplane engine is incapable of developing more than a fraction of its power at great heights. Tests have lately been carried out, however, which show that, with the aid of artificially-produced air, engines of over 2,500 horse-power can be made to develop their full power.

The engines, it is proposed, will be built in air-tight compartments in which oxygen is pumped at the will of the pilot or other member of the crew. As no human being could breathe at such heights without artificial air the aeroplanes of the near future may be wholly enclosed and rendered air tight, the crew producing their own atmosphere.

Minard's Liniment King of Pain.

The Regent Diamond.

The Regent diamond, which was discovered in India in 1701 and weighed 136 carats when cut,, was for years the world's finest large diamond.

Discuss Sunlight at Health Congress.

The distinction of addressing the American Health Congress, in session at Atlantic City, was accorded to two doctors from Toronto, Canada, who contributed papers to the discussion on sunlight and health. The doctors in question were Dr. F. F. Tisdall and Dr. R. I. Harris, of the Hospital for Sick Children.

In the course of his address, Dr. Tisdall said, in part:

"One great effect of sunlight on the body is to increase its resistance against infections, such as the common "cold," influenza, pneumonia, etc. It has been shown that the effect is due not to the visible rays of sunlight but to the very short invisible ultra-violet rays. Experiments in which blood was removed from patients before and after their exposure to ultra-violet rays showed a marked increase in the power of the blood to resist or destroy bacteria after the individual had been exposed to these rays. There is ample proof that a great portion of our population suffer from a lack of these rays during the Winter and Spring months. In the case of infants and children, not only is their resistance to infection lowered but they also develop rickets. These essntial ultra-violet rays are the ones which produce tanning of the skin, so an effort should be made to get tanned as early in the Spring as possible. As glass cuts off the beneficial rays, it is necessary to get out in the direct sunlight. There is little doubt that a lack of these rays is a great factor in the production of our high mortality from respiratory diseases during the months of March and April."

More progress has been made in the understanding of cancer in the last fifty years than during the preceding 500 years, in the opinion of Dr. George A. Soper, managing director of the American Society for the Control of Cancer.

"The information which exists today in regard to cancer is not only more extensive but of more practical value than many persons suppose," Dr. Soper said. "It is sufficient to reduce the present death toll one half among women and one third among men."

In the Beech Forest.

The beech woods on a sunny day!
I know no better place to stray.
Soft mossy ground, and shadows dense;
Bright flickering spots from sun rays' lens;
Those light brown trunks in every part
So firmly fashioned to the heart—
A giant host, that watch doth keep
Solemnly, in the forest deep.
Truly, it makes a picture bold-
But, lo, what does my eye behold?
A tree, whose roots in rocky land
Surround a stone as with a hand!
Right in among the bowlders firm
The breeze has lodged this seedling germ.
And as the seed lay rock-embound,
It rooted where some earth was found,
A rock bound tree of strength and might
Is verily a pleasing sight.
Inspiring, too, it is to see,
That even rock yields to a tree.

—Hugo Wolf. Translated from the German by Elizabeth M. Cordsen.

Professeur.

Here he sits droning
On some forgotten truth;
Heedless of spring time,
Intolerant of youth.

Here he sits dryly
Talking all day;
Woodenly sober
And slim as his pay.

—Maurice Kelly.

Use Minard's Liniment in the stables.

HEALTHY CHILDREN ALWAYS SLEEP WELL

If Baby Does Not Enjoy Refreshing Sleep He is Far From Well.

The healthy child sleeps well and during his waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again.

Baby's Own Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the new-born babe with perfect safety.

You can obtain Baby's Own Tablets through any medicine dealer at 25 cents a box, or by mail, post paid, from The Dr. Williams' Medicine Co., Brockville, Ont.

Double Weight.

Patrick Flannigan and Murphy were in a dilemma—in fact, they were in a regular Irish stew.

"Shure," exclaimed Pat, "these scales is no good at all, at all. They only weigh up to two hundred pounds, and Oi'm near to two hundred and fifty-"

They put their heads together and considered the matter.

"Av course," reflected Murphy, "we must cut some av the superfluous off ye, till ye balance."

But Pat objected.

Then Murphy was struck by a sudden inspiration. "Shure, Pat," he exclaimed, "phwat's to prevent ye gettin' on twice?"

Knives in Women's Graves.

An Eskimo woman's knife is buried with her when she dies.

WE BUY
FLEECE WOOL
Harris Abattoir Co., Limited
Strachan Ave., Toronto

High School Boards and Boards of Education
Are authorized by law to establish
INDUSTRIAL, TECHNICAL AND ART SCHOOLS
With the approval of the Minister of Education.

DAY AND EVENING CLASSES may be conducted in accordance with the regulations issued by the Department of Education.

THEORETICAL AND PRACTICAL INSTRUCTION is given in various trades. The schools and classes are under the direction of AN ADVISORY COMMITTEE.

Application for attendance should be made to the Principal of the school.

COMMERCIAL SUBJECTS, MANUAL TRAINING, HOUSEHOLD SCIENCE AND AGRICULTURE AND HORTICULTURE are provided for in the Courses of Study in Public, Separate, Continuation and High Schools, Collegiate Institutes, Vocational Schools and Departments.

Copies of the Regulations issued by the Minister of Education may be obtained from the Deputy Minister, Parliament Buildings, Toronto.

RED ROSE TEA
"is good tea"
You've been intending to try Red Rose sometime. Why not now?

Presence.

I thought that I should miss you on this hill,
Where we have watched the slow cows passing down,
The black and white, the white one and the brown,
Cropping the grass between each daisy frill.
Here where we saw so many evenings spill
Their misty silver—tenderly to drown,
The corn crib and the silo and the town,
Till dark came—lonely as the whip-poorwill,
Each buttercup, each bird note speaks of you.
Through the dim trees I nearly see your face;
Each stretching twig weaves memories that are dear.
I thought to shun the too familiar view,
To feel an emptiness about the place,
But, no, I do not miss you. You are here.

—Mildred Whitney Stillman.

Mountain Architects.

The amazing mountain monastries and fortresses erected by the Tibetans show them to be the most original and skilful architects in Asia. Their love of a lofty height and view-point leads them to select for building sites the top of a mountain spire or else the ledges of rock on the face of some cliff.

Until discovered by the first Mount Everest expedition, the existence of the Rongbuk Monastery was unknown to the outside world. This monastery is the home of one of the most interesting characters of the lama-priesthood, the hermit monk, who receives the worship and homage of pilgrims from China, Mongolia, and Central Asia.

The fantastic ceremonies in the Temple, the haunting sound of the trumpets from the Temple roof that echo at night time through the mountain, all give an atmosphere of romance to this little-known corner of the world.

Believes in Signs.

Officer (to couple parked in auto)—"Don't you see the sign, 'Fine for parking?'"

Driver—"Yes, officer, I see it, and heartily agree with it."

BABY CHICKS
AT BARGAIN PRICES
You can get highest quality Chicks in June from Canada's largest breeders of Trapnested Bred-to-Lay Poultry at rock-bottom prices.
Barron Strain White Leghorns
June 1-12, per 100, $15; After June 14, $12.50
O.A.C. Barred Rocks
June 1-12, per 100, $18; After June 14, $15
Send a card for Free Illustrated Catalogue.
OAK RIDGE FARM (Reg.)
Dept. D PORT CREDIT, ONT.

BURNS.
Mix Minard's with sweet oil. Spread on brown paper and apply to parts injured. Soothes and heals rapidly.
MINARD'S "KING OF PAIN" LINIMENT

No Matter.

An English author on leaving home one morning forgot a letter he intended to mail. When he returned at noon it was missing. He asked the maid if she had seen it and was informed that she had posted it.

"Posted it?" he exclaimed. "Why I had not written the name and address on the envelope."

"I know that, sir," she replied, "but I thought it might be an answer to one of them anoymons letters you've been getting lately."

Too Poor to Pay Taxes.

Galway county council has decided that the inhabitants of the islands off the coast are so poverty stricken that it is useless to attempt to collect the rates, which are five years in arrears.

Banish The Blues
By Observing Nature's Basic Rule

Those who suffer from despondency, listlessness and headaches can usually trace the cause of these conditions to constipation.

They are frequently brought about by overwork, nervous strain, lack of outdoor exercise or sleep, or improper food, but more frequently by the non-observance of nature's basic rule—regular thorough bowel elimination.

Poisons from waste matter left behind are picked up by the blood and absorbed by the system, weakening the nerves and lowering the vitality.

Nujol, the scientific internal lubricant, corrects constipation in nature's own way by augmenting the supply of nature's lubricant.

Nujol by softening the waste matter thus permits thorough and regular elimination without overtaxing the intestinal muscles. It is gentle, safe and natural in its action, and can be taken for any length of time without any ill effect.

Ask your druggist for *Nujol* today and remember—look for the name "*Nujol*" in red on both bottle, label and package.

FACE DISFIGURED BY PIMPLES
Large, Hard and Red. Itched and Burned. Healed by Cuticura.

"I was troubled with pimples that broke out on my forehead. They were large, hard and red, and soon scattered over my face disfiguring it. The pimples festered and itched and burned causing me to scratch, which made them worse. The trouble lasted about two months.

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. After using it I purchased more and now I am completely healed." (Signed) Miss Anna Molnar, R. F. D. 5, Box 55, Toledo, Ohio, Sept. 8, 1925.

Clear the pores of impurities by daily use of Cuticura Soap, with touches of Cuticura Ointment as needed to soothe and heal. Cuticura Talcum is fragrant and refreshing.

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

WOMAN COULD HARDLY WALK
Mrs. Horn Tells how Lydia E. Pinkham's Vegetable Compound Restored Her Health

Hamilton, Ont.—"I have taken Lydia E. Pinkham's Vegetable Compound and would not be without it now. I had a female trouble so badly I could hardly walk and I was all run-down and could hardly get around to do my housework. I would be in bed three or four days at a time. I was told by a friend to try your Vegetable Compound. I did, and by the time I took two bottles I was beginning to get around again. I took ten bottles in all, and now I am all right again and doing my own work. I have six grown-ups to work for, so I have plenty to do. I also used Lydia E. Pinkham's Sanative Wash, and I think it is good. But I owe my health to the Vegetable Compound, and I think if more of it was used women would be better off. I would not be without it if it cost much more."—Mrs. NELLIE HORN, 28 St. Matthews Avenue, Hamilton, Ontario.

Do you feel broken down, nervous and weak sometimes? Lydia E. Pinkham's Vegetable Compound is excellent to take at such a time. It always helps, and if taken regularly and persistently, will relieve this condition.

BAYER
Genuine **ASPIRIN**
Proved safe by millions and prescribed by physicians for

Colds	Headache	Neuritis	Lumbago
Pain	Neuralgia	Toothache	Rheumatism

DOES NOT AFFECT THE HEART

Safe — Accept only "Bayer" package which contains proven directions.
Handy "Bayer" boxes of 12 tablets
Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."