HOW WEAK GIRLS CAN GAIN STRENGTH

It Comes Through the Tonic Blood-Making Qualities of Dr. Williams' Pink Pills.

In the life of almost every girl there comes a time when weakness attacks her. The strain upon her blood supply becomes too great, and there follows headaches and backaches, loss of appetite, attacks of dizziness, heart palpitation and constant weariness and a tendency to a decline. All these symptoms may not be present in any particular case, but the presence of any one of them shows the necessity for prompt treatment. And there is no other treatment so sure and so speedy as that through the blood-making qualities of Dr. Williams' Pink Pills. They are the one thing needed to maintain the health of growing girls and women of mature years.

Here is a bit of positive proof of the value of Dr. Williams' Pink Pills in cases of this kind. Miss Clara Fraser, Thessalon, Ont., has been brought back to health and strength through the timely use of this medicine, and gives expression of her gratitude as follows: —"I feel it a duty as well as a pleasure to tell you what Dr. Williams' Pink Pills have done for me. They have restored me to health, if, indeed, they did not save my life. I was suffering greatly from anaemia. I lost flesh and always felt tired and nervous. At last I grew so weak I had to remain in bed. The doctor did not seem to help me any and I was growing weaker, and my heart was bothering me. At last a friend who called to see me said she had read of a similar case restored by Dr. Williams' Pink Pills and urged me to try them. I felt helpless but decided to take her advice, so my mother got me a supply of the pills and I began taking them. It was not long before I began to find benefit from the use of the pills, and in less than two months my health was restored. In fact I was in better health than I had ever enjoyed before. I strongly recommend Dr. Williams' Pink Pills to all who are weak and run down, for I feel sure they will not be disappointed."

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

Individual Perfumes.

There is scarcely a girl who does not love some kind of perfume and delight in its use. Sometimes she does not choose the best one to emphasize her own particular personality, but carelessly uses several, which is more confusing than fascinating.

However much we may like fragrant odors, it is never good taste to use so much about the person that it shouts when we enter a room. We should use only a touch from a dropper. An atomizer does not waste the perfume and serves to spray the oder over considerable space. It is better to buy a small quantity of a good perfume than a lot of something which has a cheap odor.

Besides the many perfumes made up, there are a number of fragrant odors which may be used about the closets and bureau drawers to great advantage. Little bags of them hung in the closet or the hangers padded with bits of silk sachets keep a sweetly subtle illusiveness about your clothing always.

In the bureau drawers, a cover for the bottoms may be double, with fragrance laid between to keep the wash clothing and underwear delicately sweet. Lavender is always good for this.

There is a special perfume for you. Find it.

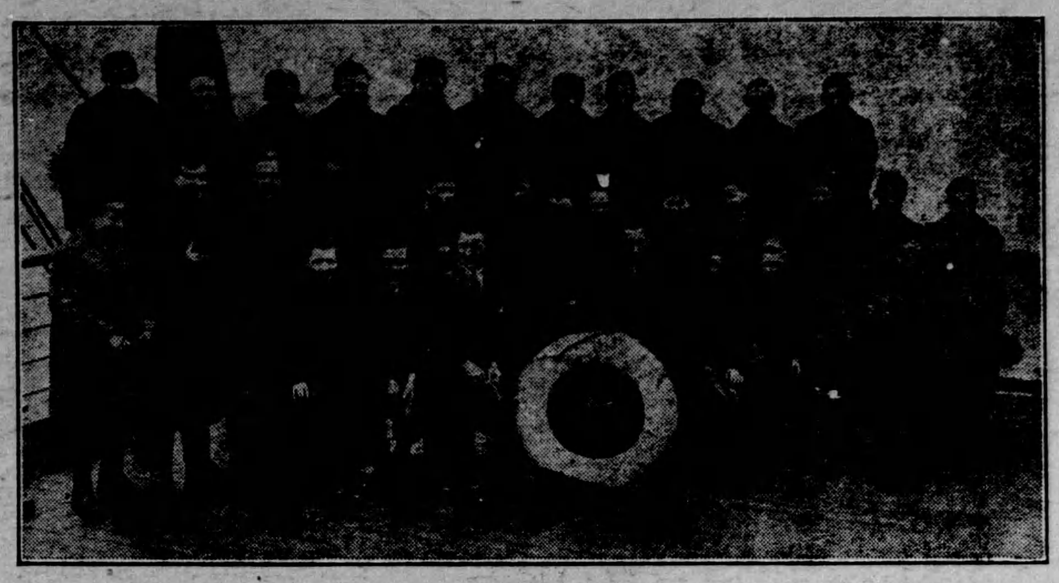
A Real Treat.

Mr. Wayback (visiting his city niece)—"I planted thirty acres this year."

City Niece—"I must come and see you after they grow up. You know, I've never eaten an acre in my life."

"MINNICOG HOTEL"

On one of the Islands of the Georgian Bay
OPEN JUNE 24th, 1926
Fishing — Tennis — Bowling — Dancing
High class in every respect.
Excellent cuisine. Ideally situated.
High altitude. Daily steamers from Midland.
Direct connection from Toronto.
Write for Booklet and terms.
Capt. J. MALCOLMSON, Midland, Ont.



This party of clear-eyed British boys came over on the Anchor-Donaldson liner "Letitia," one of the first boats to dock at Quebec this season. The boys are from the famous Quarrier's Home in Bridge-o-Weir, Scotland. All of them are keen to get to work in Canada.

THE ART OF ADJUSTMENT

The art of adjustment is the secret of social life. Our first natural instinct is to assert ourselves, to think and talk about ourselves, to treat the world as if it were merely a place for our little insignificant selves to disport with immense expansion and equally immense indifference to the expansion of others.

All these aggressive selves are thrown together in the social world, not only of pleasure, but of business. The logical result would be that they should hustle and jostle and bruise and crush one another in the intense effort to get to the top. This does take place more or less. It would take place to a ruinous extent if it were not for the art of adjustment, which early teaches us that we must adapt our own egotism to that of others, that we can only achieve our needs by co-operation and compromise, in which we are far-sightedly willing to sacrifice our immediate benefit and pleasure to those of others for the sake of future and general advantage.

Of all the illustrations of the art of adjustment the greatest and the most striking is that marriage. It is the lack of that art in marriage that fills the divorce courts. Probably love in its essence is the most aggressive assertion of egotism that can be found. Yet no doubt most people start their married life with the sincere desire to make some one else happy. The trouble comes in the little aljustments, not in the big. Our life is a tissue of petty, trivial daily habits, so slight and so instinctive in themselves that we are not conscious of them till they are interfered with, yet so immensly binding that any permanent interference with them disconcerts us more than disasters of far greater importance. There are habits of eating, habits of exercise, habits of cleanliness, habits of regular hours for regular actions. When two different groups of habits are thrown together in intimate contact the shock is all the more astonishing from the insignificance of the details.

This difficulty of small adjustments breaks more marriages than the larger evils or the larger sins. It is called incompatibility, but a little patience would overcome it.

We cannot begin too early to learn the art of adjustment. Only by making ourselves adaptable, conformable, agreeable to others can we dispose others to afford us comfort, solace and satisfaction.—Gamalied Bradford, in Youth's Companion.

A Legacy.

"He left his family no estate"
The papers say of this man who died.
"His life insurance was moderate
And there was nothing at all beside."

But, not quite all of the story's told;
He left no houses, nor gear, nor gold
Little enough that was worth report
In the dusty files of the Probate Court.

But he left his widow a memory
Of a life lived nobly and gallantly,
Of faith and humor and tenderness,
Of love that trouble and toil and stress
Could never alter.
He left a name
For courage clean as a blade of flame,
For high true service; for simple deeds
Of human kindness this old world needs.

He left his children a legacy
Of health and wisdom and probity,
A strength of purpose and power sure
To wait, to labor and to endure.

He left them fitness to cope with life,
To keep their spirit through toil and strife,
He left them honor, and pluck and nerve
And faith in themselves—and the will to serve.

He left the world—or the world that knew him,
A sense that life had been bettered through him,
He left a record for all to scan,
That "Here has labored and loved—A MAN!

"He left his family no estate,"
The papers say, of this man who died,
"His life insurance was moderate
And there was nothing at all beside!"
—Berton Braley.

Apple trees are subject to sixty-six diseases.

The Cheviot-Hills.

Mrs. Aristah Kratt — "When you were in North England you visited the Cheviot-Hills, of course?"

Mrs. Wo.odby Swelle—"The Cheviot-Hills? To be sure we did! And a fine family they are, too."

Identification.

"I am sorry, madam," said the bank teller as he handed back the cheque, "but you must be identified."

"Identified-" exclaimed the woman. "Isn't the cheque good?"

"I have no doubt that it is," the teller said, "but I dont know you. You'll have to get somebody we know to identify you."

The lady drew herself up. "That cheque," she said with dignity, "was given me by my husband. There's his name on it. Do you know him?"

"Yes, but I don't——"

"Then I'll show you I know him, too. My husbadn is tall, with reddish hair. His face is smooth-shaved. He has a mole on one cheek and looks something like a horse, some people say, but I think not. When he talks he twists his mouth to one side, and one of his front teeth is missing. He wears a No. 17 collar, a No. 9 shoe, and won't keep his coat buttoned. He's the hardest man to get money out of you ever saw—it took me three days to get this cheque."

"It's quite all right," said the teller. "Put your name right here—no, on the back, not on the face."

Precaution.

The beefy man scanned the bill of fare very closely.

"Oh, I don't know what I want; I'm not real hungry," he said to the waiter. "I guess, though, I'll have a broiled lobster, a double Welsh rarebit a couple of side orders of vegetables and half a mince pie."

"Will you please write your order, sir, and sign it?" the waiter asked respectfully. "We always like to have something to show the coroner, sir."

Henry's Handicap.

"Poor old Henry!" said one workman to another. "He's so short-sighted he's working himself to death-"

"What has his short sight got to do with it?"

"Why, he can't see when the boss ain't looking, so he has to keep on shoveling all the time."

A Healthful People.

Statistics indicate that the people of New Zealand come nearer the attainment of perfect health than the inhabitants of any other country.

Minard's Liniment King of Pain.

THE ONLY MEDICINE BABY HAS HAD

Is What Thousands of Mothers Say of Baby's Own Tablets.

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else. Experience teaches her that they are without an equal for relieving baby of any of the many minor ailments which afflict him at one time or another. The Tablets never fail to be of benefit—they cannot possibly do harm as they are guaranteed to be free from all injurious drugs.

Concerning Baby's Own Tablets Mrs. Russell Hill, Norwood, Ont., says:—"I shall always have a good word to say for Baby's Own Tablets. I have given them to our baby girl. In fact they are the only medicine she has ever had and I am proud to say that she took second prize at our baby show. She is eleven months old and weighs 22 pounds. No mother whose child is peevish or ailing will make a mistake in giving it Baby's Own Tablets."

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.

Linen Protected by Glass.

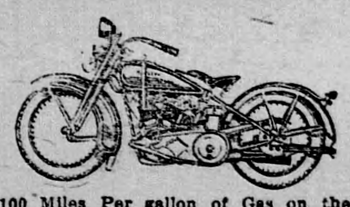
What woman is there who would not like to keep her handsomest pieces of linen in full view at all times, but hesitates to do so because of the wear they are likely to receive? To her, then, will appeal the novel idea of covering them with plate glass on buffets dressers, dressing tables and serving tables.

For years, business executives have covered their desks with plate glass as a protection, but not until recently has it been taken up in the household with the same purpose. In this way the most exquisite linens can be enjoyed constantly and will need washing only once or twic a year, which is necessary, in any event, if the pieces are to remain white.

When all is considered, the investment in glass is not too much, as the weekly laundry bills are saved and the potential wearing value of the linen is increased manyfold.

Genuine Ruby.

The genuine ruby is obtained from the mineral known as corundum, being the pure crystalline variety of corundum. Emery, the abrasive, is animpure form of corundum.



100 Miles Per gallon of Gas on the New Single Harley-Davidson Motorcycle. Less than one cent per mile to operate. Write for catalogue and Prices.

Walter Andrews, Ltd.
346 Yonge St. - Toronto

RED ROSE TEA
"is good tea"

Red Rose Orange Pekoe is extra good. Won't you try it this time?

The Housekeeper.

The frugal snail, with forecast of repose,
Carries his house with him, where'er he goes;
Peeps out—and if there comes a shower of rain,
Retreats to his small domicile again.
Touch but a tip of him, a horn—'tis well—
He curls up in his sanctuary shell.
Hes' his own landlord, his own tenant; stay
Long as he will, he dreads no Quarter Day.
Himself he boards and lodges; both invites,
And feasts, himself; sleeps with himself o' nights.
He spares the upholsterer trouble to procure
Chattels; himself is his own furniture,
And his sole riches. Wheresoe'er he roam—
Knock when you will—he's sure to be at home.
—Charles Lamb.

Use Minard's Liniment in the stables.

Bible Maids.

Esther saved her people
And placed herself in danger;
And Ruth to help another went
To alien lands, a stranger.
The life of every Bible maid
Is to my life a help and aid.

God, give me Ester's courage,
The unselfishness of Ruth,
The steadfastness of Naaman's maid
Who testified to truth;
God, give me Martha's energy,
And Mary's loyalty to Thee.
—Mary Carolyn Davies.

Optimism.

The nearest approach to optimism in some people is a grudging admission that they aren't quite as miserable as they were yesterday.

The Wretch.

Mrs. Thomas—"Why did you fall in love with me, Tom?"

Thomas—"So you've begun to wonder, too?"

For More than twenty years

Sal Lithofos has been prescribed by leading physicians as an invaluable specific for the treatment of

Indigestion
Constipation
Disorders of the Stomach and Kidneys
Rheumatic and Gouty Conditions

A palatable, effervescent, saline preparation of Lithia and Sodium Phosphate highly beneficial and remedial in the case of disorders mentioned.

At all Druggists—three sizes

Sal Lithofos

Classified Advertisements.

SILVER FOXES.

WHOLESALE. LARGER. SUMMERSIDE, Canada.

So Kind of Her.

It was a hot day and the traffic policeman was having a busy time. In the midst of it he saw an elderly woman looking across at him, so he held up a bus, four cars, a motorcycle or two, and two loaded trucks. The woman sidled up to him and the officer bent his head to hear her request.

"It's all right," she said. "I only thought you would like to know that the number on your collar is the number of my favorite hymn."

SIMONDS CANADA SAW CO. LTD.
Edge Holding Saws.
SIMONDS SAWS
Fast Easy Cutting
MONTREAL, TORONTO, VANCOUVER ST. JOHN, N.B.

Flesh Wounds.

Apply Minard's freely. It removes all the poison and allows the wound to heal quickly.

MINARD'S "KING OF PAIN" LINIMENT

THIS MOTHER GLAD DAUGHTER IS WELL

Mrs. Parks Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Daughter's Health

Toronto, Ontario.—"My daughter is 16 now and has been an invalid ever since she was six months old and has been compelled to remain out of school the greater part of the time. We have tried different kinds of medicine, but none helped her much. I had taken Lydia E. Pinkham's Vegetable Compound when I was run-down, and it had helped me so much that I thought it might help her at this time. She has gained ever since she began taking it. She attends school every day now and goes skating, and does other out-of-door sports. I recommend this medicine to any one who is run-down and nervous and weak."—Mrs. PARKS, 106 Bond Street, Toronto, Ontario.

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for young women's troubles.

For sale by druggists everywhere.

Real Opportunities in the Veterinary Profession

If you desire a profession you should consider what the field of Veterinary Science has to offer. Graduates have splendid opportunities for successful career. The live stock industry is the corner-stone of agricultural development and the veterinary profession is its greatest safeguard.

Session Begins October 1st, 1926

Write for bulletin and calendar to G. D. McGilvray, D.V.Sc., Principal.

ONTARIO VETERINARY COLLEGE
GUELPH - ONTARIO
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Hon. JOHN S. MARTIN, Minister.

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."

Cuticura SOAP

Best For The Skin

Because it cleanses, invigorates and preserves the skin, scalp and hair. Used daily, assisted by Cuticura Ointment when required, it prevents pore-clogging, pimples, blackheads, and other annoying irritations.

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