HAD NO APPETITE WEAK AND DIZZY

This New Brunswick Woman Restored by Dr. Williams' Pink Pills.

Mrs. James Belyea, Brown's Flat, N.B., says:—"I am writing to tell you the great good I had through the timely use of Dr. Williams' Pink Pills. My health had failed and I was troubled with great weakness. I had no appetite and frequently had dizzy spells. The least exertion would make my heart palpitate violently and I felt tired at all times. I had doctored a great deal without getting much relief, and was feeling greatly discouraged when I finally decided to try Dr. Williams' Pink Pills. The happy results following the use of this medicine can best be summed up by saying that I am again perfectly well, able to do my housework and enjoy life once more. I feel it a duty to recommend Dr. Williams' Pink Pills to all weak people."

If you have any or all of the symptoms above noted, do not delay, begin treatment at once with Dr. Williams' Pink Pills. You will be surprised to note the improvement in your condition after a few weeks. You can get these pills through any dealer in medicine or by mail at 50 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont. If you will send your name and address a little booklet, "Building Up the Blood," will be sent free.

Friendship.

Happy is the house that shelters a friend! It might well be built like a festal bower or arch, to entertain him a single day. Happier, if he know the solemnity of that relation and honor its law! It is no idle bond, no holiday engagement. . . . The gift of fortune may be present or absent, but all . . . depends on intrinsic nobleness and the contempt of trifles. There are two elements that go to the composition of friendship, each so sovereign that I can detect no superiority in either, no reason why either should be first named. One is truth. A friend is a person with whom I may be sincere. Before him I may think aloud. I . . . may deal with him with the simplicity and wholeness with which one chemical atom meets another. Sincerity is the luxury allowed, like diadems and authority, only to the highest rank, that being permitted to speak truth, as having none above it to court or conform unto. Every man alone is sincere. . . . My friend gives me entertainment without requiring me to stoop, or to lisp, or to mask myself. . . . A friend may well be reckoned the masterpiece of nature.

The other element of friendship is tenderness. We are holden to men by every sort of tie, . . . by pride, . . . by hope, . . . by admiration, by every circumstance and badge and trifle, but we can scarce believe that so much character can subsist in another as to draw us by love. Can another be so blessed and we so pure that we can offer him tenderness? When a man becomes dear to me I have touched the goal of fortune. . . . The end of friendship is a commerce the most strict and homely that can be joined. . . . It is for aid and comfort through all the passages of life. . . . It is fit for serene days and graceful gifts and country rambles, but also for rough roads and hard fare. . . . We are to dignify to each other the daily needs and offices of man's life and embellish it by courage, wisdom and unity. . . .

The condition which high friendship demands is ability to do without it. . . . Friendship demands a religious treatment. We must not be wilful, we must not provide. We talk of choosing our friends, but friends are self-elected. Reverence is a great part of it. Treat your friend as a spectacle. Of course, if he be a man, he has merits that are not yours, and that you cannot honor if you must needs hold him close to your person. Give those merits room. Let them mount and expand. Be not so much his friend that you can never know his peculiar energies. . . . To a great heart he will still be a stranger in a thousand particulars. . . . I do then with my friends as I do with my books. I have them where I can find them, but I seldom use them. . . . They shall give me that which properly they cannot give me, but which emanates from them. But they shall not hold me by any relations less subtle and pure. We will meet as though we parted not.

It has seemed to me lately more possible than I knew to carry a friendship greatly on one side, without due correspondence on the other. . . . It never troubles the sun that some of its rays fall wide and vain into ungrateful space. . . . True love cannot be unrequited. . . . The essence of friendship is entireness, a total magnanimity and trust.—Ralph Waldo Emerson, in "Essay on Friendship."

For Summer Time.

Now the glories of the year
May be viewed at the best,
And the earth doth now appear
In her fairest garments dress'd;
Sweetly smelling plants and flowers
Do perfume the garden bowers;
Hill and valley, wood and field,
Mixed with pleasure profits yield.

Much is found where nothing was,
Herds on every mountain go,
In the meadows flowery grass
Makes both milk and honey flow;
Now each orchard banquets giveth,
Every hedge with fruit relieveth;
And on every shrub and tree
Useful fruits or berries be.

Walks and way which winter marr'd
By the winds are swept and dried;
Moorish grounds are now so hard
That on them we safe may ride;
Warmth enough the sun doth lend us;
From his heat the shades defend us;
And thereby we share in these
Safety, profit, pleasure, ease.

Other blessings, many more,
At this time enjoyed may be,
And in this my song therefore
Praise I give, O Lord to Thee;
Grant that this my free oblation
May have gracious acceptation,
And that I may well employ
Everything which I enjoy.

—George Wither.

RED HOT JULY DAYS HARD ON THE BABY

July—the month of oppressive heat; red-hot days and sweltering nights; is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles, or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come on suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Gallant Woman.

During the French Revolution, in 1793, Madame Rowland, a celebrated beauty of her time noted for having repeated the then ancient saying, "Oh, Liberty, what crimes are committed in thy name," was sent to the scaffold. Madame Rowland was noted not only for beauty but wit and politeness. She was awaiting her turn at the guillotine when she learned that a somwhat timid man was scheduled to be killed last. Wishing to spare the gentleman the sight of her blood she requested the executioner to kill him first. The executioner refused to change the order of the deaths and with a smile the madame said, "Surely you can not refuse the last request of a lady." This was too much for the brutal man and Madame Rowland's head fell into the basket last.

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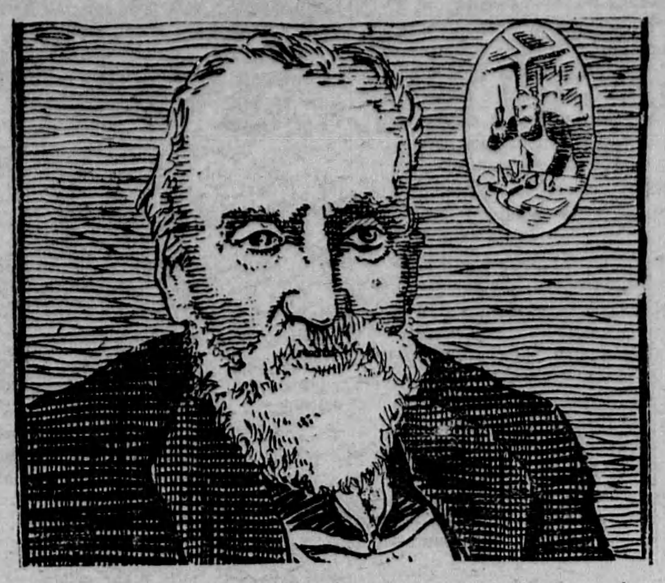
LIGHTNING FLASH STARTED LIFE

So One Theory Holds; Kelvin Thought Meteor Brought Life.



Lord Kelvin, famous British mathematician and physicist, was born in 1824 and died in 1907. He advanced the suggestion that life might have been brought first to the earth by a meteor from outer space.

Secrets of Science.

By David Dietz.

The ancients thought that living creatures sprang full-formed out of the earth. Aristotle, the Greek philosopher, thought that insects and fishes arose full-formed out of mud.

That theory is called "spontaneous generation" by the scientists.

It survived for nearly 20 centuries. In fact, it survives to some extent today.

The country boy who puts a horse hair into the watering trough in the hopes that it will turn into an eel, is testing out the theory of spontaneous generation, even though he would stare at you in amazement if you spoke to him about that subject.

But many experiments culminating in the work of the great Frenchman, Pasteur, have proved to us that living creatures arise only from pre-existing forms of life.

Consequently we are faced with the problem: How did life originate upon the earth?

The late Lord Kelvin, British scientist, once suggested that life may have been brought to the earth in the form of some simple organism upon a meteor which fell to earth, or upon a comet which collided with it.

That, however, only pushed the question of the origin of life into some inaccessible corner of the universe.

The majority of modern scientists prefer to believe that life originated upon this earth shortly after it had passed through the formative period.

The fossils in the rocks do not help us to solve this problem. Because, as we say, fossils were not deposited until life had advanced to the stage where organisms had shells or skeletons.

The doctrine that some supernatural force entered into the origin of life is known as "vitalism."

Neither the theory of Lord Kelvin nor the theory of vitalism can be proved or disproved by scientists at the present time.

There are a number of theories to account for the origin of life upon this earth which have been named after the scientists who originated them.

According to Pfluger's theory, the formation of the compound, cyanogen, was the first step in the process. Cyanogen compounds from a basic part in protein.

A cyanogen compound can only be formed in the presence of incandescent heat. Pfluger therefore thought that these compounds were formed when the earth was still molten.

Since they absorbed much energy in the form of heat in forming, he thought that this would account for the internal energy of living creatures.

Another theory is known as Allen's theory. According to this nitrogen compounds which were formed by the passage of lightning through the air marked the beginning of life.

These were washed down into the sea by the rain. Carbon dioxide from the atmosphere would also be carried down by the rain. Life, Allen thought, started as a mixture of nitrogen compounds, carbon dioxide and water. Originally he thought that there were no individual or definite organisms but merely mixtures of these substances in which energy changes or "energy traffic" went on.

Exterior Color of House May Be Its Making or Its Ruin.

In going obout our countryside and our suburban districts it is apparent that as a whole houses do not possess any particular distinction and charm; that for the greater part they are uninteresting, and give us the feeling that something about them is wrong. When we look at them critically we see that this is due in part to architectural faults and lapses; but the comprehending eye realizes that in the main it is a matter of color.

We give scant thought to the colors that we paint our houses, to the tint of the body color, to the contrast of the colors of body, trim and roof, and to the relation of the colors to the surroundings, natural and artificial.

We apparently tell the painter that the house is to be white with green shutters, and accept this idea of the shade of green without considering that it may make the difference between charm and mediocrity. The house of loveliest design may be ruined by inappropriate colors, and color may give distinction and charm to a house that in itself is commonplace in the extreme.

When we decide on a color scheme we face a problem that seems to get larger the longer we look at it. It has so many phases and considerations, it is dependent on so many things, that it may be that the owner does well to make an arbitrary selection and to take a chance on results.

The safest and surest selections will be those that are expected; the colors that long experience and habit have associated with certain forms and outlines and masses. Being a conservative people, we hate to be startled; we do not like to do things that will attract attention and adverse criticism; unless we have an absolutely sure color sense, therefore, and an unerring judgment, we will be happiest when we are conventional.

Hollyhocks.

I like to think that hollyhocks
Are flower maids in ruffled frocks
Of holiday attire.
In ochre, rose and violet
Most gracefully they piroutte
That mortals may admire.
I often wonder if they keep
Their silk-frilled skirts on when they sleep
And someday I'll inquire!

—Edna Gray McDade.

Green vegetables will keep fresh for days if they are sprinkled with water and rolled up in paper.

Minard's Liniment for Burns.

A Surgeon's Mistake.

An X-ray photograph of a patient at a Cologne hospital revealed a pair of scissors lodged in the wall of his stomach. The surprised surgeons, after questioning the patient, whom they had first suspected of attempting to commit suicide, were convinced that the instrument was left behind by a surgeon during an operation.

Minard's Liniment for all pains.

RED ROSE TEA
"is good tea"
And because you like good things you'll like Red Rose.
73

Three Lost Comets.

Astronomers, in a recent inventory of the universe, have written off their books three more comets, Biela, Brorsen and Tempel, while two others are reported missing. The verdict in the case of the first three is accidental death. Remains of Biela's comet, however, continue to haunt the solar neighborhood in the form of showers of meteors. Holmes's comet has been advertised in the lost columns of The Celestial Times, and more information is urgently wanted. When last seen, in 1906, it was scantily clad and had a very small tail. It has not kept its dates since. Wolfe's comet of 1884, one of Jupiter's household, looked feeble last year and is not expected to live long.

Summer Evening.

'Tis evening now
Where I walk
Underneath the trees.
There is no sound
Save that of nature's croon.
The startled jay
That rose so sheer
Across the glowing crescent
Of the moon
Is quiet in the woods again,
And peace
Is lying on the fields.

—J. B. Disher.

AN INTERNAL BATH DAILY RECOMMENDED

A prominent physician made the remark recently that if people were half as particular in regard to internal cleanliness as they are about external appearance three quarters of our ordinary ailments would be eliminated. This medical man said people did not stop to think of the importance of keeping the system just as clean as one is careful to keep hands, face and body. The result is that the intestinal tract becomes clogged and waste material which should leave the body daily stays there for an indefinite period doing a harm few people realize. So many ills are traceable to these clogging poisons! An internal bath sounds novel, but it is much easier to take than any other kind! A spoonful of Sal Lithofos before breakfast (or any other meal), dissolved in a glass of tepid water acts as a gentle cleanser of the bowls—provides a soothing internal bath that rids the body of dangerous toxic poisons and gives one that feeling of freshness, vigor and well-being. A further advantage of the internal bath lies in the fact that a healthy body ensures an alert and active mind which makes for greater efficiency and happiness in one's daily work.

Wears 30-Year-Old Hat.

When M. Etchebarry, a Canadian millionaire, returned to his native France the other day he was wearing the same hat he wore when he left that country thirty years ago as a penniless emigrant of eighteen.

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You may be having an experience similar to Mrs. Giffin's and will be interested to know what she did. Every sick woman can feel confident that Lydia E. Pinkham's Vegetable Compound will help her, since we are told that it does help 98 out of every 100 women who take it.

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REMEMBER, flies are more than troublesome. They come from filth to food. Get rid of them with Flit.

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Flit spray also destroys bed bugs, roaches and ants. It searches out the cracks and crevices where they hide and breed, and destroys insects and their eggs. Spray Flit on your garments. Flit kills moths and their larvae which eat holes. Extensive tests showed that Flit spray did not stain the most delicate fabrics.

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