ARE YOU AFRAID OF YOUR MEALS?

Proof That the Stomach is Weak and Needs Toning Up.

Are you one of the many sufferers who dread meal time? Hungry, and yet afraid to eat, because of the pains and discomforts that follow. When the stomach is out of order the whole system suffers, and as the blood becomes thin and watery it becomes increasingly difficult to correct the digestive disorder. There is no tonic for the stomach that is not a tonic for the whole body; thus a blood-building tonic such as Dr. Williams' Pink Pills, not only relieves indigestion, but adds to the general strength. Mr. D. J. Shaw, Selkirk Road, P.E.I., has proved the value of Dr. Williams' Pink Pills in a severe case of indigestion and relates his experience for the benefit of other sufferers. He says:—"I suffered from indigestion for a number of years. My case was so bad that words fail to describe it. My appetite was gone, constipation was present, and my nerves were all on edge. I could not sleep well at night, and the world was a dark spot for me. I tried a number of remedies, but without any benefit. Then Dr. Williams' Pink Pills were recommended, but without much faith, after so many failures, I decided to try them. After taking three boxes I noticed a change for the better. Then I got three more boxes and found I had a genuine remedy. I continued the treatment, took moderate exercise, could take plain food without suffering as formerly, and proved that these pills make good blood, and that this good blood will restore the stomach and nerves. Anyone suffering from stomach or nerve troubles will make no mistake in giving Dr. Williams' Pink Pills a fair trial."

Dr. Williams' Pink Pills are sold by all medicine dealers or will be sent by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont. Write to-day for a copy of the free booklet "What to Eat and How to Eat."

The Four Friends.

Ernest was an elephant, a great big fellow,
Leonard was a lion with a six-foot tail,
George was a goat, and his beard was yellow,
And James was a very small snail.

Leonard had a stall, and a great big strong one,
Ernest had a manger, and its walls were thick,
George found a pen, but I think it was the wrong one,
And James sat down on a brick.

Ernest started trumpeting, and cracked his manger,
Leonard started roaring, and shivered his stall,
James gave the hugle of a snail in danger
And nobody heard his at all.

Ernest started trumpeting and raised such a rumpus,
Leonard started roaring and trying to kick,
James went a journey with the goat's new compass
And he reached the end of his brick.

Ernest was an elephant and very well intentioned,
Leonard was a lion with a brave new tail,
George was a goat, as I think I have mentioned,
But James was only a snail.

From "When We Were Very Young," by A. A. Milne.

Not Stationary

"Let's see; haven't I seen you somewhere else?"

"Possibly. I've been other places."

SIMONDS CANADA SAW CO. LTD.
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Fast Easy Cutting
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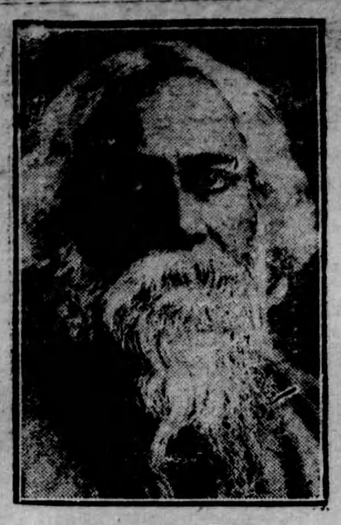

Rabindranath Tagore

Sir Rabindranath Tagore, noted Indian poet and philosopher, as he appears in his latest and most striking photograph.

The Morning Joy of Morning Glories.

Well-informed people call them ipomea; others call them convolvulus; but the old country name of "morning glories" best expresses the daily delight they bring.

The potentialities of happiness in a penny packet of seeds are always great; but the morning glories seem a little to surpass all others, especially for those who can have but few flowers to cultivate, whose activities must be confined to the pots or boxes on a roof terrace or window sill. Morning glories are ready to grow anywhere and for anyone; just as in the country they will fling themselves over a fence, a porch, or a chicken house, so will they veil with beauty a window frame, a chimney or an ugly bit of city wall. And they are delightful in all their doings from first to last, behaving with a companionable precision which enables one to count upon their charming activities and movements almost from day to day. The slender stalks race upward at amazing speed, thickening and intertwining until they form veritable rose, azure blue, and white, and all richly clothed in leaves. Soon the buds begin to appear, those slender fluted, pointed buds which open out morning by morning into perfect chalice-shaped blooms, violet and rose, azure blue, and white, and all the delicately flushed and tinted shades between.

Each evening one may see just how many, among the innumerable buds at different stages, are ready for tomorrow's blooming: each morning if one rise early enough, they will be found still closely folded, but, with the sun, they open before one's very eyes into perfect flowers; exquisite in form, and color, and growth upon the parent vine. For a few hours the beauty lasts; then, without any sign of disorder or decay, the morning's flowers droop and drop, leaving the vine orderly and prepared for the next day's display.

And all this delight may be enjoyed, not only by the fortunate who spend their summers in the country, but by those in town offices and narrow rooms, who through many months each day may partake of the flowers' offering of loveliness.

Military Strategy.

Uncle William stood watching his nephew and some other boys playing at soldiers attacking a fort. After a moment or two had passed he called his nephew to him and said:

"Look here, Fred. If your side can take the fort within half an hour I'll give you half a dollar."

Fred accepted the offer and hastened to his friends with the news.

About two minutes later he returned to his uncle and said:

"Uncle, can I have the half a dollar? We've taken the fort all right."

"That was pretty smart," remarked Uncle William, as he handed over the coin. "May I inquire as to how you out-generalled the enemy?"

"Oh," replied nephew Fred, "that was quite easy. I just offered the other side a quarter to give in."

The Purpose of Laws.

For all lawes (saie they) be made and publyshed onely to the intente that by them every man should be put in remembrance of his dewtie.—More, in "Utopia."

In Jasper National Park, Alberta, there are about 640 miles of standard trails by which tourists may visit the outlying scenic attractions.

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.

Surnames and Their Origin

DRAKE.

Racial Origin—Anglo-Norman.
Source—A given name.

Drake is one of those family names which sounds as though there were no doubt about it's being of Anglo-Saxon origin.

While the Anglo-Saxon origin is not unlikely, however, the fact remains that the records point to a Norman-French origin in more cases than to the former.

The family name in its older form was "Fitz Draco" and sometimes "Fitz Drogo."

Incidentally, it has nothing to do with ducks. The given name of "Draco" and its other forms, "Drogo," "Draca," "Drag," "Thrag," "Draeger" and "Draeke," had a meaning of "strength' or "force." The forms ending in "o" were those used by the Normans. "Draca" was the Anglo-Saxon form, as also 'Drag" and "Thrag," and, while these might easily have produced the surname of Drake, there is little tangible evidence to show that they actually did so. "Draeger" was the Danish form of the given name and "Draeke" the Flemish.

FALLON.

Variations—Falone, Falloone, Fallin.
Racial Origin—Irish.
Source—A given name.

Here is a family name which is almost as old as that of O'Beirne; that is to say, it is about 700 or 800 years old, which, as the ages of family names go in England and on the Continent, is pretty old.

In the year 1200 knighthood was "in flower," and all Europe was cut up into petty principalities and baronies, and the sway of kings was merely nominal. Countries, as we conceive of them to-day, can hardly be said to have existed. France, Germany and Italy were merely geographical terms. The old East Roman Empire, lineal heir of the civilization of ancient Rome, was hardly yet in its grave. The Mohammedans were threatening to sweep over Europe as the Teutonic tribes had done when they laid the old empire of Rome low.

It was roughly at about this time that the Fallons gave up the family or clan name of O'Beirne and became the "O'Fallains," adopting the name of "Fallan" the chieftain, as their clan name.

THE ONTARIO DENTAL HEALTH DAY

Province Wide Public Health Effort Promises to be a Great Success.

The Ontario Dental Health Day to be held on Wednesday, October 20th, will be something new in so far as this country is concerned. We have had special days of various kinds but we have never had one set aside for the purpose of informing the public how to protect themselves from the ravages of Dental diseases. The importance of the movement and the necessity for some such activity cannot be gainsaid and the Ontario Department of Health deserves credit for initiating this effort to educate the public in regard to the prevention of tooth decay and pyorrhea.

Many instructive and helpful activities are being arranged and the leading health, educational and social welfare organizations are all co-operating in a most enthusiastic manner. The dentists of the province will give free dental examination and advice to all who request it upon that day. In the larger centres special clinics will be arranged and in the smaller places the dentists will receive the patients in their own offices.

General educational events will also be held. These will take the form of public meetings and mass meetings of school children. In order to stimulate interest in Oral Hygiene among the boys and girls the service clubs are donating prizes to be given to the pupils writing the best essays or preparing the most attractive posters on this subject. Through the kindness and courtesy of the Ontario Motion Picture Bureau and the Toronto Film Board a short motion picture film will be shown in the leading theatres and the Radio stations wil broadcast useful information on Dental Health. One of the most attractive features of this educational effort will be the window displays arranged by the druggists and many of the merchants who carry fruit, vegetables and other wholesome foods. The programme for the prevention of dental diseases will also be brought to the attention of the people through newspaper, billboard and street car advertisements.

"Late" Marriages Worry the Japanese.

That the Japanese family system, upon which the whole social structure of the country has been built, has been almost completely broken down without the knowledge of the country is the interpretation placed by some Japanese writers upon marriage statistics just issued by the Government.

A survey has shown that the average age of marriage for young men is now between 25 and 29 years, while that for girls is between 20 and 24. Japanese observers point out that not more than twenty years ago such "late marriages" would have been considered a menace to the welfare of the State, and declare that a revolution of the family system has occurred in less than twenty years.

Even in the early days of this century, it is explained, the principal social duty in Japan was perpetuation of the family, and this presupposed early marriage. Girls who waited until they were 20 were rare, and young men were married at 21 years or earlier. But economic force has destroyed this system.

The head of most families can no longer assure support to young married couples while they are getting a start in life. Ambitious young men must attend unversities, from which they do not graduate before they are 25, and after that often obtain a bare living salary for years. Late marriage has been the inevitable result.

Conservative writers regard these statistics with alarm. They declare that Japan's strength has come from the family system and that social chaos impends. But other writers regard the prompt overthrow of the old system as a healthy sign. They point with pride to the fact that Japan has taken her place with other progressive nations in this as in other respects.

Rub your scalp with Minard's Liniment

SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand, the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any of these troubles may prove deadly if not promptly treated. During the summer the mothers' best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

World's Oldest Rose Tree.

At Hildesheim, in Germany, grows what is believed to be the oldest rose tree in the world. It covers nearly the whole of the east side of the parish church.

In the records of the church references are made over a period of fully a tousand years to the training, pruning, and methods of preserving it.

The roots are visible in the crypt of the church.

Minard's Liniment relieves stiffness.

No Gamboling.

"Spring in the air, Mr. Crotchet."

"Eh?"

"Why should I? eh, why should I?"

"I said, 'Spring in the air!'"

Mount Rundle Camp, situated at Banff, Alberta, in Banff National park, is one of the best equipped motor camps in Western Canada. From 73 registrations in 1917, the total number of permits issued increased to 4,186 in 1925.

PRINCE EDWARD BRAND FOX WIRE

Perfect Protection With Every Roll

Every roll of Prince Edward Brand Fox Netting opens out as a 150 foot long wall of perfect protection for your foxes. "Prince Edward" does not bag nor sag and has 10% more meshes than any other brand of fox netting.

Write or wire for delivered prices.

Holmans Summerside P. E. Island

Special Ontario Agents
W. H. C. Ruthven, J. M. McGillivray
Alliston Priceville

RED ROSE TEA "is good tea"

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

One Sea.

The wave which murmurs beneath Eastern skies
And feels the hot kiss of a copper sun
Perchance has known the ice-fields, and is one
With that which thunders where the boulders rise
Around the Cornish coast; or yet has run
A race on Southern pools, where coral lies.

—J. E. McKnight, in "The Sea Anthology," edited by A. H. Bartlett.

His Stone.

Two gentlemen stopped on the street to talk. One was wearing a large diamond tie pin.

"Isaacs," said the other, "dot is a fine diamont you have it. Vare you get it?"

"Vell," explained Isaacs, "my brother he died unt left $450 for a stone. Unt dis is d' stone."

Solitudes.

My heart is a dark forest where no voice is heard,
Nor sound of foot by day or night—nor echo borne
Down the long aisles and shadowy arches, of a horn,
Trembling—nor cry of beast, nor call of any bird.

But always through the deep solitudes a grieving wind
Moves like the voice of a vast prayer; it is your love
Lifting and bending leaf and bough—while, far above,
One though soars like a hawk in the heaven of my mind.

—John Hall Wheelock.

Every Day You Live—

—Can be bankrupted if you borrow trouble from to-morrow.

—Begins life all over again if you start new with the morning.

—Has more pleasant things in it than disagreeable.

—Is a product of all of your yesterdays.

—Is filled with just as many responsibilities as opportunities.

—Will run smoother if you start it with a prayer.

—You can find a hundred reasons for being happy if you look for them.

Granite is the lowest rock in the earth's crust. It is the bed-rock of the world.

FLIT

TRADE MARK

DESTROYS Flies, Mosquitoes Roaches Bedbugs

STANDARD OIL CO. (NEW JERSEY)

Classified Advertisements.

FULL OR PART TIME. TAKE ORDERS FOR Neckwear. We manufacture, deliver, collect. Good earnings for workers. Big season starting. Samples free. Public Service, London, Ont.

Knight-in-Armor.

Whenever I'm a shining Knight,
I buckle on my armor tight;
And then I look about for things,
Like Rushings-Out, and Rescuings,
And Savings from the Dragon's Lair,
And fighting all the Dragons there.
And sometimes, when our Fights begin,
I think I'll let the Dragons win. . . .
And then I think perhaps I won't,
Because they're Dragons, and I don't.

—A. A. Milne.

Purely personal attack is a low and demeaning game, whoever plays it.
—Ramsay MacDonald.

Canadian Plan Book

In co-operation with Canadian Architects designs of moderate priced homes are published in the MacLean Builders' Guide. Detailed information on planning, building, furnishing, decorating and gardening. Profusely illustrated. An ideal reference book. Send 25 cents for a copy.

MacLean Builders' Guide
344 Adelaide St. W., Toronto, Ont.

BURNS.

Always keep Minard's handy for burns, sprains, bruises and flesh wounds.

MINARD'S "KING OF PAIN" LINIMENT

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. G

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 TALCUM

The Ideal Powder For Daily Use

This pure, delicately medicated, antiseptic powder does much to overcome excessive perspiration. It soothes and cools, is convenient and economical and is an ideal face, skin, baby and dusting powder.

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