THE TIRED OUT WOMAN

Needs the Help of Dr. Williams' Pink Pills to Regain Strength.

No mother should allow nervous weakness to get the upper hand of her; if she does worry will mar her work in the home, and torment her in mind and body. The monotony of the average housewife's daily toil is enough to cause depression, but there are other causes, as every mother knows, that tend to weaken and make her nerves run-down. A change and rest might improve her health, but best of all for jaded women is a course of Dr. Williams' Pink Pills. These pills make new blood, rich with the elements on which the body and nerves thrive.

The value of Dr. Williams' Pink Pills when the blood is weak and watery, and the system run-down is shown by the experience of Mrs. C. W. Jackson, R.R. 1, Gilford, Ont., who says:—"Before beginning the use of Dr. Williams' Pink Pills I was completey run-down and could hardly walk across the floor. As the mother of young children with the usual household duties to perform, my condition was one of seriousness. I had seen Dr. Williams' Pink Pills advertised and decided to try them. This was a happy decision as I had not been taking the pills very long before I began to feel better both in body and mind. I continued the use of the pills for a couple of months and now feel like a new woman, able to perform all my household duties. I would not be without the pills in the house and I recommend them to all run-down people."

Dr. Williams' Pink Pills are sold by all dealers in medicine, or will be sent by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.

Ding, Dong, Dell!

One of the finest carillons in the world is in the tower of the village school at Bournville, England, popularly known as "Cadbury Town." In this connection, it is interesting to learn that Mr. Clifford Ball, the carillonneur of the Bournville Village Trust, has recently won honors at the National School of Carillon-Playing at Malines, Belgium. He is the first Englishman to be so honored.

Mr. Ball's playing caused considerable enthusiasm, and he has received invitations to perform in various Continental towns.

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You really enter sunny California the moment you step aboard one of the five famous Santa Fe cross-continent trains.

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No extra fare on the four other daily trains.

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MAN ALONE POSSESSES REASON

That Distinguishes Him From Other Creatures on Earth.

The great sculptor, Rodin, in his famous work, "The Thinker," showed the beginnings of thought in the still brutish prehistoric man. To-day's achievements of science and engineering had their beginnings in the vague struggling of prehistoric man.

Secrets of Science.

By David Dietz.

So far we have been surveying evolution from its physical aspect. However, it has another important side. That is the mental side.

The scientist realizes the importance of this, for he calls the present age which began when man became the dominant creature on earth, the Age of Reason.

One school of scientists maintains that all creatures including man are only automatic machines and that all mental phenomena are basically nothing but so many chemical reactions within the organism. This is the so-called mechanistic view.

But another school adheres to what is known as the "vitalistic" view, claiming that "mind" is something which cannot be explained on a physical basis.

There seems to be an inclined plane of behavior, as it were, starting with the simple one-celled animals.

An amoeba will pursue and engulf or "eat" another amoeba. Here is apparently a definite energetic action.

Another one-celled animal, the so-called slipper animalcule, when reaching a sphere of disturbance, will stop, retreat, and set off again at a different angle. Here, apparently, is a definite reaction to environment.

In higher types of microscopic organisms we find some with several reactions to a stimulus, the creature trying one after another. This is called the "trial and error" method.

Next in many-celled animals, we find what are called reflex actions. That is, the stimulation of certain nerve cells causes a definite reaction of the muscles.

Thus the earthworm, half out of its burrow, jerks back into it upon the disturbance caused by the tread of a bird. The action is automatic, the disturbance stimulating the nerve cells which in turn cause the action of the muscles.

The next step in the ascending scale consists of what have been named tropisms. These are obligatory movements which the animal makes adjusting its whole body to the cause of stimulation. Thus a moth always flies into a flame. This is because as the moth flies by a flame, one eye receives more light than the other. As a result there is an inequilibrium set up in the moth's nerve cells and muscle cells which forces it to turn so that both eyes are illuminated equally. As a result, it flies into the flame.

Next we find instinctive behavior, as in ants, bees and wasps. Here certain lines of conduct seem to be inborn in the creature.

Gradually we come to a type of action in animals which seem to require the assumption of an existence of intelligence rather than instinct to explain them.

And lastly we come to reason. This is found in man alone and distinguishes man from the other creatures upon the face of the earth.

One on Stevenson.

R. L. S. was writing hard one morning when the door was pushed open and a much excited lady rushed in.

"Oh, Mr. Stevenson!" she exclaimed. I won't really keep you long; but I do want you to help me out of a difficulty. I have to take a stall at a bazaar, and there is not nearly enough material to sell. Somebody told me the other day that you are getting so celebrated that even a scrap of your handwriting would bring in quite a lot of money. Please give me one or two of your manuscripts. We would put them up to auction!"

When the lady at last paused for breath, her victim replied that it was not in his power to oblige her; he had no suitable contribution to offer for her bazaar; nothing whatever that would be worthy of such a fate.

"Oh, Mr, tevenson, don't say that!" she replied with kindly condescension. "Any of the stories would do nicely. My friend told me so; she said anything of yours would sell. Please don't disappoint us! It doesn't really matter how stupid it is, or how badly written!"

How this lady was flinally deported I do not remember to have heard. But she at least paid her footing by supplying R. L. S. with one of his best anecdotes, one that he related with sheer delight.

Pimples come from blood that's not just right. If you want to get rid of facial blemishes try Seigel's Syrup. Any drug store.

What Makes An Essay?

Yet it is a mere quibble to pretend that the essay does not have easily recognizable manners. It may be severely planned, or it may ramble in ungirdled mood, but it has its own point of view that marks it from the short story proper, or the merely personal memoir. That distinction, easily felt by the sensitive reader, is not readily expressible. Perhaps the true meaning of the word essay—an attempt—gives a clue. No matter how personal or trifling the topic may be, there is always a tendency to generalize, to walk around the subject or the experience, and view it from several vantages; instead of (as in the short story) cutting a carefully landscaped path through a chosen tract of human complications. So an essay can never be more than attempt, for it is an excursion into the endless. Any student of fiction will admit that in the composition of a short story many entertaining and valuable elaborations may rise in the mind of the author which must be strictly rejected because they do not forward the essential motive. But in the essay (of an informal sort) we ask not relevance to plot, but relevance to mood. That is why there are so many essays that are merely marking time. The familiar essay is easier to write than the short story, but imposes equal restraints upon a scrupulous author. For in fiction the writer is controlled and limited and swept along by his material; but in the essay, the writer rides his pen. A good story, once clearly conceived, almost writes itself; but essays are written. — Christopher Morley, in "Modern Essays."

Silence Towers Held Dead.

The Towers of Silence are Parsee erections in India and Persia for the reception of their dead.

Alexander Had Gold Coffin.

Alexander the Great is said to have been buried in a golden coffin.

Physicians Use Minard's Liniment.

Cold Relieved or Money Back

Everywhere men, women and children are finding *instant* relief from Coughs and Colds of all kinds by taking Buckley's Mixture. Everywhere druggists are selling "Buckley's" under positive guarantee. The first dose proves how different it is—and there are 40 doses in a 75-cent bottle! Never be without this proven conqueror of colds.

W. K. Buckley, Limited,
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BUCKLEY'S MIXTURE
Acts like a flash—
a single sip proves it
520

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Are authorized by law to establish

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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.

A Gift for a Little Girl.

Presents for children need not cost a great amount of money in order to bring them much happiness.

The writer has sent to several little girls a gift which has been enthusiastically received and which yet cost almost nothing. Sewing for small dolls (those which are perhaps five inches in length) is one of the happiest occupations of little girlhood, and the gift referred to consisted of materials for this fascinating employment. They were selected largely from the contents of a piece box.

First a gay work-bag was made, suitable in size comfortably to hold the articles which were to be put into it. Next, was selected an abundant supply of pieces of all sorts of materials pretty for doll dresses. These were pressed and tied into separate bundls. Scraps of ribbon, lace, and embroidery were likewise rolled together. White goods appropriate for diminutive lingerie, made up another bundle.

A needlebook, containing large-eyed needles; an unusual pin-cushion, filled with unable pins; two spools of thread, one light and one dark; a tiny thimble and a pair of round-pointed scissors (which really cut)—were packed into the work-bag.

GUARD THE CHILDREN FROM AUTUMN COLDS

The Fall is the most severe season of the year for colds—one day is warm, the next cold and wet, and unless the mother is on her guard, the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are mothers' best friend in preventing or banishing colds. They act as a gentle laxative, keeping the bowels and stomach free and sweet. An occasional dose of the Tablets will prevent colds, or if it does come on suddenly their prompt use will relieve the baby. The Tablets are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Iron vs. Steel.

"If he's made up his mind to kiss you he'll do it. He has a will of iron."

"That's all right—I've steeled myself against him."

After Shaving—Minard's Liniment.

Lady Byng Found Pleasure in Her Rock Garden.

A permanent contribution to Canadian horticulture was made by Lady Byng prior to her departure from the dominion, in her complete rehabilitation of the gardens at Rideau Hall and her introduction of a rock garden planted with wild flowers from every province in Canada.

Lady Byng was very fond of that rock garden. She gathered her stones from Rockcliffe Park, planned planting so that she would have bloom from May to August and adopted plants from all corners of the globe. All were hardy and most of them perennials, so that the beauty of the rockery would continue from year to year. In three years she accomplished what normally it would have taken five years to do and her joy in it was not lessened by the fact that she would have only a short season to enjoy it before returning to her own English gardens.

Ancient Coins Were Immense.

Some of the coins used by the ancients were as large as dinner plates.

RED ROSE TEA

"is good tea"

Next time try the finest grade ~~ Red Rose Orange Pekoe Tea.

80

One Scar or Many?

The smallpox menace is ever with us. So many unprotected persons are living in every city, town and village, that one smallpox case, whether in Toronto, Peterboro, or a town in the north, will act as the lighted match to the inflammable material of unvaccinated men, women and children who make up a large part of Ontario's population to-day.

Smallpox is a winter disease. It is true that a few cases are found throughout the year, yet November always sees fresh outbreaks. And the result is that many a young woman or little girl will for the rest of her life have the many scars of an attack of smallpox on her face when she could have prevented them by one scar of vaccination on her arm.

Unfortunately, too, the type of the disease which is showing itself in the Province just now is not mild, but quite virulent; it brings to mind the extremely fatal type which was met in the Windsor epidemic two years ago where only a very small number of unvaccinated patients lived through the attack.

Children and travellers, especially, should be protected by vaccination. But when one case in a bowling alley, on a train, at school or in a shop, at a concert or church service can cause an epidemic which will affect hundreds of people, no one is safe; we must, then, protect ourselves by vaccination, if we have not been successfully done within seven years.

Vaccination does not cost much, usually very little, and that only for the doctor's time, as the vaccine is supplied free for the use of the people of Ontario by the Dept. of Health.

Thrush at Evening.

Day after day he came—
And high upon a chimney pot
Above that German garden—
(Always it was the same)
He waited while the sombre shadows fell
And winding gravelled paths grew dim,
Before he could begin to tell
What twilight meant to him.

Below, on balconies at rest
Sat those who all the day
Had toiled for the art of song,
"Drossel! Kleine Meister!" he sings best!
So in the long sweet twilight of the spring
He waited for a star to glimmer through,
Before he could begin to sing
"Twilight! Sweet! I tell you true!"

—Caroline Lawrence Dier.

Give the children SHILOH FOR COUGHS

PAIN.

Minard's penetrates, soothes, and relieves pain. Splendid for stiff joints, sore muscles.

MINARD'S "KING OF PAIN" LINIMENT

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."

Classified Advertisements.

REMNANTS.

3 LBS., $2. 5 LBS. PATCHES, $1.50. A. McCreery, Chatham, Ontario.

LADIES WANTED TO DO PLAIN and light sewing at home; whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

GRATIS (LITTLE FRIEND) TO either sex; mailed in plain envelope. Paris Specialty Co., Montreal.

ONE MAN IN EACH COUNTY to sell Washo. Best seller. Great repeater. Washes clothes without rubbing and cleans everything like magic. Different. Beats everything. $100 weekly easy. Sample free. P. A. Lefebvre & Co., Alexandria, Ont.

Printed Words.

Silence and sounds,
Rivers black and white,
Flaming into fire,
Freezing in the light.

Trembling in the darkness,
Monsters at a birth;
One may fling an army
Over all the earth.

Fearsome, ah, beware!
He whose hope is most
May despair in seeing
In each one a ghost.

—George Elliston.

Plans For Homes

Last word in builders' aid. Practical, up-to-date suggestions on planning, building, furnishing, decorating and gardening. Profusely illustrated, and scores of actual dollar-saving suggestions. Send 25 cents for current issue.

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

RUN-DOWN AFTER BIRTH OF BABY

Ottawa Woman Made Strong by Taking Lydia E. Pinkham's Vegetable Compound

Ottawa, Ontario.—"I was terribly run-down after the birth of my third baby. I had awful bearing-down pains and was afraid I had serious trouble. I was tired all the time and had no appetite. My sister-in-law is taking Lydia E. Pinkham's Vegetable Compound and cannot praise it too highly and asked me to try it. I have had splendid results and feel fine all the time now. Any one who needs a thorough pick-me-up soon learns from me what to take."—Mrs. RENE PAQUIN, 320 Cumberland Street, Ottawa, Ontario.

Terrible Backache

Hamilton, Ont.—"After my baby was born I had terrible backache and headaches. I could not do my work and felt tired from the first minute I got up. But worst of all were the pains in my sides when I moved about. I had to sit or lie down for a while afterwards. I could keep my house in order, but many things had to go undone at the time, because of my ailments. I was told by a neighbor to take Lydia E. Pinkham's Vegetable Compound, as she said it would build me up. I was relieved before I had taken the first we bought and have not had any trouble like it since."—Mrs. T. MARKLE, 115 Ferguson Avenue South, Hamilton, Ontario.

LARGE PIMPLES ITCHED BADLY

On Face, Shoulders and Arms. Cuticura Heals.

"My trouble began with pimples breaking out on my face, shoulders and arms. They were large, hard and red, and festered, and scaled over, causing disfigurement. The pimples itched badly and when I scratched them eruptions formed. My clothing irritated the breaking out on my shoulders. The trouble lasted for some time.

"I began using Cuticura Soap and Ointment and they afforded relief in a short time. I continued the treatment and after using four cakes of Soap and four boxes of Ointment I was healed. (Signed) Miss Grace M. Ward, Thetford Center, Vt., Aug. 12, 1925.

Use Cuticura to heal skin troubles.

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

Cuticura Shaving Stick 25c.