ALMOST HELPLESS WITH RHEUMATISM

A Nova Scotia Lady Tells How She Found Relief.

Among the well-known residents of Nineveh, N.S., is Mrs. William Silver, who tells for the benefit of other sufferers how she found relief from a severe attack of rheumatism. Mrs. Silver says:—"In the early fall of 1926, I contracted a cold which developed into a severe attack of muscular rheumatism. In fact, it almost totally disabled me, and I suffered great agony most of the time. After trying in vain to get something to relieve me, I decided to take Dr. Williams' Pink Pills, which I had heard highly recommended. I may say that the quick relief they afforded really surprised me, and after taking some six boxes of the pills every twinge of the rheumatism had gone, and I am now feeling better than I have been for some years past. The pills not only banished the rheumatism, but helped me in many other ways."

Try Dr. Williams' Pink Pills for anaemia, rheumatism, neuralgia, nervousness and stomach trouble. Take them as a tonic if you are not in the best of physical condition and cultivate the resistance that will keep you well and strong. Sold by all druggists or sent by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.

Ordering Seed.

To-day Christopher and I made out our seed orders. Delightful task! to be undertaken only when mood and opportunity are precisely right. One must have plenty of time, with no least sense of pressure or hurry; one must have a tranquil, optimistic mind. For the matter of that, the seed catalogues take care of the latter trait—almost too well—to the endangering of the tranquility. For how can one possess oneself in undistracted serenity when two hundred separate kinds of flowers and vegetables are recommended as just what one's garden needs? . . .

This year, in the interests of a less busy summer than last year's or the year-before's, Christopher and I took pains to remind each other of certain disappointments. Arctotis grandis, hopefully sown for several seasons, has never done well with us. Stock and snapdragon ought to be started in the house, and we have not had very good luck with that method. Marigolds tend to break at the neck; calendulas are more satisfactory, though they have not such a nice name. We must not plant too many squashes or string beans; last year we had to throw quantities away. Let us by all means make this a season of reserve and limitation; let us confine ourselves to a few plants we can trust. . . .

There is something cosmically inevitable about the exuberance of the seed catalogues. It was too much for Christopher and me. In no time at all, we were reading out loud to each other antiphonally. "'No garden ought to be without this charming plant.' Let's try it!" "'This noble melon — I'll certainly have to have that.' Considerations of drought or deluge, weeds, cut-worms, blight, aphids, all were forgotten. . . . On the whole, we have come out pretty well with our list this year. It is composed exclusively of seeds which are to be "sown in the open ground when all danger from frost is over" (as if one could ever fix that date in Ontario) and which have an established reputation for prosperity.

Oatmeal.

Much has been said for and against oatmeal and oatmeal porridge. The old story will bear repetition. Dr. Johnson defined oats as a grain used in England for horses, and in Scotland for men. The retort was: "And where do you find such horses and such men?"

Certain adverse critics, such as Professor Mellanby and others, object to oatmeal because it is "deficient in vitamines." The term vitamines appears to have become a peg upon which certain learned folk are hanging a promiscuous lot of tatters.

We understand the importance of vitamines, but we know that half a glass of milk, a teaspoonful of raw cabbage, two teaspoonfuls of cooked cabbage, a small portion of any other vegetable, or some fruit, raw or cooked, will furnish all the vitamines required for a day's meals.

The simple old dish of oatmeal porridge, or other cereal, and milk, furnishes excellent food; but is heavy—not light, as is sometimes supposed. When taken in quantities beyond nature's powers of assimilation, it causes indigestion with flatulence, due to fermentation.

One of the occasional results is the "porridge rash"; this may be cured or prevented by taking less porridge and eating a little fruit raw or in the form of jam.

Only Natural.

Medium—"Her spirit is very slow in answering the call."

"'Sall right, lady, jes take yer time. When I married her she was a telephone operator."

These Will Come.

There will come soft rains and the smell of the ground,
And swallows calling with their shimmering sound;

And frogs in the pools singing at night,
And wild plum trees in tremulous white;

Robins will wear their feathery fire
Whistling their whims on a low fence wire.

—Sara Teasdale,
in Harper's Magazine.

Tony was having his second son christened and, being very anxious to have his name recorded correctly on the birth certificate, remarked to the clergyman:

OWL-LAFFS

BY
O. W. L.
(On With Laughter)

When a writer has something to write, that's inspiration; when he has to write something, that's drudgery.

Duck hunting isn't always what it's quacked up to be.

Regardless of what style has done to the bottom of skirts, the waist line remains in approximately the same place.

Why Not Handle a Woman Electrically?

If she is willing to come half-way—Meter.
If she will come all the way—Receiver.
If she wants to go still further.—Dispatcher.
If she gets too excited—Controller.
If she talks too long—Interrupter.
If her way of thinking is not yours—Converter.
If she picks your pockets—Detector.
If she sings inharmoniously—Tuner.
If she wants chocolates—Feeder.
If she gossips too much—Regulator.
If she is wrong—Rectifier.
If she is a poor cook—Discharger.

Isn't it peculiar how everybody's a little bit peculiar but us?

The only traveling some folks do is from bad to worse.

It was the third day of their honeymoon.

"Darling," she whispered, "isn't this heavenly?"

Her husband sighed.

"Do you know," he exclaimed, "life doesn't seem long enough for our happiness. Just think, even if we are fortunate, our married life can hardly last longer than fifty years."

"Is that all?" she queried, edging closer.

"Yes. Only fifty years in which to love each other."

"Then kiss me quickly, dear," she said; "we're wasting time!"

Free With Every Treatment.

With mud she daubs her rosy cheeks,
Likewise her dimpled chin,
And thus indomitably seeks
Eternal youth to win.

Wherefore the heart of old or young
With undimmed ardor burns,
As woman, who from clay first sprung,
At last to clay returns.

The short skirts of to-day may be quite a problem, but we can remember way back when the bustle was a stern reality.

Badly digested food, acidity of the stomach, and sluggish liver cause headaches. Seigel's Syrup will remove these causes. Any drug store.

"Well, ya see—it's lika dis. My firsta boy I tella ya I wanta heem chris'nd 'Tom' and ya putta 'Tomass' on heesa paper. Now I want dis boy name 'Jack' and no want heem name 'Jackass'."

Keep Minard's Liniment in the stable.

Lose no chance of giving pleasure, for that is the ceaseless and anonymous triumph of a truly loving spirit.—Henry Drummond.

By a tranquil mind I mean nothing else than a mind well ordered.—Marcus Aurelius.

Dickens.

Yes, he had many grave faults. So had Sir Walter and the good Dumas; so, to be candid, did Shakespeare himself — Shakespeare, the king of poets. To myself he is always the man of his unrivaled and enchanting letters—is always an incarnation generous and abundant gaiety, a type of beneficent earnestness, a great expression of intellectual vigor and emotional vivacity. I love . . . to reflect that even as he was the inspiration of my boyhood so is he the delight of my middle age. I love to think that wh..e English literature endures he will be remembered as one who loved his fellow-men, and did more to make them happy and amiable than any other writer of his time.—W. E. Henley, in "Views and Reviews."

MAKE CARE OF BABIES EASIER

Stomach disturbances and constipation are responsible for much of the peevishness of babies and young children. When the baby is cross or irritable the mother should not resort to so-called soothing mixtures to correct the trouble, for in the majority of cases these mixtures simply drug the child into an unnatural sleep. What is needed is a gentle laxative that will sweeten the stomach and regulate the bowels. Such a remedy is found in Baby's Own Tablets. They are easy to take and guaranteed to be entirely free from opiates and narcotics. Concerning them, Mrs. Jos. Tousaignant, Ste. Sophie, Que., writes:—"I would like all mothers to know that I feel there is no other medicine to equal Baby's Own Tablets. I always keep a box in the house and their prompt use never fails to restore my little ones to health." The Tablets are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Wales' Great Day.

Patriotic Welshmen decorated their mantlepieces with the leek on March 1, for this plant is the emblem of their Saint, whose feast falls on that day.

No one is quite sure why the leek was adopted as the emblem of Wales, but it is believed that before a battle with the English, St. David ordered the Welsh to wear leeks in their hats, so that they might be distinguished from their foes.

Although the patron saint of Wales, St. David's memory was always honored in England. Henry VII. used to give away two pounds to Welshmen on St. David's Day, while until the advent of the Hanoverian line, kings of England always wore the leek on this day.

St. David was the son of a Prince of Cardiganshire, and after receiving his education in Menevia, he founded a convent with very rigorous discipline in the Vale of Rhos. St. David eventually became Primate of Wales, and was buried in the Cathedral at Menevia—now called St. Davids.

Minard's Liniment for rheumatism.

To-day is your day and mine; the only one we have; the day in which we play our part. What our part may signify in the great world we may not understand, but we are here to play it, and now is our time.—David Starr Jordan.

The present complexity of civilization could not be maintained except by people of strong moral fibre.—Calvin Coolidge.

Now packed in *Aluminum*, the same as years ago.

RED ROSE TEA "is good tea"

RED ROSE ORANGE PEKOE is extra good.

An Old Cameo.

Within an oval of unshaded blue
The figure of a dancing nymph is seen,
Moving with measured step and air serene
In some enthralling dance that woodfolk knew
In days when skies were of a softer hue,
And forests wore a more delicious green
Than now. And nevermore such shape and mien
Beneath the skies shall happy mortals view.
Of less unearthly grace the forms appear
The keen frost carves from crystal. We may bless
The wind of time that froze this airy sprite
To immobility and kept her here
In all her fragile, glancing loveliness
Through these uncomely years for our delight.

—Antoinette Scudder.

Buried Cities.

Buried cities which are being uncovered in India prove that there was a mighty empire in that country 2,500 years ago. These cities had been built on top of one another.

Wine still preserved in the cellars of a wine-dealer in London dates back to 1540 and 1631.

Classified Advertisements.

PANYARD PISTON RINGS FIT WORN CYLINDERS and save regrinding. Guaranteed for 15,000 miles. Panyard Piston Ring Co., 32-34 Front St. W., Toronto.

HEALTH GLASS.

UNBREAKABLE GLASS SUBSTITUTE FOR poultry houses, hot beds; speeds growth, doesn't burn plants. Delivered 45c square yard. Peerless Poultry, Elmira, Ont.

BUILDERS' SUPPLIES.

HEAVY SLATE-COATED ROOFING, $2.85; House Paint, $2.45 gallon; Doors, Windows, Frames, Flooring, Wallboard. Thousands of Building Bargains. Free Catalogue. Halliday Company, Box 131T, Hamilton.

FRENCH SELF-TAUGHT.

THE MOST SIMPLE SYSTEM EVER DEVISED, with pronunciation of every word. A perfect knowledge of the language in three months. Complete cloth ed., 50c; abridged paper ed., 25c. Post paid. World's Subscription Agency Regd., P.O. Box 3195, Dept. F. Montreal, P.Q.

WE SELL 10,000 HORSES A YEAR TO satisfied customers. Send for our Harness Catalog—it will save you money. The Repository, 10 Nelson Street, Toronto.

I CATCH FROM 45 TO 60 FOXES IN FROM 4 to 5 weeks' time. Can teach any reader of this magazine how to get them. Write for particulars. W. A. Hadley, Stanstead, Que.

BUNIONS GONE IN 15 DAYS

I end bunions forever with my new Pedodyne Secret treatment. Pain stops almost instantly. Actual reduction of the enlarged growth starts so fast that your next pair of shoes can be a size smaller—often two sizes smaller.

PROVE IT FREE—Just send your name and address, no money, and the full treatment guaranteed to bring complete results may be yours to try. No obligations—Address

KAY LABORATORIES, Dept. A490 60 Front St., W. Toronto, Ont.

"CASCARETS" FOR YOUR BOWELS IF HEADACHY, SICK

To-night! Clean your bowels and end Headaches, Colds, Sour Stomach

Get a 10-cent box.

Put aside — just once — the Salts, Pills, Castor Oil or Purgative Waters which merely force a passageway through the bowels, but do not thoroughly cleanse, freshen and purify these drainage organs, and have no effect whatever upon the liver and stomach.

Keep your "insides" pure and fresh with Cascarets, which thoroughly cleanse the stomach, remove the undigested, sour food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will make you feel great by morning. They work while you sleep—never gripe, sicken, and cost only 10 cents a box from your druggist. Millions of men and women take a Cascaret now and then and never have Headache, Biliousness, Severe Colds, Indigestion, Sour Stomach or Constipated Bowels. Cascarets belong in every household. Children just love to take them.

PATENTS

A List of "Wanted Inventions" and Full Information Sent Free on Request. The Ramsay Co. Dept. 278 Bank St. Ottawa, Ont.

"Buckley's" for Throat Health

A sip night and morning relieves soreness and hoarseness, and prevents more serious developments. A bottle of Buckley's—40 doses for 75 cents—is an economical guarantee of healthy throats for the whole family. Pleasant to take—instant in action—positive in relief. All druggists sell it.

W. K. Buckley, Limited, 823 142 Mutual St., Toronto 2

BUCKLEY'S MIXTURE
Acts like a flash—a single sip proves it

ATHLETES!

Minard's will limber up stiff muscles and sore joints. Use it for a rub down.

MINARD'S "KING OF PAIN" LINIMENT

Health Broken—Lost 66 lbs. Now Well, Won Back 82 lbs.

Ottawa merchant, formerly city officer, rundown by kidney trouble. Wasted from 201 to 135 lbs. Tanlac restored robust health; now weighs 217 lbs. and feels fine

Philias Sequin's grocery at 285 St. Patrick St., is well known in Ottawa. Mr. Sequin was formerly a police officer. When ill-health seized him he lost weight rapidly. "I had kidney trouble for 6 years," he tells, "and was given up as a hopeless case. Many times, from sheer weakness, I have fallen where I stood, and had to be helped to my feet.

"Pains racked my entire system, especially my back, which felt like splitting. Needless to say, I could neither eat nor sleep normally. Weak spells and nervousness would leave me trembling all over. I faded away from 201 to 135 lbs., and tried endless treatments and remedies in those 6 years, without result.

"I had begun to despair, and when a friend advised Tanlac I was skeptical. But one month's regular use of this wonderful medicine convinced me that I was on the road to health. I kept on taking Tanlac and to my delight and surprise it made me a new man in a surprisingly short time.

Now I weigh 217 lbs., eat and sleep like a healthy boy, and feel like a different man altogether."

If neglect or overwork are taking toll of your health, try Tanlac. It is nature's own tonic, made from roots, barks and herbs. Your druggist has it. Over 52 million bottles sold.

PUT STOMACH IN ORDER AT ONCE

"Pape's Diapepsin" for Gas, Indigestion or Sour Stomach

Instantly! Stomach corrected! You never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for few cents.

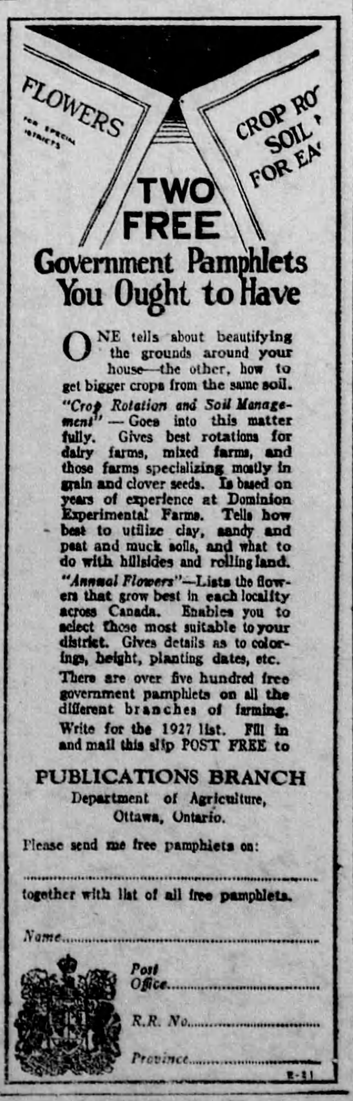
You can rely on SHILOH FOR COUGHS

Feel Tired When You Get Up?

Tongue coated—head aches—no pep for the day's work? Then your liver is lazy, your kidneys are not eliminating the poisons from the body. Your system needs toning up.

Thousands upon thousands all over the world take Warner's Safe Kidney and Liver Remedy. It corrects functional troubles and by its tonic and purifying properties restores the liver and kidneys to their normal condition, so you soon feel like yourself again.

Sold by all druggists. Price $1.25 per bottle.
Warner's Safe Remedies Co., Toronto, Ont.



Government Pamphlets You Ought to Have

ONE tells about beautifying the grounds around your house—the other, how to get bigger crops from the same soil.

"Crop Rotation and Soil Management" — Goes into this matter fully. Gives best rotations for dairy farms, mixed farms, and those farms specializing mostly in grain and clover seeds. Is based on years of experience at Dominion Experimental Farms. Tells how best to utilize clay, sandy and peat and muck soils, and what to do with hillsides and rolling land.

"Annual Flowers"—Lists the flowers that grow best in each locality across Canada. Enables you to select those most suitable to your district. Gives details as to colorings, height, planting dates, etc.

There are over five hundred free government pamphlets on all the different branches of farming. Write for the 1927 list. Fill in and mail this slip POST FREE to

PUBLICATIONS BRANCH
Department of Agriculture,
Ottawa, Ontario.

Please send me free pamphlets on:

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together with list of all free pamphlets.

Name.....

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E-11

ASPIRIN

Proved safe by millions and prescribed by physicians for

Colds	Neuralgia
Pain	Neuritis
Headache	Lumbago
Toothache	Rheumatism

DOES NOT AFFECT THE HEART

WARNING! Beware of Counterfeits

There is only one genuine "ASPIRIN" tablet. If a tablet is offered as "ASPIRIN" and is not stamped with the "Bayer Cross"—refuse it with contempt—it is not "ASPIRIN" at all! Don't take chances!

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."

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