RHEUMATIC PAINS DUE TO THIN BLOOD

Relief Comes Through the Use of Dr. Williams' Pink Pills.

The most a rheumatic sufferer can hope for in rubbing something on the swollen, aching joints is a little relief, and all the while the trouble is becoming more firmly rooted. It is now known that rheumatism is rooted in the blood, and that as the trouble goes on the blood becomes still further thin and watery. To get rid of rheumatism, therefore, you must go to the root of the trouble in the blood. That is why Dr. Williams' Pink Pills have proved so beneficial when taken for this trouble. They make new, rich blood which expels the poisonous acid and the rheumatism disappears.

There are thousands of former rheumatic sufferers in Canada, now well and strong, who thank Dr. Williams' Pink Pills that they are now free from the aches and pains of this dreaded trouble. One of these, Mrs. W. F. Tait, McKellar, Ont., who says:—"I am one of the willing ones to tell you of the great benefits I received from the use of Dr. Williams' Pink Pills. After lying in bed for seven weeks suffering untold agony with inflammatory rheumatism, relief finally came through the use of this medicine. I could not move in bed only as they lifted me, and I could only sleep when opiates were given me. The medical treatment I was taking seemed of no avail. Then I was advised to try Dr. Williams' Pink Pills, and soon I began to get relief. After taking six or eight boxes the rheumatism was banished and I had never felt better in my life. It is several years since this happened and I have had no return of the trouble since I may add that I recommend the pills to two of my friends who were suffering with rheumatism and the pills were equally effective in both cases."

Try Dr. Williams' Pink Pills for anaemia, rheumatism, neuralgia, indigestion or nervousness. Take them as a tonic if you are not in the best physical condition and cultivate a resistance that will keep you well and strong. You can get these pills through any medicine dealer or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Neglected East

Quebec Action Catholique (Ind.): The development of the young provinces has made many people lose sight of the fact that Canada begins at the Atlantic, and that if it is a good plan to take care of these immense regions which are now becoming the granaries of the world, it is no less sensible to pay some attention to the wealth of the sea, which has lost none of its importance, and indeed is crying out for exploitation with modern methods.

Franco-German Relations

Sisley Huddleston in the New Statesman (London): M. Poincare stands for a rapproachement with Germany. Nobody any longer desires to create difficulties in Franco-German relations. Though there are still anomalies in those relations, the French have finally returned to normal sentiments about Germany, and would be impatient if anybody or anything raised again doubts concerning Franco-German friendship.

Don't Make a Toy Out of Baby

Babies Have Nerves

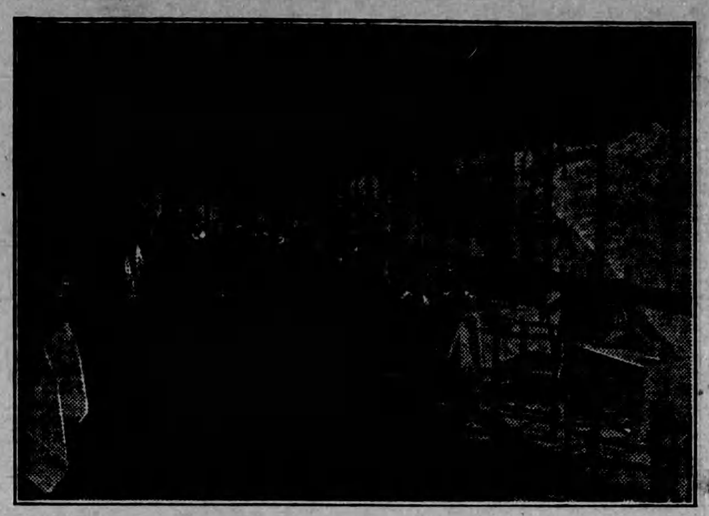
By RUTH BRITTAIN

Much of the nervousness in older children can be traced to the over-stimulation during infancy, caused by regarding baby as a sort of animated toy for the amusement of parents, relatives and friends. Baby may be played with, but not for more than a quarter of an hour to an hour daily. Beyond that, being handled, tickled, caused to laugh or even scream, will sometimes result in vomiting, and invariably causes irritability, crying or sleeplessness.

Fretfulness, crying and sleeplessness from this cause can easily be avoided by treating baby with more consideration, but when you just can't see what is making baby restless or upset, better give him a few drops of pure, harmless Castoria. It's amazing to see how quickly it calms baby's nerves and soothes him to sleep; yet it contains no drugs or opiates. It is purely vegetable—the recipe is on the wrapper. Leading physicians prescribe it for colic, cholera, diarrhea, constipation, gas on stomach and bowels, feverishness, loss of sleep and all other "upets" of babyhood. Over 35 million bottles used a year shows its overwhelming popularity.

With each bottle of Castoria, you get a book on Motherhood, worth its weight in gold. Look for Chas. H. Fletcher's signature on the package so you'll get genuine Castoria. There are many imitations.

AT JASPER PARK LODGE



Jasper National Park which will be visited this year by members of the Canadian Weekly Newspapers Association is noted as one of the great show places of the world. With its area of 5,300 square miles, not only is it the largest game sanctuary in the world but it contains the greatest number of mountain peaks. Few of these are below 8,000 feet and Mount Edith Cavell, Canada's mountain memorial to the memory of the British Red Cross Nurse, is 11,033 feet in height.

Set almost in the shadow of the lofty Rocky Mountain peaks and facing Lac Beauvert, which reflects in its glistening water the towering peaks encircling it, is Jasper Park Lodge and adjoining rustic bungalows. Although situated amid scenery noted for its wild and rugged beauty, the Lodge, and adjoining bungalows which are operated by the Canadian National Railways, offer every convenience to the tourist. To those who love the beauties of nature and the great out-doors there is no place in the world which can surpass Jasper National Park.

Trails and roads, winding amid spruce and pine through valleys, along rivers and lakes and ascending the slopes of mountains within the park have an aggregate length of several hundred miles—and they are being steadily extended. Some of them were blazed over a century ago by Indians, fur traders and explorers who traversed the Athabasca Valley on their way to and from the Pacific. These, in particular, are historical, almost sacred for many of the men who trod them in early pioneer days have left their imprint on Canadian history. But most of the trails and roads have been constructed by the Dominion Government in order to provide pathways by which tourists may have access, with the minimum of effort, to mountains, valleys, lakes, rivers and other points of interest within the Park.

Lakes—turquoise, sapphire, emerald, amethyst, according to the character of their environment, and mirroring adjacent mountain peaks on their placid surface—are scattered like jewels everywhere. Glaciers, great and small, abound while the Columbia ice field, just outside the park boundaries, out-rivals in vastness and in beauty those found in any other part of the continent, with the possible exception of the Mount Elias ice field in Alaska.

OWL LAFFS

BY O.W.L. (ON WITH LAUGHTER)

Heredity is what makes a three weeks' old baby kick like Sam Hill to get out of long dresses and wear short dresses like its mother.

HOW TO CALL UP A DRUG STORE

Or why the telephone girl now says "Thank you".

"Hello! Give me, one tripple ought."

"I beg pardon?"

"Didn't you get it? One zero, zero, zero."

"I don't understand you."

"I want one double nought, nought."

"What?"

"Ten and two noughts."

"What number, please?"

"One thousand. Ten hundred. Now do you get it?"

"Oh, you mean one ought, double nought. Why didn't you say so? Line's busy."

People seem to be fonder of political humbugery than any other kind.

She was only an artist's daughter, but—boy!—what a crowd she could draw.

The handsomest woman is the one who doesn't know it.

But,surely," urged Jones, "seeing is believing."

"Not necessarily," replied Brown. "For instance, I see you every day."

If you are really anxious to avoid trouble, try this: Keep your eyes open and your mouth shut.

THE YEAR IS AT JULY

The rose is glowing pinkly,
The year is at July;
The poppy uncurls crinkly,
The rose is glowing pinkly,
The fountain's cool and tinkly,
Slow wings the butterfly.
The rose is glowing pinkly,
The year is at July.

Yes, the rose is glowing pinkly,
For the year is at July,
And my eyes are batting blinkly,
All things hazy are and inkly,
Fast asleep would soon be I;
For that stagnant pool so stinkly
Puts the damper on my blinkly
Mood, and though sweet sleep was nigh,
She had held her nose and slinkly
Scooted: Yes, it is July.

"I wonder if I couldn't get your husband to make a speech at our club."

"John make a speech! Why he can't even address an envelope without getting all excited over it."

The most attractive evergreens are grass widows.

Red Rose Orange Pekoe has earned the patronage and good will of more tea drinkers than any other high-quality tea in Canada. Judges of good tea gladly give more for Red Rose Orange Pekoe because they know that the value they receive is worth many times the few extra cents they pay. 13

Mrs. Pankhurst Has Passed On

First Militant Suffragist to Engage in Struggle for Vote to Women

London.—One of the most picturesque figures in the woman suffrage movement, Mrs. Emmeline Pankhurst, has passed on.

Mrs. Pankhurst was the first militant suffragist in efforts to obtain the vote for women, millions of whom are now enjoying the privilege of casting their ballots at the Parliamentary election because of the work of her and her militant supporters. This early work was often done at personal sacrifice.

After founding the Women's Social and Political Union with her daughters, Christabel and Sylvia, Mrs. Pankhurst started the votes for women agitation by leading a deputation to the House of Commons to demand the vote. Many members of this body were jailed.

Afterwards the Women's Freedom League came into being and its adherents adopted militant methods. Holloway Jail was frequently used by the authorities to attempt to check the activities of the women. Mrs. Pankhurst was often in and out of that institution, and her last offense brought a sentence of penal servitude. She started a hunger strike, however, and was released before the sentence was completed.

On the outbreak of the World War Mrs. Pankhurst and other militant suffragists joined in supporting the country. They spoke from recruiting platforms and assisted ministers whom they had firmly opposed a few weeks previously.

Suffrage was granted to women above 30 in 1918 and since that time Mrs. Pankhurst had been a supporter of those urging that it be granted to women between the ages of 21 and 30.

Mrs. Pankhurst visited America and lectured in behalf of her country. She resided in Toronto for some time.

Of late years, Mrs. Pankhurst had been a constitutionalist. She was the Conservative candidate for the Commons from Whitechapel.

Minard's Liniment for Insect Bites.

Short Skirts Are Tabooed At Japanese Coronation

Tokio.—"Flapper' dresses and low-cut gowns will not be permitted at the Imperial Coronation ceremonies which will be held at Kyoto next November. Foreign women, including wives and daughters of envoys, will not be excepted from the order.

Extremely short skirts and low-cut frocks, the household officials explained, were not in line with Japanese customs and inappropriate to the solemnity of the ceremonies. So the wives and daughters of the foreign diplomats must govern themselves accordingly.

In addition, the officials pointed out, the great hall at Kyoto, where the enthronement rites are to be performed, will not be heated and it is their endeavor to "protect the foreign women visitors against the cold."

G-r-r!

Boarder—"I hope we haven't eggs again this morning."

Servant—"We haven't, sir."

"Splendid! What will it be, then?"

"Omelette, sir!"

Mary Has to Pay

Uncle Sam Makes Mary Pickford Movie Heroine Pay Additional $2,000 for 12 Trunks of Wearing Apparel Brought From Europe

New York—Uncle Sam is making Mary Pickford pay about $2,000 in additional customs duty, but his inspectors conceded she knows her bargains. The motion picture actress declared 12 trunks of wearing apparel at $5,000 when she arrived from Europe recently with her husband, Douglas Fairbanks, but customs authorities estimated otherwise and ordered the baggage held or inspection.

At the end of a systematic examination during which film frocks, lingerie and such other personal feminine apparel were systematically checked, some of it while the actress stood by forlornly, authorities tacked an additional $2,000 on her declaration and made out a bill for $3,900 duty.

The actress insisted she had purchased the articles abroad for $5,000 and showed receipt as proof. Authorities said they did not doubt her good faith, but were unable to make any changes in the bill even though they said she came out on top as a bargain purchaser—a discount winner because of her fame as a film actress. Duty was assessed on value rather than on purchase prices.

GREAT HELP TO YOUNG MOTHERS

Baby's Own Tablets Have Many Uses and Are Absolutely Harmless.

To have in the house a simple, harmless remedy for the minor ills of babies and little children is a great boon to young mothers, and this is exactly why Baby's Own Tablets have been found in thousands of households. The Tablets regulate the stomach and bowels, break up colds and simple fevers, allay the irritation of cutting teeth, yet they have no drug taste and the children like them

Concerning the Tablets Mrs. Ruthven Crommiller, Ruthven, Ont., writes: —"Kindly send me your little book on the Care of the Baby. I have two children, one four years of age and the other a year and a half. Both are in excellent health and the only medicine they have had is Baby's Own Tablets. I always keep the Tablets in the house and am happy to recommend them to other mothers."

Baby's Own Tablets are sold by all medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Nisqually Glacier Grows Restless and Backslides

Longmire, Wash.—Nisqually Glacier, Mount Rainier's low level ice river, shares in the restlessness of the age and is making a rapid retreat, according to measurements taken this week by scientists from the University of Washington. In fact, the glacier went back many feet during the last winter, melting beneath the snow-drifts.

About forty years ago Nisqually Glacier was half a mile farther down the valley than at present. Year after year the mark was showing when the glacier's nose was on July 1 indicates its backsliding. In another forty years the great wall of unbroken ice will be higher up on the sides of the mountain, and according to the rocky formation beneath it, it may form a huge waterfall hundreds of feet high and a quarter of a mile wide.

For Hay Fever—use Minard's.

Country Doctors

Le Devoir (Ind.): (It is yearly becoming more difficult to persuade young doctors who have plenty of courage and are determined to succeed and who go to settle in the country and practice their calling there in an intelligent manner make a quicker and bigger success than three-fourths of their colleagues who have settled in the cities, if they do not actually attain great fame, which is reserved for a few. Public life often takes hold of them, bringing honors with it.

RED ROSE TEA "is good tea"

Red Rose Orange Pekoe is supreme

In clean, bright Aluminum. 13

Brisbane Hut Town Grew to 250,000 Within 50 Years

Convict Settlement Now Compares With a Large Canadian Port City

Brisbane, eastermost city of Australia, objective of the Southern Cross flyers resembles any large port city. The picturesque Brisbane River, which the city straddles about twelve miles from the sea, is wide and deep enough to accommodate ocean-going vessels and both banks are lined with busy docks. Back of these there are the warehouses, packing houses and factories. Beyond them modern tall buildings, lining clean streets, are crowded with shoppers among the well stocked stores.

Brisbane's past is like that of some of the thoroughbreds that run on its fine race courses. The city took off to a bad start about 100 years ago when it was founded by Sir Thomas Mackdougall Brisbane as a convict settlement for England's lawbreakers. Later, when the honorable citizens outnumbered the convicts and the city was getting on its feet, a flood nearly wiped it off the map. But Brisbane, urged by the progressive spirit of its settlers, has won its race. From a mere village of wooden huts fifty years ago, it has become the fourth largest city in Australia with more than 250,000 inhabitants and covers an area equal to that of Winnipeg, Man.

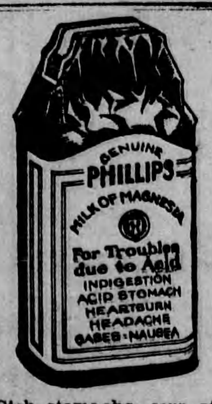
As capital of Queenland State, Brisbane has numerous public buildings, which one American traveler said "would do credit to our own capital at Ottawa." The State Treasury Building, a huge structure adorned with Doric and Ionic pillars, presents an imposing sight from the Victoria Bridge, that spans the river. Many of the public buildings are surrounded by spacious green lawns and flowering gardens. Outstanding among Brisbane's fine churches are St. Stephen's Roman Catholic Church, with a separate campanile containing the largest number of bells in Australia, and St. John's Angelican Cathedral, considered one of the continent's finest Gothic structures.

Brisbane is the largest port north of Sydney on the east coast of Australia. Queenland is called the Australian "Sugar Bowl" and the "Banana State" from two of its leading products. Ninety-five per cent. of the sugar produced in the continent comes from Queenland. The state could as properly be called the Australian "Granary" or the "Pineapple State," for these products, as well as hides, tallow, wool and frozen meats, abound on the Brisbane markets and wharves for shipment to the ports of the world.

Jugoslavia and Italy

Spectator (London): It seems to be almost impossible for the Belgrade Government to produce a calm in the relations of Jugoslavia with Italy, and the whole story of repeated failures is a perfect illustration of the fact that even a simple political object is unattainable if a Government has to deal at home with discordant groups which persistently prefer the lesser to the greater cause. . . . It is useless for Jugoslavia to bewail her dangerous and detached position so long as she gives Italy excuses for putting into operation against her an isolating policy.

When a man can support two children he has ten. When a man can support ten children he has two.



Reduce the Acid

Sick stomachs, sour stomachs and indigestion usually mean excess acid. The stomach nerves are over-stimulated. Too much acid makes the stomach and intestines sour.

Alkali kills acid instantly. The best form is Phillips' Milk of Magnesia, because one harmless, tasteless dose neutralizes many times its volume in acid. Since its invention, 50 years ago, it has remained the standard with physicians everywhere.

Take a spoonful in water and your unhappy condition will probably end in five minutes. Then you will always know what to do. Crude and harmful methods will never appeal to you. It may save a great many disagreeable hours.

Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any drugstore.

Classified Advertisements

BABY CHICKS

BUSINESS OPPORTUNITY

PADDED VAN BODIES, ORIGINALLY cost between $600.00 and $800.00, for sale cheap. Excellent opportunity for local movers. Reason for selling:—these vans have been replaced by modern type for long-distance moving. Apply Hill The Mover, Hamilton.

BABY CHICKS—WE HATCH FOUR varieties, prices 10c up. We will have 60,000 for July and August. Write for free catalogue. A. H. Switzer, Granton, Ontario.

Chicks from Blood-tested Stock

Strong, healthy chicks from high-producing stock, blood tested and free from baccilli, white diarrhoea. Males with pen pedigrees of 200 eggs and over. Barred Rocks July delivery, $14.00 per hundred. S.-C. White Leghorns, $12.00. Terms, 25 per cent. with order, balance C.O.D. Express paid on 100 or more; live delivery guaranteed.

Otterville Poultry Farm, Otterville, Ont.

Plain English

"Left" and "Right" to Be Substituted for Nautical Terms "Port" and "Starboard"

London. — The words "port" and "starboard," in use or generations, were unanimously recommended for deletion from the nautical dictionary in favor of the prosaic "left" and "right" by the representatives of 14 nations at a session of the International Shipping Conference here. The change involves not only the loss of two historic words, but an alteration from indirect to direct methods of steering, for whereas the orders "port" and "starboard" refer to the direction the steering tiller is to be moved, "left" and "right" will be used to denote the direction in which a ship should actually turn.

The conference also passed a resolution condemning the system of double taxation as economically unsound and standing in the way of the development of world trade, and welcomed the proposals put forward last year by a gathering of experts under the auspices of the League of Nations for bilateral agreements abolishing the practice.

The participating nations include the Australia, Belgium, Denmark, France, Finland, Germany, Holland, Italy, Japan, Norway, Spain, Sweden great Britain and United States.

Cuba is certainly taking a wise course in reducing its army and navy costs in following out its program of economy, instead of decreasing the wages of government employees.

Let Cuticura Soap Keep Your Skin Fresh and Youthful

Sample Soap, Ointment, Talcum free. Address Canadian Depot: "Cuticura, P. O. Box 2616, Montreal."

Athletes.

For sprained ligaments, bound muscles, kicks and bruises—use Minard's.

MINARD'S "KING OF PAIN" LINIMENT

TIRED, WEAK, NERVOUS WOMAN BENEFITED

Praises Lydia E. Pinkham's Vegetable Compound

Asbestos Mines, Quebec.—"After the birth of my second child, I was always feeling tired, nervous and weak and had headaches, backaches and terrible pains every month. I suffered two years before I tried Lydia E. Pinkham's Vegetable Compound. I got four bottles at first and it did me a world of good. I would not be without it in the house now, and have another six bottles in. I recommend it to every woman I know."—MRS. T. HARRITT, Box 114, Asbestos Mines, Quebec.