Are you afraid to eat a hearty meal?

WHAT does meal-time mean to you? Is it the pleasure that it should be to restore the energy your work has taken from you?

Or must you pick and choose — in dread of indigestion?

Here is a remedy that has brought relief to men and women the world over. Dr. Williams' Pink Pills are taken every day in many countries, specifically for digestive troubles and stomach disorders, and have brought happiness to thousands of one-time sufferers. For, besides strengthening the digestive nerves, they invigorate and purify the entire system and lay the foundation for continued health.

Buy Dr. Williams' Pink Pills now at your druggist's or any dealer in medicine, or by mail, 50 cents, postpaid, from The Dr. Williams Medicine Co., Brockville, Ont. S-47

Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 54 COUNTRIES"

Bird In My Garden

Bird in my garden
Why must you stay?
Bird with the bright breast,
Please go away!
It's not that I covet your wings for the blue,
Nor grudge you the handful of crumbs that I threw—
But when your beak carries
Straw, wisps and hay—
Bird in my garden,
Please go away!

"A man is sometimes sorry he got the last word if it was 'yes'."

Joy and Sorrow

The joy that comes in sorrow's guise,
The sweet pains of self-sacrifice,
I would not have them otherwise.
J. G. Whittier.

Coming Events In the Modes

Paris.—The old saying that "coming events cast their shadows before" is particularly apt in relation to feminine fashions at the present moment, when the dressmakers are showing models designed for the late summer and early autumn, for a study of these reveals many a shadow which is almost sure to become an actuality in the course of the next few months. And strangely enough, the most noticeable of these shadows is the predominance of two "sure-enough" shadow colors, brown and gray. These are stressed in several of the most important collections and are seen to a lesser extent in the exhibitoins of nearly every one of the Parisian dressmakers, great and small.

Two shades of brown are used, the deep seal shade, is almost the tint which used to be known as "tete-de-negre," and a warm chestnut tint. The latter is seen principally in afternoon frocks of crepe de chine, while the darker tone is used for street frocks and ensembles. Worth uses a great deal of this seal brown combined with beige or yellow and there is a striking sports costume in his latest collection which consists of a long, plain coat of seal brown kasha worn over a sleeveless tennis frock of white crepe de chine with one of the new long scarfs of which he is so fond, in wide diagonal stripes of brown and white and yellow, twisted about the throat, caught under the narrow leather belt at the waits and falling to the edge of the skirt.

POPULARITY OF BROWN.

This same designer uses tucked-in blouses of seal-brown jersey with pointed turnover collars and narrow cuffs of beige kasha with a plain skirt of the latter material. Dark blouses and cardigan jackets worn with skirts of a lighter color, by the by, are a feature of the sports costumes of the present collection of this famous old house.

Another designer noted for her tailored costumes is showing several ensembles for the early autumn which consist of a long, seal-brown coat reaching to within an inch or two of the edge of the plain, tailored skirt and a tucked-in blouse and long scarf of printed tusli-kasha in brown and yellow or brown and beige. This house is the first to substitute this soft woolen material in a printed design for the popular crepe de chine and it seems a very happy thought for autumn wear. A charming costume which illustrates the use of this woolen material, consists of a long coat of string-color lightweight tweed with a full collar and deep pointed cuffs of astrakhan dyed in the darkest shade of brown, and a frock of printed tusli-kasha with a beige background and tiny design in dark brown, quite simply made with a narrow scalloped band of plain dark brown at the edge of the skirt and around the neck and wrists.

CHESTNUT SHADE.

A lovely afternoon frock which was recently seen at a house in the Champs Elysees was of crepe satin in the warm chestnut shade made up on the dull side of the material, with in crusted bands of the shiny surface placed diagonally below the hips and ending in the godets at the edge of the skirt, with a soft scarf of pale yellow satin around the neck, tied at one side in a bowknot with long ends.

Gray is popular in all shades, from the light pearl-color to a deep battleship tint. Plain gray jersey is used by several of the important designers for the skirt and short jacket of the sports costume with a hand-knitted sweater of gray and white or gray and brighter colors. One of these which was particularly liked had a gray sweater in a splashy design of French blue and white, the same knitted material being used for the facing, collar and turned-back cuffs of the short gray jacket.

Plaid designs in gray and black or shaded gray tweed are used for motor, street or sports costumes. A very practical costume for traveling or general morning wear which was seen recently consisted of a long loose topcoat with big pockets and comfortable sleeves and a reefer jacket with nickel buttons and smartly tailored skirt, all in a gray-and-black plaid English woolen material, and a tailored blouse of gray shantung. Smaller plaids and checks in gray woolen materials are used for the strictly tailored street frocks whic hare worn with a fox scarf in cool weather, and for the long coat worn with a frock of plain gray jersey.

PEARL GRAY AND SILVER.

Silver gray silk alpaca is used for a charming afternoon ensemble which consists of a long straight coat and a plain princess frock with full godets in the skirt and a long fichu of pale pink georgette tied low in the front of the bodice. There are evening frocks in many of the collections in pearl-gray lace, chiffon, georgette and crepe satin and a most lovely model was recently seen in two shades of gray tulle, made with a skirt which had two long pleated panels of the two colors which touched the floor at the back.

Lucien Lelon ghas always had a marked fondness for gray and he is using this color for costumes for all occasions in his demi-season collection. There are ports costumes in gray jersey, street frocks in gray checked the long jumper blouse, worn outside the skirt, which has been in vogue for goodness knows how many seasons. The latter, however, is still worn with the dressier type of street costume of crepe satin or moire or crepe marocain, which is much in vogue for the older women for luncheon and afternoon functions. These little tailored suits, consisting of a smartly cut jacket and skirt in plain black crepe satin or moire or in a speckled black and-white or gray-and-white printed marocain, worn with a smart white blouse of crepe satin or crepe de chine, which more often than not fits tightly around the hips and is tied in a knot at one side of the front, are extremely practical as well as sfart.

But to return to the subject of the normal waistline. Many of the designers not only advocate this for daytime costumes, but they even place a narrow belt, usually of the same material as the frock, around the natural waistline of the evening gown. These belts are usually made on a foundation of soft leather which prevents their wrinkling.

Potentate Enjoys Day at Zoo

SULTAN OF ZANZIBAR VISITS THE LONDON ZOO

Top Centre—Sultan of Zanzibar seen with his youngest son upon recent visit to London Zoo during his sojourn in England. A Penguin has caught his majesty's amused interest.

DO NOT NEGLECT YOUR LITTLE ONES

At no time of life is delay or neglect more serious than at childhood. The ills of little ones come quickly and unless the mother is prompt in administering treatment a precious little life may be snuffed out almost before the mother realizes the baby is ill. The prudent mother always keeps something in the medicine chest as a safeguard against the sudden illness of her little ones. Thousands of mothers have found, through experience, that there is no other medicine to equal Baby's Own Tablets and that is why they always keep a box of the Tablets on hand—why they always feel safe with the Tablets.

Baby's Own Tablets are a mild but thorough laxative which by regulating the bowels and stomach banish constipation and indigestion; break up colds and simple fevers and promote healthy, natural sleep. Concerning them, Mrs. Isaac Sonia, St. Eugene, Ont., writes.—"I have been using Baby's Own Tablets ever since baby was a month old and have found that they reach the spot and do more good than any other medicine I have ever tried. I always keep the Tablets in the house and would advise all other mothers to do so." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. William's Medicine Co., Brockville, Ont.

Usefulness

There is no better foundation for public or private usefulness than a meek, modest temper; gentle, indeed, and ready to yield as far as good conscience will allow—but yet standing firm and stable amid contradiction and opposition.— Canon Erskine Clarke.

COMING UP, SIR!

Pease porridge hot,
Pease porridge cold—
No matter how you order it,
You feel that you've been sold.
Some like it hot,
Some like it cold;
But everyone would like to have
The prices as of old.

"He's suffering from dizziness."
"Does too many good turns for everybody."

A man who had taken pity on a lad and given him work as junior clerk kept him at the office rather later than usual one Saturday.

The lad became sulky, and performed his duties in a very dilatory manner. At last his employer turned on him.

"You ungrateful rascal, where would you be now but for me?"

"At a cricket match," was the answer.

"Yes," giggled the bride-to-be, "I accepted John the first time he proposed." "Oh, no, you didn't darling," said her dear friend. "No, you didn't. You wern't there.'

"I have tickets for the theatre." "Good, I will start dressing at once." "Do, dear, they are for tomorrow night."

Protection

Victoria Colonist (Cons.): The situation created by the new tariffs and the increased tariffs is a serious one for this country, for an adjustment of trade, in the finding of new markets to replace those lost on the American side, will take time. Mr. Mackenzie King's policy appears to be one of waiting and seeing, as with Parliament on the eve of prorogation there has been no announcement of any contemplated action. The situation is one calling for action, and unless something is done Canada's trade must suffer by the tariff changes shortly to be put in effect on the American side.

Lights on the sea-line go,
Vibrating to and fro,
Errant, mysterious, low,
Seen bright, seen dwindled;
But that one steadfast spark
That cleves the drooping dark,
For what all fortunate barque
Is it enkindled?

With far flung beam it stands,
Onrough and perilous lands,
Warning with upraised hands
The grey shipmasters;
Why did no beacon free
Flare out on life's broad sea,
To warn and presage me
Of Love's disasters?

James Grant, in the London Spectator.

A short story entitled "Three Generations." Grandfather had a farm. Father had a garden. Son had a can-opener.

Keep Minard's in the Medicine chest.

Dept. of Health

Summertime and Accidents

In Ontario, according to the latest figures published, there were 269 deaths among males and 44 among females, due to drowning during the year. The age group claiming the highest number among the men and boys was that from 20 to 24 years, having a total of 42 fatalities. The women and girls who lost their lives in this way numbered 10 in the age group 14 to 24, the highest single number as regards age. So far as our boys are concerned, instruction in swimming might well be given at an early age ,as Ontario loses her boys by accidental drowning in large numbers beginning in the fifth year of life. It goes without saying, of course, that girls also should be taught to swim at the earliest possible age.

Deaths Due to Automobile Accidents

Our death-rate from accidents in Ontario to-day is alarmingly high. Automobiles are an important factor in fatal accidents. "Be careful" is a bit of self-help advice which will help not only yourself but the rest of the world as well.

If you use a motor car—be careful. The driver and his passengers derive just as much protection from his careful driving as do the people he meets on his way.

If you use a bicycle—be careful. There are very dangerous risks to be considered in riding a bicycle; be fair to the motor car and to the pedestrian, but first of all, be fair to yourself.

If you do not use a motor car—be careful. The deaths of children following motor accidents are not always the fault of the driver; they are often due to carelessness on the part of the parents or the children themselves. Old people who are nervous should not cross streets and highways busy with traffic by themselves.

The motor car is a blessing of modern progress—reasonable care will do much to prevent it becoming a curse.

How to Preserve Children

(Taken from "Babyhood")

1. Take two or more children of the run-about-age. If they are bright-eyed, rosy-cheeked youngsters so much the better.

2. Tuck them into bed early—and leave for 12 hours of quiet restful sleep. Windows wide open.

3. In the morning, dress them lightly and set at a table in the brightest, cheeriest corner of the breakfast room.

4. To each child add the following:
One small cup of orange juice.
One steaming dish of delicious, nut-brown "whole-wheat" cereal.
Several slices of crisp whole-wheat toast.
One glass of milk.

5. Remove the children to a grassy lot. Add a kite, a dog or so and mix thoroughly.

6. Cover all over with a blue sky and leave in the sun to brown.

(Published by the Toronto Home and School Council and the Child Welfare Council.)

Other Countries, Other Customs

Toronto Star (Ind.): (The London Daily News describes in an article how four Canadian Cabinet Ministers were compelled for the sake of appearances to adopt the custom of carrying walking-sticks in London.) To be seen with a walking-stick has a very different significance in Toronto from what it appears to have in London. There, it would seem from the article in the Daily News, the carrying of a stick imparts to you an air of class and caste which impresses a policeman. Here the carrying of a stick suggests that you are, unhappily, unable to get about in a car of your own. If you walk it is taken to mean that you have neither car, carfare nor a friend to pick you up. As for walking, it is thing one does indoors or necessarily and compulsorily when fishing or playing golf. Children still learn to do it, but not until long after they have become seasoned and sunburned motor passengers.

The Root of Unemployment

Lancelot Lawton in the Fortnightly Review (London) : It was the nineteenth century that filled the earth with people and left its successor to solve the problem of what was to be done with them. Karl Marx's embittered description of this epoch was not at all overdrawn. In reply it is often said that the rapid multiplication of population was a response to the enorbous growth of wealth due to industrialization, and that as a consequence the standard of living of the masses was raised. But the facts, impressive though they seem, are inadequate proof of common welfare. Other tests need to be applied, as, for example, whether the standard of living was raised sufficiently to justify the bringing into the world of so many million of people, and whether, if the answer be in the affirmative, it was a standard the permanent enjoyment of which was tolerably secure. Judged by either of these tests, the nineteenth century failed.

Our advice to Mr. Trotzky is to make his way to Mexico and feel at home again.

Use Minard's for the rub down.

Classified Advertisements

BABY CHICKS

BABY CHICKS: JULY AND AUGUST, Rocks 12c, Brown Leghorns and Anconas 11c, White Leghorns 10c, assorted chicks 9c. Express paid on 200 or over; free catalogue. A. H Switzer, Granton Ontario. 9

MEN WANTED.

MEN WANTED TO SELL WATKINS 150 Quality Products in rural sections of Ontario. World's largest factory to consumer organization. All-year-round proposition. Chance to build up lasting permanent business. Credit arranged to suitable parties. Write stating age to J. R. Watkins Company, Desk 5, Hamilton, Ontario.

A National Policy

London Free Press (Cons.): It is becoming more and more apparent that it is hopeless to try and do business in the way of reciprocity pacts or trade treaties with the United States. The only possible policy for Canada is that enunciated by Hon. R. B. Bennett, whereby Canada will frame its own fiscal policy for the benefit solely of Canadian industries. This does not mean necessarily high tariffs, but it does mean a tariff based frankly on the protective principle and which takes into consideration the welfare of the people of the Dominion.

Emerald Lake, Yoho Park

Beautiful Emerald Lake, in Yoho National Park, British Columbia, was first visited by Tom Wilson in 1882 while searching for stray pack horses. As far as is known, he was the first white man to visit this lake.

AEROXON With The Pin

The Honey Fly Catcher

You Must Do Your Bit in the war against the fly, carrier of germs and breeder of disease.

It is proven that AEROXON is one of the most convenient and most efficient means of combating this fly evil. It is convenient, because of the push-pin. It is hygienic: flies never get away when once caught. Each spiral gives three weeks' perfect service.

BEWARE OF IMITATIONS

Sold at drug, grocery and hardware stores

La Cie C. O. Genest & Fils, Limitée
SHERBROOKE, QUE.
SOLE AGENTS

Distributor for Ontario
NEWTON A. HILL
56 Front St. E., - - Toronto

Fishermen

Take Minard's along to relieve irritation of mosquito bites. Also good for cuts and bruises.

MINARD'S "KING OF PAIN" LINIMENT

10,000 Bottles a Day

Every day 10,000 women buy a bottle of Lydia E. Pinkham's Vegetable Compound. They know that there is no better remedy for their troublesome ailments with their accompanying nervousness, backache, headache, "blue" spells, and rundown condition.

Lydia E. Pinkham's Vegetable Compound

"Skinny"? Gain Weight Quick Way

New IRONIZED YEAST adds pounds in few weeks. Results Guaranteed—or pay nothing

Men and women write us every day they are positively amazed at speed with which Ironized Yeast added 5 to 15 pounds. Gave them new strength; a youthful skin; banished age-lines. They ask—now does Ironized Yeast work so fast?

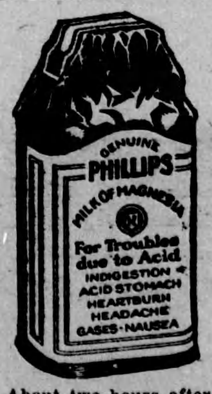
Ironized Yeast is two great tonics in one. Weight-building YEAST treated with two kinds of strengthening, blood-enriching IRON used for years by highest medical authorities. The Yeast is also treated with Violet Rays to increase its effectiveness.

Only when Yeast is Ironized is it most effective. Iron is needed to bring out the weight-building, strengthening values of Yeast.

Pleasant tablets. No "yeasty" taste. No gas or bloating.

Stop being "skinny" and unattractive. Fill out bony form. Get a clear skin and new strength. Feel years younger and look it. Get a full size treatment of Ironized Yeast at any drug store to-day. If not delighted with quick results, get your money back. If inconvenient to buy from druggist, send $1.25 direct to Canadian Ironized Yeast Co., Ltd., Fort Erie, Ont. Desk 425-MT.

When Food Sours



About two hours after eating many people suffer from sour stomachs. They call it indigestion. It means that the stomach nerves have been overstimulated. There is excess acid. The way to correct it is with an alkali, which neutralizes many times its volume in acid.

The right way is Phillips' Milk of Magnesia—just a tasteless dose in water. It is pleasant, efficient and harmless. It has remained the standard with physicians in the 50 years since its invention.

It is the quick method. Results come almost instantly. It is the approved method. You will never use another when you know.

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.