Are your hands shaky?

THE nerves are fed by the blood. Poor blood means starved nerve tissue, insomnia, irritability and depression.

Dr. Williams' Pink Pills will enrich your blood stream and rebuild your over-worked nerves. Miss Josephine M. Martin, of Kitchener, Ontario, testifies to this:

"I suffered from a nervous breakdown," she writes. "I had terrible sick headaches, dizziness; felt very weak and could not sleep; had no appetite. I felt always as if something terrible were going to happen. After taking other treatment without success, on my sister's advice, I tried Dr. Williams' Pink Pills, and now all these symptoms are gone, and I am strong and happy again."

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, Ontario.

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Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 54 COUNTRIES"

"Most British" Cities

Edmonton Journal (Ind. Cons.): (The mayors of Toronto and Kingston recently engaged in a violent discussion concerning the justice of either city's claim to be called the "most British" in Canada.) After all is said and done, as long as Canada is British, every city in the Dominion is equally British. One place may have more of the "English" atmosphere about it, another more of the air of one of the United States cities. But as time goes on and Canada develops in greater degree its own characteristics out of the elements of other races that have mingled in the Canadian, and out of the very soil and atmosphere of this country itself, cities will grow more Canadian and less anything else.

There will be no beauty contests in Italy, by order of Mussolini, who thus puts a stop to the only thing at which he can't hope to win.—Kay Features.

In this country it is the flopper vote rather than the flapper vote which keeps the politicians awake o' nights.—Boston Transcript.

Golf

Golf is a form of work made expensive enough for a man to enjoy it. It is physical and mental exertion made attractive by the fact that you have to dress for it in a $200,000 club house.

Golf is what letter carrying, ditch digging and carpet beating would be if those three tasks had to be performed on the same hot afternoon in short pants and colored socks by gouty-looking gentlemen who require a different implement for every mood.

Golf is the simplest looking game in the world when you decide to take it up, and the toughest after you have been at it ten of twelve years.

It is probably the only known game a man can play as long as a quarter of a century and then discover that it was too deep for him in the first place.

The game is played on carefully selected grass with little white balls and as many clubs as the player can afford. These little balls cost from 75 cents to $25, and it is possible to support a family of ten people (all adults) for five months on the money represented by the balls lost by some golfers in a single afternoon.

A golf course has eighteen holes, seventeen of which are unnecessary and put in to make the game harder. A "hole" is a tin cup in the centre of a "green". A "green" is a small parcel of grass costing $1.98 a blade and usually located between a brook and a couple of apple trees, or a lot of "unfinished excavation."

The idea is to get the golf ball into each of the eighteen cups in the fewest strokes and the greatest number of words.

The ball must not be thrown, pushed or carried. It must be propelled by about $200 worth of curious looking implements especially designed to provoke the owner.

Each implement has a specific purpose and ultimately some golfers get to know what that purpose is. They are the exceptions. After each hole has been completed, the golfer counts his strokes. Then he subtracts six and says, "Made that in five. That's one above par. Let's play for fifty cents next hole, too, Ed."

After the final, or eighteenth hole, the golfer adds up his score and stops when he has reached eighty-seven.

He then has a swim, a pint of gin, sings "Sweet Adeline" with six or eight other liars, and calls it the end of a perfect day.—"Provincial's Pay You."

Trade With Russia

Saskatoon Star-Phoenix (Lib.): Disapproval of Russian economic and political methods is no reason for ignoring Russia. The Russians remain citizens of the world and consumers of goods for all the mistakes of their rulers. Propagandist work by the Bolsheviks in Great Britain and in India was a legitimate ground for complaint by the British Government, but its extent was certainly exaggerated. So was its effectiveness, at least in Britain. There was only one avowed Communist in the last Parliament and at the last election every Communist candidate was defeated.

It's Funny

Cincinnati Enquirer: We always thought it funny to call a chicken "dressed" when it was stripped. Looking about the streets, we still think the same way.

Friend of the Night Flyer

THE NEW 50,000-CANDLE-POWER SUPER-BEACON

This Neale beacon is said to be twice as large as any now in use. It is seen here ready to be installed at Long Beach municipal airport.

RED HOT JULY DAYS HARD ON THE BABY

July—the month of oppressive heat; red-hot days and sweltering nights; is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles, or, if they come on suddenly, to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come on suddenly, will banish it. The Tablets are sold by medicine dealers or by mail at 25c. a box from The Dr. William's Medicine Co., Brockville, Ont.

General Dawes' "Yardstick" Speech

"At the beginning of the work the contribution of the naval experts to the problem should be a definition of abstract equality. It is certainly possible for naval experts to arrive at a definition for evaluation of fighting strength of ships. Thus, for instance, one might find a yardstick with which to determine the military value of individual ships.

"I will say, frankly, that from a commission of naval experts of the respective nations meeting together and called to evolve a final definition of the naval yardstick I personally should expect a failure to agree.

"It would seem that to adjust human nature the method of arriving at naval reduction each Government might separately obtain from their respective naval experts their definition of the yardstick. Then the inevitable compromise between these differing definitions which will be expressed in the final fixation of the technical yardstick, should be made by a committee of statesmen of the nations, reinforced from the beginning by these separate expressions of abstract technical naval opinion, and able again to seek further naval advice, if necessary, before the final fixation.

"These statesmen should further be the ones to draw up for the world the terms of the final agreement upon naval reduction, which should be couched in those simple terms understandable to the ordinary man on the street, which, while the pet aversion of the casuist, are the highest expression of true statesmanship. That final agreement, covering the quantitative dispositions, will go to the nations for approval or rejection.

"If this should be the outcome, let those entrusted with the last draft of the conclusions of the last conference be men born with the faculty of clear and concise statement, for that document must appeal to the composite will of the peoples of the nations, and in order to make the proper appeal it must be read generally and understood.

"There, again, we remember the operations of the law of human nature, and will hope that in these men the temptation to show erudition will be subordinated to writing that which, while properly covering the cause, may be understood by the audience. A clear statement of the case, understandable by all, should mean success."

Remember when father used to swing Indian clubs and raise dumbbells? Well, he has quit swinging Indian clubs.—American Lumberman (Chicago).

According to the Literary Digest, plants make a noise when growing. Then maybe the wake-robin really does wake the robin.

Minard's Liniment for Rheumatism.

Labour and Socialism

Glasgow Herald (Cons.): The new Labor Government in Britain does not seem to have anything in common with the Protectionist policy of the Australian Labor Governments. In most matters, indeed, it might seem that affairs in the two countries cannot be paralleled. Yet the fact that in the later stages of the Australian Labor Governments—one of which was 14 years in office—State Socialism was at a complete discount is worthy of remembrance. Some Labor speakers in Australia even propose now to throw the Nationalization plank overboard. If Mr. MacDonald's Government had adequate power and set Socialistic experiments in motion ,it is a fair speculation to suggest that the erperience of the Australian Labor Governments would be repeated.

The Naval Pilgrimage

Toronto Globe (Lib.): It is persistently rumoured in Britain that the Right Hon. Ramsay MacDonald is shortly to set out on a naval disarmament pilgrimage to Washington, and that he is to invite the Canadian Prime Minister to join him in the pourparlers with the United States' the matter is none of Canada's busi- President. Strictly speaking of course, the matter is none of Canadas' business. The Motherland pays the entire cost of her own navy. Canada's contribution to Empire naval defence consists of two borrowed second-hand destroyers. That force hardly entitles her to a voice in international disarmament discussions.

A Liverpool Communist who was asked his views on Roman Catholic schools declared: "That matter is of no personal interest to me. I am an Atheist, thank God!"

The finest tea you can buy—Red Rose Orange Pekoe. Made from juicy, flavor filled leaves—three days in bud. Every package guaranteed.

RED ROSE TEA "is good tea"

RED ROSE ORANGE PEKOE is extra good

Europe and the New World

Wickham Steed in the Review of Reviews (London): Anglo-American naval rivalry would infallibly produce conditions in Europe which, sooner or later, would lead to another great war. As Lord D'Abernon—no mean authority—has explained, the whole policy of Germany during the past eight or nine years has been influenced, directly or indirectly, by the United States. What German Governments have done has been done either on American advice or in anticipatio of American approval. Were Anglo-American relations to be marked by a spirit of hostility tending towards conflict; were Great Britain, at the same time, to lean more heavily upon France in her foreign policy, the logical result would be for Germany to "play up to" the United States in the expectatio nof a struggle in which Germany might hope to "get her own back."

Minard's Liniment for aching joints.

Magic

Who can tell what magic is?
Or in what covert does she lie?

Under what brown leaves or green
Shines her startled eye?
Though we beat the woods of dream,
Lure and stalk her as we will,
She sits close, she nestles warm,
She eludes us still.

I have never seen her clear
Nor known from what deep shade she slips,
Yet I have felt her sudden wings
Brush against my lips.

We understand from the advertisements that the college lads are at least passing their cigaret tests with great success this year.—Arkansas Gazette.

LAXATIVE FOR BABY THAT "STAYS DOWN"

Baby's tiny system rebels against castor oil and strong purgatives; but here's a medicine that just suits him. And it does the work quickly and so gently that Baby doesn't feel it. Fletcher's Castoria is soothing cross, fretful babies and children to sleep and making the feverish, constipated, upset ones well and happy, in millions of homes to-day. Castoria is purely-vegetable, harmless and endorsed by the medical profession. Avoid imitations. The Chas. H. Fletcher signature marks genuine Castoria.

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

London Supreme

London Daily Chronicle (Lib.): This mighty metropolis of the British Empire is the Mecca for many things, yet not for all. Music you will find better in Germany; painting, in Paris. Paris, too, still dictates the feminine fashions, as London, the masculine. But along each of these lines London is creeping up. In the last of them—women's wear—the old primacy of Paris has been narrowed to the most exclusive type of dressmaking; for the rest the British capital leads. Women, generally, are better dressed now by the Thames than by the Seine, and can buy better value here than there. This change, which is still in progress, is especially the work of the great London stores. Their magnificent growth since the war is one of Europe's wonders. Besides them their Paris equivalent seem almost provincial.

Maintaining Our Highways

The total amount spent on the improvement and maintenance of Canadian roads annually is well over $45,000,000.

A great man is one whose life proves him to have been recognized, if not called, by God.

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

Headache

Bathe the head with Minard's in water. Also heat and inhale Minard's.

MINARD'S "KING OF PAIN" LINIMENT

Gum-Dipped TO GIVE Most Miles Per Dollar

Whether it's the sudden stop, the quick get-away or the steady pull through heavy roads—your Firestone tires are on the job 100% insuring you safety, traction and economical performance.

Under the rugged non-skid tread is the Firestone safety carcass built of cords with every fibre insulated with rubber to eliminate internal friction. With such a combination, no wonder Firestone tires give "Most Miles Per Dollar." See your nearest Firestone Dealer.

Firestone TIRES

Acid Stomach

Excess acid is the common cause of indigestion. It results in pain and sourness about two hours after eating. The quick corrective is an alkali which neutralizes acid. The best corrective is Phillips' Milk of Magnesia. It has remained standard with physicians in the 50 years since its invention.

One spoonful of Phillips' Milk of Magnesia neutralizes instantly many times its volume in acid. It is harmless and tasteless and its action is quick. You will never rely on crude methods, never continue to suffer, when you learn how quickly, how pleasantly this premier method acts. Please let it show you—now.

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.

ATTENTION, WOMEN OF MIDDLE AGE!

Mrs. Goodkey Tells Her Experience with Pinkham's Compound

Byemoor, Alberta.—"The Change of Life was the trouble with me and I was run-down, thin, and weak and could not sleep, had a poor appetite and could not do much work. I am taking Lydia E. Pinkham's Vegetable Compound now and I feel like a well woman. I saw it advertised in the papers and tried it and Lydia E. Pinkham's Sanative Wash. I have recommended it to a lot of women friends."—MRS. WM. GOODKEY, Byemoor, Alberta.

APPLICATIONS Are Filled As Far As Possible in the Order in Which They Are Received.

APPLICATIONS Offering Annual Work Are Invariably Given the Preference.

ONTARIO DEPARTMENT OF AGRICULTURE

Farm Help Supplied

The Colonization and Immigration Branch of the Department of Agriculture for Ontario will have available a number of Experienced Married Men With Their Wives and Families—Married Couples Without Children—Also Single Men.

Farmers requiring help will be well advised to make early application to

Geo. A. Elliott
Director of Colonization
Parliament Bldgs.,
Toronto, Ont.

File Your Application at Once

All Men Placed Subject to Trial Period

HON. JOHN S. MARTIN, Minister of Agriculture

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.

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