Do you take pleasure in Housework ?

"I NOW go about my daily work with pleasure," says Mrs. Scott of Guelph. In spite of tiring domestic tasks and family cares, that is the way every woman should feel. But how many do?

Thousands of women all over the world have regained strength and nervous energy by taking Dr. Williams' Pink Pills, and write to tell us so.

Mrs. Scott is one of these. "I was very much run-down, nervous, tired. I took Dr. Williams' Pink Pills and am as well as ever again. Now I go about my work with pleasure; in fact, feel 10 years younger."

Buy a box of Dr. Williams' Pink Pills at all druggists and dealers in medicine or, postpaid, by mail at 50 cents a box from The Dr. Williams Medicine Co., Brockville, Ontario.

S-22

50¢ PER BOX

Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 54 COUNTRIES"

Imagination

Imagination has given us all progress, built our cities, written the worth-while books, composed our splendid music, carved living statues, given birth to modern industry and made the desert places of life to blossom as the rose. This is the essence of genius, the basis of success, the creator of character, the soul of sympathy, and the chief witness to the nature of infinite being.—H. K. Miller.

Are You Ready

When your Children Cry for It

Baby has little upsets at times. All your care cannot prevent them. But you can be prepared. Then you can do what any experienced nurse would do—what most physicians would tell you to do—give a few drops of plain Castoria. No sooner done than Baby is soothed; relief is just a matter of moments. Yet you have eased your child without use of a single doubtful drug; Castoria is vegetable. So it's safe to use as often as an infant has any little pain you cannot pat away. And it's always ready for the crueler pangs of colic, or constipation, or diarrhea; effective, too, for older children. Twenty-five million bottles were bought last year.

Fletcher's CASTORIA

Beauty and the Sun

(Special Correspondent)

The eyes of Britain are on the sun. The secret of life-renewing vigor, health and happiness is out.

Bathers bare their backs, and tennis players bare their legs. Man, woman, and child revel, unashamed, half-nude under Nature's life-lamp. The false modesty complex is gone for ever.

Last week, at the London stores, women and girls flocked to buy the latest bathing dresses that leave the back almost naked to the waist, so that the wearer can enjoy to the full the benefit of the sun's rays.

They were bought in no spirit of bravado. They were not bought to shock, to allure, or to tempt the vulgar gaze. They were bought to wear for the coveted sun-bath that is already the rage at home and abroad.

Any week-end you may see the sun-worshippers—bare-legged men and women, with frocks and shirts wide open at the throat, tramping the broad highway, or bathers in the scantiest of costumes basking in the gleaming sunshine on the sands.

Going Back to Nature

Mrs. Grundy may gasp her dismay, but the fact remains that Britain, to keep fit, is going back to nature. Sun-bathing has come to stay.

A little while ago a great sensation was caused on the Sussex downs by two members of a society which believes that mixed sun and air-bathing in the nude state is the secret of mental and bodily health.

One was a girl of 20, with a body richly tanned by continual exposure to sun and wind; her companion, a young man, who eloquently explained that they believed in pride of body, and not shame of it.

"We want to infuse grace and grandeur into an existence that has become paltry and trivial," he declared. "We accomplish this psychically by sun-bathing and mentally by psychoanalysis and positive thinking.

Living Poetically

"Our great idea is to discipline our selves in order that we may live more vigorously and joyously. Tiredness of limb and weariness of soul go together."

On one occasion, when both were ambling along in a nude state, they were surprised by a party of holiday makers on their way over the downs to bathe.

"They were extremely surprised," said the young sun-god, "and they were also somewhat concerned. But we had nothing of which t oe ashamed. We are simply living poetically."

Again ,a remarkable stir was created by an advanced educational experiment at a private school in Suffolk, where boys and girls ran about naked and sketched from the nude in mixed classes.

There were 26 pupils, all the boys being under the age of 12, while the ages of the girl pupils ranged from a few years to 16.

The outhouses of the school had been converted into studios and a gymnasium. Near by was a pool of water where, in the summer months the boys and girls bathed, there being a strict rule that costumes should not be worn.

Modern Adams and Eves

We educate our children on psychological lines," said Mayor T. J. Faithful, the head of the school. "We teach them to ignore the differences of sex, and so far as harm resulting from the art classes I claim that there are positive advantages.

"Life," he said, "is a natural thing, and nudity is only shameful because we have made it so. Unhealthiness comes from separating the sexes."

Germany, once a land of restricted womanhood and iron morals, has today over 3,000,000 disciples of the Sweden too, have joined in the movement.

The German sun-worshippers claim Lord Monboddo as their pioneer. He shocked the German housewives by bathing naked in public brooks and sun-bathing in the mud with nothing but a coating of olive-oil on his body.

And that was in 1795!

The army of modern Adams and Eves in Germany is popularly known as the "Children of the Sun." Members are pledged "on suitable occasions and in suitable localities" to preach and practice clothelessness.

Only recently, with the sanction of the German Home Office and the approval of the Ministry of Health, branches of the movement rented waste tracts of lake and riverside land throughout the Fatherland.

Here they have built special enclosures where members may discard their clothing and expose their bodies to the sun free from prying eyes.

An "Island of Eden"

Body culture in Germany is evolving a race of super-men and super-women.

Every week-end the country roads for miles around the main cities are thronged by young men and women clad only in the scantiest attire ad out to revel in the sunshine and indulge in feats of strength and physical culture.

Simple-lifers in Paris practice their faith on an "island of Eden" at the Seine at Villenes.

Every week-end it is dotted with a forest of small tents from which men and women, wearing bathing costumes and shorts, emerge to lie for hours in the reviving sunlight.

The Spreading Revolt

Two brothers, Gaston and Andre Durville, who are the leaders of the movement, declare that they are on the right road to promoting a new gospel of health and happiness.

Nude bathing parties have recently been held at a villa near Cannes, which has its own luxurious bathing pool. Bathers of both sexes participated, and it is stated that several English people, well-known in London society, took part.

In the United States sun-bathing has been cultivated for many years, but latterly the nude state has been considerably championed. Young girls, particularly, have exhibited the greatest enthusiasm, and nude sun-bathing parties have been many and successful.

And so the revolt against clothes continues to spread throughout the world. Perhaps Britain will soon be on the way to regaining its position as the healthiest nation under the sun.—Montreal Standard.

KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentry, colic and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevent stomach and bowel troubles or if trouble comes suddenly —as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

She. How do you like my new 1929 bathing suit?

He: Wait a minute, I haven't seen it yet.

Radio

Ottawa Droit (Ind.): The best plan would be, inour opinion, to commercialize radio ,which has become a publicity medium of very great value, although that of the press still surpasses it by many lengths. In this respect the American practice seems to recommend itself. Certain interests, companies, businesses of all sorts, are sold an hour a week, and the purchasers are responsible for the organization of their musical programs, reserving here and there a few seconds for their own publicity. This method, besides allowing us to reduce to a minimum the price of licenses, will make radio stations paying propositions. We shall thus be enabled to resist the principle of State ownership ,which there has been some attempt to import here from Canada in the matter of radio.

Unnecessary

The barrister had returned home after an important case in which he had been defending a man charged with murder.

"What was the verdict?" asked his wife, rushing into the hall and throwing her arms round her husband's neck.

"He was acquitted," beamed the barrister.

"Wonderful! How did you mange that? On what grounds?"

"Insanity," was the reply. "I proved that his father had spent five years in a lunatic asylum."

"But he hadn't, had he?"

"Oh, yes, he had!" said the rising young barrister. "He was a doctor there, but I saw no reason to bring that out."

Pleasure

Pleasure is one of those commodities which are sold at a thousand shops ,and bought by a thousand customers, but of whilh nobody ever fairly finds possession; either they know not well how to use, or the commodity will not keep, for no one has ever yet appeared to be satisfied with his bargain; it is too subtle for transition, though sufficiently solid for sale.—W. G. Simms.

Madness

There are two kinds of madness. One produced by human infirmity, the other by a divine release from the ordinary ways of men.—Plato.

Minard's Liniment for aching joints.

The Man Behind

Lloyd George has intimated that the balance of power is in his hands and that it will be used to the advantage of the people as a whole. Premier Ramsay MacDonald may take this either as a threat or a promise, but we surmise that he has little to fear so long as he carries out the unemployment program outlined by the Liberal party and unalloyed by the opinions of the Fabian Society. Naturally Mr. Lloyd George would like to see the thunder Premier MacDonald stole from him put into effect.

As long as he goes straight Premier MacDonald can probably count on Lloyd George's support, provided he makes certain changes in the Franchise Act which should give Lloyd George twice as many followers as he has now and to that extent would make the balance of power twice as puissant as it is to-day. But Premier MacDonald must not forget that there is a Man Behind and that little David with his stone the great Goliath slew. No doubt Mr. Lloyd George still has hopes for the rejuvenescence of the Liberal party. He still has the campaign fund in his hands and at the next election can say to one, come, and he cometh, and to another, go, and he goeth, and otherwise act with full authority.

It is this Campaign fund that Winston Churchill deplores when he states in his post mortem on the election that Mr. Lloyd George used every means to sabotage the Conservative Party. This is only partly true, the Conservative party having sabotaged itself to some extent by having nothing more colorful to put forward than to let well enough alone. Is Mr. Churchill snarling or has he dreams of being the Man Behind and switching the Liberal party over to his side? One way or another, this Mr. Churchill has done a lot of switching in his day.

Inter-Imperial Trade

Quebec Evenement (Cons.): Some people think, with Lord Beaverbrook, that free trade between Britain and the British countries across the sea, is the most practical solution of this grave problem. Others, with Mr. Chamberlain, believe that the time is approaching when the application of commercial imperialism, but with guarantees for the daughter nations of England, will be the only efficacious solution of the difficulty. In our humble opinion, free trade is no more desirable in the Empire than it would be between Canada and the United States. It is clear that our different habits of life render a proposal like this inacceptable to Canadians. It would put our raw materials at teh disposal of British industry, to the detriment of the Canadian industrialist and worker, and it would not compensate this disadvantage by any adequate increase in the importation by England of articles produced in Canada. What both Britain and Canada appear to need is commercial treaty assuring to both a strong commercial preference. Canada already gives this, but receives practically nothing in return. Without doubt, London is our best client for the export of agricultural products. But in the invisible exchanges, money, for example, Canada annually dispatches to England hundreds of millions of dollars in dividends.

Minard's Liniment for Earache.

Hopes

Hast thou o'er the clear heaven of thy soul
Seen tempest roll?
Hast thou watched all the hopes thou would'st have won
Fade one by one?
Wait til the clouds are past, then raise thine eyes
To bluer skies.

—Adelaide A. Proctor.

The up-and-coming young man is likely to succeed, unless he is up at four and just coming home.

LUXO FOR THE HAIR

Ask Your Barber—He Knows

Red Rose Orange Pekoe Tea is truly economical. A half pound makes almost as many cups as a full pound of cheap tea costing 50c to 60c. 66

RED ROSE TEA "is good tea"

RED ROSE ORANGE PEKOE is extra good

Young and Old

When all the world is young, lad,
And all the trees are green;
And every goose a swan, lad,
And every lass a queen;
Then hey for boot and horse, lad,
And round the world away;
Young blood must have its course, lad,
And every dog his day.

When all the world is old, lad,
And all the trees are brown;
And all the sport is stale, lad,
And all the wheels run down;
Creep home, and take your place there,
The spent and maimed among;
God grant you find one face there,
You loved when all was young.

—Charles Kingsley.

Ohio State Journal: "One of the somewhat disillusioned brides of this neighborhood wonders if Lindy snores." Another assignment for the reporters.—Toledo Blade.

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

College Girl Tells How She Cleared Skin, Gains 12 lbs.

"I am a student at Columbia University," writes Miss Arden Ambrookian, "and I am writing to inform you of the benefits derived from Ironized Yeast. It helped do away with some unsightly pimples that were so hard to get rid of. Before taking Ironized Yeast my weight was 103 lbs. Now I weigh 115 lbs. My face and neck are rounding out, my digestion is better, I eat and sleep well and my health is excellent."

Letter after letter tells this same wonderful story. Five to 15 pounds gained in a few weeks. Bony limbs rounded. Blemished skin cleared.

Only when Yeast is Ironized is it more effective—for iron is needed to bring out the weight-building and strengthening values of Yeast. Get these pleasant tasting tablets today. Never cause gas or bloating. Safe—no harmful drugs.

Go to any drug store to-day and get a full size treatment of Ironized Yeast. If after this generous trial you are not delighted, get your money back from druggist or manufacturer. If inconvenient to buy from druggist, send $1.25 to Canadian Ironized Yeast Co., Ltd., Fort Erie, Ont. Desk 425-BT.

When Pain Comes

What many people call indigestion very often means excess acid in the stomach. The stomach nerves have been over-stimulated, and food sours. The corrective is an alkali which neutralizes acids instantly. And the best alkali known to medical science is Phillips' Milk of Magnesia. It has remained the standard with physicians in the 50 years since its invention.

One spoonful of this harmless, tasteless alkali in water will neutralize instantly many times as much acid, and the symptoms disappear at once. You will never use crude methods when once you learn the efficiency of this. Go get a small bottle to try.

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

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. 6

Thank Goodness

Detroit News: The office cynic says he felt instantly relieved this morning, when reading over the proposed new tariff bill in full detail, to find unmanufactured lava on the free list.

My poor friend George has lost the tie-pin his wife gave him for a birthday present. He could not keep up the instalments.

Flashing Eyes Laughing Eyes Downcast Eyes

Eyes tell Your Character

Brown eyes for strength—Blue for generosity—Gray eyes for jealousy—Sparkling eyes indicate beauty, yes, and good health, too! Do your eyes sparkle? Are the whites clear or are they tinged with yellow —indicating an out-of-sorts condition — due to constipation? If so, you need

Beecham's Pills

Try a regular daily course for a short period. Your eyes will tell the story.

A Vegetable Product. 329

Read about Character from the Eyes in future Beecham Advertisements.

Sales Agents: Harold F. Ritchie & Co., Limited, Toronto

Cuticura Soap

restores the normal action of the pores by its wonderfully effective cleansing and purifying qualities.

Fifty Years of Service

Soap 25c. Ointment 25c. and 50c.

Dandruff

Rub Minard's into your scalp four times a week. Prevents falling hair.

MINARD'S "KING OF PAIN" LINIMENT

Was In Bed All Summer

"I have to work in the store and do my own housework, too, and I got nervous and run-down and was in bed nearly all summer. The least noise would make me nervous. I was told to take Lydia E. Pinkham's Vegetable Compound and I have taken seven bottles. It has made me stronger and put more color into my face. I am looking after my store and housework and my four children and I am getting along nicely now."
—Mrs. J. Malin, R. R. No. 5, Barton St. East, Hamilton, Ontario, Canada.

Lydia E. Pinkham's Vegetable Compound

FERTILIZERS FOR FALL WHEAT

Carefully compounded to promote proper growth, Fall and Spring. Every carlot and less carlot buyer should have our prices. Write Now. Agents Wanted. Minimum car 15 tons. No reason to complain of high prices if you buy from us. Write today.

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