A healthy, happy middle age!

WHAT does "after forty" mean to you? Are you less capable than you used to be? Nervous? Easily tired? Run down?

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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 48

Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 54 COUNTRIES"

I Know a Bird

I know a bird that sings at twilight,
Sings, oh, sweet! when dusk is falling.
Sings from the shadowy deep green cover
Over a tall dark cliff to the southward.
I know the song of a bird.

Always the sun is sloping westward
(Cooler the air on the cool blue water);
Over the river silverly singing
High, singing low, singing clear, singing sweetly
Comes the song of a bird.

I know a bird that sings when the clover
Sweeter smells from the dew's moist falling,
Perfume and melody softly calling,
Plaintively calling over the water,
The good night song of a bird.

—Erica Selfridge.

The Gold Drain

Truth (London): "For some time past British gold has been flowing to France in alarming quantities." As to the gold drain, that is now going on, nobody appears to know why France is taking gold, or, rather, why the French exchange has fallen to a point at which it is highly profitable to ship gold from this side. Evidently money is dearer in France than suggested by the level of the Bank rate (2 per cent. below London), and it has suited France to withdraw part of her sterling credits in the form of gold. While the with drawals are going on there must be anxiety regarding the future.

Liberty

There is no true liberty, nor right joy, but in the fear of God with a good conscience.—Thomas a Kempis.

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The Graf Zeppelin and the Future

Two-day dirigible service between the United States and Germany is predicted by Germany's representative of the Ministry of Transportation, as a result of the Graf Zeppelin's successful 5,000-mile flight from Friedrichshafen to Lakehurst, New Jersey, in less than four days. This was the great airship's second voyage to these shores and the return trip last year was made in less than seventy hours. A larger dirigible, we are told, not only could carry a greater number of passengers and more mail and express, but it could make the westward crossing in less than sixty hours. Already, says a writer in the Baltimore Sun, plans have been made for the construction of two American passenger dirigibles, each twice the size of the Graf Zeppelin; and in Great Britain the giant British airship R-100 is nearing completion. But the Graf Zeppelin, we are reminded by the St. Joseph News-Press, "is the first representative of that mighty argosy of air-liners with which the human imagintaion has for generations been painting the skies."

Germany's "merchantman of the air" left Friedrichshafen at 9.29 p.m., Eastern Standard Time, Wednesday, July 31. She carried, besides twenty passengers, a stowaway and a crew of forty, 30,387 letters and 31,499 postcards, some birds and animals, and miscellaneous frieght items, including a piano. A similar trip, attempted last May, failed through defective engine shaftings, recalls the New York Times. The voyage which began on July 31, we are told, "was a shakedown for the new equipment and a training trip for the crew in preparation for the dirigible's trip around the world." At 10 p.m., August 1, the Graf Zeppelin passed over Gibraltar, and at 7.05 p.m. the following day she was ninety miles south of Pico, the Azores. At 9 p.m., Saturday, August 3, her position was given as 1,035 miles southeast of the Navy's hangar at Lakehurst, which she reached at 6.29 the following evening, exactly ninety-three hours out. She came, it is estimated, 5,331 land miles.

As a result of the Graf Zeppelin's second visit we are experiencing a revival of the airplane-dirigible controversy. The airship enthusiats are loud in their praise of the potentialities and capabilities of the dirigible, while the suporters of the airplane insist that the airship is cumbersome, uneconomical, and generaly impracticable. The unprejudiced ones are "from Missoudi." Certainly maintains the Washington post, "of the 'round-the-world flight is caried out successfully, Dr. Eckener and his Graf Zeppelin will have convinced many that the dirigible is not the ungainly thing it is so frequently painted." To quote the Philadelphia Evening Publice Ledger.

"There is solid significance to this second triumph of German ingenuity and enterprise.

"Those nations which carry the world's trade have their minds turned to the air as the next field of competition for supremacy in transportation and communication.

"Big airships are building in England and America, and others are contemplated elsewhere. The air-liner will have many opportunities during the coming years to prove its possibilities."

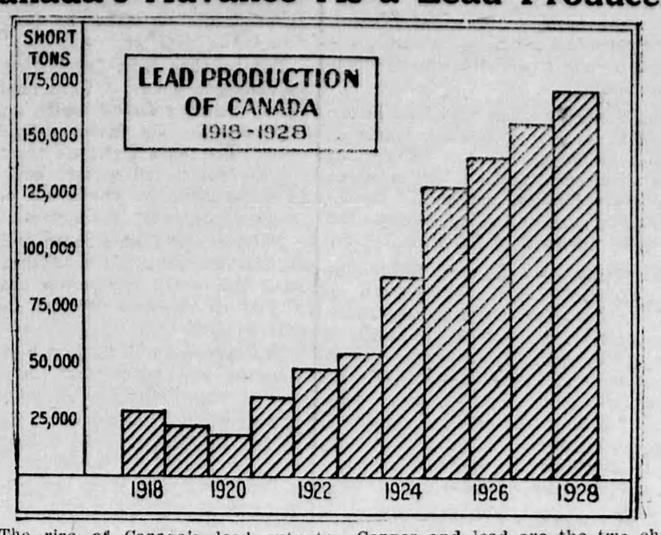
A large number of newspapers, on the other hand, are convinced that the dirigible is still in the experimental stage; that the dirigible's margin of time advantage over the ocean-liner is not sufficiently great to attract passengers. In the opinion of the New Haven Register, "the Graf Zeppelin's usefuleness will be seriously restricted until she can develop much greater speed." "If she is to compete with the passenger-carying liner, she must function as regularly and be as safe," pints out the New York Times. A criticism of the New York World is that "the Zeppelin type of airship is very costly to build, house, and operate i proportion to the useful load it can carry." Then there is the time which such a leviathan of the skies loses through being compelled by unfavorable weather to take a longer doute. Writing of the "commercial disadvantages" of the Zeppelin type of airship, Willian. L. Laurence says in the New York World:

"First, are the enormous discomforts of this mode of travel During these early stages when the newspapehs tsill give Zeppelin flights front-page publicity willing to pay $2,000 for the privilege of being coped up like hens for three days or more, eating mostly canned foods, unable to smoke of bathe, or even to open a window to get a breath of fresh air Add to this the pleasure of being pitched and rolled over God's heavens, and it will not take such horse-sense out that while such ocean travel may be good enough for baboons, gorillas, pigeons, canaries, and grand pianos, it is far from attractive for individuals going aboard for purposes other than publicity."

In the final analysis, avers the Norfolk Virginian-Pilot "it can not be said that the Graf Zeppelin's flight from Friedrichshafen to the United States advances the development of lighter-than-air craft beyond the exuerimental stage." For example:

"Airship disasters, such as the Roma, the Shenandoah, the R-38 in England, the los of the Dixmude, and England, the loss of the Dixmude, and Graf Zeppelin on an attempt to fly to America earlier this year, all attest the degree to which the dirigible is dependent upon favorable weather for its success. The present voyage, which was made under most favorable weather conditions, and which seems to have been uneventful, does not appear to have done more than call attention to the desirability of further experiments with this form of aircraft."

Canada's Advance As a Lead Producer



The rise of Canada's lead output furnishes one of the outstanding features of the Dominion's progress in mineral development during recent years. Lead has been mined in Canada for forty years or more, but within the past decade production has increased at a remarkable rate—rising from about 25,000 tons in 1918 to over 170,000 tons last year. The great Canadian source is British Columbia which possesses, in the Sullivan mine, the largest lead and zinc mine in the world. Quebec, Ontario, and Yukon Territory also contribute to the output.

Copper and lead are the two cheif items in the world's consumption of nonferrous metals. On a tonnage basis lead runs copper a close race. World's production of lead in 1928 amounted to 1,846,000 tons as against 1,883000, tons of copper. According to the figures of the American Bureau of Metal Statistics, upon which the accompanying chart is based. Canada took fourth place among the lead-producing countries. Australia held only a slight margin of leadership over Canada—a margin which, in view of the prospects for further growth in the Canadian output, may shortly disappear.

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 feets 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.

The Right of Asylum

Manchester Guardian (Lib.): (Mr. Clynes has refused Trotsky admittance to Britain on the ground that he might become a source of "grave embarrassment" to the Government. One would have thought Sir William Joynson-Hicks, now more suitably accommodated in the Upper House, alone capable of the apology which Mr. Cynes has offered for the Government's decision to refuse Mr. Trotsky admittance to this country. . . . .

Admittance of Mr. Trotsky, the ex-Bolshevik and arch-heretic, would annoy no one, except perhaps the Soviet Government, which has exiled him, and the little group of British Communists. And the Labor Government would be wise to avoid the appearance of caring too much about either. The entrance of Mr. Trotsky would no doubt cause some public excitement. He would no doubt write vivid and entertaining memoirs. But there is no way in which he could harm this country or its Government even if he would. In a few months he would be forgotten, like our other distinguished exiles, mainly of royal blood, whom the present Government appears to find tolerable enough.

On Writing as a Trade

Hilaire Belloc in the New Statesman (London): Belzac said a very true thing when he maintained that the writing man gives more of himself than any other kind of worker. He is the pious pelican; he feeds the brutish populace upon his own flesh. I doubt whether there is any interval more dispiriting than that between the moment when a man sets out in his fatigue to attempt some writing, utterly indisposed as he is, because it is his miserable task, hardly even a duty, certainly not a natural activity, but a bitter slavish compulsion and that when, perhaps an hour later, he has screwed himself up to the pitch!

Lord Lloyd and Egypt

Spectator (London): It is not necessarily a condemnation of Lord Lloyd to say that he was without conciliatory conviction in regard to Egypt. He had the right to his own judgment, and his proved courage and energy would make him a valuable and ministrator under different conditions. Indeed, we wish that it had been possible for the Government to offer him there and then some other post. Thus they might have avoided the mischievous rumours which are bound to be set afloat by a sudden procured resignation.

Minard's Liniment for Neuralgia.

Appetising Dishes

Ice-Box Pudding

One cupful of sugar; one scant cupful of butter; three whole eggs; one-half cupful of chopped pecans; one small can of grated pineapple, well drained; one dozen macaroons.

Cream together the butter and the sugar; add the eggs, one at a time, stirring continuously; add the pineapple and nuts, still stirring; lastly, theh finely crumbled macaroons. Pour into a mold which has been lined with lady fingers. Set away in the ice box from 12 to 24 hours. Serve in slices, topped with whipped cream.

Butterscotch Cookies

Three cupfuls of flour; 2 cupfuls of brown sugar; 1 level teaspoonful of soda; 1 level teaspoonful of cream of tartar.

Mix well together and add ½ cupful of butter, working it in as with pie-crust. Add 2 eggs, well beaten; 2 teaspoonfuls of vanilla.

Mold in rolls, leave overnight in the ice box. Slice and bake.

Ice-Box Rolls

One cupful of lard; 1 cupful of boiling water; ¾ cupful of sugar.

Cream the lard and sugar, then add the boiling water and cool.

One cupful of cold water; 2 cakes of compressed yeast; 2 teaspoonfuls of salt; 2 eggs; 6 cupfuls of unsifted flour.

When the first mixture is cool, add the yeast cakes dissolved in the cold water; then the eggs, well beaten. Finally, sift in the flour and salt. Beat thoroughly, and put in the ice box overnight. Mold in any preferred shape and let rise two hours before baking. Bake in a hot oven for 20 minutes. Clover leaf rolls, made by using muffin tins and filling each ring with three tiny rolls, are in high favor.

This mixture will keep perfectly for several days and furnish several bakings.

Baked Cucumbers With Lobster

Peel a sufficient number of cucumbers, allowing one to each person; cut them into halves lengthwise, remove the seeds and soft portion, then place them in a kettle and cover with boiling water. Leave to stand five minutes, then drain the cucumbers, blanch in cold water and dry on a cloth. Have ready a stuffing made by melting 2 tablespoonfuls of butter and blending with it the same amount of flour, then adding a grating of nutmeg and ¼ of a teaspoonful each of paprika and salt. Stir until frothy, then add 1 cupful of milk or cream, stirring constantly until the mixture boils. Add 1¼ cupfuls of lobster meat cut into small pieces and ½ of a cupful of salted mushrooms, also cut into small pieces. Fill the cucumbers with the mixture, place in a buttered baking dish and bake until the stuffing is hot.

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RED ROSE TEA "is good tea"

RED ROSE ORANGE PEKOE is extra good

Wild Birds Return To Parks in London

London.—Bird sanctuaries, established during the last seven years, have induced large numbers of birds which were tending to disappear from the London area, to nest once more in the royal parks.

In Hyde Park and Kensington Gardens, situated in the heart of an enormous urban area, and frequented daily by a large number of people, no fewer than 17 species of wild birds now nest there.

Though seldom or never seen there for years, the following are wood pigeon, mallard, moorhen, great crested grebe, goldfinch, greenfinch, tufted duck, pochard, common gull, spotted flycatcher, wood warbler, goosander, smew, scoter, scaup duck and redwing.

Birds of commoner varieties, which have never completely deserted Hyde Park and Kensington Gardens, are now found in everincreasing numbers, states the report of the committee on bird sanctuaries.

Keep Minard's Liniment always handy

Does Wales Want a Capital?

Welsh Outlook: (London, Edinburgh, Dublin and Belfast are capital cities; but what of Wales?) We have a national museum, a national library, a national University, a national eisteddfod, national organizations of religious bodies and of intermediate education, a national orchestra, a national agricultural society, a national institution to combat tuberculosis. A very large portion of our social life is organized on a national basis. . . . . Ought we to have a national capital as well? . . . We have never had a national capital in the whole of our history. As our institutions show, our national feeling is very much alive to-day. We have got on pretty well without a capital. Would we have done better with it? Does Wales really want a capital, and need it?

FORTUNE

Fortune, men say, doth give too much to many.
But yet she never gave enough to any.

—Sir John Harrington.

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.

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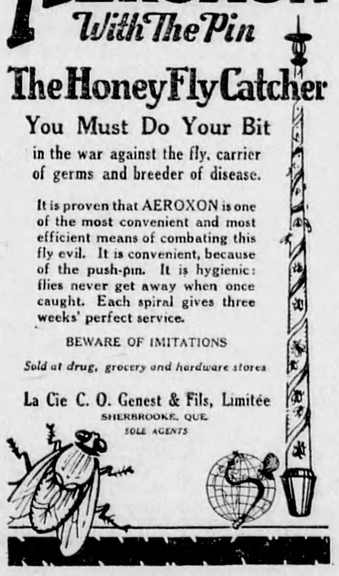

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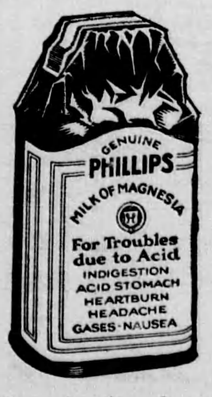

Sour Stomach

Just a tasteless dose of Phillips' Milk of Magnesia in water. That is an alkali, effective, yet harmless. It has been the standard antacid for 50 years among physicians everywhere. One spoonful will neutralize at once many times its volume in acid. It is the right way, the quick, pleasant and efficient way to kill the excess acid. The stomach becomes sweet, the pain departs. You are happy again in five minutes.

Don't depend on crude methods. Employ the best way yet evolved in all the years of searching. That is Phillips' Milk of Magnesia.

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.

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A Lovely Thought

If, instead of a gem, or even a flower, we could cast the gift of a lovely thought into the heart of a friend, that would be giving as the angels must give.

George MacDonald

SELF

Nothing can work me damage except myself; the harm that I sustain I carry about with me, and never am a real sufferer but by my own fault.

St. Bernard

Children Cry for Fletcher's CASTORIA

A BABY REMEDY APPROVED BY DOCTORS FOR COUC CONSTIPATION, DIARRHEA

The Camper's First Aid

Minard's is good for burns, bruises, sprains, wounds, and insect bites.

MINARD'S "KING OF PAIN" LINIMENT

FAT GIRLS! HERE'S A TIP FOR YOU

All over the world Kruschen Salts is appealing to girls and women who strive for an attractive, free from fat, figure that cannot fail to win admiration. Here's the recipe that banishes fat and brings into blossom all the natural attractiveness that every woman possesses.

Every morning take one quarter teaspoon of Kruschen Salts in a glass of hot water before breakfast.

Be sure and do this every morning, for "It's the little daily dose that takes off the fat." Don't miss a morning. The Kruschen habit means that all poisonous waste matter and harmful acids and gases are expelled from the system.

At the same time the stomach, liver, kidneys, and bowels are toned up and the pure, fresh blood containing Nature's six life-giving salts is carried to every organ, gland, nerve, and fibre of the body, and this is followed by "that Kruschen feeling" of energetic health and activity that is reflected in bright eyes, clear skin, cheerful vivacity, and a charming figure.

A Friend to Women

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