Was Run Down Now Well Again

Takes Pleasure in Recommending Dr. Williams' Pink Pills.

To the woman in the home illness is almost a calamity. Many a woman keeps on with her household duties when she is feeling ready to drop. Her head aches, she is easily tired, is depressed and nervous and has no appetite. In a word, she is anaemic and badly needs help—the health-help that only Dr. Williams' Pink Pills can give her. These pills make rich, red blood which brings new strength and energy to weak, despondent sufferers. Concerning them, Mrs. Paul Rail, Coin du Banc., Que., says: "I was badly run-down, slept poorly, and awoke as tired as when I went to bed. My appetite was poor and I felt miserable. I took six boxes of Dr. Williams' Pink Pills and they completely renewed my health."

Dr. Williams' Pink Pills are sold by all medicine dealers or by mail at 50 cents a box from The Dr. Wiliams' Medicine Co., Brockville, Ont.

Savages Feel Pain Same as White Folks

Although the Australian native or "black-fellow" is believed by anthropologists to respresent the lowest and most primitive human race now surviving on earth, tests of the senses and mental abilities of these people, reported recently to the Royal Society of Australia by H. K. Fry, show little if any difference between them and the whites. The children of the Australian race, Mr. Fry reports, seem to have slightly keener vision that white children of the same age. Among all the Australians, children or adults, the abilities of the eyes are the same as among white people. Optical illusions, for example, affect whites and Australians in precisely similar ways. The Australians have little or no appreciation of what artists call perspective, Mr. Fry found, so that they do not readily see "depths" in a picture, but this apparent deficiency turned out to be merely lack of education in this conventional idea. When trained to see perspective, as white children are trained automatically by seeing pictures from their earliest days, the Australians showed quite as good appreciation of it as anybody else. Recognition and appreciation of numbers was also the same as in whites, although the Australians lacked such results of education as the multiplication table and other elements of conventional arithmetic. The sense of pain and that of touch were found to be the same among Australians as among whites, combating the familiar but probably baseless idea that savages appear stoical under suffering because they really do not feel the pain severely.

Garden Hints

It is better to water plants in the early morning or at evening when the sun is less hot. Watering at noonday is often hard for the flowers, and also tends to cake the earth in the garden.

It is well to water thoroughly and not as often rather than to water a little each day. Frequent watering keeps the roots of plants near the surface of the ground and does not develop sturdy roots that can stand drought.

It is helpful, when flowers with large leaves wilt, to remove some of the biggest leaves. Such flowers as marigolds, for instance, which wilt often when first set out, are quickly revived by this attention.

It is better to irrigate than sprinkle the garden. Water allowed to run in around the base of plants where it is needed and cultivation of the soil after the water has soaked in, conserves the moisture to a surprising degree.

It is a good plan when moving and resetting large plants, trees or shrubs, to observe their compass location and reset them in the same relative position.

FOUR FROGS

Four frogs buried for 17 years in the middle of a brick wall of a Canadian penitentiary were found alive and well when the building was torn down recently.

First Aid Champions

This team has taken the First Air championship of Canada and incidentally has captured trophies emblematic of the championship of railway teams in Canada; the Wallace Nesbitt Cup; the Montizambert First Aid contest; and the Ontario Provincial championship. They are the Canadian Pacific Railway's freight office first aid team of Toronto. Back row:—A. G. Shakespeare, director; and W. J. Turk. Front row:—A. T. Curle, Chas. Sellen, W. T. Warren, and H. H. Braid.

Owl Laffs

How time flies! It's now only a little over three months until we'll all be swapping and same-to-you-ing again.

The Modern Chicago Youth on Christmas Morning

Youth of Seven (crying as if his heart would break and holding a six-shooter in his hand)—"Boo-hoo-oo!"

Nearby—"What's the matter son?"

Youth—"I wanted Santa Claus to bring me one with a pearl handle."

A wife is a person who begins at the middle to squeeze a tube of tooth paste.

Saving for a rainy day is a dry subject to the spendthrift.

It is not the quality of the meat but the cheerfulness of the guests, that makes the feast.

Five per cent. seems a pitifully small return on your money until you have tried to get ten per cent. and lose your principal.

She—"Where do all the bugs go in winter?"

He—"Search me."

She—"No, thanks, I just wanted to know."

The Weekly Recipe

Build a little fence of trust around today,
Fill the space with loving work, and therein stay;
Look not through the sheltering bars upon to-morrow,
God will help thee bear what comes of joy and sorrow.

Helen—"My sweetheart gave me a rainbow kiss."

Edith—"What kind of a kiss is that?"

Helen—"The one that comes after a storm."

Our idea of a man truly going down in defeat is one with falling arches.

In a small church a child was brought forward to be baptized. The young minister, taking the little one in his arms, said: "Beloved hearers, no one can foretell the future of this little child. He may grow up to be a great business man like Henry Ford, or a great labor leader like J. T. Thomas, and it is possible he might become the Prime Minister of England."

Turning to the mother, he inquired: "What is the name of the child?"

"Mary Ann," was the reply.

Some love is priceless, and some is content with as much alimony as it can get.

Doctor—"Now young man, what have you got to say for yourself?"

His Son (in for a licking)—"How about a little local anesthetic?"

Many a man is in advance of his age—and most women are behind in theirs.

A daring chap suggests that telling women the exact truth about themselves will do them good. Maybe, but we resign from that healing art right now.

Our idea of a pessimist is the fellow who rinses out a fresh sanitary cup direct from its sanitary container, before using it.

Some men have to pay the manicurist a fancy price just for the sake of getting their hands held.

Parting advice: Put a little water on the comb.

We know a man who is so lucky that once, when the street was lined with cars for blocks, another driver moved out just as he got to the point where he wanted to park.

Pain Relieved by Heat—Article in The Literary Digest. Good idea. When somebody gives you a pain in the neck, just get hot under the collar, and the pain will melt away.

A man dropped a bundle of laundry to the pavement yesterday and broke both bottles.

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.

Love in the Winds

By RICHARD HOVEY

When I am standing on a mountain crest,
Or hold the tiller in the dashing spray,
My love of you leaps foaming in my breast,
Shouts with the winds and sweeps to their foray,
My heart bounds with the horses of the sea
And plunges in the wild ride of the night,
Flaunts in the teeth of tempest the large glee
That rides out Fate and welcome gods to fight.

Ho, love, I laugh aloud and for love of you,
Glad that our love is fellow to rough weather—
No fretful orchid hothoused from the dew,
But hale and hardy as the highland heather,
Rejoiceing in the wind that stings and thrills,
Comrade of ocean, playmate of the hills.

A Sneezing Lesson

How do you sneeze? Here are some of the rules for correct sneezing given to a class of children recently.

Hold your handkerchief in your left hand—don't use your right, because you may be shaking hands with someone shortly. Take hold of the bony part of the nose, by the bridge, but be sure you don't pinch the soft nostrils.

When you feel you are about to sneeze, bend your head until it almost touches your chest, and sneeze with your mouth open. Never sniff after a sneeze, but blow the nose and continue doing so until nothing but air comes down.

Never borrow a handkerchief. Carry, if you can, a tethered handkerchief, one tied to a button near your pocket.

Sneezing keeps the passages free and will be found to clear up some kinds of eye trouble, defects in the ears, and also help you to avoid colds.

A Revival

A white wool skirt topped with a sleeveless jumper worn over a lingerie blouse is another new revival. The jumper is belted in brown leather to carry out the sports alliance of brown and white. Smart tennis frocks wear most original belts, often in color to match little Shantung jackets.

To avoid collision, nations should always keep to the right.

Minard's Liniment for Neuralgia.

Yachting Primitive Sport, Says Lipton

Sailing a Yacht to Him is Of The Essence of All Sport

By SIR THOMAS LIPTON

Engineers and scientists will build better and more wonderful ships than the great Atlantic liners, but nothing will ever be built that will fire the imagination and add so much to sea romance as the sailing ships.

Sailing a yacht to me is of the essence of all sport. Courage and physical fitness are needed, also decision and accuracy of judgment. Yacht racing is something more than merely skimming over the sea; it is an adventurous wrestle with primitive nature and the complete enslaving of her riotous moods.

With Spinnaker set and bellied, ballon-jibs bending the topmast, and mainsail stretching its utmost to catch every breath of wind, our racing yacht resembles a great bird under human control, and guided by a man's hand:

I can imagine no greater happiness than to be seated at the helm of the Shamrock, measuring a distance, judging a cross wind, serious, critical, with a practised eye taking the challenge and counter-challenge of my opponents in the race.

From the moment we jockey for the best position on the starting line, off at gunfire, until the moment of recrossing the line—winning or losing, either is thrilling as long as the sport has been fiercely contested—it is one long, breathless pleasure.

During the race we are at the mercy of two wills—man's will and the wind's will. It is a contest with nature, sea and wind, and the triumph is more meritorious if the odds are against us.

A yacht has character, individuality a soul. You can lavish affection on a yacht, it becomes a part of your life, and during racing days it is your life!

For over thirty years my Shamrocks have provided me with unstinted happiness, and I know they have given great pleasure to thousands of others, mostly landsmen, who have been thrilled by the intense excitement of the international yacht races with America.

This dose of happy excitement and thrilling expectancy will be repeated again during the coming America Cup races in September.

With Shamrock IV., my last challenger, we won two races out of five; this year with Shamrock V. we hope to win at least three races, and make sure.

There can be nothing more thrilling in sport than a modern yacht race, both for the participators and the spectators. It is a great and satisfying sport, simple and primitive in expression, and has its beginnings in the birth of human adventure.

German Vacation Cost Paid in Installments

Schwetzingen—If goods can be bought on the installment plan why not also vacations? This city, famous alike for its palace and palace gardens and for its asparagus, has decided to issue coupon tickets, good for a two weeks' visit, half to be paid down and the balance in monthly installments of ten marks ($2.40).

The coupons include not only board and lodging, but also excursions to Heidelberg and the Neckar Valley, to the Rhenish Palatinate, noted palaces in Baden, and an automobile trip through the Odenwald.

"ESTABLISHMENT OF A PORT"

"Establishment of a port" is the technical term for the time that elapses between the moon's transit across the meridian at new or full moon and the time of high water at that place, and is used as a basis for the computation of the tides.

Have Minard's Liniment on your shelf.

"Fashions are created in Paris but made in America."—Princess Radziwill.

There are something like 1,000 rooms in the British House of Commons.

HOW ONE WOMAN LOST 47 POUNDS OF FAT

"I have been taking Kruschen Salts for nearly 3 months. I have continued taking one teaspoonful in warm water every morning. I then weighed 217 pounds, was always bothered with pains in my back and lower part of abdomen and sides.

"Now I am glad to say I am a well woman, feel much stronger, years younger and my weight is 170 pounds. I do not only feel better but I look better, so all my friends say.

"I shall never be without Kruschen Salts, will never cease taking my daily dose and more than glad to highly recommend it for the great good that is in it."—Mrs. S. A. Solomon.

"P.S.—You may think I am exaggerating by writing such a long letter but truly I feel so indebted to you for putting out such wonderful salts that I cannot say enough."

Cuticura Toilet Preparations

Delightfully fragrant, highly developed toilet accessories—a most reliable method of cleansing and beautifying the skin and hair. 25c. each everywhere — *Samples free of* "Cuticura," Box 2616, Montreal, Canada.

"Please teacher"

Only teachers know how trying it is at times to deal with a roomful of children.

What a relief, sometimes, when closing hour comes.

Take time then, to make a cup of tea.

Nothing so soothing for tired nerves.

RED ROSE TEA

"is good tea" 106

TWO QUALITIES -- RED LABEL & ORANGE PEKOE

Iceland's New Stamp

To commemorate the millenary of the establishment of her government, the Althing, Iceland, has isued a special series of sixteen handsome postage stamps.

Their subjects recall Icelands' Viking ancestry, and we see the intrepid Viking sailors braving a storm (5 aurar) in their winter camp (7 aurar), and naming the island according to their own custom (15 aurar).

There are four stamps specially devoted to the Althing and its history. Lake Thingvalla Vatn, near which, at Thingvellir, the first Althing was held in 930, appears in the 30 aurar value. And we are shown this actual meeting in progress on the 50 aurar specimen. In the 25 aurar stamp, woodgatherers of Iceland are depicted.

Ludwig Hesshaimer, an Austrian engraver, who is responsible for producing the dies for these stamps, revives interest in the Icelandic runes—that country's ancient alphabet. He has incorporated them in the frames of several of the labels.

By using a steel ball as a diving chamber, a New York scientist has gone to a depth of 800 feet below the surface of the set. He carried on a telephone conversation with people on the tug.

Phonographs are new used in Parisian telephone exchanges to inform users of certain stock phrases as: "The line is occupied; call again, please," and "The number is changed; consult a new directory."

The Handy Bottle

Minard's is the sure relief in the Handy Bottle. For strains, burns, bruises, boils and blisters.

MINARD'S "KING OF PAIN" LINIMENT

If baby has COLIC

A CRY in the night. Colic! No cause for alarm if Castoria is handy. This pure vegetable preparation brings quick comfort, and can never harm. It is the sensible thing when children are ailing. Whether it's the stomach, or the little bowels; colic or constipation; or diarrhea. When tiny tongues are coated, or the breath is bad. Whenever there's need of gentle regulation. Children love the taste of Castoria, and its mildness makes it safe for frequent use.

And a more liberal dose of Castoria is always better for growing children than strong medicine meant only for adult use.

Fletcher's CASTORIA

Classified Advertising

FOR SALE

A SEA SLED FOR SALE, MODEL 16, with new 22 H.P. Evinrude motor, all in perfect condition, very fast, absolutely safe, splendid fishing boat, has special sedan top; owner getting larger model. Now located on Georgian Bay. Wilson Publishing Co., 73 Adelaide W., Toronto, Box 27

SITUATIONS VACANT

START NOW — YOU CAN EARN money quickly, taking orders for the most beautiful line of Personal Christmas Greeting Cards ever shown in Canada. Write for particulars. Regal Art Co., 312 Spadina Ave., Toronto.

An aeroplane which can have an extra "plane" or wing added with speed and ease is under construction in Holland. As a monoplane the machine will be able to carry six passengers; the extra wing would increase this number to ten.

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

Before Her Baby Came

"I have used several bottles of Lydia E. Pinkham's Vegetable Compound and find it helps me wonderfully, especially before childbirth. I have five lovely children. After my last baby came I had a miserable pain in my right side so I bought another bottle of the Compound and I feel fine now. I work outside during the fruit season in addition to my housework." — *Mrs. Charles Slingerland, R.R. #4, St. Catherines, Ontario.*

Lydia E. Pinkham's Vegetable Compound

Lydia E. Pinkham Med. Co., Lynn, Mass. U. S. A. and Cobourg, Ontario, Canada

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.

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