Pale Faces Jaded Nerves

Due To Weak, Watery Blood.

Anaemia — impoverished blood — comes so stealthily that it is often well advanced before recognized. Fatigue and discomfort, the earliest manifestations of the trouble, are seldom taken seriously. Soon the face becomes pale; the nerves jaded; the heart palpitates violently after the slightest exertion; the appetite becomes fickle and before you realize it you are in a terrible plight.

At such time, by enriching and purifying the blood, Dr. Williams' Pink Pills will build up the nerve cells and correct the run-down condition. Concerning them Miss Margaret Torrey, Toronto, Ont., says:—"I suffered a complete breakdown. My heart would palpitate on the least exertion. Nothing I ate agreed with me. I started taking Dr. Williams' Pink Pills and by the time I had taken several boxes I was ready for anything; I had gained in weight and every distressing symptom had left me."

You can get these Pills from any dealer in medicine or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

September

These days a boy will dart and dream
Like a speckled trout in an amber stream,
A girl walk lighter than yellow leaves,
And talk like rain in the brimming eaves;
But a woman will sit by an old gray wall,
Thinking of orchards ripe in the fall,
Or maybe of nothing, nothing at all.

There she'll sit and never stir
Till understanding touches her,
Or a warm wind wanders from the town,
And a great gold pear comes tumbling down.
Still she'll only sit and stare
At the precious fruit and the empty air,
Praising God for a single pear.

Honey-mellow and sunny-sweet,
Beautiful fruit is meant to eat.
Let her hold it a little while,
Touch it softly, and softly smile.
She will offer it with a sigh
To the boy or girl who happens by,
And sit in the sun, and wonder why!

—By Rosalie Hickler.

Two Beasts

The Horse he is a kind beast,
And uses every care,
But the Motor is a blind beast,
And doesn't see you're there.

The Horse he is a mute beast,
And hardly says a neigh,
But the Motor is a brute beast,
And roars around all day.

The Horse he is a mild beast,
And lets you pat his head,
But the Motor is a wild beast,
And butts you till you're dead.

—F. H., in the Observer.

Gay Shelf

When painting your unpainted book shelves, save one section for knick-knacks and, instead of using the same color for all of it, paint the back either silver or gold and your ornaments will take on new beauty against it.

Backward Babies

Thrive After Use of Baby's Own Tablets

Derangements of the digestive organs are responsible for most of the ailments which afflict young children and keep them backward in development. Baby's Own Tables regulate the stomach and bowels, restoring them to normal action and this is all that is necessary to set the little sufferer safely on the road to health and happiness.

Baby's Own Tablets are specially designed to correct indigestion, constipation, colic; break up colds and simple fevers and to allay teething pains. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

"It's silly to give a prospective bride a shower if she's able to take one herself."

Minard's Liniment a household friend.

Birth of Princesses Rare in Scotland

Only 32 Royal Princesses Born in Scotland Since the Days of Malcolm Canmore

The birth of a second daughter to the Duke and Duchess of York has sent many people back to their school books. In fact there has been such a digging into history—for by a curious paradox the interest in the past seems to grow with the increase in democracy—that we have been many times assured that the infant Princess is the first Royal child born in Scotland since Charles I. saw the light at Dunfermline in 1600. If, however, the quidnuncs had stated that she was the first Royal child of the blood born beyond the Border since that date they would be near the truth, for the Queen of Spain and her youngest brother Prince Maurice were both born at Balmoral. Neither of them, however, was in the line of succession to our throne, for their father, Prince Henry of Battenburg, was created Royal Highness only after his marriage with Princess Beatrice.

While the commenters have been very busy with their history books they have omitted to point out that if the birth of Royal children has become rare in Scotland since the Union of crowns, Royal princesses have always been rather rareties in Scotland. Since the days of Malcolm Canmore only thirty-two Royal princesses have been born in Scotland. Curiously enough, too, only four of these princesses married kings. Several died in childhood or did not wed, while the majority married foreign or Scottish and occasionally English noblemen.

The Duke's Ancestress

Matilda, the elder daughter of Malcolm Canmore—whose father, Duncan I., was murdered by Macbeth — by marrying Henry I., of England in 1100 became the ancestress of the Duke of York, while her sister, Mary, married the Count of Boulogne. The three daughters of William the Lion married English peers, while Margaret, the daughter of Alexander III., married the King of Norway and was the mother of Margaret, the poor little Maid Norway, who became Queen of Scotland and died in the Orkneys in 1290 at the age of seven, on her way from Bergen to England. Had she lived there might never have been a struggle for the Crown. That led to the War of Independence, which has made Wallace and Bruce the great heroes in the Scottish saga. With the death of Bruce's son, David II., the male line died out, and the House of Stuart, of which Queen Victoria was so proud, came into the picture through the marriage of Bruce's daughter, Marjorie, with Walter, sixth High Steward of Scotland, whose only son, Robert II., was the first Stuart King.

Princess Jean Lyon

This monarch is particularly interesting to the Duchess of York, for the third of his seven daughters, Jean who lived in the fourteenth century, was, through her (second) marriage with Sir John Lyon, Chamberlain of Scotland the ancestress of the Earls of Strathmore. In view of this fact, may it not be suggested that the new baby should be called Jean, although that would be a new name for a princess in the British Royal family?

All the six sisters of Princess Jean Lyon married Scottish peers or commoners, and their descendants today must number many hundreds. This custom of the sovereign's daughters marrying subjects was in abeyance for a long time. None of the Georges' daughters married British subjects, but the old custom was revived when Princess Louise married the Marquis of Lorne, while her niece Louise married the Duke of Fife, and Princess Mary became Viscountess Lascelles. To the delight of everyone the infant Princess's father followed in their wake. On the other hand, five of the six daughters of James I, of Scotland, married foreign notables—in France, Austria, Holland, and Italy—the eldest, Margaret, marrying the Dauphin of France, who in due course became Louis XI.

The Dynastic Link

By far the most famous of all princesses born in Scotland was Mary Queen of Scots, who was born at Linlithgow a week before her father died at Falkland. Little did he think when he said of the dynasty, "It cam' wi' a lass and it'll gang wi' a lass," that his intensely fascinating child would form the dynastic link bewteen the Scots and the English crowns in the person of her son, James VI. and I., so little like her in temperament.

It was Queen Mary's desire to follow the dictates of her heart and marry among her "ain fowk" that had much to do with the tragedy of her life. Her marriage at the age of sixteen to the Dauphin of France, afterwards Frances II., was more or less arranged for her. But she did what she wanted to do when she married Lord Darnley, the father of her son, and still more when she married Bothwell.

The last royal princess but one to be born in Scotland was James's brilliant daughter, Elizabeth, who was born at Falkland Palace, Fifeshire, in August 1596. She should not even dream, when she was married at the age of seventeen to the Elector Palatine of the Rhine and King of Bohemia, that her grandson, George Lewis, Elector of Hanover, would become King of Great Britain in lieu of the picturesque Stuart line from which she descended. The Princess Elizabeth was really a very clever woman, and her ability came out in her brilliant son, Rupert, whose name is recalled in Rupert street, for his mother lived in the vicinity, at Leicester House, Leicester Fields, where she died in 1662.

The Name "Elizabeth"

It is, of course, through her issue—and she bore eleven children—that the "Legitimists" look to what they consider our de jure sovereign in the person of Prince Rupprecht of Bavaria. But it was a case of the last shall be first, for it was her youngest daughter, Sophia, born exactly three hundred years ago, who became the mother of George I., and with two admixtures of German blood not a trace of the qualities of the Stuarts least of all their uncertainties was left.

The name Elizabeth is one to conjure with in the history of the Royal family. The little Princes Elizabeth who has won the heart of the nation, has all the quick intelligence, not only of her mother, but also of Queen Elizabeth and of the Princess Elizabeth, "of Bohemia" and now the interest of the country in her and the succession to the Crown is strengthened by the appearance of a sister and playmate who may be christened under the pretty and historic name of Jean.

"Bacteriophage" Greatly Reduces Cholera Death Rate in India

An impressive reduction in cholera death rate, effected by a remedy called "bacteriophage," is reported by J. Morison, director of the King Edward Memorial Institute, at Shillong, India, according to The Associated Press.

The report was received here by G. L. Remington, resident manager of the India state railways bureau.

Except that bacteriophage destroys bacteria, medical authorities are divided as to the nature of the substance.

Some hold they are minute, living things that prey on bacteria; others that they are a non-living chemical substance that poisons or otherwise destroys bacteria.

Dr. Morison reports cholera broke out last October in the village of Jakrem, with a population of 744, living in 142 houses.

In the first eight days seventy-eight persons had cholera and sixty-three died, or 80 per cent. death rate. Then bacteriophage arrived from the Shillong Institute and the death rate dropped abruptly to about 10 per cent.

Of sixty-five cholera patients taking bacteriophage seven died. Ten days after arrival of this remedy there were no more cases of cholera.

A similar change took place, Dr. Morison says, in Shillong, where of twenty-one cases receiving no bacteriophage sixteen died, and of six cases that had bacteriophage one died.

Old Houses

There is a mystery old houses know
The years will ever keep inviolate:
An essence of the past, the long ago
That hovers round the eaves, the muted gate,
The shaded gravel walk that idly winds
Between the ranks of tulips time has sundered;
There is a secret, guarded by shut blinds,
The bold and prying world has never plundered.

If you have loved old houses, never yearn
To break their seals of silence and of death;
It is enough forgotten dreams return
Within the lilac's faint and fitful breath.
Pause at the gate, and feel your heart expand,
But never hope to know, or understand.

—By Anderson M. Scruggs

WHEN BAKING SODA HELPS

A pinch of baking soda added to the water in which peas are boiled will render them bigger and softer.

Grass stains can be removed from white materials with baking soda. Rub firmly into the affected parts with a pad of soft cloth, then rinse well, with tepid water to which a little borax has been added.

To freshen stale bread, sprinkle with cold water to which a pinch of baking soda has been added.

Add a pinch of baking soda when stewing fruit. This brings all the impurities to the top.

A gargle of baking soda and water is often very effective. Use a teaspoonful of the soda to each tumblerful of water, which should be tepid.

A little baking soda dissolved in tepid water will often counteract acidity in the stomach.

TALENTS

Know and improve every talent to the utmost, whether in preaching, writing, speaking, or acting, I feel convinced that every man has given him of God much more than he has any idea of, and that he can help on the world's work more than he knows of. What we want is the single eye that will see what our work is, the humility to accept it, however, lowly, the faith to do it for God, the perseverance to go on till death.—Norman MacLeod.

THWARTED AMBITION

Many a man who has made a slave of himself is suffering the tortures of a disappointed, thwarted ambition, simply because he never learned the importance, the imperative necessity, of always maintaining a high mental and physical standard, of always keeping himself fresh, so that he could bring the highest possible percentage of efficiency to his task. The art of arts is that of self-refreshment, self-renewal, self-rejuvenation.

Paris style-makers are also magicians—see how they are making legs disappear.

Inhale Minard's Liniment for Asthma.

Economy Corner

Swiss Honey Salad Dressing

Three eggs, ½ teaspoon salt, ½ cup strained honey, ¼ teaspoon paprika, 1 cup whipping cream, ¼ cup olive oil, 2 tablespoons lemon juice.

Peaches, cherries and pineapple make the best Swiss salads with this dressing. Pour honey at the boiling point, very slowly, into the well beaten egg yolks. Then heat the mixture over the fire for just one minute, beating constantly. Remove from the fire and beat for five minutes before adding the olive oil, salt, paprika, and lemon juice. Continue beating until the dressing is of the consistency of thick white sauce. When cool, fold in the stiffly beaten cream.

One thing must be remembered when cooking with honey. The honey must be well mixed with the other ingredients and a slow oven used.

Molasses Cheese Muffins

Two cups flour, 3 teaspoons baking powder, ¼ teaspoon soda, ½ teaspoon each ginger and salt, 1 beaten egg, 2-3 cup grated cheese, ½ cup milk, ½ cup molasses, 4 tablespoons melted shortening. Beat egg well, add to it gradually milk, then molasses. Then add to the sifted dry ingredients, stirring constantly. When smooth add shortening and fold in grated cheese. Half fill greased muffin pan and bake in moderate oven (350 degrees) 15 to 20 minutes. Serve very hot. This makes 16.

Creamed Chicken

Two coups of cold chicken, 1 cup broth, 1 cup milk, 2 tablespoons butter, 3 tablespoons flour, salt, pepper. Melt butter; add flour, making a paste, then add broth and milk, stirring until it is thick. Be sure there are no lumps. Add chicken, seasoning, and cook two minutes.

Russian Dressing

Mix well together 4 tablespoons olive oil, ½ teaspoon of paprika, 1-3 teaspoon each of salt and dry mustard, 4 tablespoons of chili sauce, then add gradually cup mayonnaise.

Changing Weather

affects your health if you are not protected. Minard's prevents colds and grippe; relieves rheumatism and stiff joints.

MINARD'S "KING OF PAIN" LINIMENT

DO YOU SUFFER WITH HEADACHE?

So easy to get quick relief and prevent an attack in the future. Avoid bromides and dope. They relieve quickly but affect the heart and are very dangerous. They are depressing and only give temporary relief, the cause of the headache still remains within. The sane and harmless way. First correct the cause, sweeten the sour and acid stomach, relieve the intestines of the decayed and poisonous food matter, gently stimulate the liver, start the bile flowing and the bowels pass off the waste matter which causes your headache. Try Carter's Little Liver Pills. Druggists 25c red pkgs.

Congratulations to this month's BRIDES & GROOMS

We hope you will be very happy.

May we invite you to try Red Rose Tea?

RED ROSE RED LABEL TEA — RED ROSE ORANGE PEKOE TEA

RED ROSE TEA "is good tea"

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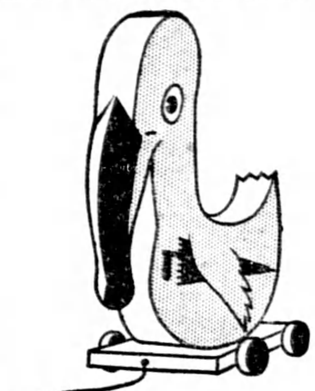
JOY AND SORROW

What have we to fear
From joy or from sorrow
Who know God is near?
What have we to fear
Who give him the year,
The day, and the morrow?
What have we to fear
From joy or from sorrow?

—Chrystabel Procter (Yorkshire).

DON'T GO THIS Deafness HEAD NOISES RUB IN BACK OF EARS—INSERT IN NOSTRILS.... Leonard EAR OIL $1.25 All Druggists. Descriptive folder on request A. O. LEONARD, Inc. 70 Fifth Ave., New York City



for ANY CHILD

WE can never be sure just what makes a child restless, but the remedy can always be the same. Good old Castoria! There's comfort in every drop of this pure vegetable preparation, and not the slightest harm in its frequent use. As often as your child has a fretful spell, is feverish, or cries and can't sleep, let Castoria soothe and quiet him. Sometimes it's a touch of colic. Sometimes constipation. Or diarrhea—a condition that should always be checked without delay. Just keep Castoria handy, and give it promptly. Relief will follow very promptly; if it doesn't, you should call a physician.

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

"Does the boss know the scaffoldin's come down?" "'E ought to—he's underneath it."

To Wake up FIT Tomorrow Take one TONIGHT

Quick Relief for CONSTIPATION BILIOUSNESS BLOATING, ETC.

Cascarets "THEY WORK WHILE YOU SLEEP" 10c

How To Lose 24 Pounds of Fat

At the Same Time Gain in Physical Vigor and Youthfulness and Swiftly Possess a Clear Skin and Vivacious Eyes that Sparkle with Health.

Here's the recipe that banishes fat and brings into blossom all the natural attractiveness that every woman possesses.

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

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

Modify your diet, and take gentle exercise. The stomach, liver, kidneys and bowels are tuned up, and the pure, fresh blood containing these six salts is carried to every part 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 charming figure.

Indigestion

What most people call indigestion is usually excess acid in the stomach. The food has soured. The instant remedy is an alkali which neutralizes acids. But don't use crude helps. Use what your doctor would advise.

The best help is Phillips' Milk of Magnesia. For the 50 years since its invention it has remained standard with physicians. You will find nothing else so quick in its effect, so harmless, so efficient.

One tasteless spoonful in water neutralizes many times its volume in acid. The results are immediate, with no bad after effects. Once you learn this fact, you will never deal with excess acid in the crude ways. Go learn—now—why this method is supreme.

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.

FROM MOTHER OF EIGHTEEN

Read How This Medicine Helps Her

Cardston, Alberta—"I am fifty-eight years old and the mother of eighteen living children. We live on a farm and I am a very healthy mother considering that I have such a big family to work for. The druggist first told me about Lydia E. Pinkham's Vegetable Compound and I have depended on it for many years. When I had this picture taken, the photographer was telling me about his wife's ailments and after I told him about the Vegetable Compound he went to the drug store and bought her two bottles."—MRS. BERTHA SALLENBACH, SR., Cardston, Alberta.

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