A Santa Fe Ticket to

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on Santa Fe rails "all the way" from Chicago and Kansas City.

You leave on the Santa Fe and arrive on the Santa Fe.

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The "Chief" Railway

CHILDREN CRY FOR IT—

CHILDREN hate to take medicine as a rule, but every child loves the taste of Castoria. And this pure vegetable preparation is just as good as it tastes; just as bland and just as harmless as the recipe reads.

When Baby's cry warns of colic, a few drops of Castoria has him soothed, asleep again in a jiffy. Nothing is more valuable in diarrhea. When coated tongue or bad breath tell of constipation, invoke its gentle aid to cleanse and regulate a child's bowels. In colds or children's diseases, you should use it to keep the system from clogging.

Castoria is sold in every drugstore; the genuine always bears Chas. H. Fletcher's signature.

Fletcher's CASTORIA

Chauffeur Whose Truck Splashed Pedestrians Fined in Berlin

Berlin.—Pedestrains who received a mud bath when a chauffeur drove his truck through a puddle of water next to the curbstone in a Berlin street filed a complaint and the chauffeur was summoned to court. The evidence showed that he had plenty of room to turn out and avoid the puddle, and the court imposed a fine of three marks. Similar decisions have been rendered also by Bavarian courts.

It is Said—

Mint can be chopped more easily if sprinkled with coarse sugar.

Stains on the hands will disappear if rubbed with a cream made of olive oil and sugar.

A piece of burlap makes a good polishing for the hot range, as it does not readily ignite like paper and a cotton or wool cloth,

Several layers of newspaper spread between the bed springs and mattress will prevent sleepers getting cold backs.

New Braiding

Frequently the tailored woolen frock is given a different trimming slant by means of braiding. This form of flat decoration has a tailored air but proves to be quite dressy when used on the dress of velvet for afternoon. Rows of narrow silk braid fashion flat collar effects and cuffs, sometimes in self color such as black, or in black attached over a foundation of white.

Owl Laffs

Some folks want to know your views only that they may oppose them.

Attorney—"But, madam, you cannot marry again. If you do, your husband has clearly specified in his will that his fortune will go to his brother."

Widow—"Yes, that's so. It's the brother that I'm marrying."

A young school boy halted before the blacksmith's forge and watched the smith with great interest. Very much annoyed, the smith suddenly held a red hot piece under the boy's nose, hoping to make him back away.

The Boy—"If you'll give me a dollar I'll lick it."

The smih took a dollar from his pocket and held it out. The boy took the money, licked it, placed it in his pocket, and slowly walked away, whistling.

There is a big difference between seeing through a thing and seeing a thing through.

Young Lady—"Were you pleased with the new school to-day, Tom?"

Tom—"Naw. Dey made me wash me face an' when I got home de dorg bit me 'cause he didn't know me."

Many ideals, like many people, look good until you try them out.

Mrs. Jones—"What kind of interior decoration does your husband prefer?"

Mrs. Smith—"Well, just between you and me, it's corn beef and cabbage."

Women are getting so they can break out of jail just as well as men ever could. Women are quick to learn the tricks of men.

Ignorance is the mother of prejudice. Meanness is probably its pa.

Gerald—"What kind of girl is Flossie?"

Harold—"Well, she knows life like a book—that has been suppressed."

Mr. Rook was reading statistics in the newspaper. "In New York a child is born every two minutes," he announced. "Good heavens!" exclaimed his wife in horror. "And we're planning to stay there two weeks!"

It is our guess that no 200-pound man would even enjoy jumping from an airplane and trusting himself to a parachute.

Census Enumerator—"What's your husband's vocation?"

Housewife (haughtily) — "He's a vegetarian."

Enumerator (politely)—"No, no, I mean what does he do for a living?"

Housewife (with patience exhausted)—"I told you once. He's a vegetarian—he sells vegetables."

Easy money is predicted by some of the big financiers of this country. Well, that is what most people are looking for.

She—"Why so thoughtful, dear?"

He—"I have one dollar over this week, and I don't remember which installment I forgot to pay."

The Education of Man

At 20 we know it all.
At 30 we think we know it all.
At 40 we become somewhat uncertain.
At 50 we have grave doubts.
At 60 we give it up.

Drury—"Did you ever hear of the collegiate flower?"

Dempsey—"No, what's its name?"

Drury—"The blooming idiot."

Doctor—"What's your trouble?"

Patient—"I can't sleep."

Doctor—"Drink a glass of whiskey every half-hour throughout the night."

Patient—Will that make me sleep?"

"Doctor—"I don't know, but it will make the time pass more pleasantly."

Woman's Fortitude

Forces Herself to Smile Through Pain

"I never seem to find time to rest," says many an overworked housewife. Under smiles and forced cheerfulness she conceals weariness and nervous depression; headaches and backaches. Often she is in real pain, but still refuses to give up. This very fortitude is apt to be her undoing. If she continues to neglect the signals of distress she will sooner or later suffer a serious breakdown.

A noted doctor has stated that nine-tenths of the ills of womanhood are due to poor blood. That anaemia is the cause of the low spirits, the poor appetite and palpitation that make life a burden for so many.

There is no need, however, for women to suffer in this way. All the miseries of anaemia can be banished by taking Dr. Williams' Pink Pills. These Pills create an abundance of new, rich, red blood and this new blood will bring strength and vitality to nervous, overtired women. The Pills are sold by all medicine dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Voice Highways to Cost $6,000,000

Today one can pick up his telephone and in two minutes be talking to a friend fifty, a hundred, or a thousand miles away. The explanation lies to some extent in the great construction job being done by telephone people.

Instead of open wire, lead-covered cables traverse the countryside and pass under the city streets, making possible two hundred and more conversations at one time.

Of course operating efficiency has kept pace with mechanical improvements or present day service would not be possible.

This job of building these voice highways is one for experts and telephone men receive intensive training in every feature of the communication art before they can qualify for the work.

In the coming year the Bell Telephone Company plans to spend over six million dollars on its long distance system in Ontario and Quebec.

Pastorale

(By Clara Shanafelt in "The Saturday Review of Literature," New York)

I had forgotten that hills could be like this,
I had forgotten the vastness and the stillness,
These slow appeasing rhythms made visible,
Swung in space—lento,
Like the slow movement of a symphony
Arrested in a long caesura;
The colors of autumn melted, fused together,
Held as in the prism of an opal.

I had forgotten the high upland pastures,
Elegantly constrained
By the handsome and strict geometry of their stone walls,
Smooth as park glades—
The earth's supple sensuous contours
Naked among her glorious jewels;
The bright separate flames of the trees,
Crisp cones and pyramids of shocking color—
Vermillion, magenta, amber, wine gold—
The black stains of the evergreens blotted against them;
The ragged gray of the torn granite;
The far pellucid amethyst horizons.

Rarely the sweet lyrical phrases of cow-bells
Seep like springs from fissures in the air—
An old pastoral music long forgotten;
The roads are deserted, the landscape empty else.
You smell the breath of the north—
Pungent, resinous, cold—
Passing the rocky virgin grottoes, ravines
Lit with their ancient candlelight of gold
Maple and birch, flaring among the hemlock and spruce,
Their shadows.
Ferns green in imperishable elegance
Lift above hot drifts.

O why were we divided, our hearts, our flesh,
Our hard intractable minds cleft asunder
On such a day, in such a place. . . .
I burnt by the fire to madness and you like rock?

Club House Rolls

One pint of milk, 1 tablespoon sugar, 1 teaspoon salt, butter size of an egg, 3 cups flour, ½ yeast cake. Scald milk; add sugar, salt and butter. Dissolve the yeast in a little of the milk. When it has become lukewarm, add to other ingredients, then add flour. Let rise three hours, then add flour to knead. Let rise again and shape into rolls by rolling each into an oblong shape, brushing with butter and folding. Let rise till very light, then bake in hot oven. If wanted for supper, start about 10.30 and shape at 4.

Barley First Plant Sown

London.—Barley was probably the earliest plant cultivated by man, and the rise of civilization can be dated from the time it was first deliberately sown, Dr. E. S. Deaven says. Origin of all the present races of cultivated barley, he said, can be traced to the wild form still found in Palestine, Syria and Persia. Barley 7,000 to 10,000 years old has been found by explorers in Egypt, he declared.

Singer: "I'm afraid I didn't do very well." Wireless Announcer: "Oh, that's all right! As a matter of fact, through an error you were announced as 'Zoo imitations.'"

The oil of joy is very cheap, and if you can help the poor on with a garment of praise, it will be better for them than blankets.—Henry Drummond.

Crying Babies are Sickly Babies

The well child does not cry. He is laughing and happy all the time. Baby's cry of distress is the only means he has of telling the mother or nurse he is ill. Mothers, you can keep your little ones well and happy by giving them Baby's Own Tablets—the safe and efficient remedy for all childhood ailments.

Baby's Own Tablets are a mild but thorough laxative. They sweeten the stomach; regulate the bowels and thus banish constipation and indigestion; break up colds and simple fevers and allay the irritation accompanying the cutting of teeth. They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Uses For Cold Tea

Tea that is to be used for any of the following purposes should be carefully strained to ensure that none of the leaves find their way to the articles.

Cold tea will give a beautiful ebony shade to lace. Add a little to the final rinsing water after the lace has been washed.

Use a mixture of strong cold tea and water for washing varnishing woodwork. Allow the mixture to dry on the material, then polish with an old silk handkerchief.

Tea can be used for giving a gloss to mirrors, windows, and glassware. Add a generous quantity to the water with which the glass is to be cleaned.

A New Vogue.

At such a period in the sartorial year it is not possible to insure anything a vogue. But all signs point to a resort and spring season of plaids. Small plaids in woollen mixtures, large diagonal plaids in silks.

Plaids usually bring to mind the multi-color effects common to ginghams and the bold patterns of coatings for sports. The trend now is toward plaids in two colors such as a navy design printed on a red background or a white one on black.

Having run the gamut of florals from diminutive to huge sprawling designs in silks, it is plausible that the plaid will become a fashionable variation in patterned fabrics.

"Do you believe that marrying in haste necessarily means repenting at leisure?" "After a man marries he has no leisure."

High Seas

By Cyrus C. Johnson in "Phychology"

I care not how the winds may blow
If but the winds blow strong.
Pray send no veering, halting breath
To bear my craft along,
Just a bright, bright star to steer me by
That my ship may not go wrong.
I care not how the seas may toss
Or ever the winds may roll
Or if the fires of outpost stars
Must be my utmost goal,
If Love shall be my flaming cross
To guide my outcast soul.
To Magic Isles of distant clime
I do not sail alone
But to Eternal Summer Time
And Ships that I have known.
I shall be glad when the skies are bright
And sing when the skies are gray,
If only Love shall ride with me,
And the course be a long, long way.
For the dream is old
And the tale is told
Of Ships on a Golden Bay.
I ride with Beauty on Treasure Ships
Where the far dim quays are piled.
And I carry the kiss of a mother's lips
And the smile of a little child,
And I give all the gold
In a brimming hold
For a song when my heart's beguiled.
These are enough, O Master of Ships,
(With the stars to guide aright),
A far-flung sail, a booming breeze,
And a song when the spray is white,
To know no fear
When the Port is near
And a great dawn floods the night.

Irish stew, as served in the British Navy, consists of mutton (119 lb. to 500 sailors), potatoes, pearl barley, onions, and turnips.

Take Long Walks Fat Men are Told

How can you walk off your fat if you haven't any energy to do it?

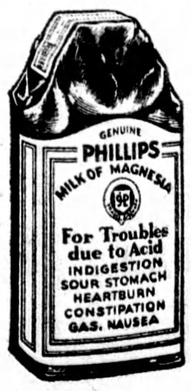
You can take off fat with Kruschen Salts if you will take one-half teaspoon in hot water every morning before breakfast, modify your diet and exercise regularly.

There are six different salts in Kruschen that your body organs must have if you are to enjoy good health.

While you are losing fat you will be gaining in vigor, energy, vitality and power of endurance.

That means that soon you will be able to walk many miles without fatigue and enjoy every step you walk.

Drug Stores all over Canada sell Kruschen Salts, and a jar costs but 75 cents—it's a real blessing to fat people.



ACID after meals

GET RID of your dread of pain after eating. Eat without fear of "indigestion," sour stomach, disagreeable gas or headaches.

When your food ferments, "disagrees,' lies like a lump in your stomach, it's a sign of too much acid. You need not resort to crude methods—take instead an anti-acid that will correct the condition, Phillips' Milk of Magnesia.

A spoonful of this pleasant-tasting, soothing fluid neutralizes many times its volume in acid. It restores the proper alkaline balance to an acid-soaked stomach and bowels—assists these organs to function as they should.

Phillips' Milk of Magnesia is what you need when a bad breath, coated tongue, headaches, nausea or billiousness indicates an over-acid condition. Take a spoonful today and for several days and see how it sweetens the system. You won't be nearly so liable to colds or sickness. All drugstores in the Dominion sell it in 50c bottles.

Genuine Milk of Magnesia is always a liquid—never a tablet. Look for the name Phillips on the bottle.

Classified Advertising

FOR SALE

PIPE ORGAN—"CHAPEL MODEL," a small but complete electric organ designed for the suburban church. Economical in space and cost. Write for descriptive circular. Franklin Legas Organ Company, Limited, 918-20 Dufferin St., Toronto.

Care of Shoes

To secure satisfactory wear out of shoes they must have care. Frequent cleaning and polishing, as well as alternate wearing, will provide this care.

All shoes should be brushed after each wearing to remove dust. If they take a high polish this should be frequently given. They should be continually kept in a lusterous state.

Cleaning powders, liquids and pastes are now obtainable for every type of shoe, so whether leather or fabric footwear is worn, whatever color or finish, there is a dressing that will restore the original condition.

These compounds will keep the leather soft, will cleanse fabric shoes and keep metallic leathers from tarnishing, which all tends to preserve the attractive appearance of the shoes and give satisfactory wear.

A somewhat nervous woman was about to take a short trip in an aeroplane—her first. As she climbed into the cockpit she gulped and said to the pilot: "Is this—er—flight likely to be at all dangerous?" "What!" exclaimed the man, aghast. "Dangerous? For $5.00!"

for SORE THROAT
BUCKLEY'S MIXTURE
Acts like a flash
25¢ 40 DOSES
40¢ 16 DOSES
A SINGLE SIP PROVES IT
14A

DON'T DO 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.
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Feen-a-mint
Feen-a-mint The Chewing Gum LAXATIVE For Adults and Children No Taste But the Mint
FOR CONSTIPATION
effective in smaller doses
SAFE · SCIENTIFIC

Genuine Gratitude Compels Tribute.

Mr. Victor Hills, of Thornton Heath, writes:—"For many years I have suffered with that distressing complaint—constipation, and its attendant effects of sick-headache and indigestion. It was a red-letter day for me when a friend recommended me a treatment of Carter's Little Liver Pills, and I can honestly say that results have been truly marvelous. I now enjoy good health and feel that life is worth living. The relief I have experienced compels me to add my sincere tribute." Take Carter's Little Liver Pills. All druggists 25c and 75c red pkgs.

FARMER'S WIFE GETS STRENGTH

By Taking Lydia E. Pinkham's Vegetable Compound

Wilton, Ont.—"I am taking Lydia E. Pinkham's Vegetable Compound

through the Change of Life. It helps me and I cannot praise it too highly. I was troubled with heat flashes and my limbs were heavy so I could hardly walk to do my farm work. I saw in the newspapers your ad about the Vegetable Compound and thought to give it a trial. The first bottle gave me relief and I have told others what it does for me. I am willing for you to use my letter if you choose."—Mrs. D. B. PETERS, Wilton, Ontario.

Ask Your Neighbor