MIDDLE AGE

A Critical Time for All Women.

"I am beginning to feel my age" is the confession many a woman has to make when she reaches the critical time of middle life. There is no need, however, to think you are too old to be well and happy.

Perhaps you have lost your grip on things; perhaps the old vigor and energy is lacking; you get tired easily, and your limbs ache terribly. Often your back seems ready to break and the pain is unbearable.

Your blood is at fault — it has become thin and impure and does not give the health-giving nourishment to the body. What you need is a treatment of Dr. Williams' Pink Pills. They will set you right. They actually make rich, red, health-giving blood and this good blood will drive out all your aches and pains.

Dr. Williams' Pink Pills will banish headaches, backaches, nervousness and lack of appetite, and in their place will come new energy and happiness. You can get these Pills at all medicine dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Bothwell Romance Again in Spotlight

Smashing of Earl's Burial Casket on the Island of Zeeland Recalls His Adventure with Mary Stuart

The pillaging of a forgotten village church on the remote little island of Zeeland, reported in Copenhagen dispatches last week, recalls one of the most brutal episodes in all British history. Here since his death, in exile, in 1578, has lain the body of one of the husbands of Mary Queen of Scots, the Earl of Bothwell. In searching for treasures, or accidentally, thieves smashed the glassed-in coffin which for more than three and a half centuries has held the remains of the man about whom historians agree that "no good word can be said."

James Hepburn, high-born and adventurous, inheriting the title and castles of the Earl of Bothwell, has been said to have contributed more than any other person to sending Mary to the gallows. Although a Protestant, Hepburn became one of the most violent anti-English leaders in the bitter religious wars between Scotland and England.

After exile in France and imprisonment by Queen Elizabeth in the Tower, Bothwell returned to Scotland in 1565 at the summons of Mary—his daring and strategy made possible his escape despite pursuit by ships Elizabeth sent in search of him.

His complete ascendency over Mary appears to have dater definitely from the murder of the Queen's secretary, Rizzio, in March, 1566. From then on he was her chief adviser, attending with her the Craigmiller conference at which both signed the "bonds" which were to result in the murder of the Queen's husband, Darnley.

To Mary, Bothwell was a "glorious, rash and hazardous young man." He was masterful and daring and possessed of a certain courage that even his bitterest enemies were forced to recognize.

The intention of Queen Mary to make the Earl of Bothwell her husband was, for a time, kept secret. She sought refuge with him at Dunbar Castle. He met her riding outside of Edinburgh and, leading a force of 800 spearsmen, escorted her —forcibly or otherwise—to Dunbar. Less than a month later Mary made Bothwell Duke of Orkney and Shetland.

Within a month after their marriage, Mary Queen of Scots and Bothwell were again seeking refuge, to be separated from then on. Both well's flight to Denmark was the last of his adventurous life. He was no longer in position to aid his Queen, and her downfall left him the prisoner of King Frederick II of Denmark, from whom, during Mary's reign, he had obtained safety by promising to restore to Denmark the Orkneys and Shetland. Eleven years after his marriage with Mary the Earl of Bothwell died at Zeeland.

Clubs Can Hire Planes

Airplanes will be leased to British light airplane clubs, according to the Department of Commerce. The planes at the disposal of the clubs will be Gipsy I Moths with wooden fuselages, and equipped with telephones, automatic slots and a compass. The planes will be fully insured by the De Havilland Company, the builders, against all ground and air risks, including third party risks. They may be hired for any period up to six months at $291 a month and for a period beyond six months at $243. All rentals are payable in advance. Planes must be maintained at the expense of the lessee in a correct airworthy condition, and must be operated in accordance with the provisions of the air navigation acts. In the event of accidents causing damage to the aircraft, the first $77.20 of damage must be met by the lessee.

The longest air route at present with a regular service of planes is from New York to Buenos Ayres, a distance of 5,880 miles.

Owl Laffs

If the boss' desk is clean it indicates that an assistant is doing the work. Often the boss takes the "in" out of indispensable when an employee begins to feel that way. How can there ever be true happiness in this world when all silver linings have a lot of little clouds about them? Eat slowly, friend. Haste makes waist.

Sounds Tiptop

(Advertisement in St. Louis, Mo., Post-Dispatch). Partner Wanted—Lady wants partner in bath house; good proposition.

The little girl who ordered a baby brother complicated the affair by specifying that he must arrive three years old.

Aspiration

Let me to-day do something that shall take
A little sadness from the world's vast store,
And may I be so favored as to make
Of joy's too scanty sum a little more.

Let me not hurt by any selfish deed,
Or thoughtless word, the heart of foe or friend;
Nor would I pass, unseeing, worthy need,
Or sin by silence where I should defend.

However meagre be my worldly wealth,
Let me give something that shall aid my kind.
A word of courage, or a thought of health,
Dropped as I pass for troubled hearts to find.

Let me to-night look back across the span
'Twixt dawn and dark, and to my conscience say:
"Because of some good act to beast or man
The world is better that I lived to-day."

Judge—"You're charged with throwing your mother-in-law out of the window."

Accused—"I did it without thinking, your honor."

Judge—"I realize that, my dear man, but don't you see how dangerous it was for anyone passing at the time?"

Whether administrations are responsible or not, they get blamed for bad times—and never fail to take credit for good ones.

Archibald—"Do you and your wife ever think the same, John?"

John—"When I stay late at the club we do. She keeps thinking what she'll say when I get home, and so do I."

Flapper's Vocabulary — To understand a modern young woman's vocabulary it is necessary to know that "cute" may describe a sports roadster, a bridge prize, a dance step, a baby, a dog or Rudy Vallee.

Wait for something to turn up and it will, but it will be your toes.

Tommy — "Pa, why was Adam created first?"

Father—"To give him a chance to say something."

Many of us find it harder to shirk than to work.

The banker's little word "yes" has power to break the bank and his little word "no" has power to break everybody else.

We can't say much for these dresses that look like they had been caught in a door and portions torn off as the lady left home.

Love is the only commodity needed to insure a happy marriage between meals. Beauty that used to be skin deep is now skin and knee deep. Dreams that come true would anyway. We know a man who fell out of a twentieth storey window without hurting himself. There was a balcony outside. The ability most in demand is reliability.

Caller (at telephone)—"Give me Main 2633. Hello; this the wife"

Called—"Yes."

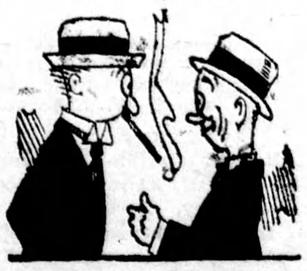
Caller—"Listen, dear. Will it be all right if I bring a couple of fellows home to dinner to-night?"

Called—"Why certainly."

Caller—"What?"

Called—"Certainly it will. I'll be very glad to have them."

Caller — "Oh, pardon me, lady. Wrong number."



"Mr. Fiancee's father seems to think she is marrying a fool. But he's wrong."

"Why? Are you going to break the engagement?"

The man with a private grievance usually becomes a public nuisance.

Crew of shipwrecked schooner "John W. Miller" which left St. Johns, N.F., with a load of cod for Brazil. She was abandoned after being wrecked by a storm in mid-ocean and the crew was picked up by a German steamer and landed at Colon whence the "Carinthia" brought them back to entrain for Canada. They are: (sitting) Wm. Kennedy, 1st Mate, of St. Johns; Capt. Cyril Horwood, St. Johns; Boatswain John Clark of Carbonear, N.F.; (back row) F. Rogers, St. Johns; Wm. Laing, Carbonear; Theo. Pike, Harbor Grace; John Green, cook, Carbonear.

Constipated Children

Constipation is one of the most common ailments of childhood, and the child suffering from it positively cannot thrive. To keep the little one well the bowels must be kept regular and the stomach sweet. To do this nothing can equal Baby's Own Tablets. They are a mild but thorough laxative; are pleasant to take and can be given to the new-born babe with perfect safety. Thousands of mothers use no other medicine for their little ones but Baby's Own Tablets. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Autos as Earthquake Refuges

Automobiles are cited as "admirable earthquake-proof buildings" by Dr. T. A. Jaggar, American volcano expert, as a result of personal experiences during the earthquake of September 25, 1921, in Hawaii.

In a recent announcement from the Hawaiian Volcano Research Association, Dr. Jaggar describes how he happened that day to be driving in his automobile to visit a friend. Then, says Dr. E. E. Free's Week's Science (New York):

"On arriving at the friend's house, Dr. Jaggar was astonished to find the inhabitants in great excitement, and the house partly ruined.

"A violent earthquake had happened while Dr. Jaggar was in his moving automobile.

"In spite of long experience as an earthquake observer, he had felt nothing. During the shocks which followed, Dr. Jaggar reports, many people left their houses and slept in their automobiles.

"Even when not in motion, Dr. Jaggar reports, 'a sedan on springs and rubber tires produced almost no sensation to the occupants, while adjacent homes were rattling and rocking with the aftershocks.'

"Houses usually act, he finds, as magnifiers of earth movements, so that what seems to be a violent earthquake to a person indoors may seem to a person on the ground in the open to be a single not very strong thud under his feet, or may pass altogether unnoticed.

"This may explain why it is that primitive men have few myths of earthquakes, but many of floods and fires. Having no houses to magnify them, primitive men probably felt only the very greatest earthquakes, but anybody is impressed by a forest fire or a flood."

Tests Show Lack of Vitamin Cause of Grey Hair

Premature gray hair may be due to lack of some vitamin-like material in the food, just as lack of one of the vitamins causes the disease called rickets. This is suggested by researches reported to the Academy of Sciences in Paris by Prof. Gabriel Bertrand. Says Dr. E. E. Free in his Week's Science (New York):

"In experiments planned for a different purpose, ordinary black and dark gray rats were fed on diets containing all vitamins known to be necessary, but made of purified or synthetic foods instead of natural materials like vegetables and grain.

"To the investigators' surprise, the black coats of the animals began to turn silver gray.

"This may happen, the experimenters knew, because of bad health, but the rats in this instance were perfectly healthy, as was confirmed by blood tests.

The new vicar was calling upon one of his parishioners. "I hear," he said, "that you have a son in the film business at Hollywood." "That I have," replied the woman, proudly. "How long has he been in America, Mrs. Smith?" "Five years, sir." "Indeed. And does he ever come back to England?" "Every summer regularly." "And brings his wife with him, I expect." "That is so, sir. And they've been five smart girls, too."

The Tin-Whistle Player

'Tis long since, long since, since I heard
A tin-whistle played,
And heard the tunes, the ha'penny tunes

The tunes that were before Cendfind
And Cid went Ireland's rounds—
That were before the surety
That strings have given sounds! breath,
And now is standing in the mist,
And jigging backward there,
Shrilling with fingers and with
A tin-whistle player!

He has hare's eyes, a long face rimmed
Around with badger-gray;
Aimless like cries of mountain birds,
The tunes he has to play—

The tunes that are for stretches bare,
And men whose lives are lone.
—Padraic Colum, in "Old Pastures."

Love

When the mists of the early morning
Disappear on the rays of the sun
The soul can climb to heights sublime
In communion with Jesus the Son.

Though the darkness of night surround you
And your soul is deep in despair
His love and strength can lift you
If you believe that He is there.
—I. M. STEEPER, (London, Ont.)

"What's the idea of the Greens having French lessons?" "They have adopted a French baby and want to understand what it says when it begins to talk."

How To Lose Fat and Get That Youthful Feeling

Over in Great Britain when a man is feeling "as fit as a fiddle" and looking the "picture of health" they say:
"HE'S GOT THAT KRUSCHEN FEELING."

That means he takes his little dose of Kruschen Salts every morning.

It's the same in the U.S.A.—in Germany—in Holland—in Australia—in South Africa, for Kruschen Salts are now sold the world over.

Kruschen Salts is not one salt only—it is the combination of six salts necessary to healthy life.

Take half a teaspoon in a glass of hot water before breakfast every morning, modify your diet and exercise regularly.

But don't miss a morning, for Kruschen not only puts and keeps the stomach, liver, kidneys and bowels in a splendid healthy condition, but purifies your blood-stream, and sends new life and activity to every part of your body.

Noiseless Factory To Help Workers

Also to be Built Without Windows—Machines to be Painted Orange

A factory without windows, and having other features of an unusual, if not revolutionary, character, is to be constructed at Fitchburg, Mass. Conditions under which the employes work will be so controlled that they will be uniform, night and day, and everything possible will be done to make work easy. It is expected that efficiency will be increased by about 30 per cent, and the experiment is being watched by industry.

Noise-eliminating devices will make the factory quiet. The walls will be built to absorb sound, and machines will be mounted on cork. Noises from the manufacturing processes will be made to counteract each other.

The intensity of daylight changes constantly, thus putting a strain on eye muscles and bringing on fatigue. In this windowless factory, electric lamps, with special diffusing shades, will furnish illumination. A certain amount of ultra-violet light will be introduced.

The temperature in the factory will be kept constant, the air being washed on entering the building, heated in cold weather and cooled by a spray in warm weather. Drafts are to be eliminated.

As colors, according to psychology, either depress or raise the spirits of humans, they are the basis for the decorative scheme. The walls and ceiling will be white, blue and green. Machines will be painted a bright orange, to make them easily visible and thus to reduce the chance of accidents.

Caller (inquiring for son of the house)—"Whaur's young Angus, Mr. McFee?" Mr. McFee—"He's doon in the shed sharpening the gramophone needles. We're giving a wee party the night."

Results Commendable. Genuine Gratitude.

Miss Miller, of Croydon, writes:—"In gratitude, I feel I must write and tell you what wonderful benefit I have derived from taking a bottle of your Carter's Little Liver Pills. Having been troubled with indigestion and sick headache for several months, a friend recommended me to try your famous pills, with the results that after the first dose I was made aware of their very real tonic value, and felt I had at last discovered a remedy which performed what it claimed to do." Take Carter's Little Liver Pills for the complexion and constipation. All druggists 25¢ and 75¢ red pkgs.

Does your face burn and itch after shaving!
Try Cuticura Shaving Stick
It soothes and heals and is wonderfully efficient

for COUGHS
Take half a teaspoonful of Minard's in molasses. Heat Minard's, inhale it. Also rub it well into your chest.
32 You'll get relief!
MINARD'S "KING OF PAIN" LINIMENT

ACID causes Headaches

WHEN there's too much acid in your stomach, you must force yourself to work, and even pleasures are too great an effort. Appetite lags; the digestion is poor; the whole system suffers.

Laboratory tests show an acid condition is due to errors in our modern diet. But you need not wait to diet your way out of the trouble! *Take a tablespoonful of Phillips' Milk of Magnesia.*

This will neutralize the excess acid instantly; make you feel like a new person in just a few moments.

Take a little whenever heartburn, sick headaches, nausea, flatulence, indigestion or biliousness show the digestive system is becoming too acid. Whenever you are taking cold or feel sluggish, weak, constipated, Phillips' Milk of Magnesia has a gentle, laxative action.

Delightful to take. Endorsed by physicians for 50 years and prescribed everywhere for men, women and children. The genuine is always a liquid; it cannot be made in tablet form. It always bears the name Phillips for your protection.

Made in Canada

Classified Advertising

YARN

FOR MACHINE OR HANDKNITTING. "All Wool," "Silk and Wool," "Old Tyme," all colors. 75c lb. up. Samples free. Stocking & Yarn Mills, Dept. T., Orillia, Ont.

AGENTS WANTED.

MEN TO LEARN MINIATURE GOLF course construction. Write Miniature Golf Planning Co., 449 Church St., Toronto.

AGENTS WANTED.

WE DESIRE TO HAVE A LOCAL agent in every town and parish of the provinces. We are in position to offer you a very pleasant and paying proposition. The work is easy and will assure you a regular income. For particulars, Quebec Sales Company, 101 Balfour Building, Montreal.

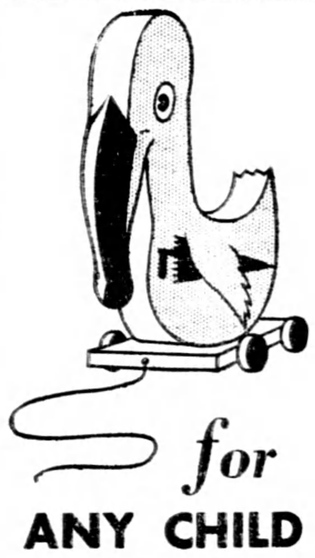
Long Wait

The office-boy took off his cap, presented the bill, and stood at ease.

"My boss says I'm not to go back until you give me the money you owe him," he said.

"Oh?" was the reply of the debtor. "I wonder if he'll recognize you with a beard?"

PATENTS
List of "Wanted Inventions" and Full Information Sent Free on Request.
THE RAMSAY CO., Dept. W.
273 Bank St., Ottawa, Ont.



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

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