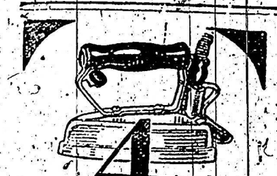

4 Features that mean less work for you-

1. The Thumb Rest, which relieves all strain from the hand and wrist.
2. The Heel Stand, which makes it unnecessary to lift the iron.
3. The Hinged Plug, which prevents wear and disconnection of the cord.
4. The Hot Point, which makes ironing quicker and easier.

Hotpoint is the only electric iron in the world to give you all these advantages. And the price is remarkably low.

Hotpoint Standard Iron $5.50.
Special Iron $1 extra.

THE Hotpoint IRON

H-27-C

A Canadian General Electric Product

The Bright Iliad.

A few books which are fit to be remembered in our wisest hours, and embodies still all the sunshine that fell on Asia Minor. No modern gloss of ours can lower its lustre, but there it is in the east of literature, as it was the earliest and latest production. The rays of Greek genius come down to us, and mingle with the beams of the recent day. The heart of Meinnon is cast down, and the shield of the Iliad still meets the eye rising.—Thoreau.

Changeable.

"Say, the rawest lot of recruits I had ever had to tackle," he said, "I had hard at them for three days, and at last thought they were getting into some sort of shape, so he decided to test them.

"Company, 'he barked. Then, believing he ceased to move, came the order:

"Left turn!"

Every yokel slowly left the parade ground toward the barrack square.

"Halt!" yelled the sergeant, "what on earth—"

"Sure enough," replied the recruit, "I don't know your own battalion running."

Minard's Liniment in the stables.

Mixed snakes, abnormal creatures, two-headed calves, are occasionally found.

BEAUTIFY IT WITH "DIAMOND DYES"

Just Dip to Tint or Boil to Dye

Each 15-cent package contains directions so simple any woman can tint soft, delicate shades or dye rich, permanent colors in lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings—everything!

Buy Diamond Dyes—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton or mixed goods.

Only $1

Here is great value in Dairy Pails. We know there exists a big demand for a well-finished, good-wearing sanitary dairy pail selling at a popular price. Here it is—the SMP Dairy Pail, new style. See them in the stores. Take a look at the big cut, note the absence of all cracks and crevices—and mark the low price—only one dollar. Equip your dairy throughout with

SMP DAIRY PAILS

275

PRESSURE TRANSFORMS ROCKS

Great Earth Movements Bring New Types Into Existence.

A sample of metamorphic rock known as gneiss is shown in the sketch here. This particular sample is from Utah. Notice how the rock has been banded and folded as the result of earth movements.

Secrets of Science

By David Dietz.

The great movements of the earth's crust which lower sea floors, bring mountain ranges into existence, and cause earthquakes and volcanoes have an effect upon the rocks themselves.

This is what we naturally would expect.

Consequently we find a third type of rock coming into existence.

The sedimentary rocks, it will be remembered, resulted from the wearing away of the primary or fire-hardened rocks, the debris being deposited as sediment in the ocean where in time it was cemented into new rock formations.

Now we find changes in both igneous and sedimentary rocks, creating a new type of rock known as the metamorphic rock. The word "metamorphic" is formed from the Greek word meaning to "transform." Hence a metamorphic rock is a changed or transformed rock.

The chief agents which accomplish the transformations are pressure and temperature. The presence of moisture also has an effect.

The rocks are subjected to tremendous pressure in the great earth movements. This pressure also helps to generate heat.

Sometimes rocks are pushed deeper into the earth, where they are heated as a result of the higher temperatures deeper down in the earth.

The heat and pressure tends to make the rocks more compact. It also causes changes in the character of the minerals forming them.

A frequent result of the intense pressure is to cause the rocks to assume a sort of laminated structure so that they split easily into thin sections or layers.

Granitic rocks or sedimentary rocks composed of granitic sediment are changed or "metamorphosed" into types of rocks known as gneiss.

Basaltic rocks are metamorphosed into a type known as schist.

Marble is a metamorphic rock. It results from the application of heat and pressure to limestone.

Another type is slate. Slate is shale or clay.

We should expect the oldest rocks now found upon the surface of the earth to have gone through many changes and to exist now as metamorphic rocks. This is the case.

Great beds of gneiss and schist are found in Canada which geologists identify as among the oldest rocks found on the earth's surface.

Next article—The Record in the Rocks.

EASY TRICKS

A Trick With One Eye

Place a matchs on the table so that about an inch overhangs. Close one eye and, with the forefinger of either hand, try to hit the overhanging part of the match and knock it off.

You will find that you will have to try the stunt several times before you are successful. If you practice it, however, you will get the knack of judging distances with only one eye and will be able to show that it is easy when you know how, after your friends have tried to do the trick and have failed.

(Clip this out and paste it, with other of the series, in a scrapbook.)

The Scrapegoat.

During the war, especially, many a man was removed from office or from a high command more as the victim of a policy than for any sin or omission of his own. He was said to be a "scapegoat," because he was, more or less, suffering for faults that were by no means all his own.

This passage from the Bible illustrates the present use of the term "scapegoat:" "Aaron shall cast lots upon the two goats; one lot for the Lord, and the other lot for the scapegoat. And Aaron shall bring the goat upon which the Lord's lot fell, and offer him for a sin offering. But the goat on which the lot fell to be the scapegoat shall be presented alive before the Lord, to make an atonement with him, and let him go for a scapegoat into the wilderness. . . . And Aaron shall lay both his hands upon the head of the live goat, and confess over him all the iniquities of the children of Israel . . . putting them upon the head of the goat, and shall send him away by the hand of a fit man into the wilderness. . . . And the goat shall bear upon him all their iniquities unto a land not inhabited: and he shall let go the goat in the wilderness."

Thus, through three thousand years or more, has this pitiful picture of the scapegoat come to us, to be used to-day as the symbol for a man who is the victim, more or less innocent, of other people's mistakes and errors.

Never Mind.

Never mind—if storms be rough!
Never mind—if folk be gruff!
Sing and swing along life's way—
Make your own small road-track gay!

Never mind—if fame's elusive!
Never mind—though words abusive
Tear your rainbow dreams atwain:
Bravely weave their hues again!

Never mind! Keep "never minding"
While through hill and vale you're winding:
Up and down—now east, now west:
Never mind! Just do your best!

—Lillian Gard.

Minard's Liniment King of Pain.

A MEDICINE THAT ALL MOTHERS PRAISE

Baby's Own Tablets Banish Babyhood and Childhood Ailments.

Mrs. H. Oakes, Sarnia, Ont., says: "I have used Baby's Own Tablets in my home for the past fifteen years and I believe the good health my children enjoy is due entirely to this medicine. The Tablets are helpful at teething time; relieve colds and are always beneficial in the minor ailments of little ones. I have recommended Baby's Own Tablets to other mothers whose experience with them has been as satisfactory as my own."

Baby's Own Tablets do one thing only, but they do it well. They act as a gentle laxative which thoroughly regulates the bowels and sweeten the stomach, thus banishing constipation and indigestion; colds and simple fevers and turn the cross, sickly baby into a well, happy, laughing child.

Baby's Own Tablets are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Should Easter Be Fixed?

Since the opening of this century Easter Sunday has fallen six times in March and twenty times in April, and the question constantly arises whether it would not be advisable to select a convenient Sunday—preferably the second in April—and fix Easter fall on that day, every year, just as Christmas falls on December 25th.

The controversy on this subject started as early as the close of the second century of the Christian era, and if the present generation, after seventeen centuries of argument and controversy, adopts the fixed Easter, neither Church nor laity will lay themselves open to the charge of having acted with unseemly haste.

A pleasant saline laxative

A clear head, bright eyes, an alert mind, a body full of healthful vigor—you can have them all *every* day if you are a normal being and keep your system clear of clogging poisons. How? A spoonful of Sal Lithofos in a glass of water daily before breakfast and at bedtime.

Sal. Lithofos

3

On Monday evening, May 3, at eight o'clock from Massey Hall, Toronto will be RADIOCAST by Station C.H.C.C., 357 meter wave length, a LECTURE, on Christian Science, entitled

"Christian Science the Science of Healing"

By Gavin W. Allen, C.S.B., of Toronto, a member of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, Boston, Mass. You are cordially invited to listen in.

Bible Foundation of Christian Science Teaching

The lecture on Christian Science given in Massey Music Hall, Toronto, last Sunday afternoon, and radio cast from station C.K.C.L. as advertised in these columns last week reached a large audience.

The lecturer, Mrs. Nelvia E. Ritchie, C.S., of Sewickley, Pa., a member of the Christian Science Board of Lectureship, said in part:

In the Bible we are taught to work, watch, and pray, and Jesus said, "The works that I do shall he do also." To work out the problems of life according to divine law and to be able to prove our way step by step, we must understand not only the law, but the divine Principle from which all real law emanates. Christian Science teaches that the fundamental Principle, the first and only Cause, is God. In the Bible we read, in Genesis, "And God saw everything that he had made, and behold, it was very good." Does it not therefore follow that the law governing God's perfect creation must, of necessity, be exact, unfailing good?

Christian Science makes clear to us that God is "the same yesterday, and to-day, and forever." It also makes clear to us the availability of this changeless God who is infinite good, this first Cause who is the maker, sustainer, and ruler of the universe, forever the same, bestowing all good upon His perfect, spiritual creation.

Now the question is, How may we understand man? We need only turn to the Bible to learn the truth about man. In the first chapter of Genesis we read, "God created man in his own image, in the image of God created he him;" and that God gave man dominion over all things. Reasoning from this true basis will disclose to you, and to all who seek salvation, that everything proceeding from God must be God-like, good, complete, and perfect. The real man, the man of God's creating, must forever manifest all the eternal, spiritual qualities of his Maker, and can never be deprived of this rich inheritance.

Then the natural conclusion from the correct view of man is that he is spiritual because he is the reflection of his Father, Mother, Spirit. Man is intelligent, because the one Mind, God, is supreme and eternal. Man reflects health, happiness, and harmony, because he is the infinite expression of Soul or substance, which does not sin, suffer, or cause discord of any kind.

A Poem Worth Knowing.

"The Winter it is Past."

Scotland is a country of song although many people seem to think that all Scotch songs were written by Burns. Here is one, the authorship of which is unknown:

The winter is past and the summer's come at last
And the small birds sing on every tree;
The hearts of all are glad, but mine is very sad,
For my true love is parted from me.

The rose upon the brier by the waters running clear,
May give joy to the linnet and the bee;
Their little loves are blest, their little hearts at rest
But my true love is parted from me.

My love is like the sun that in the sky doth run,
For ever so constant and true;
But hers is like the moon that wanders up and down,
And every month it is new.

All you that are in love, and cannot it remove,
I pity the pains you endure;
For experience makes me know your hearts are full of woe—
And a woe that no mortal can cure.

15 to 30 drops of Seigel's Syrup relieves all forms of indigestion and dyspepsia. You'll swear by it once you have tried it. Any drug store.

The Mouth Organ as a Physical Stimulant.

Apart from all effects it may produce upon the pulmonary organs, the mouth organ has in many instances proved a splendid mental tonic. While discussing mouth organs with a friend recently, the conversation turned to army days. My friend mentioned an incident which occurred in France while a company of Scarlet troops were on a forced march. It was necessary to reach a certain place before day break, but the company was still a number of miles away from its destination when it became evident that the majority of the men were physically tired out. Steps began to drag, and it seemed that the party would never reach their objective at the time ordered.

Suddenly, when everybody was ready to drop, the old familiar tune of "Tipperary" broke the night's silence. One after another heads went up, dragging feet stepped out in time to the music, and the whole company moved forward like a new man. The music kept up mile after mile, and the soldiers' feet kept up with it.

In spite of exhaustion, the company arrived at its scheduled destination with every man marching. The day had been saved and the glory went to the man who had suddenly remembered that in the bottom of his kit bag was the only musical instrument in the company.

I suppose it's hardly necessary for me to say that that instrument was a mouth organ.—S. T. Leonards.

Keep Step!

Keep step with the marching hours
That are swiftly moving by,
For they still keep tramping onward
From birth to the day you die.
If you let them get before you
You'll never your place regain,
And you'll hobble along life's highway
In misery, want, and pain.

Keep step with the band of progress
Which plays all the newest airs,
For the great and grand successes
Are always to him who dares.
There are lands on the far horizon,
Where never a foot has trod,
Where the gold of high achievement
Lies close underneath the sod.

Keep step with the helpful army
Which treads out the path of good,
Through deserts of human failure,
Through forest, and fire, and flood.
Set the pace for the halting laggards
Who crowd in the army's rear,
And make for the glorious highlands
Of the far-off golden year!

—A. B. C.

A BLEMISHED SKIN

Cannot be Relieved by Salves and Ointments.

Irritating sores, pimples, eczema, salt rheum and other skin disorders are all signals of distress, telling that your blood is weak or impure. You cannot get rid of eczema and other skin troubles with ointments and outward applications, because the trouble is rooted in the blood and can only be removed by purifying and enriching the blood. Dr. Williams' Pink Pills banish these troubles because they purify and build up the impoverished blood. This has been proved over and over again. Among those who have thus benefited is Mrs. Chris. F. Hammel, Castor, Alta., who says: "I was troubled with eczema for years, and although I tried many remedies I did not find permanent relief until I used Dr. Williams' Pink Pills. Whenever I did a little work my hands pained me greatly, especially my fingers and joints, which were swollen and cracked, so that I could scarcely move them. Finally as the result of a statement I read, I decided to try Dr. Williams' Pink Pills, and I had not been taking them very long when I found they were helping me. I then got a dozen boxes, and before they were all gone every trace of the trouble had disappeared. Had I known of Dr. Williams' Pink Pills earlier I might have been spared the suffering I endured, and saved the money spent for other treatments that did not relieve me. I hope some other sufferer will benefit by my experience."

If your blood is out of order begin taking Dr. Williams' Pink Pills to-day and note their speedy beneficial results. Sold by medicine dealers or sent by mail at 50 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Have Thousands of Eyes.

The insects and crustaceans have acute vision, but at a distance of only a few feet.

Both compound and simple eyes are present in most insects. If the compound eye of a house fly be placed under the low power of the microscope the surface will appear marked off in hexagonal areas. These are the ends of cones, each of which may function as a separate eye.

The queen bee has five thousand of them, the drone twelve thousand, the dragon fly twenty thousand, and some beetles twenty-five thousand. The simple eyes, called ocelli, located near the middle of the forehead, are just visible to the naked eye in such large forms as the locust in which there are three. These are probably used for very near vision.

Spiders have no compound eyes, but from six to eight ocelli larger than those of insects.

Hygiene Knowledge a Necessity.

The general precepts of hygiene should be brought to the attention of all. They ought to be learned in the primary school; later on in the high school; continually put forth in pamphlets. Hygenic propaganda is a social necessity.

Minard's Liniment for backache.

Three million people died from smallpox in the East Indies in 1770 and 1771.

Snap Shot Finishing

We specialize in Developing and Printing of Snapshots. If you have never seen our work we will mail you 6 Prints free of charge if you will send us 6 of your best negatives, before May 10th, along with the names and addresses of 3 or more friends who own a Kodak. Your negatives returned with prints.

P. H. SARGEANT
462 Yonge St., Toronto, 5

CAN YOU SOLVE THIS?

DIERFLAG

The above letters when properly arranged spell the name of a late President. Everyone sending in the correct solution will be awarded a beautiful lot 20x100 feet Free and Clear of All Encumbrances, in a section now open to colonization in New Jersey. Answer, puzzle and mail to-day.

This Offer Expires July 15.

Beware of Imitators! We are the originators of this advertising plan.

Maxim Development Corporation
110 West 40th Street, New York
Dept. 1203

WARTS.

Apply Minard's freely and often. Also splendid for corns and bunions.

MINARD'S "KING OF PAIN" LINIMENT

RED ROSE TEA

"is good tea"

Order your grocer's best and he'll usually send Red Rose.

The King's Messenger.

In days of old no one wanted to be the courier who carried from the battlefield the story of a losing fight to a distant capital and the King who waited for the tidings. The messenger was well aware of his probable fate. As a rule, the monarch, since he could not wreak vengeance on the foe afar off, took it out on the man here at hand and in a paroxysm of wrath brought on by the dreadful and unwelcome news put the faithful, unhappy envoy to death.

We think of the ancient sovereign who did such a foolish, childish thing as a crude pagan, and we sympathize with the ill-starved victim of his ire. But we retain much of his silly spirit in ourselves and illustrate it in the manifestation of ill temper toward those who tell us the true but unwelcome things. We do not make any distinction between the message and the messenger; we find both unpalatable, and with an imperious gesture we dismiss them for those who are less candid and who tell us the beguiling and flattering things that it is more comfortable for our self-love to believe.

It takes courage to be a messenger of the unpleasant verities. Of course, it is easier to suppress what we know to be the fact and utter the tuneful, agreeable fiction. But what is the value of a teacher who for the sake of a fee will do nothing but commend the pupil and never discover a fault? How is one to learn from those that do nothing but approve, like fawning courtiers, and never speak out in a fearless candor, saying that which they know to be so, no matter whether it wounds the vanity of the hearer or not?

It is a great mistake on the part of one who reads a book or hears a lecture to insist that writer or speaker shall say only that which chimes in with his own preconceived idea. We must be ready to face the shock of challenge, to admit new light to receive the unwelcome tidings, no matter how they grieve and hurt and contradict us.

Minard's Liniment for burns.

Although it costs thousands of pounds to maintain Fulham Palace, the Bishop of London's residence, only about two rooms are used by the Bishop for his personal needs.

SIMONDS SAWS

Their teeth are of a toughness which makes them hold their keen cutting edge under every usage.

SIMONDS CANADA SAW CO. LTD.
MONTREAL
VANCOUVER, ST. JOHN, N.B.
TORONTO

Keeping Fit! A Matter of Habit!

Good Health Is Within Reach Of All Who Observe This Healthful Habit

There is a very good reason why so many people find themselves subject to listlessness, headaches, biliousness and weakened vitality. They have failed to acquire that healthful habit of regular daily bowel evacuation, with the result that they find themselves victims of constipation.

Modern living conditions tend to decrease the amount of natural lubricant in the intestines, making regular easy elimination of the bowel contents difficult.

Under such circumstances poisons from the waste matter that remains behind, are picked up by the blood and absorbed by the system, result—undermining the general health and vitality.

Nujol, the scientific internal lubricant augments nature's lubricant, and makes elimination safe and easy.

Nujol softens the waste matter and permits thorough and regular elimination, without overtaxing the intestinal muscles.

Nujol is not a laxative, and may be taken for any length of time without ill effects. At all druggists.

Old Remedy Relieves Kidney Trouble.

A Grateful User Tells of His Thankfulness for Warner's.

Wonderful results have been obtained in combating kidney trouble by following certain rules of diet and the use of Warner's Safe Kidney and Liver Remedy, a preparation on the market nearly 50 years.

A grateful user writes: "Your medicine is a miracle to me. My weight was reduced from 157 to 114 pounds when I left the hospital in despair. I began to use Warner's Safe Kidney and Liver Remedy and at once commenced to improve. Now everyone is saying to me that I look better than ever. Every word I have written is true, and I can prove it by hundreds who knew of my condition."

Warner's Safe Kidney and Liver Remedy is made from herbs and has been sold for nearly 50 years, a true indication of its worth. Get a bottle to-day.

Sold by all druggists. Price $1.25 per bottle. Warner Safe Remedy Co., Toronto, Ontario.

Classified Advertisements.

ELECTRIC MOTORS BOUGHT AND SOLD. Milton, Frederick St., Toronto.

RUBBER—WE IT'S MADE OF RUBBER. We have it. Write us and mention your wants. Camera Supply Co., Dept. W, Box 2704, Montreal.

STRAWBERRY PLANTS.

STRAWBERRY PLANTS—KELLOGG'S PRIZE WINNER. "Dr. Burrill," "Senator Dunlap," "Parson's Beauty," "Woodoaks," "Glen Mary." All perfect bearers; by mailing regulations, 100 plants, $1.75; 200, $3.00; 500, $6.00; 1,000, $10.00. "Progressive" Everbearing Strawberries, 25 plants, $1.00; 100, $3.75. "Cuthbert" Raspberries, 25 bushes $1.00; 100, $3.00. Delivered charges prepaid. Carefully selected plants, well rooted, fresh dug, with complete cultural instructions supplied. Catalogue free. Advertisement appears but once. Ordering all from this advertisement, mentioning it, will entitle purchaser to an extra discount. Wilson. Aylmer, Ontario.

The presence of a great ice cap lowers the temperature of a region about fifty degrees.

TORONTO OFFERS BEST MARKET FOR Poultry, Butter, Eggs
We Offer Toronto's Highest Prices.
LINES, LIMITED
St. Lawrence Market Toronto 2

Andrew's Pluds STOP TOOTHACHE INSTANTLY
Temporary Filling. Lasts a Long Time. Which
SOLD EVERYWHERE 15c. Package
Norman K. Wright & Co., Limited, Dunbarton, Toronto

SHIP US YOUR POULTRY, GAME, EGGS, BUTTER AND FEATHERS
WE BUY ALL YEAR ROUND
Write today for prices—we guarantee them for a week
P. POULIN & CO. LIMITED
2039 Bonsecours Market Montreal

CHAMBERLAIN'S PAIN-BALM LINIMENT
Your favorite old LINIMENT is now being offered in TUBE FORM
Better than before! Easy to apply!
Its well known soothing, healing and penetrating qualities have been intensified in the new, compact form.
For over fifty years it has been a standard household remedy for sprains, bruises, rheumatic pains or muscular lameness from any cause.
Generous tube for 25 cents.
Sold Everywhere, or by mail from Chamberlain Medicine Co., Toronto

TO WOMEN OF MIDDLE AGE
Mrs. Wilson's Experience a Guide to Women Passing through the Change of Life

Hamilton, Ontario.—"I have taken several bottles of Lydia E. Pinkham's Vegetable Compound and I can not speak too highly of it as I was in the Change of Life and was all run down and had no appetite. I was very weak and had pains in my back and was so bad I could hardly move. I go very sad at times and thought I had not a friend on earth. I did not care if I lived or died. I was very nervous, too, and did not go out very much. A friend advised me to try a bottle of Lydia E. Pinkham's Vegetable Compound, so I did. I am a farmer's wife and always worked hard until I was laid up for two months. I began to feel like a new woman after the first bottle and I recommend it with great success, also Lydia E. Pinkham's Liver Pills. I am willing to answer letters from women asking about your medicines, as I cannot speak too highly of them."—Mrs. EMMA WILSON, 471 Wilson Street, Hamilton, Ontario.

Sold by druggists everywhere.

CUTICURA HEALS ECZEMA IN RASH
On Scalp, Later on Limbs. Caused Much Suffering.

"I had eczema which made its appearance on my scalp in a rash. It itched terribly and when I scratched it, blisters broke out. Later the eczema broke out on my limbs, which were badly swollen and very red. It kept me awake at night and caused much pain and suffering. When I washed or went near the hot stove it was very painful. . . ." I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more and in two or three months I was completely healed. (Signed) Mrs. Emma C. Gibson, R. 1, Box 71, Island Pond, Vt., Oct. 26, 1925.

Use Cuticura for all toilet purposes.

Sample Each Free by Mail. Address Canadian Depot: Cuticura Laboratories, Ltd., Montreal. Price, Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the British Empire. Obtainable everywhere. Cuticura Soap Shaving Stick 25c.