g on the

males

a foot

rey are

wind.

ded in

wors the secretion of saliva by reflex Thor who get the habit of using them action, which is useful in the mouth- quic, become its slaves, and find all digestion of starches; it also stimp- foods tasteless that have not been lates the flow of gastric juice. It thus drenched with pepper and mustard. aids in provoking the appetite, and it They are laying the ground for dys also increases the contractions of the pepsia, which will compel them to stomach. It accompanies ordinarily give up such injurious practises per-

STYLES AND CUSTOMS CHANGE . . . BUT

added advantage of the foil wrapper.

WILSON'S

Doctor Says "Go Slow"

among his country's flavors, and es- one any harm,

diments pitilessly.

with sulfuric and other acids.

"The acid taste is not unnatural in ceeds:

ones, such as popper and mustard, inconveniences of vinegar.

mustard, he says, as truly as of alco- and thus injure their stomachs.

mate physiological part. All others are ach as a mustard-plaster does on the

they may be studied in groups. First already often weakened by malaria."

Stomach and Liver

BACHELOR

Still most for the money

does the cigar smoker's preference for Wilson's Bachelor.

They were smoked and enjoyed 25 years ago. They are

smoked and enjoyed in increasing numbers today because Wilson's Bachelor cigars are 100% Havana filler with the



rective is Phillips' Milk of Magnesia. Please let it show you now.
It has remained standard with physi- Be sure to get the genuine Phillips'

One spoonful of Philips' Milk of acids. Each bottle conterns 1021 direct Magnesia neutralizes instantly many tions—any drugstore.

Excess acid is the common cause of times its volume in acid. It is harm-

indigestion. It results in pain and sour- less and tasteless and its action is ness about two hours after eating, quick. You will never rely on crude his daily walk at the exact hour each He gave high praise to Major Sey. The quick corrective is an alkali when you learn how quickly, how methods, never continue to suffer, which neutralizes acid. The best cor pleasantly this premier method acts. clans in the 50 years since its inven- Milk of Magnesia prescribed by physiclans for 50 years in correcting

haps even for some ulcer of the stom ach or modenum, whose consequences Halled a moment, proudly to behold in Use of Condiments can not be foreseen. In any case, they bring on premature fatigue of the liver, leading to the hepatic com-Over-Uce of Jerger and Mustard Acts as Severe Irritant on plaints now so common and so diffi-

Cigar

individually

foil wrapped

and in pocket

packs of five

"Besides-another serious result-France is the land of the flavor and certain vegetables that are eaten raw, these people pervert their sense of the sauce. Few articles of food are whose cellulose is digested with some appreciated when it is masked by that writers in other lands, jealous, gastric mucous is not without inconduction of the doubtless of the well-deserved reputation, especially if it is great and perly so called, the herbs of cuisine, lation, of the French for technique convert delivers and lation.

tation of the French for toothsome occurs daily, although a good salad cookery, have slyly suggested that this is seasoned also with salt and pepper, is because the foodstuffs of that land, and with oil—a valuable corrective, and saffron. Their strong flavories in the median cookery, the seasoned also with salt and pepper, incl. and saffron. Their strong flavories in the median cookery, the season of the foodstuffs of that land, and with oil—a valuable corrective, and saffron. Their strong flavories in the median cookery, the season of the foodstuffs of the foodst flavorless in themselves, require out still, dyspeptics would do well to avoid especially in oily sauces, prevent us from using them in great quantity. However this may be, it is interest it.

However this may be, it is interest if.

Lemon juice may advantageously They have a rather favorable effect on the stomach.

Dr. Raoui Blondel, writing in L'Echo tolerated better than any other or
"We must add vanilla, a good nerve

de Paris, is careful to discriminate ganic acid. Lemonade never hid any tonic, used to flavor puddings and cakes. The natural vanilla is preferpecially condemns the use of the "hot" "Pickles and the like have all the able to synthetic vanillin, often used instead of it. They We need the outside flavors, he ad-should be used in moderation. It is mits; but he bids as be careful with better not to give them to children,

"Finally, a word about the onion family. Onion is a valuable diuretic. them-one may become the slave of who get the taste for them top easily, used for this purpose too seldom. It should not be fried too long; if so, it mustard, he says, as truly as of alcohol. He writes:

"Our appetites would soon flag if —pepper, mustard, etc. Even more we should eat only unseasoned food. than vinegar they have a revulsive acis pard to digest, and loses its diuretic Give Him Baby's Own Tablets. properties, being then almost entirely transformed into caramel.

Salt and sugar are still our simplest tion on the mucous surfaces—mouth, flavors and our commonest. They are throat, stomach, and intestings. Mus-"And garlic, to which has been assigned antiseptic virtues for chronic also the only ones that play a legiti- tard has the same effect on the stomlung trouble-also value as a vermifuge. The stomach does not tolerate only artificial ingredients, intended to skin. Its action is rather injurious excite the appetite by stimulating the than otherwise. We should recognize t easily in too great quantities, and in its most celebrated dishes it is the most indigestible food in the world. mucous coating of the stomach and by the fact that condiments of this class pleasing the taste. They may become are perfectly useless, at least in our dangerous by abuse, which habit climate. In the tropics they are used Let us not speak of its odor, which might get us into trouble with our makes too easy. In any case when the -and abused-under the pretext of neighbors, both north and south! Realstomach membrane or the liver do not stimulating the appetite, which gener-work properly, the first thing that the ally fails in a hot, moist climate. The ly, the only garlic that is objectionable s that eaten by other people! With physician has to do is to cut out con- result is a supplementary cause of irgood supply of egotism and in an enrironment where everybody eats it, it ritation to the intestinal passages, "The list of these is a long one, but bringing on dysentery, and to the liver, ecomes quite supportable.

Milk Diet Aids Hens

are the acids, represented by vinegar It is the essential oils, Dr. Blondel and lemons Vinegar owes its proper reminds us, that give to all these pro-Among the wide variety of feeds ties to acetic acid, but it also has a ducts their caustic power; added to which comprise the poultry ration of to-day, none compares with milk in Spain Has As Many flavor that varies with its source. Good these, as with pepper, are certain wine vinegar is the best. Besides 6 stimulant alkaloids. These essences, encouraging fowls to keep hard at per cent. of pure acetic acid, it con- like all bodies of this class, exert a their egg-laying duties during the hot tains, also cream of tartar, and keeps certain antiseptic action. He does not something of the vinous flavor. Vine deny this advantage, but urges that weather of Summer, in the opinion of Professor C. S. Platt, assistant poultry the classification of occupations in the gar from cider or beer is of the second it may be obtained by less dangerous husbandman for the New Jersey Ag- kingdom printed by the weekly financlass. Vinegar used in the industries, means. These substances, he says, ricultural Experiment Station, who asmade directly from alcohol, has a are like alcohol, which is incontestserts that the poultryman "cannot af- The brutal acidity without flavor. There ably a food, from the purely thermoford to leave milk out of the ration at fied by age or sex, is 22,128, and the are also, unhappily, falsifications made chemical view-point—but the organism this season. pays a heavy price for it. He pro-

He explains that the appetite of laying birds, normally at its best during our food; nature itself supplies it in "Use of this sort of condiments the Spring months, is likely to weaken ed by four or five beggars. Begging is certain fruits and vegetables. It fa- must, - therefore, be very moderate. with the approach of warm weather. This falling off in feed consumption, and especially of dry mash, forces the live by this means usually manage to bird to curtail its egg production or eke out some kind of existence. lose body weight.

"Well-bred birds will continue lay- Minard's Liniment for Foot Ailments. ing even at the expense of body weight," Professor Platt states, "but birds of inferior breeding will quit laying and moult. However, this stopping of egg production can, to a large extent, be delayed until later in the traffic control in Berlin than in any season if the fowls are fed a proper other metropolis," William Phelps amount of milk.

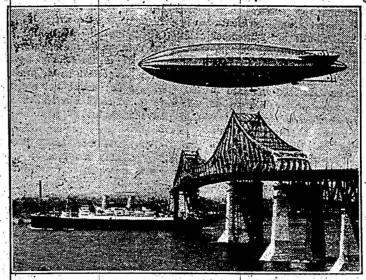
Guessing the Time At Wirksworth County Court a man The German authorities, he said, was told y the judge to stand still were tackling the problem in a highly and say when two minutes had ex- scientific manner and at their present pired. He called "Time" when no rate of progress would soon be able more than seven seconds had elapsed! to show the other big cites some new Some people have the time sense, tricks in the art of preventing pedes-but the vast majority of the human trians and automobiles from colliding. Some people have the time sense, race is sadly deficient in this faculty. But many of the lower animals pos- with Berlin's traffic museum and the sess an extraordinarily keen time training school in which not only the sense. Note the way in which a dog local police but also those of the big walks into the dining room a few min.

utes before a meal, or gets ready for struction," Mr. Eno said.

Horses and poultry know exactly the lin and who has been largely instrutimes they are due to be fed. Ducks mental in perfecting the capital's trafare particularly clever in this way, ac control, following the American and ney will raise a small riot if and London systems. their evening meal does not arrive to the minute.

Inhale Minard's Linime: .: for Asthma. on a wet might.

Air Liner and Sea Liner



When the R-100 giant British dirig- | riving in Montreal from overseas. The ible flew above Montreal recently she two great ships are pointed in the passed over the new Harbor Bridge, ling at slow speed in passing the

At Ninety

knew.

to grief.

I see.

old.

f lore,

petals blown

known,

gales,

and ride,

When Your Child

may avert a serious illness.

Medicine Co., Brockville, Ont.

count of lawyers shows 22,473.

Traffic Expert Lauds

Berlin.-"We shall soon see better

End, American traffic expert, predict

ed recently following a three-day study

"I have been especially impressed

of Berlin's traffic arrangements.

Beggars As Lawyers

Berlin on Traffic

Madrid.-There are as many beg-

sails.

waits here.

one wind of desire for what is

seek the joy that only age has

They cannot guess that happiness

loneliness and tortured humbled

one of the largest structures of its bridge. As will be seen, the R-100 is kind on the confinent. Just clearing about one-sixth longer than the the bridge, there is seen the Canadian Duchess, which gives a good idea of Padific liner Duchess of Bedford, ar- the hage size of the great dirigible. I am no longer tossed and torn and Bright Eves.

I am content. My life is sweetly filled The Birthright of Every Girl. With little joys that once I cast Dull eyes mean misery and weakness-a sure sign of a bloodless con-Each day brings me its tune, its dition. Anaemic girls and women have dull, heavy eyes with dark lines I shake with laughter at old jests underneath. The bright eyed girl or

Rosy Cheeks

woman is always happy and well. Why worry over things that I forget? There is one way to make the eyes The sun is warm. I have a dog bright—to bring the glow of health to pale cheeks-that is to it vigorate the body with new blood-rich, red health-My heart is keen for joy, but numb giving blood. Dr. Williams' Pink Pills do this and they do it well. Concern-I garner each new springtime that ing them Mrs. Robert Devitt, Brougham, Ont, says: "My daughter bemolten glory of the autumn leaf Is mine—the glad reach of an age-ing tree. and thin; her eyes were dull and the least exertion upset her. I began giv-But what is age? I am not growing; ing her Dr. Williams' Pink Pills and have but paused to count my coin in less than six months you would not know here She gained in weight and strength and is now the picture of any supper at all," came the refle The wealth of friendship that I health."

Dr. Williams' Pink Pills are sold by medicine dealers or by mail at 50 cents a box from The Dr. Williams' young whirl past me like wild Medicine Co., Brockville, Ont.

A Brown Owl's Fancy

To me, a Pack of Brownies is a collection of violins violins of every Minard's Liniment aids tired feet tiny mast-light dipping to the description, good, bad and indifferent; drop my anchor in God's peace some highly strung and some hardly strung at all-ranging in tone from Ready to hoist undaunted crimson the common ordinary fiddle to the rare old violin of a great master. or washington state, daylite a might And catch the gentle, last outgo. The Brown Owl is the musician, whose "gold rush" of miners in that distriaim and ambition it should -By Carolin Fuller. bring forth all the harmony that may be stored within each violin.

While anyone who has an ear for music and has received the necessary instruction can play a violin, not everyone can bring out the music that is pent up within her instrument. The would-be musicians range in an infinite gradation from the one who is content merely to play a simple The health of bables and little childliftle tune to the more ambitious soul ren is subject to rapid changes. Thus who longs to bring out the wonderful the mother must be on her guard. At symphony of sound that she feels the first sign of feverishness Baby's must be just within reach. The uninspired player amuses her-

Own Tablets should be given-this self and harms nobbbdy. The over-Concerning the Tablets Mrs. Norzealous player works strenuously in man Lee, Uxbridge, Ont., says: "My her futile struggle to release the harlittle boy, now three years old, was not mony she knows and feels but cannot reach; while her poor little instruat all well. He was feverish and had ment-racked and raged upon and appetite. I gave him Baby's Own Tablets and he was soon well again. given po chance to vibrate-is forced I would not be without the Tablets as into a protesting and painful discord. In between these two extremes long as there are young children in the range the real musicians, with here Baby's Own Tablets are sold by and there a master-the master violinist-who, by means of perfect techmedicine dealers or by mail at 25 cents a box from The Dr. Williams

nique and absolute control, is enabled to, bring forth all that is in the instrument in his hands. It may be this is only a common fiddle. Yet will he coax some music from it. Should it; by some happy chance be one of the rare old violins filled with the music of the ages, the resulting harmony is "a thing of

as lawyers in Spain, according to beauty and a joy forever." He, the master musician, will bring forth magazine La Semana Financiera number of mendicants, unclassisome music from each and every instrument! Even though the master violinists are exceedingly rare, we can all be It is impossible to sit at a table in a true musicians and release at least sidewalk cafe without being approachsome of the music that is pent up innot a dishonored avocation in Spain and the blind, crippled and needy, who

side of our instruments—the Brownies There is something within each one of them just needing the necessary encouragement-happy environment and opportunity-to-burst forth into a self-expression that might otherwise lie dormant for yearsmaybe, forever. The instruments are many; the players only are wanting. -Isabel Campbell. Brown Owl, 1st New Westminster Park of Brown ies.

LINES LIMITED St. Lawrence Market, Toronto 2

Harvesters You'll find Minard's a certain relief for stiff or strained muscles.

Rub it in and the pain disappears.

MINARD' "KING OF PAIN" Some men saving up for a rainy day meet the bootlegger and spend it all

at to you clavery may of Min not may fir trans mas starilets

like Red Rose RED ROSE TEA re do grante

A Fair Offer The instructor was addressing : number of flying cadlets on the uses of the parachute.

"Now, then," he said, "if anything goes wrong with your plane, jump out than flier, in the plane Columbia, in count three as you are falling, so that you are free of the plane, and then pull the ring." He paused for his words to sink in. "You will then find at the parachute, will open and you'll' come down as lightly as a feather. "But supposing it doesn't open? asked one of his listeners.'

"Bring it back, and I'll give you and other," replied the instructor.-Ans-

Doctor's Orders She was shown into the doctor's fice, and he soon notified that she was looking worried about something. "What is it, Mrs. Ports?" asked/in/

"It's Fred, my hubby," returned woman. "I "want you to allow him have his beer after supper." "Why?" questioned the med rather puzzled.

"Since you said that he was not drink beer after supper he wen't have

A Bad Blunder She had just returned to her home after three years abroad, and happen ed to meet the shy young man.

"Why, I never thought you would remember me," she said brightly,
"Oh, yes," ho replied, searching for the right thing to say! "I recognized your hat."-Answers.

Cows Start a "Gold Rush" | Finding that cows grazing in by of Washington State, U.S.A., had go

Ever since 1189 there has been Lord Mayor of London, England



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 of drug, grocery and hardwork stores La Cie C. O. Genest & Fils, Limitee



CHILDREN hate to take medicine as a rule, but every child loves the taste of Castoria. And this puris 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 colica a few drops of Castoria has hit soothed, asleep again in a jiffy. Nothing is more valuable in diarrhet 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 disease you should use it to keep the system from clogging.

Castoria is sold in every drugstores the genuine always bears Chas. Il Fletcher ignature.

Fletchers

When a fiend calls

Alapoins team Wew rentropest your friend a set ptilley price a sured

TWO QUALITIES -- RES ABEL & ORANGE PEKOE

Montreal-London Flight Will Be Attempted

Montreal. - A transatlantic rom Montreal to London will be atempted by Capt, Erroll Boyd, Canahich Clarence Chamberlin and harles A. Levine flew from New ork to Germany, it was announced lug. 21 by J! A. O'Brien, representa ve of Captain Boyd. The start will be made, Mr. O'Brien

aid, within the next 10 days or as oon thereafter as weather permits. aptain Boyd had planned a transclantic flight earlier this summer om New York to London

"Not every one can warm both ands, before the fire of life without corching himself in the process."yean Inge.

finard's Liniment a household friend. Sale man-"Yes, sir. of all our care his is the one we feel confident and istified in pushing." Prospective ustorier-"That's no good to me: I ant one to ride in."

Classified | Advertising

VANCY NORTHISTO OF EDICE ranch bright mink, for each We arantee statisfaction. Reasonable crees, Tomffebia, Mink Eacto Tem-ena, Quebec, Stanstead Council

A SEA SLED: FOR SALE, MODEL, 16, with new 22 H.P. Externed model in perfect condition, very fast solutely safe, soliential fishing boat, as special sedim top: owner certing erger model. Now to ed on Georgian y. Wilson Publishing Co., 73 Addates 7, Tronto, Box 7

Cuticura Soan is more than a fine soup

It is consilier, anthorpile and not only chance, but heals irritations and restorce the narmal action of the porce For 50 years the standard of excellence

4 Years without HEADACHE

How do you deal with headaches? Do you just take something to dead in the pain without getting rid of the trouble which causes the pain? Thousands do despite the medical profession's warning cry of "DON"P!"

Such makeshid methods snaply suppress the symptoms of headaches, They merely numb the nerves and They merely numb the nerves and leave the underlying cause to look ufter itself. And it only obtains a firmer grip. Headaches can generally be traced to a disordered stomach and to the unsuspected treation in it system of stagnating waste mater twhich poisons the blook. Ren, a these poisons prevent them long again—and you'll never have to we analyst more and that any more. And that is just how Kruselien Salts bring swift and lastong relief from headaches. Kruselien Salts aid Nature to cleanse your bear completely of all, clogging we to matter.

"For many years I suffered from severe headaches almost daily. I started taking the small dose (of Kruschen) a matter of four years ugo, and I can honestly spy I have never had a headache silve; "- (Mrs. M. W.,



Operation

"I was very weak after an op eration. My nerves were so bad I would sit down and cry and my husband would not go out and leave me alone. Now my nerves are much better, thanks to a booklet that was left under the door. Lydia E. Pinkham's Vegetable Compound surely put me on my feet. I have taken eight bottles. My friends tell me I look fine. My sister has taken this medicine too."-Mrs. Annie Walton, 67 Stanley St., Kingston, Ontario.

egetable Compound civ E Pirktam Med. Co., Lynn, Mass. U. S.

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