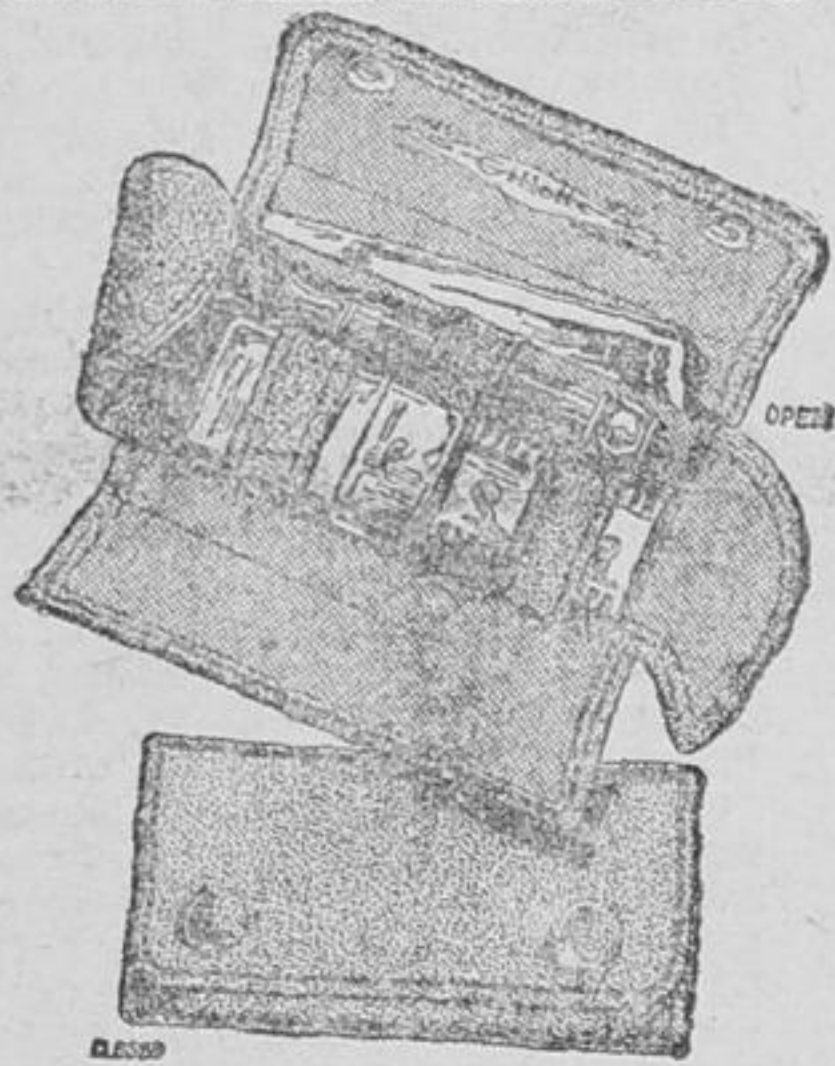


Gillette Safety Razor

The Shaving Service for Every Man
—Everywhere

No Stropping
—No Honing

The NEW
KIT SET
No. 20



A perfect shaving edge is the daily privilege of the Gillette Safety Razor owner.

Few men can hone or strop a razor sharp enough to stop it pulling on the neck and around the awkward places. With a Gillette you do not depend upon your own skill in stropping and honing.

The perfection of the edges of Gillette Blades is assured by our highly specialized machinery.

The new Kit Set shown above is most compact (especially convenient when you go away for a holiday or on business), and enables you to enjoy the most comfortable shave in a few minutes every morning.

Your jeweler, druggist, or hardware dealer can show you a variety of Gillette Sets at

\$5.00 the set



The Gillette Safety Razor Co. of Canada, Limited,
Montreal, Canada.

WHAT TO DO WHEN TIRED.

Take a Rest, of Course—This Article Tells You Why and How.

When you get tired, take a rest. Do not "make" yourself go on doing something when you really feel that you have had enough.

This sounds a counsel of perfection, but it is really only the soundest of common-sense. Experiment has shown that fatigue is caused by a poison which is generated in the blood by exertion.

Everything that we do breaks down "tissue"—that is to say, it uses up some of the myriad cells which go to make up the body, and these broken down cells are waste matter and have to be eliminated from the body.

All the work inside us is controlled by the nerves, and these are more or less like the insulated wire that is used for electric bells, and the nervous impulse resembles the current that passes through and does the work.

Fatigue increases the resistance of the nerve to the passage of the impulse, this being one of the kindly efforts of Mother Nature to shut out messages from the outside world so that we may rest and sleep, and recuperate by getting rid of the poisonous products of work.

But as the resistance of the nerve increases, so do the messages in sharpness and clearness, we get too tired to be keenly alert and accurate, we grow too tired even to care overmuch, and this is the state of mind which leads directly to accidents and spoiled work.

It actually "doesn't pay" to work in this state; it does not prove worth while either to master or man. What is the use of keeping a workman at

work beyond his fatigue limit if he only succeeds in spoiling his job, damaging himself, or smashing the machine?

There is a rhythm that runs right through the world in everything we do, a kind of swing that enables us to keep going when once we have started, so long as we don't get out of time. It is the same thing that enables a man to go on for sixty years at the office enjoying life, and then when he breaks the swing and retires to what he calls a well-earned leisure, he promptly dies of a broken rhythm.

So, if we keep work and rest going in their proper swing, and if the time of rest is sufficient to get rid of the poisons of fatigue, then we can go on for an indefinite period.

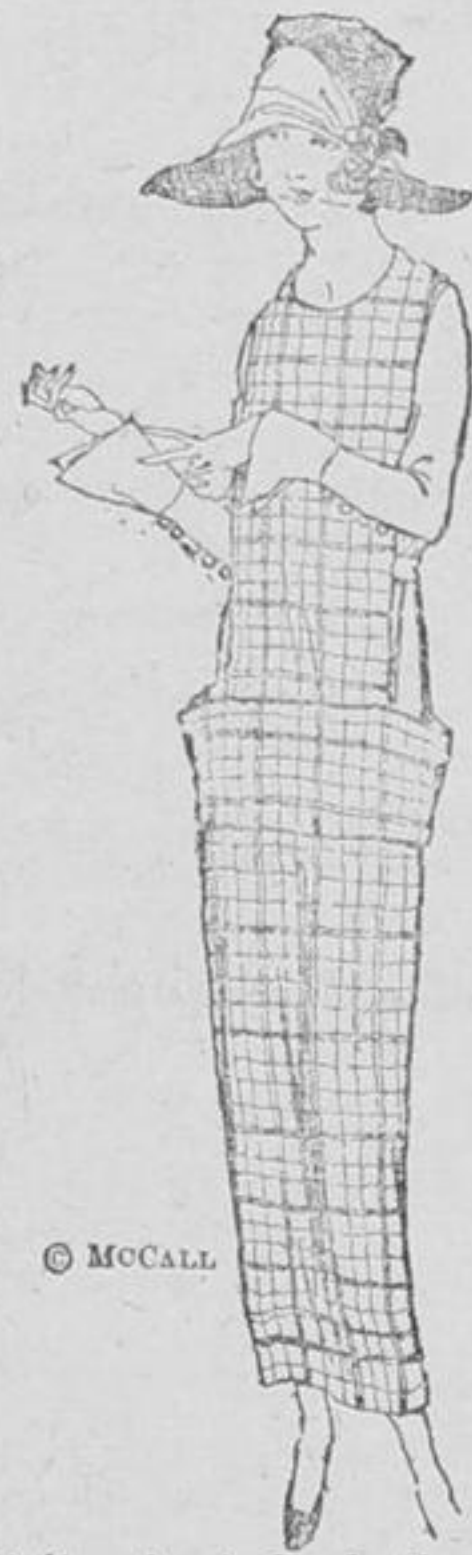
But we do not allow time for the poison to be eliminated, we store it up and it decreases our nerve-quickens, impairs our judgment, and finally results in a breakdown of one kind or another.

When the body calls for rest it is economy to give it. Flogging the tired horse merely stores up more fatigue-poison and makes things much worse in the long run.

CARE OF BARN ROOF.

A great many farmers throughout the country allow the chaff and straw blown from threshing machine to barn roof to remain from one season to another without removal. They should realize this holds moisture and it is a question of only a short time when the shingles are decayed. When they have to replace the roof the blame is laid on the shingles rather than on their carelessness in not removing the cause of decay.

The Weekly Fashions



Simplicity is indeed the word to describe this model, which is suitable for outdoor wear on hot summer days. McCALL Pattern No. 8955, Ladies' Dress. In 6 sizes, 34 to 44 bust. Price, 25 cents.



The novel effect of the yoke, which is scalloped, is emphasized by the repetition of the scallops on the sleeves. McCALL Pattern No. 8942, Girl's Dress. In 5 sizes, 4 to 12 years. Price, 20 cents.

These patterns may be obtained from your local McCALL dealer, or from the McCALL Co., 70 Bond St., Toronto, Dept. W.

A GRAND MEDICINE FOR LITTLE ONES

Mrs. Avila Noel, Haut Lameque, N. B., writes:—"I can highly recommend Baby's Own Tablets as they have worked wonders in the case of my baby. I always keep them in the house and would not feel safe without them." What Mrs. Noel says concerning Baby's Own Tablets is just what thousands of other mothers say and feel. The Tablets are a mild but thorough laxative which regulate the bowels and stomach, thereby banishing constipation, colic, indigestion and a host of the other minor ailments of little ones. The Tablets are absolutely guaranteed to be free from opiates or narcotics or any of the other drugs so harmful to the welfare of the baby. They cannot possibly do harm—they always do good. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Ground For Suspicion.

A north countryman, charged with having set fire to a large hayrick, was defended on the ground that he was not altogether responsible for his actions. One of the witnesses testified to the belief that the prisoner was "wring in his head."

"Can you mention any occasion on which the prisoner behaved in a manner to warrant your statement?" he was asked by the learned counsel.

"Yes," answered the witness. "Once at work he got half a crown too much for his wage, an—"

"Well?" said counsel, as the witness hesitated.

"He took it back to th' manager," concluded the witness.

Nothing of Moment.

The front door bell rang, and the seven-year-old Nancy answered. Presently she returned alone.

"Who was it, dear?" asked her mother.

"Oh, it was just a lady looking for the wrong house," was the unconcerned reply.

LEMONS WHITEN AND BEAUTIFY THE SKIN.

Make this beauty lotion cheaply for your face, neck, arms and hands.

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvelous to smoothen rough, red hands.

Gideon and the "Midnights."

Johnny came home from Sunday school quite thrilled by the lesson. "It was all about the Midnights," he said. "The what?" asked his father. "The Midnights," repeated the boy. "Teacher told us how Gideon fought the Midnights and knocked the day-lights out of 'em in no time."

Minard's Lintment Lumberman's Friend.

Shorter the Better.

The editor dropped into a barber's and asked for a hair cut. The man with the shears was inclined to be talkative. "I don't know sir," he began, "whether you have heard about that story about the boy who—" Then with a sudden recollection of his professional duties, he interjected: "Like it short, sir?" "Yes, yes," said the editor, eagerly. "A brief synopsis will do."

At the Yarmouth Y. M. C. A. Boys' Camp, held at Tusket Falls in August, I found MINARD'S LINIMENT most beneficial for sun burn, an immediate relief for colic and toothache.

ALFRED STOKES,

General Sec'y.

A Possible Excuse.

"You'd better marry me. Eligible men are scarce."

"I suppose I could offer that as an explanation," said the girl reflectively.

Ask for Minard's and take no other.

The tone of communications from Great Britain is warmly in favor of the preference granted to Empire-made goods, says the Canadian Trade Commission.



More and better shaves

Did you ever see a barber start to shave a customer without stropping his razor first? Never! Isn't this fact significant?

Stropping, you see, is needed to reform the saw-like edge that results from shaving; to keep the blade free from rust; and to give you for each morning's shave a keen-edged blade. The self-stropping feature of the AutoStrop Razor preserves the keen edge that makes shaving comfort possible.

Stropping — shaving, cleaning, are all done without removing the blade from the razor.

Razor — Strop — 12 blades — \$5

AutoStrop SAFETY RAZOR

AUTOSTROP SAFETY RAZOR CO., Limited
AutoStrop Building, Toronto, Canada

HELP WANTED.

WANTED — COUNTRY GIRL FOR General Housework, highest wages. Mrs. A. J. Pattison, 64 Indian Grove, Toronto.

POULTRY WANTED

WHAT HAVE YOU FOR SALE IN Live Poultry, Fancy Hens, Pigeons, Eggs, etc.? Write I. Weinrauch & Son, 10-18 St. Jean Baptiste Market, Montreal, Que.

HOME BUILDERS!

WRITE FOR OUR FREE BOOK OF House Plans, and information telling how to save from Two to Four Hundred Dollars on your new Home. Address Halliday Company, 23 Jackson W., Hamilton, Ont.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

FOR SALE.

NEWSPAPER, WEEKLY, IN BRUCE County. Splendid opportunity. Write Box T, Wilson Publishing Co., Limited, 73 Adelaide St. W., Toronto.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried \$1,500. Will go for \$1,200 on quick sale. Box 62, Wilson Publishing Co., Ltd., Toronto.

All Tired Out.

"Money is circulating very fast," remarked the economist. "Yes," replied the ordinary person, "by the time a dollar bill gets around to me it is so tired it can't do anything like the work it used to."

Minard's Lintment used by Physicians.

MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

Keep Minard's Lintment in the house.

Easy.

Youth—I don't want to take that character. I'll make a fool of myself. Lady Stage Manager—Well, you said you wanted an easy part.

SUFFERING CATS! GIVE THIS MAN THE GOLD MEDAL

Let folks step on your feet hereafter; wear shoes a size smaller if you like, for corns will never again send electric sparks of pain through you, according to this Cincinnati authority.

He says that a few drops of a drug called freezone, applied directly upon a tender, aching corn, instantly relieves soreness, and soon the entire corn, root and all, lifts right out.

This drug is a sticky ether compound, but dries at once and simply shrivels up the corn without inflaming or even irritating the surrounding tissue.

It is claimed that a quarter of an ounce of freezone obtained at any drug store will cost very little but is sufficient to remove every hard or soft corn or callus from one's feet. Cut this out, especially if you are a woman reader who wears high heels.



How to Cure Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients; it cures indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c. and \$1.00 Bottles.

Cuticura Will Help Clear Eruptions & Dandruff



The Soap to Cleanse The Ointment to Heal

Don't wait to have eruptions, redness and roughness, dandruff and irritation. Prevent them by making this wonderful skin-clearing complexion soap your every-day toilet soap, assisted by touches of Cuticura Ointment to the first signs of little skin and scalp troubles, and dustings of Cuticura Talcum, a fascinating fragrance. In delicate Cuticura medication The Cuticura Trio is wonderful. Sample each free of "Cuticura," Dept. N, Boston, U. S. A.

There's Great Satisfaction in knowing the children's health and enjoyment are being provided for when you give them

POSTUM
as their hot table drink