

NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. Georges Lefebvre, St. Zenon, Que., writes: "I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Lefebvre says thousands of other mothers say. They have found by trial that the Tablets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish indigestion, constipation, colds, colic, etc. They are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Among ostriches, the cock birds incubate the eggs.

Minard's Liniment Relieves Neuralgia

All Things.

My foemen throng before with purpose grim;
But, trusting in the Lord of Life, I go:
All things for me are possible with Him.

I see no path; but his clear light I see.
I have no strength. He makes his strength my own;
It is my faith in Him that foemen flee.

Through sorrow's wilds, deep-veiled with shadows dim,
I go sustained; my heart, rejoicing, sings:
"All things for me are possible with Him."

So following faith unto life's last far rim,
My Lost and Loved to me shall be restored:
E'en this for me is possible with Him.

—Archibald Rutledge.

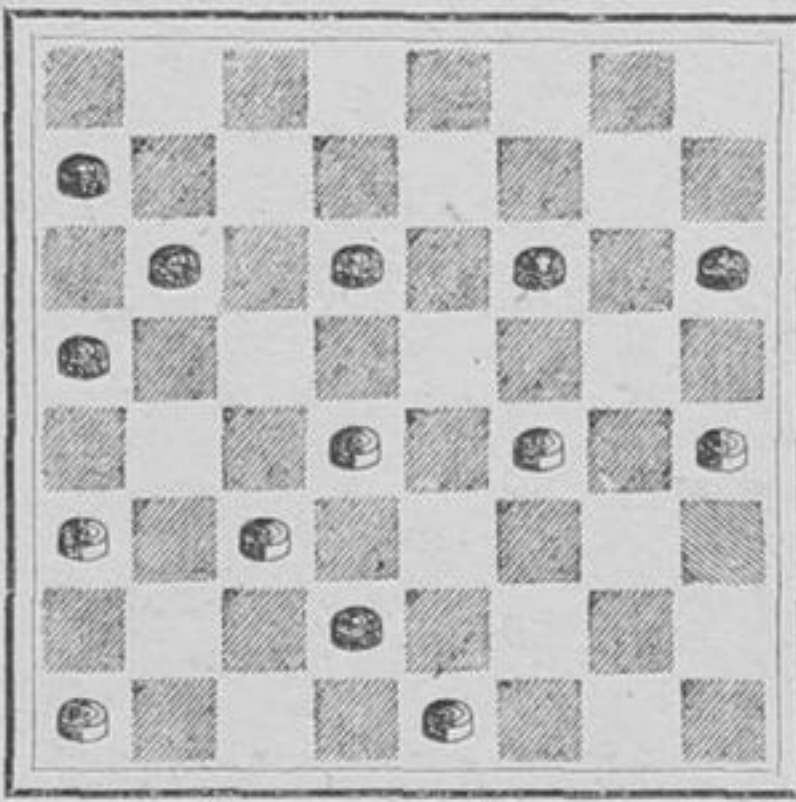
If you cannot have what you like,
try to like what you have.

CHECKERS—By Heck

The solution to Problem No. 25, which appeared last week (white to move and draw), is as follows:

W.	B.		W.	B.
1 19-15	10-19		3 30-25	12-19
2 28-24	19-18		4 25-2	Draw.

No. 26—White to move, black to draw.



Solution of this position will appear next week.

The Next Hour.

The long-forward look in a mortal lifetime is not possible. We see what we desire afar off, but as we march to it there are interruptions. If we are of a meekly submissive disposition, we resign ourselves with a pious Moslem fatalism to the decree of "destiny." If we have what Col. Roosevelt used to call a "fighting edge," we persist, as those who would make stepping-stones of failure, and compel the circumstance itself to follow at heel.

To plan life is like playing chess. In the mind, we plot our moves. But we cannot execute our strategy unimpeded. The enemy rises in the way, to confute and to frustrate. Constantly we must reshape the scheme of our offensive. But there could be no Capablanca without an opposition. A championship implies a conquest of resistance, never a solo performance.

Every remarkable spirit has had to overcome. None crowns himself and no reward is automatic. Never do the things worth having occur gratuitously and easily.

Our business is not with ten or twenty years hence—though we may keep that time providently in the distant view. Our imminent duty is toward "the unforgiving minute" and to the immediate, imminent hour. Could we put all we have and are into it, and keep this up through the hours that come thereafter, we should have no fear of ending our lives miserably, with the epitaph of "failure" written over us.

But we are mortally weak. We tire so soon. We know that concentration is the first and the last prescription for success. But it is easier to dream than to be up and doing. It is easier to tell others how imperfectly they perform. It is easier to sit in a window carping at an earth gone wrong and a future not worth going to. It is easier to lament on the past and mourn that it cannot be recaptured.

Whither has a man's youth fled? He is startled that the days flash past, like a landscape seen from a car window, and he seems to have done nothing with them. He cannot catch up or keep up. Only a little while ago

KELLY THROWS HIS CRUTCHES AWAY

OLD TIME STRENGTH HAS RETURNED AND HE FEELS FINE.

Can Do as Big a Day's Work as Any Man, Now, He Declares—Gives Tanlac Credit.

"Tanlac has restored me to perfect health, and the best I can say for it is not as good as it deserves," said John Kelly, an employee of the Fred Construction Company, residing at 129 Bold St., Hamilton, Ont.

"Two years ago I had a severe case of pneumonia which left me in an awful weakened condition, and a few weeks later I had an attack of grippe. My stomach got all out of order, and I could scarcely eat enough to keep me alive. For six weeks my legs were so weak I just had to hobble around on crutches, and my back and shoulders hurt awfully. I couldn't stoop over without hurting so bad I thought my back would break. I couldn't bring my hands together in front of me because of the pains in my shoulders. I was constipated nearly all the time.

"Well, since taking Tanlac I know it is a wonderful builder. It gave me a whale of an appetite after I had only taken one bottle, and instead of my food giving me indigestion like it used to, it got to agreeing with me perfectly so that I always had plenty of strength and energy. In fact, I feel as well to-day as I ever did in my life, and can do as good a day's work as any man. Tanlac can't be recommended too highly."

Tanlac is sold by all good druggists. —Advt.

he was a boy; but he looks in the glass, and there sees autumn foliage, not spring flowers. What did he do with those preparatory years? All his lifetime he has been getting ready to live, like a graduate student who cannot make up his mind to leave a college.

But it is time for him, at any age, to rise up and deal with the business each day inevitably brings him. Days are so different; some smile and some frown; some inspire and some depress; but he must meet them all. He cannot face the circuit of the clock-hands all at once; he must confront each hour—as it comes, with the heart of manful resolution and a sense of humor never-failing.

MONEY ORDERS.

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

Wasted Hours.

There was a day I wasted long ago,
Lying upon a hillside in the sun—
An April day of wind and drifting clouds,
An idle day and all my work undone.

The little peach trees with their coral skirts
Were dancing up the hillside in the breeze;
The grey walled meadows gleamed like bits of jade
Against the crimson bloom of maple trees.

And I could smell the warmth of trodden grass,
The coolness of a freshly harrowed field;
And I could hear a bluebird's wistful song
Of love and beauty only half revealed.
I have forgotten many April days
But one there is that comes to haunt me still—
A day of feathered trees and windy skies
And wasted hours on a sunlit hill.
—Medora Addison.

His Clear Title.

An Englishman was staying at a swagger hotel in Berlin. He had secured comfortable rooms, but the landlord informed him one day that he must give them up in favor of a fresh arrival the Elector—that is to say, the Governor—of some petty German State with an unpronounceable name.

"Nonsense!" said the Englishman. "You do not know who I am. Bring the visitors' book, and I will add my title."

The book was brought, and in a bold hand he wrote after his name, "Elector of Middlesex."

He was allowed to keep his rooms.

Helpful Wifey.

Mr. Newlywed—Did you sew the button on my overcoat, dear?

Mrs. Newlywed—No, darling; I couldn't find the button, so I sewed up the button hole.

Minard's Liniment for sale everywhere

Classified Advertisements

CANADIAN MATRIMONIAL PAPER, 25c. No other fee. A. McCreery, Northam, Ont.

EARN \$10.00 TO \$50.00 PER DAY vulcanizing. Be independent; we teach you. Write for particulars. Chief Instructor, Canada Vulcanizer, London, Ont.

MORTGAGE FOR SALE.

SECOND MORTGAGE FOR SALE on farm next Sir John Eaton's farm, twenty-one hundred dollars at 7%. King Township, Discount 20%. Norman, 18 Richmond East, Toronto.

BELTING FOR SALE

ALL KINDS OF LEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO. 118 YORK STREET, TORONTO.

"Always pay as you go," said an old man to his nephew. "But, uncle, suppose I've nothing to pay with?" "Then don't go."

A few rows of trees on the side of the prevailing winter winds will make a world of difference in the comfort of the farmstead.

COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

America's Pioneer Dog Remedies

Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., Inc. 129 West 24th Street New York, U.S.A.

MINARD'S "KING OF PAIN" LINIMENT

Blistered Feet, Sore Feet, Tired Feet, Burning and Aching Feet. After a hard day's work or a long tramp and your feet are completely used up, bathe them in hot water, then rub them well with MINARD'S LINIMENT. It will relieve you and you will never be without a bottle.



Don't Worry About Your Complexion Cuticura Will Take Care of It

If you make the Cuticura Trio your every-day toilet preparations you will have a clear, healthy skin, good hair and soft white hands. Soap to cleanse, Ointment to heal, Talcum to powder and perfume.

Soap 25c. Ointment 25c. and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 344 St. Paul St., W. Montreal. Cuticura Soap shaves without mug.

SUCCEEDS WHERE DOCTORS FAIL

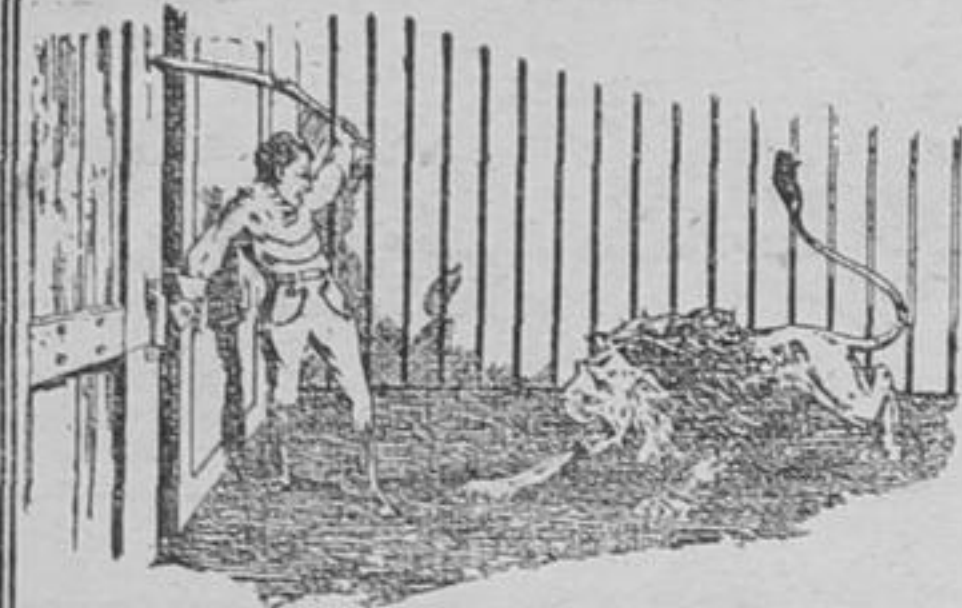
Lydia E. Pinkham's Vegetable Compound Often Does That.—Read Mrs. Miner's Testimony

Churubusco, N. Y.—"I was under the doctor's care for over five years for backache and had no relief from his medicine. One day a neighbor told me about your Vegetable Compound and I took it. It helped me so much that I wish to advise all women to try Lydia E. Pinkham's Vegetable Compound for female troubles and backache. It is a great help in carrying a child, as I have noticed a difference when I didn't take it. I thank you for this medicine and if I ever come to this point again I do not want to be without the Vegetable Compound. I give you permission to publish this letter so that all women can take my advice."—Mrs. FRED MINER, Box 102, Churubusco, N. Y.

It's the same story over again. Women suffer from ailments for years. They try doctors and different medicines, but feel no better. Finally they take Lydia E. Pinkham's Vegetable Compound and you can see its value in the case of Mrs. Miner.

That's the truth of the matter. If you are suffering from any of the troubles women have, you ought to try this medicine. It can be taken in safety by young or old, as it contains no harmful drugs.

Mr. Jenkins Took a Cracked Club To Tame Lions



The exhibition ended rather badly. It very nearly was a big day for the lions and a sad day for Mr. Jenkins—all for want of proper care in getting ready.

Many a man who has business to do and a living to make and a job to fill is as careless how he feeds his body as Mr. Jenkins was in picking out a club.

Some foods are too heavy, some are too starchy, many lack necessary elements and so starve the body—and many load the system down with fermentation and auto-intoxication.

Grape-Nuts helps build health and strength. It contains the full richness of wheat and malted barley, including the vital mineral elements, without which the body cannot be fully sustained. Grape-

Nuts digests quickly and wholesomely. Served with cream or good milk, it is a complete food—crisp and delicious.

Grape-Nuts is just the food for those who care to meet life's situations well prepared in health. Order Grape-Nuts from your grocer today. Try it with cream or milk for breakfast or lunch, or made into a delightful pudding for dinner.

Grape-Nuts—the Body Builder "There's a Reason"

Made by Canadian Postum Cereal Co., Limited, Windsor, Ontario