

OVERWORKED NERVES

The Most Successful Treatment is Through the Blood.

The early stages of nervous debility are noted by restlessness and irritability in which the victims seem to be oppressed by their nerves. As the trouble advances, common symptoms are a tired feeling; weakness in the knees and ankles; headaches, backaches and sleeplessness. The matter requires immediate attention, for nothing but suitable treatment will prevent a complete breakdown.

The nervous system governs the whole body, controlling heart, lungs, digestion and brain, so that it is not surprising that nervous disturbances cause acute distress. For troubles of this kind Dr. Williams' Pink Pills succeed when other treatment fails, for these pills make new blood, enriched with the elements on which the nerves thrive, and in this way reach the root of the trouble. In proof of this is the statement of Mrs. Dockerill, Stratford, Ont., who says:—"My daughter, Matilda, was suffering from nervous debility, and the usual remedies did not seem to help her. I was advised by a friend to give Dr. Williams' Pink Pills a trial, and soon we found they were doing her a great deal of good. She complained of pains in the stomach, and a severe fluttering of the heart, with a general weakness. Under the use of these pills she continued to gain, and I believe they have saved her from going into a decline."

You can get these Pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The Tea-Taster at Work.

Tea-tasting is a peculiar and interesting process.

To "liquor a batch of tea" the taster arranges the necessary number of china pots and bowls of standard size. Into each pot he weighs a uniform making of tea, irrespective of the kind of leaf. (A spoonful of tea dust naturally weighs more than a spoonful of a bigger leaf tea).

A flat kettle with a wide bottom is filled with water and placed over a gas-ring flame. The boiling of the water is an important point of the process. Water which is not exactly boiled will spoil the best tea.

At intervals the taster lifts the lid of the kettle, peers through the rising steam, and listens carefully for the dull murmur which will tell him that the water is ready. On the appearance of the first bubbles he seizes the kettle, presses the spring of a "six-minute tea-time clock"—so called by the trade—and fills the pots.

The ringing of a bell attached to the clock announces the completion of the six minutes, and the tea is then poured into the china bowls, which are brought to the edge of the counter. The infusion left in the pot is shaken out on the lid. After the tea has cooled down to about blood heat, it is ready for tasting, and here the skill of the worker is manifested—a skill attained only by careful training and long practice in the classifying of teas.

With a specially-shaped spoon the taster moves along the counter, judging the liquor in each bowl, classifying the tea as he progresses. The points on which teas are judged are flavor, thickness of liquor, pungency

and color. The color of the infusion also assists the expert.

When the teas have been arranged according to the special qualities, they are made into blends. Blending is an art in itself, and many who are good tasters are not necessarily skilled blenders. Contrary to common belief, tea-tasters do not die young.

Wisps of Wisdom.

Conscience warns us as a friend before punishing us as a judge.

Business is like a wheelbarrow—it stands still unless it is pushed.

It is a good job for some of those who ask for justice that they don't get it.

Every day is a new teacher, and arrives with fresh lessons for all who are willing to learn.

One bit of heroism is always within our power—the keeping of our petty troubles to ourselves.

The moment others see that money-grabbing is your dominant passion, the bud of your nobility perishes.

We sow an act and reap a habit; we sow a habit and reap a character; we sow a character and reap a destiny.

If you will learn the true meaning of the word N-O-W, you will soon be able to spell it the other way round, W-O-N.

Good resolutions are for the weak. It is better to be able to look back to a day well lived than ahead to a month of promises.

The number of diplomas a young man has in his pocket isn't half as important as the amount of determination he has in his head.

The man who smoothes a wrinkle into a smile; he who supplies a pleasant thought when one is wanted; who thus repairs and renews God's handiwork, counts with the truest of the world's benefactors.

RED HOT JULY DAYS HARD ON THE BABY

July—the month of oppressive heat; red hot days and sweltering nights; is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come on suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Horses Not to Blame.

"It's funny how your horses are still afraid of automobiles here," said a city resident to an old farmer.

"I dunno," answered the farmer. "It's none so funny when you think how an automobile must seem to a horse. Wouldn't it seem queer to you if you saw my clothes coming down the road with nothing in 'em?"

The first school in the Pacific Northwest was opened in 1833 at Fort Vancouver.

Minard's Liniment Relieves Neuralgia

What's the Answer?

In a certain town there is an Irish cobbler whose conversation is much relished by his fellow townsmen.

"Good morning, Mr. Murphy," said a customer one day, going into the shop with shoes to be repaired. "I hear your wife is ill. What is the matter?"

"It's meself that's tried to find a reason for Mary's being took since yesterday morning," said Mr. Murphy. "Unless it's the heat, I don't know what the trouble is."

"The day before yesterday she was as well as iver she was. Ye mind it was a powerful hot day, day before yesterday? Well thin, Mary took no notice of the weather, no more than usual. She picked blueberries all the morning; thin she made a blueberry pie for dinner, and she ate the half of that pie, and a quarter of a watermelon I'd bought, and she relished every mouthful."

"Thin she made the rist of the blueberries into a nice cake for supper, and she ate the half of that—me eatin' the rist, as I did of the pie—an' the last quarter of the watermelon; an' what with the frish doughnuts an' the last end of Mrs. Dooley's weddin' cake, she made out a foine meal. An' in the avenin', it being so terrible hot, she made a pitcher of lemonade, an' drunk the whole of that."

"It's the quare thing her being took sick yesterday mornin' ather being so well the day before," said Mr. Murphy. "She ate twice what I did, and I remember spakin' to her about her foine appetite, with the heat an' all; and she is flat on her back since yesterday mornin'."

Measuring Ocean Waves.

The shock of the Atlantic Ocean beating upon the west coast of Ireland has been felt and recorded at Birmingham.

This remarkable statement was made in a lecture by Professor J. W. Evans, who produced the actual record of the arrival of the shocks. Each wave on the record represents a tremor that is believed to have travelled through the earth's rocky crust, passing under the Irish Sea at a speed of 180 miles a minute.

An Atlantic roller measuring 130 ft. from crest to crest has been timed to pass a given spot in five seconds, while a roller 335 ft. long passed in eight seconds.

The instrument used for recording these shocks is a very delicate seismometer, which also registers earthquakes and so on.

Some idea of the size of the ocean-wave shocks can be gathered from an illustration given by Professor Evans. A feeble earthquake shock produces a disturbance like that experienced by baggage on the seat of a train travelling at thirty-four miles an hour, if the train came to a standstill in one minute. A severe earthquake produces a shock similar to that which would be felt if the train stopped in one second; while the wave shocks are the same as if the train took six months to stop.

His Hearing Restored.

The invisible eardrum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Ave., New York city, will be given prompt reply.

What Did She Say?

Professor's Wife—"I suppose you have forgotten that this is the anniversary of your wedding day?"

Absent-Minded Husband (abstracting himself from comic sections)—"Eh, What? Dear me! Is it really? And when is yours, my dear?"

A sword fish caught in Hawaiian waters had attained the remarkable weight of 1,290 pounds.

Americo'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.

ISSUE No. 28-'22.

STEEL FOREMAN GIVES DETAILS TO THE PUBLIC

He Suffered a Complete Break-down From Overwork But Was Completely Restored by Tanlac and Gains 11 Pounds, Declares Edward White.

"I want to give a little history of my case just to let the public know what Tanlac has really done for me," said Edward White, of 27 Caroline St. South, Hamilton, Ont., a well-known foreman for the Dominion Steel Company.

"About two years ago I suffered a complete breakdown brought on by overwork. We were doing a great deal of overtime work, which finally got the best of me and I just had to go to bed and stay there for several days. This left me in such a bad condition that I had no appetite at all, and was so weak that when I walked around I would just stagger. I took all kinds of medicine but failed to get any better."

"However, Tanlac has built me up until I feel like a different person. I've gained eleven pounds, and am back on the job working as good as ever. I just can't thank Tanlac enough for putting me in such fine condition."

Tanlac is sold by all good druggists. Advt.

Motors Lose to Rear Axles.

To permit the use of smaller and lighter bodies on automobiles a French designer mounts the motors and radiators close to the rear axles.

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

Remember, a man may be a millionaire as the bank teller counts, but a bankrupt as the good Lord counts.

Chinese, six centuries before Christ, performed surgical operations.

PIMPLES ON FACE FOR 3 YEARS

Also On Arms. Very Sore. Cuticura Healed.

"For three years my daughter was troubled with pimples on her face and arms. They were hard, large, and red, and some of them festered and were very sore. Her face was disfigured for a while, and she stayed in nearly all the time."

"She tried different remedies but they did not do any good so began to use Cuticura Soap and Ointment and after using three cakes of Cuticura Soap and two boxes of Cuticura Ointment she was healed." (Signed) Mrs. S. F. McDuffy, 20 Franklin St., Exeter, N. H., Dec. 31, 1920.

Give Cuticura Soap, Ointment and Talcum the daily care of your skin. Sample Each Free by Mail. Address: "Lyman, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25c and 50c. Talcum 25c. Cuticura Soap shaves without mug.

Classified Advertisements

WEEKLY NEWSPAPER WANTED.

WE HAVE A CASH PURCHASER for a weekly newspaper in Ontario. Price must be attractive. Send full information to Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

BELTING FOR SALE

THRESHIRE BELTS AND SUCTION hose, new and used, shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto, Ont.

The First Step.

"I have just been elected grand imperial potentate of my lodge."

"Congratulations, old man. That's fine."

"Well, it's a beginning anyhow. I hope to get one of the really important offices later on."

Minard's Liniment for sale everywhere

God will not have His work manifest by cowards.—Emerson.

COARSE SALT LAND SALT

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

PETRIE'S MACHINERY TORONTO

SO WEAK COULD HARDLY DO ANYTHING

Now Looks After Home, Thanks to Lydia E. Pinkham's Vegetable Compound

Meaford, Ontario.—"I was so weak I could hardly do anything and my back seemed the worst. I read so much about Lydia E. Pinkham's Vegetable Compound for women that I thought I would try it. I feel that it did help me for I am looking after my own home now and seem quite strong again. I have recommended your Vegetable Compound to quite a few friends and you can use my name if you wish to do so."—Mrs. H. PORTER, Box 440, Meaford, Ontario.

In your own neighborhood there are doubtless women who know of the great value of Lydia E. Pinkham's Vegetable Compound. Women everywhere, either by word of mouth or by letter, recommend this splendid medicine. Those who have suffered from female weakness, change of life, and similar troubles know of the wonderful relief brought to them by the Vegetable Compound.

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HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

An honored place in Public Health work must be given to the Kiwanis Clubs. This splendid organization, international in its scope, is animated by a splendid ideal—building. Building character, building goodwill, building friendships, and standing with head erect four-square to all the winds that blow! That is what the Kiwanian aims to do. Toronto recently welcomed over six thousand visitors to the Annual Convention of the Kiwanis Clubs, and the spirit of optimism and good fellowship radiated its influence through every section of our business and municipal life.

The delegates in attendance represented almost 70,000 business and professional men, whose affiliation with the movement centres around the question of "building through greater service," with the two-fold object in view—constructing effectively, not through the power of finance, not through the wheels of industry, armies or fleets, but by truth and love.

A cheerful disposition, a bright outlook, confidence in one's self and in one's neighbors, indicate a healthy, vigorous mentality. With such a mentality comes good health, good digestion, and a happier life. There is no

reason why business men should not be merry, and why business should not be more of a useful, engaging occupation and less of a grind. To promote this new spirit in business is the aim of the Kiwanis Clubs, whose membership includes the best men in every community and whose aims and objects are, like the Rotarians', to make life happier, to make a spirit of service and helpfulness fill our lives and dispel the clouds of pessimism, selfishness and indifference to the welfare of others, which too often seems to take hold of people in these strenuous times.

The Kiwanis Clubs include in their membership doctors, lawyers, journalists, financiers, executives, architects, manufacturers, steamboat and railroad officials, and representatives of many other vocations. The president, in his annual address, stressed the fact that hardly a phase of national, civic or social life but has felt the ennobling influence of Kiwanis motives, adding: "To go on developing manhood, up-building business character, making more rich the life of our peoples—should be the goal of every Kiwanian."

More power to this splendid organization.