

PAIN AFTER EATING

Proof That the Stomach is Weak and Needs Toning Up.

Generally speaking, a person in good health can digest most foods. If not, and there is pain after eating, the stomach has lost tone and is too weak to do its work. In that case your stomach needs strengthening and the way to do this is to build up your blood with Dr. Williams' Pink Pills.

There cannot be good digestion without a sufficient supply of good red blood, and there is nothing better than Dr. Williams' Pink Pills to renew and enrich the blood. That is why they have proved so successful in thousands of cases of indigestion. Mr. D. J. Shaw, Selkirk Road, P.E.I., has proved the value of Dr. Williams' Pink Pills in a severe case of indigestion and relates his experience for the benefit of other sufferers. He says:—"I suffered from indigestion for a number of years. My case was so bad that words fail to describe it. My appetite was gone, constipation was present, and my nerves were all on edge. I could not sleep well at night, and the world was a dark spot to me. I tried a number of remedies, but without any benefit. Then Dr. Williams' Pink Pills were recommended, but without much faith, after so many failures, I decided to try them. After taking three boxes I noticed a change for the better. Then I got three boxes more, and found I had a genuine remedy. I continued the treatment, took moderate exercise, could take good plain food without suffering as formerly, and proved that these pills make good blood, and that this good blood will restore the stomach and nerves. Anyone suffering from stomach or nerve troubles will make no mistake in giving Dr. Williams' Pink Pills a fair trial."

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Afternoon Tea Rite.

Mr. Gordon Selfridge, the Chicago merchant who invaded and conquered London, is revisiting the United States, and touches on some piquant contrasts between his native and adopted countries. He has the advantage of a double standard of comparison, of seeing the British through American eyes. To an interviewer he lays amusing emphasis on an English social rite, afternoon tea, which is the subject of mild derision on the part of visitors to the tight little island—until they succumb to it. Mr. Selfridge thinks that if Americans would similarly relax in the middle of the afternoon's work they would gain a poise and calm they really need and lose none of their famous "pep." When he opened his departmental store on Oxford Street thirteen years ago it was the custom of his salespeople to snatch tea as best they could. Instead of discouraging it he accepted it as a national institution, and gave a tea interval to each of his 3,000 employees, and "since everybody else in the country does it, no time or business was lost." He is quoted further:

"Tea is brought around at matinees and movies, on railway trains and boats. Lords and commoners pause for it in parliament. You cannot enter any office, editorial den, public library, factory or shop in Great Britain between four or five without stumbling over cups and tea things."

Mr. Selfridge confessed that, personally, he did not like tea, but he likes what it stands for—a friendly getting together, a relaxing pause in the day's work, a slowing down of the American's relentless push, not to a point of becoming less active, but more bal-

anced. The American has a breakdown at 50, he added, but the Englishman was swinging a wicked golf club at 65.

Afternoon tea has become a social function on this side of the Atlantic, but it has not seriously penetrated the market place. After all, it is not the tea hour that gives the Briton poise and calm. It is merely one expression of his unhurried habits and ways of living and of looking at life. Before work slows down in offices, factories and shops on this continent in the presence of the tea-cups, there will have to be a radical change in the mental as well as the physical habits of the business community.

EASY TRICKS

No. 28

The Endless Thread



This is a practical joke to play on that meaning person who is never happy when anyone in his presence has a bit of lint on his coat. It is superior to most practical jokes because it is harmless and cannot give offense.

Thread a needle with one end of a spool of white thread. Put the spool in an inside coat pocket and run the needle from the inside of the coat between the lapel and the shoulder. Remove the needle, leaving an inch or two of the thread showing.

Some friend will see what he thinks is a bit of lint on your shoulder and will try to remove it. If he does not think that it is funny when he discovers that he has one end of a vast amount of thread he has a sense of humor entirely too high for you to try to reach.

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

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she would not be without them. They are the ideal home remedy for the baby; being guaranteed to be absolutely free from opiates or other harmful drugs. They are a gentle but thorough laxative and have been proved of the greatest aid in cases of constipation, indigestion, colic, colds and simple fevers. Concerning them Mrs. Ernest Gagne, Beausejour, Que., writes: "I have used Baby's Own Tablets for constipation and colic and have found them so successful that I would not be without them. I would strongly recommend every mother to keep a box in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Memorial of Hochelaga.

The Department of the Interior, Canadian National Parks Branch, has made arrangements with the authorities of McGill University, Montreal, to erect a monument and memorial tablet within the university grounds, near the entrance in Sherbrooke Street, to commemorate the existence of the ancient fortified Indian village of Hochelaga. The quaint sketch of Hochelaga, published by Ramusio and reproduced in the works of Champlain, together with Cartier's entertaining description of the village, has made Hochelaga one of the out-standing points in the romance of Canadian history. During the autumn of 1535 Cartier, accompanied by a varied retinue, was received with great honor by the Iroquois and later Champlain visited the abandoned site. The village contained fifty large houses, lodging several families who subsisted by cultivation and fishing. The abandonment of the village by the Iroquois is attributed to the hostile attacks of the neighboring Algonquin tribes.

MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

A Dear Friend.

Angus—"I hear yer friend Donald has marrit a third wife."

Sandy—"Ay, Donald's an expensive friend; twa wreaths and three presents in 14 years."

Always be cheerful and make the best of things. Do what is right, and whatever may be your task, do your best in it.—Queen Mary.

NOT SICK ONCE IN FOUR YEARS NOW

Mrs. Smith Declares Health Has Been Perfect Since Tanlac Ended Stomach Trouble.

"For ten years hardly a day passed that I didn't suffer from stomach trouble, but I took Tanlac four years ago and haven't had a sick day since," is the remarkable statement made recently by Mrs. Thamar Smith, 85 McGee St., Toronto, Ont.

The little I managed to eat simply tortured me with pains in the pit of my stomach, and gas pressed around my heart, causing it to skip beats until I thought it would stop altogether. I was as nervous as a witch, and lost so much sleep that I was dark and swollen under my eyes. I was so weak and run down I could hardly walk a block or do my housework, and was almost in despair.

"Tanlac certainly was a godsend in restoring me to such perfect health, and I think it's the greatest medicine ever made. Nearly everybody else on McGee Street seems to have used the treatment, and are praising it too."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

Up in the Air.

Mrs. Newlywed—"Oh, Jack, you left the kitchen door open, and the draught has shut my cookery book so that now I haven't the faintest idea what it is I'm cooking."

Silver Foxes in Great Britain.

The only fox farm in Great Britain is located near Alness, Cromarty Firth, Ross-shire, Scotland. The climate is suitable and the first six have increased to 60.

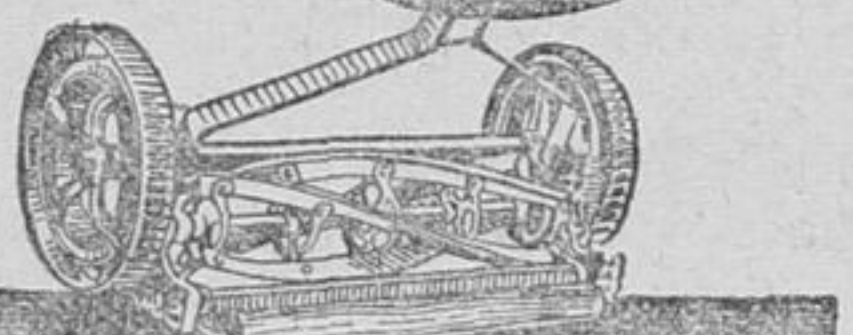
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Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 344 St. Paul St. W., Montreal.
Cuticura Soap shaves without mug.

Ideas Regarding Beauty.

What is your idea of a beautiful woman? Must she be fair or dark? short or tall? slender or stout? Tastes certainly differ. A Chinese belle must be fat, have small eyes, short nose, high cheeks, and feet which are only a few inches long. In the Labrador islands no woman is beautiful who has not black teeth and white hair. Some nations squeeze the heads of children between boards to make them square, while others prefer the shape of a sugar-loaf as the highest type of beauty. It is a funny old world, isn't it?

Minard's Liniment used by Physicians.

Easy Curtain Pole.

An implement has been patented which enables a person to arrange curtains on a pole while standing on a floor and then to raise the pole to its place.

The man who "hasn't time" hasn't enough ability or hasn't enough interest.



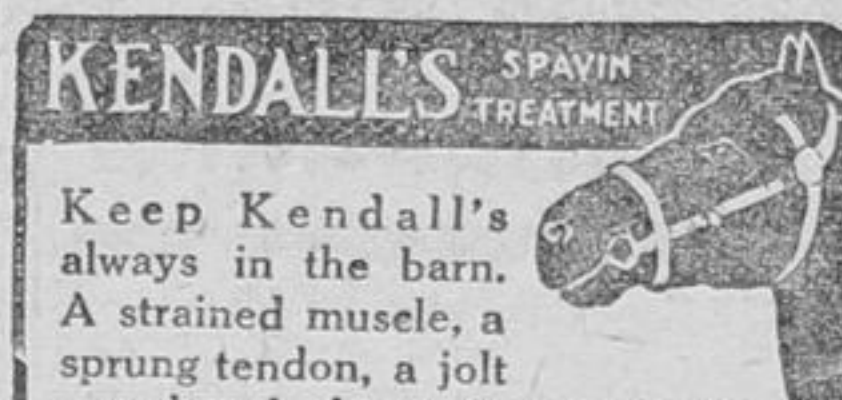
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MRS. BUDGE SO WEAK COULD HARDLY STAND

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health

River Desert, Que.—"I used to have a severe pain in my side. I would be unable to walk fast and could not stand for any length of time to do my ironing or washing, but I would have to lie down to get relief from the pain. I had this for about two years, then a friend told me to try Lydia E. Pinkham's Vegetable Compound as she had had good results. I certainly got good results from it, too, as the last time I had a sore side was last May and I have not had it since. I am also glad of having good nursing for my baby, and I think it is your medicine that helped me in this way."—Mrs. L. V. BUDGE, River Desert, Quebec.

If you are suffering from the tortures of a displacement, irregularities, back-ache, headaches, nervousness, or a pain in the side, you should lose no time in trying Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write for it to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information that every woman should know.

Classified Advertisements.

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TOGGENBURY MILK GOATS, SURPLUS STOCK of thirty head, from Twenty Dollars up. Island Goat Ranch, North Magnetawan, Parry Sound, Ont.

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ISSUE No. 21—23.

Genuine BAYER ASPIRIN

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