

WHEN THE NERVES ARE OUT OF GEAR

They Need New, Rich Blood to Restore Their Tone.

Men and women with nerves out of gear become irritable and fretful and are blamed for ill-temper; whereas the fault is not theirs. Their poor health is the cause. The tired, over-busy wife or mother, whose household cares have worn her out; the bread-winner whose anxiety for his family has worried him until he is thin and ill, are the nerve sufferers who become run down. Their nerves, like all bodily organs, need healthy red blood; worry tells on their digestion and their nerves are ill-fed. In such cases a course of Dr. Williams' Pink Pills is necessary, for these pills make new blood and tone up the nervous system. The patient becomes full of energy and happiness for themselves and others returns. Mrs. Wm. Hughes, Coldwater, Ont., has proved the value of Dr. Williams' Pink Pills, and does not hesitate to say so. She says:—"Two years ago I suffered untold agonies with my nerves. The pains in my head and the back of my neck were unbearable. I was depressed and cranky all the time. All the rest I took and best of medical attention did me no good. I was advised to try Dr. Williams' Pink Pills and after taking them for a time felt much better. I continued their use with great benefit, and after my baby was born they were the only tonic that helped me nurse her. I found them a splendid blood enricher, and cannot recommend them too highly."

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 Model Child.

Every mother hopes that her child will be a model child, and some secretly think that theirs are models, although they are apt to add that they "don't expect children to be perfect!" But we quote a wise old French philosopher, "Children need models rather than critics." When we come to sift the matter down a model child needs a model mother.

A school teacher readily recognizes those children whose mothers are "on their job," for well-behaved children come from such homes. And while mother's influence is first, nearest and most personal. The hand that tucks the cover in at night is more intimate than the one which corrects the arithmetic paper!

Of course the conscientious mother teaches her child honesty, kindness, charity, thrift, good manners and many other details of good character and breeding. But the model child is not conscious of such teaching, the model mother teaches by example. Children, being extremely imitative naturally, observe and copy whatever is close at hand. The model mother does not say, "Respect your elders," she goes out of her way, herself, to show deference to the grandparents, and the children unconsciously take the cue in their manners toward old age.

If a mother's voice is sweet and gentle, children are far less likely to snarl at each other. If she is scrupulous about paying bills and giving everyone his due, the model child likewise scorns to cheat.

When a mother permits no waste in the kitchen, keeps clothes neatly mended, brushed and cleaned, the model child, though he does not become faultless at once—this is too much to expect—has nevertheless the idea of thrift and orderliness very firmly fixed for the rest of his life.

Children, of course, need direction and advice, which can be suggested in a friendly, tactful way. But the model child is really the result of a model mother—for about all "Children need models rather than critics."—Marion Brownfield.

When Our Brains Stop Growing.

The average man may know more and have more experience than a scholar of fourteen, but one scientist claims that his real thinking ability is on about the same level as that of the youngster.

WE WANT CHURNING CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat.

Bowes Company Limited, Toronto

For references—Head Office, Toronto, Bank of Montreal, or your local banker. Established for over thirty years.

That Little Candle.

In her most interesting biography, John Keats, published only a few months before her death, Miss Amy Lowell tells once more the ever-touching story of the great English poet's sickness and death in Rome, tended only by his faithful friend, the artist, Joseph Severn. In a strange city, among a people terrified at the word consumption, and with no proper conditions or skilled nursing available, even had they not been straitened for money, there were times when poor Severn—keeping as much of his worry and exhaustion from the invalid as he could—scarcely knew which way to turn or how to drive himself to do all that he must. But he never for a moment failed his friend. He cooked, he cleaned, he swept, he tended, he watched, with a heart-broken courage and patience that have given him a finer and firmer hold on remembrance and gratitude than the best achievements of his brush. Keats would occasionally refuse food. Severn would sometimes prepare his meals six times over, in the hope of tempting his appetite, keeping from him the trouble he had in doing it.

At times Keats would not even attempt to eat, says Miss Lowell. Once Severn made him a cup of coffee, but he threw it away; this was repeated a second time with the same result. On Severn's appearing still a third time with more coffee Keats was ashamed and deeply affected. Yet, throughout all these weeks Keats's mind was occasionally capable of its old elasticity and charm. Severn, who sat up night after night, sometimes fell asleep from sheer exhaustion. Fearing that some night the candle might burn out while he slept and Keats wake in darkness, he one evening tried the experiment of fastening a thread from the bottom of one candle to the wick of another. Keats awoke just as the first candle was guttering out, and while he waited, not liking to call Severn, the thread ignited and successfully bore the flame to the second candle, at which Keats suddenly cried out:

"Severn! Severn! Here's a little fairy lamplighter actually lit up the other candle!"

The candle that it lit was more than one of wax; for more than a century its glow has lighted a picture of the dying poet's grateful surprise, and his friend's tender and faithful service. How far that little candle throws his beams!

So shines a good deed in a naughty world.



He—"You're the sweetest girl I ever saw."
She—"Sweetness can't be seen."

A Name to Suit the Case.

The ease with which many of the recent accessions to the population change their names is illustrated by the following true anecdote.

The teacher in a public school became so interested in a little Polish girl that she was anxious to learn of her progress after she was promoted to a higher grade and asked her new teacher concerning her.

"There is no such child in my room," answered the one so questioned.

"No Marie Levenski! Why! I know that she was sent to your room, for I asked about it at the time."

"There is no Marie Levenski in my room. I am very sure," persisted the other.

"But I have seen her go in the door, and there she is now," darting as she spoke toward a small girl approaching from the opposite direction. "Isn't your name Marie Levenski?" she demanded.

"It used to be, but now it is Mary Jones," was the calm reply.

"Mary Jones! How can that be?"

"Why, father buys and sells old junk, and one day there was a door plate with the things, and the name on it was Jones. Nobody would buy it, so we put it on our door, and now my name is Mary Jones."

A Seasonable Hint.

Family Paper—"If not convenient to move household furniture outdoors to clean, place a damp cloth over the piece of furniture and then beat it."

We tried this and the wife made us come back.

Ask for Minard's and take no other.

Poultry-Farming of Long Ago.

Although hot-air and hot-water incubators were not known in Europe until the last decades of the eighteenth century, the Chinese and Egyptians practised artificial incubation of fowls' eggs thousands of years ago. The ancient Egyptians built enormous ovens of semi-dried bricks, often covering an area of as much as 6,000 square feet. Similar egg-ovens are in use in Egypt to-day, the craft having been handed down through the centuries, from father to son. Through the centre of the egg-oven runs a passage which opens up on each side to circular vaults, in which the actual hatching is done. Fires are kept alight in each vault, and all surplus heat and smoke escape from a large hole in the roof. During incubation the porous egg-shell admits a slight amount of oxygen and allows the escape of other gases. Every day the shell grows more brittle, so that when the time comes for the live chick to break forth it has no difficulty in doing so.

GREAT HELP TO YOUNG MOTHERS

Baby's Own Tablets Have Many Uses and Are Absolutely Harmless.

To have in the house a simple harmless remedy for the minor ills of babies and little children is a great boon to young mothers and this is exactly why Baby's Own Tablets have been found in many households. They reduce fevers, allay the irritation of cutting teeth and regulate the bowels, yet they have no drug taste and children like them.

Mrs. Mary L. Damel, Central Falls, R.I., says: "Baby's Own Tablets are just what they are recommended to be. My little girl was badly troubled with pin worms, was feverish and restless and would be awake all night. I got a box of Baby's Own Tablets and they helped her at once. She is not nervous now and sleeps well at night. I have never used a better medicine for this trouble. I have also found Baby's Own Tablets good at teething time and am glad to recommend them to other mothers."

Baby's Own Tablets are sold by all druggists or will be mailed on receipt of price, 25 cents per box, by the Dr. Williams' Medicine Co., Brockville, Ont. A little booklet, "Care of the Baby in Health and Sickness," will be sent free to any mother on request.

An Amusing Notice.

There is a grim humor about the story told recently by Mr. Chauncey Depew, the American statesman, at a dinner of the New York Bankers' Association.

It concerned a certain bank president in Arizona, who made away with all the money under his charge, and then posted on the door of the institution: "Bank suspended."

That night he was interviewed by several angry depositors, who dealt with him in approved Western fashion, and then amended the notice to: "Bank president suspended."

Foiled This Time.

While plying his "trade" one evening, a burglar came to a house from which issued screams, a woman's voice and many strange noises.

After summoning up his courage he finally decided to enter with the use of his trusty jemmy and rescue the woman in distress.

But he was chagrined to find that it was only a wireless enthusiast trying to tune a home-made set!

Paying for Wind Insurance.

Annual premiums on wind and tornado insurance in the United States now amount to more than \$30,000,000 annually.



Genuine **ASPIRIN**

Proved safe by millions and prescribed by physicians for
Headache Neuralgia Colds Lumbago
Pain Toothache Neuritis Rheumatism

Safe

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoacetic-acidester of Salicylic Acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

You have been intending to try "Red Rose." Why not now before you forget.

RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. Try it!

Tallest Tree in the World.

It is quite true that Australia has the tallest trees in the world, but they are not in Victoria, huge as are the Gippsland gums and the giant pines of Capt Oatway. The real super trees are to be found in Western Australia, down in the south-west corner of the continent. They are the giant flowering eucalyptus, growing on and adjacent to the shores of Lake Alexander; and they were discovered about 1896 by Chief Surveyor F. S. Brockman, of the Lands Department, Perth, when he was exploring the Geopraphe Peninsula under instructions from John Forrest (then Premier of Western Australia), who wanted to ascertain how much first-class land there was available in the "good rainfall" region. Brockman brought back with him some of the splendid scarlet flowers of these giants, also some seeds. He took accurate measurements also, and found one tree, the King of the Forest, going 147 feet up sheer, without a bough, and 537 feet to the topmost boughs and crown! The diameter of some of the trees exceeded 16 feet; and the Chief Surveyor, who was also a most careful and conscientious man, reckoned that they could not be less than 3,000 years old. It is said that there are trees older than that in the world; there may be, but there are none taller that I ever heard of, though in the valley of the Amazon, Roosevelt said he had seen trees as big as the giant redwoods of California. In making his report to the then Surveyor-General (H. F. Johnston), Brockman said that these trees, from a distance looked like a scarlet tapestry, spread below the hills. It would be vastly interesting to know whether any similar king trees exist in our own country. A lot of it is still terra incognita.

Minard's Liniment for Distemper.

The web of a spider comes from some glands back of the abdomen containing a liquid. When this strange liquid is ejected it immediately hardens into a thread upon contact with the air. Great is nature.

Do not expect a perfection in children which you have not yet attained for yourself.

In Scotland, coal was worked as early as the 12th century.



USE **SIMONDS SAWS**
Their teeth are of a toughness which makes them hold their keen cutting edge under every usage.

SIMONDS CANADA SAW CO. LIMITED
1650 DUNDAS ST. W., TORONTO
VANCOUVER MONTREAL ST. JOHN, N.B.

Cord Wood Saw Users
Write Simonds Canada Saw Co., Limited, 1650 Dundas St. West, Toronto, Ontario, for prices on Simonds Special Circular Cord Wood Saw

Europe now has 13 Sovereigns and 10 Presidents.

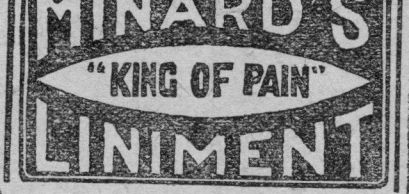


Thin Folks

If you are weak, thin and nervous, let your druggist supply you with Bitro-Phosphate. It is guaranteed to increase weight and strength and restore energy, vigor and nerve force. Price \$1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

RHEUMATISM

Apply Minard's to the aching spot and get quick relief.



BABY USED TO CRY ALL NIGHT

Pimples on Face and Limbs. Cuticura Heals.

"Pimples broke out on the side of my baby girl's face and later on her limbs. They itched something terrible and she used to scratch them causing the trouble to spread, and also irritated it. Her clothing aggravated the breaking out on her limbs and she used to cry about all night."

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more, and after using one and a half boxes of Ointment and one cake of Soap she was healed."

(Signed) Mrs. Bennie Shelburn, 4039 W. 119th St., West Park, Ohio, Aug. 22, 1924.

Use Cuticura for all toilet purposes. Sample Each Free by Mail. Address Canadian Depot: "Beehive, Ltd., Montreal." Price, Soap 50c, Ointment 25c and 50c, Toiletum 50c. Cuticura Shaving Stick 25c.

ASK THIS HALIFAX NURSE

She Is Willing to Answer Letters from Women Asking About Lydia E. Pinkham's Vegetable Compound

Halifax, Nova Scotia.—"I am a maternity nurse and have recommended Lydia E. Pinkham's Vegetable Compound to many women who were childless, also to women who need a good tonic. I am English and my husband is American, and he told me of Lydia E. Pinkham while in England. I would appreciate a copy or two of your little books on women's ailments. I have one which I keep to lend. I will willingly answer letters from any woman asking about the Vegetable Compound."—Mrs. S. M. COLEMAN, 24 Uniacke Street, Halifax, Nova Scotia.

Could Not Sleep Nights

Dublin, Ontario.—"I was weak and irregular, with pains and headaches, and could not sleep nights. I learned about Lydia E. Pinkham's Vegetable Compound by reading the letters in the newspapers and tried it because I wanted to get better. I have got good results from it and I feel a lot stronger and am not troubled with such bad headaches as I used to be and am more regular. I am gaining in weight all the time and I tell my friends what kind of medicine I am taking. You may use my letter as a help to others."—Mrs. JAMES RACHO, Box 12, Dublin, Ontario.