

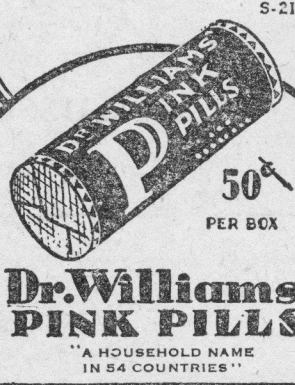
Watch your growing children

WATCH the health of your growing children! See that they have the health and energy necessary for their school work and play. For growing children—particularly girls—a rich supply of red blood is essential. Languor, nervousness, depression, fickle appetite or pallor indicate anaemia.

Dr. Williams' Pink Pills enrich the blood, prevent anaemia and build healthy bone and tissues. Thousands of mothers have proved this.

"My twelve-year-old girl," writes Mrs. Robert Devitt of Brougham, Ontario, "became so pale, so ill and nervous that we had to take her out of school. I tried Dr. Williams' Pink Pills for her and she gained in weight and strength. She is now the picture of health."

Buy a box of Dr. Williams' Pink Pills at all druggists and dealers in medicine or, post-paid, by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ontario.



RESTLESSNESS
The vexation, restlessness, and impatience which small trials cause arise wholly from our ignorance and want of self-control.—De Renty.

LUXO FOR THE HAIR
Ask Your Barber—He Knows

WANTED
Man with good reliable travelling equipment for Watkins District in a nearby locality. Must be reliable and in a position to devote full time. Write at once giving age, (must be between 21 and 50) to
THE J. R. WATKINS CO. Desk 6,
27 John St. S., Hamilton, Ont.

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Carefully compounded to promote proper growth, Fall and Spring. Every carlot and less carlot buyer should have our prices. Write Now. Agents Wanted. Minimum car 15 tons. No reason to complain of high prices if you buy from us. Write today.
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E. M. GROSE Pres., 2980 Dundas St. West, Toronto 9, Can. Our Motto: Quality—Service —Satisfaction. rm



Too Much ACID

Many people, two hours after eating, suffer indigestion as they call it. It is usually excess acid. Correct it with an alkali. The best way, the quick, harmless and efficient way, is Phillips' Milk of Magnesia. It has remained for 50 years the standard with physicians. One spoonful in water neutralizes many times its volume in stomach acids, and at once. The symptoms disappear in five minutes.

The Foamy Omelet

The omelet has always been more or less of a favorite egg dish, but it remained a simple, plain affair, used rather for family meals, than for guests, until some clever cook concocted the foamy omelet.

The housewife who is acquainted with this omelet and familiar with its many variations, finds herself not at all dismayed when unexpected guests drop in at the last minute before lunch. A foamy omelet solves her problem. Not only is it a very delicious dish, but an especially attractive one as well. The directions are as follows.

Foamy Omelet

Four eggs; 1 teaspoonful of salt; pepper; 1 cupful of medium cream sauce.

Cream Sauce

Two tablespoonfuls of butter; 2 tablespoonfuls of flour; 1 cupful of milk; ½ teaspoonful of salt; pepper.

Melt in a frying pan ½ tablespoonful of butter and pour in the mixture. Cook over a low fire, covered; uncover it after two minutes; when well puffed, with a light brown lower crust, finish it in a slow oven until to a crisp firm to touch. Crease the omelet at right angle to the handle of pan, fold over; invert hot platter over the top and turn out.

It may be served plain, simply as an addition to a menu; but it lends itself to all sorts of combinations and may thus be made to suffice as the main part of the meal. Creamed chicken, tuna, dried beef (in fact, any kind of meat) may be placed between the folds. Creamed mushrooms, creamed peas, creamed asparagus, tomato sauce, chili—all are splendid combinations. Each one will be improved, both in taste and in appearance if a garnishing of pimento strips is added. Those who have a "sweet tooth" may like to sweeten the mixture before cooking, and serve plain, garnished with a tart jelly or conserve.

There really seems to be no end to the things an interested cook can do to this very adaptable dish.

A PILGRIMAGE

If you would live out the cycle of your years and keep the wolves of doubt from your soul, you must look on life with clear and courageous eyes. You must see it as a pilgrimage in which character grows stronger as the body wears. You must see existence as a trusteeship to be held for generations to follow. You must believe in the supremacy of goodness and the indestructibility of the human soul. Tune your thoughts to these beliefs and a fear will sink away into the shadows.

SAVE THE CHILDREN

In Summer When Childhood Ailments Are Most Dangerous.

Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonably safe during the hot weather. Stomach troubles, cholera infantum and diarrhoea carry off thousands of little ones every summer. In most cases because the mother does not have a safe medicine at hand to give promptly. Baby's Own Tablets relieve these troubles, or if given occasionally to the well child they will prevent their coming on. The Tablets are guaranteed to be absolutely harmless even to the new-born babe. They are especially good in summer because they regulate the bowels and keep the stomach sweet and pure. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Dutch City Linked to Sea

Largest Sea Locks, Costing \$7,600,000, Will Be Opened Near Amsterdam

Amsterdam.—The world's largest existing sea locks at Ymuiden, the sea harbor of Amsterdam, will be completed next September, enabling even the largest ships, such for instance as the S. S. Leviathan, to reach Amsterdam. A gigantic work, involving a cost of 19,000,000 florins (\$7,600,000) and covering six years, will have been accomplished.

Amsterdam is connected with the sea by the North Sea Canal, which is terminated near the coast of Ymuiden, by a set of locks. The oldest of these locks was opened for traffic in November, 1876, simultaneously with the canal itself. After some years it was realized that these locks were too small for the increasing traffic, and a new and larger lock was opened in 1896.

In 1917, the act for construction of a new sea lock at Ymuiden was passed, in 1919 excavations began, and now the lock is about to be opened for traffic. The dimensions are about 1312 by 164 by 50 feet, surpassing those of the Panama Canal and of the Kaiser Wilhelm Canal, which connects the North Sea with the Baltic.

The lock is closed by rolling gates. In order to let a ship pass, a gate is rolled sideways into a basin or recess. The inner or eastern crown has one gate recess, the western crown has two recesses, each with one gate. The second gate of the outer crown is a spare one, and can replace either of the two other gates, all three being of exactly the same construction. The gates are designated to shut off high water from either side, and therefore they have plating at both sides.

Since no dry docks sufficiently deep to dock the gates for examination or repair are available in the neighborhood of the lock, the gate recesses have been dimensioned to serve as dry docks.

For the pit and the adjacent canals, 706,000,000 cubic feet of sand have been excavated, nearly all of which has been shipped to Amsterdam and used for filling up low lands and for the construction of a railroad. Only part of the cost of the excavation has been charged, therefore, against the lock, which helped greatly to keep down the total expenditure. All works have been carried out by Dutch contractors and factories, so that the new lock stands as a symbol of Dutch enterprise.—Christian Science Monitor.

The King

G. K. Chesterton in the Illustrated London News: In the things that matter most at the moment, King George has most definitely had a policy—a policy of despising fantastic luxury and indiscriminate innovation; of preserving the old social sanity which used to be counted specially English. It has been his fate to live at exactly the moment in history when the ruin or restoration of this particular normal and national habit will certainly be accomplished. It has probably made a visit difference that the first family in the nation has been so firmly fixed on that foundation. It has made it impossible for moderation and modesty, and common sense in custom and costume, to die out in the lower middle classes as things entirely dowdy and discredited. A mere aristocracy is always ready for the newest thing. The aristocracy, whatever its other virtues and vices, has been quite ready to go the pace and to set the pace. Monarchy has taken on again something of its ancient leadership in matters that were once counted light and trivial, but which have become in this strange season and in the eyes of all the wise, very weighty.

Minard's Liniment for Summer Colds

Priceless Relics Going To States

Professor Tells of Discoveries in Palaces of Assyrian Kings

Chicago.—University of Chicago scientists, excavating in the Tigris river area have discovered the palaces of Sennacherib and Sargon II, who as successive Assyrian kings, conquered Jerusalem 700 years before Christ, it was announced today by Prof. Edward Chiera, who has returned from Iraq.

Examples of Assyrian arts, painting, sculpture and architecture, regarded by officials of the university's Oriental institute as priceless, were recovered by the expedition, altogether 250 tons of material was collected and 125 tons are en route to the university, British officials receiving half of the find.

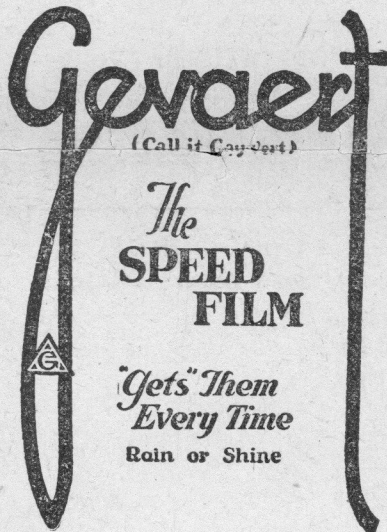
Included in the collection is a massive stone bull which guarded the gates of Sennacherib's palace. The piece measures 17 by 20 feet and weighs 20 tons.

Prof. Chiera believes the site of the excavations covers several Assyrian villages and work on the main palace and grounds alone will require perhaps several years.

Minard's Liniment for Neuralgia.

"Jacques Cartier Bridge?"

Le Devoir (Ind.): It would be appropriate, on the eye of the fourth centenary of the discovery of the St. Lawrence River by Jacques Cartier to give the bridge the name of that famous St. Malo navigator.....The ceremony of placing the last girder took place last week in the presence of invited guests, who were almost all English-speaking, although the construction of the bridge is far from being an exclusively English enterprise and the Harbour Commission ought to be predominantly French, if it represented the ethnic formation of the population.....If the bridge does not receive a name worthy of our French-Canadian history, the fault will be with a maorpus and unintelligent population who do not know how to make use of their predominant strength.



How often it happens—a picture you are particularly anxious to "get" turns out badly because the sun wasn't shining. Don't let this happen to you. Remember ninety per cent of picture failures is due to under-exposure—and Gevaert film is faster.

The safest, most economical and satisfactory way is to keep your camera loaded with Gevaert film. Made to work faster than ordinary film, Gevaerts catch the swiftest movement. Clear, sparkling negatives. No wasted time or material. Better pictures—sun or no sun.



LONG SLEEP MAKES BABY HAPPY AGAIN

"Our baby kept waking us several times a night, until we started giving him a little Castoria after his last nursing," says an Iowa mother. "He slept soundly from the first night and it made him look and feel worlds better." Baby specialists endorse Fletcher's Castoria; and millions of mothers know how this purely-vegetable, harmless preparation helps babies and children, with colic, constipation, colds, diarrhoea, etc. The Fletcher signature is always on the wrapper of genuine Castoria. Avoid imitations.

Classified Advertisements

BABY CHICKS

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