

BUILDING UP ONE'S CHARACTER

Many times we have remarked of some friend, "He has so much character," and every one realizes that in that encomium is summed up the total of all that we consider admirable. Or, we have said, "She is certainly a dear, but honestly she has not a scrap of character," and we know that no matter how much her personal charm may have won our affection, we cannot depend on her in the hour of trial. Yes, it is by our "character" we stand or fall, not only in our social and friendly relations, but in all the business of life.

But what is "character," used in that sense? One definition has it as "the habitual reaction of an individual to his environment," and that is really as satisfactory a summing-up as one could get in a few words. Of course, we are prone to mix up disposition and character when speaking loosely, or to confound it with stability and trustworthiness; but these things are but demonstrations of a part of the general character which can be either good or bad, as we know, though we mean only good when speaking of "character" without any further qualification.

Being Not Doing.
When a would-be employer asks for a "character" from the applicant he means that he wants to know what is his or her habitual reaction to the time clock, to monotonous drudgery, to unexpressed extra work, to apparently unreasoning commands; in fact, to all the odds and ends of ordinary routine work, and according to the nature of these reactions are we good or bad employees. In the same way, in our social relations, we call that character good on whose stability we can rely; when we feel that we can always depend on our friend to do and say the right thing; in other words, to be true to himself. For, after all is said and done, character is not a state of doing, but of being.

A man or woman with very little of what we call character can go on for a very long time doing exactly what is right, apparently being all that we require in a friend, but sooner or later the weak spot will break and then the reaction to environment will show a hitherto unsuspected lack of strength. When this occurs we get a horrible shock and say to ourselves, "Well, who would have thought he, or she, had so little character," forgetting all the good that had gone before in the realization that the desirable reactions were not really habitual, that there was a weakness of character. But had as such a disillusionment must be, it is as nothing to the dismay that seizes our souls when we find ourselves out and are forced to acknowledge that our virtuous lives were not the result of character, but rather that our environment had not called forth the bad reaction and that the former smooth sailing was just luck, not grace.

But how are we to acquire this most desirable of all qualities, a good, strong character? Of course, the most evident answer is, by a careful choice of father and mother; but unfortunately we were not consulted in the matter, nor can it be remedied now, so we must only make the best of it and see what we can do ourselves with the material provided.

Make An Inventory.
In the first place, we have to make an inventory of our stock in hand, but must be sure to do it honestly if we are to have any good result, and unless you have tried it you can have no idea how objectionable it is to list up your weaknesses and meanness; they are really far and away more humiliating than your sins! Then, having found out where we stand and the weak spot which led to the sudden and undesirable reaction, all we have to do is to strengthen that and build it up with a secure prop of the contrary virtue.

It is tremendously easy to say, but almost insurmountably difficult to do, and the one comfort in the painful process is the realization that the very struggle is itself forming the character which we had hitherto lacked. There is an old Irish proverb which says, "The day of the storm is not the day for thatching the roof," meaning not only that it should have been attended to when there was no pressing need, but also conveying very clearly to any one who had ever done or watched a thatching, the almost impossible nature of the task, for the winds tear the straw from the hands of the thatcher before it can be made secure and multiply the toll a thousandfold. In the same way we must remember that the day of unfavorable environment is not the day to start strengthening our weak spots, for then the winds of desire or fear are tearing at our little straws of virtue and making them dance merrily off out of reach; it is when life is calm and we are jogging on peacefully that we must build up a strong rampart of determination and right purpose that our souls may be sheltered in the day of storm.

Serious Pursuit.
"Has your husband quit work and gone fishing?"
"I won't say he has quit work," said the woman, whose facial expression is both firm and unfriendly. "When he goes fishing he works harder than he ever does around the house."

Canada's population two persons per square mile; United States, 30.69; Argentina, 5.99; Australia, 1.53; New Zealand, 9.63.

AUTO SPARE PARTS

For most makes and models of cars. Your old, broken or worn-out parts replaced. Write or wire us describing what you want. We carry the largest and most complete stock in Canada of slightly used or new parts and automobile equipment. We ship C.O.D. anywhere in Canada. Satisfaction or refund in full our motto. **ELAW'S AUTO SALVAGE PARTS SUPPLY, 923-931 Dufferin St., Toronto, Ont.**

DAINTY LINGERIE



8345-9475 9233-9454 & 9467
8345—Ladies' One-Piece Corset Cover. Price, 15 cents. Cut in 5 sizes, 34 to 42 ins. bust.
9464—Ladies' and Misses' One-Piece Closed Drawers. Price, 20 cents. In 3 sizes; small, 24, 26; medium, 28, 30; large, 32, 34 ins. waist measure. Small size requires 1 1/2 yds. 40 ins. wide.
9475—Ladies' and Misses' Pettibloomers; in two lengths. Price, 25 cents. In 3 sizes; small, 24, 26; med., 28, 30; large, 32, 34 ins. waist. Small size, longer length, 2 1/2 yds. 36 ins. wide.
9467—Ladies' and Misses' Japanese Kimono. Price, 25 cents. In 3 sizes; small, 34, 36; medium, 38, 40; large, 42, 44 ins. bust. Small size requires 3 1/2 yds. 36 ins. wide, 1 1/2 yds. 36 ins. wide.
These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond Street, Toronto, Dept. W.

Imitation Economy.

There is one form of imitation economy that seems to flourish alike in times of peace and of war: it is that which makes many women who by reckless dislike to destroy a useless article and take every opportunity to shift the responsibility for it on others. Let anyone ask for books to start a library somewhere and see the result. Old schoolbooks, scientific books long superseded, novels of fifty years ago, gift books no one ever looked at, poems no one ever read, odd volumes of encyclopedias—how they come pouring in! Rummage sales have their place in the modern economy, but was there ever a rummage sale where boxes of soiled ribbons and ragged ball gowns did not offer a problem to the management? As for missionary boxes—but to the honor of the church the fashion in missionary boxes has changed of late years. But there are missionaries worn in service and wise in the strange and pitiful ways of the human heart who could tell incredible and sometimes heartbreaking tales. As for the old and decrepit furniture stored away in attics to burden the shoulders of innocent heirs, who has not known "strange, true tales" of such as these?

It is, in short, one of the small, dark ways of the human mind—this unwillingness to destroy worthless things, this overwillingness to dump them up on others at the first pretext. It is assuredly not economy, for it wastes valuable time. It is not honesty, for it is shirking our rightful responsibility. It is not generosity, for it is giving away what neither we nor others want. What is it? The right name has not yet been discovered; but whatever it is, it is a weed to be rooted from the garden of the mind, where we are trying to raise the fine old-time crops known as thrift and forethought and judgment.

Old Stuff.
"How much did you pay for that suit of clothes?"
"Forty dollars."
"Forty dollars! For heaven's sake, man, where can you get a suit like that for forty dollars?"
"I don't know nowadays. I bought this eight years ago."
Canada has 8,000 doctors.

MR. GEORGE E. BUNTING

Newly Appointed Australasian Manager of the Canadian Government Merchant Marine Limited.

Mr. Bunting began in the transportation business with the Grand Trunk when nineteen years of age. Later he was with the Lehigh Valley at Buffalo and afterwards with the Canada Atlantic Railway at Ottawa. He became travelling freight agent for the Allan Steamship Company when the Canada Atlantic Railway was absorbed into



the Grand Trunk System, and in 1912 was promoted to the General Agency of the Allan Steamship in Chicago, where he remained until 1917. When the "National" Merchant Marine was organized, Mr. Bunting was made General Agent for Ontario. Last December he was sent to Australia and New Zealand to organize agencies for the Canadian Government Merchant Marine, his appointment as Australasian Manager following his work in that connection.

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, Beausoleil, 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.

A Man and His Necktie.

Every morning we stand before the mirror, flap the large end over and around, push it behind and up and draw it carefully through. It becomes a habit, and yet, like dining, it has a certain fascination. The keen pleasure of a new and increased cravat helps to make a whole week brighter. And that dread day when a white spot appears in the centre of the front of our favorite green one, or when the beloved brown parts internally, and while appearing the same without tells us that it is gone forever—that day our coffee is bitter and the mercury low. But we never cruelly desert a faithful friend. For a couple of times after the white spot appears we try to tie it farther up or lower down, usually somewhere on the rack with the bowties that are not good taste any more and the selections made by a worthy aunt at a reduction sale, and let it enjoy a quiet old age. Somehow eventually it disappears. We do not know how. Perhaps a careless maid drops it in a waste-basket, or a plotting wife makes away with it. But most probably like old watches and college textbooks, it has some unseen heaven of its own whither it is wafted after its life among us is over.

Montreal has 32,422 trades union members; Toronto, 18,834; Vancouver, 15,459; Winnipeg, 12,950; Quebec, 6,894.

What the Woodsman Sees.

You can always tell a trained woodsman from a tenderfoot, because the tenderfoot sees only the obvious things that are plainly evident, but the trained woodsman notices the little things that are unusual or out of the ordinary. For example, the tenderfoot walking through the woods will see a lot of trees that look all alike. The skilled woodsman will notice that one tree is bent in a peculiar shape, or has a knob or burl on one side. When he sees that tree again he will recognize it and know he is on the right trail. The tenderfoot will be startled by the sound of two trees rubbing together or of bushes cracking with the wind. The woodsman recognizes these as ordinary sounds, but he hears the faintest snap of a twig, made by an animal stepping on it. The tenderfoot walking on a trail sees only the path in front of him, which looks all alike. The woodsman will notice the slightest mark in the dirt, which shows that some animal or person has passed before him, and he will be able to read these marks and tell the tale of what happened.

UTTERLY HELPLESS FROM ST. VITUS DANCE

The Sufferer Restored to Health Through the Use of Dr. Williams' Pink Pills.

St. Vitus dance is a disease of the nerves brought on by a morbid condition of the blood. It is a common disease with children, and attacks girls more frequently than boys. Irritability is frequently one of the first signs noted. The child frets, it is irritable, and does not sleep well. The jerky movements that characterize the disease come a little later. The patient becomes pale, languid, and often constipated. The limbs and sometimes the whole body jerk spasmodically, and in severe cases the power of speech is affected. Such a child should not be allowed to study, but should be kept quiet, given a nutritious diet, remain out of doors as much as possible, and above all things given a course of Dr. Williams' Pink Pills to build up the blood and restore the shattered nerves. Without this treatment the trouble may become chronic and the patient a life-long sufferer. The value of Dr. Williams' Pink Pills in cases of this kind is shown by the following statement by Mr. Frank J. Scriven, Acton, Ont., who says: "In January, 1917, when I resided at Milton, Ont., my daughter Gertrude, then aged fourteen, had a bad attack of rheumatic fever, which left as its after effects a severe attack of St. Vitus dance. For weeks she was confined to her bed under the doctor's care. She was entirely helpless, being unable to even hold a spoon to feed herself. For a time she lost the power of speech almost entirely, and only with great difficulty made herself understood. The twitching of her muscles was so bad it was painful to see her. After a long time and taking a lot of medicine, she seemed to improve. But she did not seem to get along as she ought to. In November, 1917, we removed to Acton, and in January, 1918, she was again confined to her bed with St. Vitus dance. She was again in a terrible state and quite helpless. She was under a doctor's care, and while there was an improvement, she was still very nervous, did not look well and was always tired. In May, 1918, we decided to try Dr. Williams' Pink Pills, and see what they would do for her. She took them regularly according to directions, and after taking several boxes there was a decided improvement. After a further use of the pills she is now as healthy a girl as you would wish to see. She is fat, with a fine, healthy color and is strong and lively. The neighbors, to whom she is well known, remark on the wonderful change in her appearance since taking Dr. Williams' Pink Pills. Both her mother and myself are convinced that the pills have done her a world of good as she is now far healthier than we at one time thought she ever would be."

Do You Freckle?

During the summer months, and especially while on holidays, we shall probably find that freckles will appear on the face and neck. Persons of a fine complexion, and those whose hair is red, are the most subject to freckles. Sometimes freckles are the aftermath of jaundice, but in the sunny weather almost everybody is affected by the action of the sun, and it is interesting to trace the origin of freckles. One authority says that the skin, during the winter and spring, has become strangely sensitive and the heat of the sunbeams draws out drops of moisture which operate like a convex glass, thus concentrating the rays, which are made to act powerfully on the skin. The heat of the sun thus operating on the drops of moisture, causes the skin to become darker in "spots," which we call freckles.

There are no three countries in Europe whose water-power potentialities added together would equal those of Canada.

RHEUMATISM

This is just the season when Rheumatism with its grinding pain and stiffening of joints gets hold of you. Fight it with

Templeton's Rheumatic Capsules

Templeton's Rheumatic Capsules bring certain relief, and permanent results. They are recommended by doctors, and sold by reliable druggists everywhere for \$1.00 a box, or write to Templetons, 142 King St. W., Toronto. Mailed anywhere on receipt of price.

ASTHMA

Templeton's RAZ-MAH Capsules are guaranteed to relieve ASTHMA. Don't suffer another day. Write Templetons, 142 King St. W., Toronto, for free sample. Reliable druggists sell them at \$1.00 a box.

Foreign Railways and Rates.

During December, 1919, and January, 1920, the Italian railways advanced their first-class passenger fares 50 per cent., their second-class fares 50 per cent., and their third-class fares 50 per cent. Both freight and passenger rates already during the war had been advanced 50 to 45 per cent. The passenger rates of the French railways, two of which are owned by the government and all of which are being operated under government control, were advanced 40 per cent. during the war and the freight rates 30 to 37 per cent. Because of the deficits which have continued to be incurred proposals for further advances have been under consideration. The advances in rates on the Australian railways since pre-war days have been enormous. The increase of 30 per cent. made in February, 1920, made the total increases about 350 per cent. In September, 1919, freight and passenger rates in Belgium had been increased 40 to 50 per cent. since pre-war times. Further increases have been made since then. In September, 1919, freight and passenger rates in The Netherlands were advanced 50 per cent. Very much the largest advances reported in any country have been made in Germany, where, it is well known, practically all the railways are owned and operated by the government. Repeated advances were made during the war and still further very great advances have been made since the beginning of the armistice. The passenger rates now average about 700 per cent. higher than before the war, and the freight rates about 800 per cent. higher. Large advances in rates have also had to be made in many countries which were remote from the seat of hostilities. For example, in December, 1919, all freight and passenger rates on the South African Government railways were advanced 25 per cent., while in August, 1919, a raise of 20 per cent. in both freight and passenger rates was made in Brazil, and in October of the same year additional increases were proposed. Even in Australia, which was about as remote from the theatre of hostilities as any part of the world, all the government railways have suffered severely from the effects of the war and have had to make advances in their rates. The railways of Great Britain were placed under government control at the beginning of the war and are still being thus operated. During the war the passenger rates were advanced 50 per cent., while the freight rates were not advanced at all, and because the increases in expenses greatly exceeded the increases in rates the government incurred a large deficit. To reduce or wipe out this deficit advances in the freight rates of the British railways ranging from 25 to 100 per cent. were made effective on January 15, 1920, and extra charges were added to rates which cover the collection and delivery of freight at stations as well as its transportation. In March, 1920, the demurrage charges imposed for holding a car one day beyond the period of free time were increased 100 per cent., and the charges for subsequent days 200 per cent.

Worries.

The little worries which we meet each day, May be as stumbling-blocks across our way. Or we may make them stepping-stones to be of grace, O Lord, to Thee.

O. McPherson, Furniture Dealer, Undertaker, Armstrong, B.C., June 11th, 1919. Minard's Liniment Co., Ltd., Yarmouth, N.S.

Dear Sirs:—Since the start of the Baseball season we have been hindered with sore muscles, sprained ankles, etc., but just as soon as we started using Minard's Liniment our troubles ended. Every baseball player should keep a bottle of your liniment handy. Yours truly, W. E. McPHERSON, Secretary Armstrong High School Baseball Team.

To Sneeze Correctly. Children and even some adults are being taught how to sneeze correctly in a London health centre.

Produce and conserve.

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BITS OF HUMOR FROM HERE & THERE

Even Dirt is No Longer Cheap. "It's as cheap as dirt." "As cheap as dirt! Say, have you tried to buy any black dirt lately?"

Ultra-Modern Hotel. Hotel Manager—"We have everything here for the convenience of our patrons; wireless telephone, wireless telegraph." Patron—"Do you happen to have any stringless string beans?"

Looking Forward. "Where are the snows of yesterday?" inquired the man who quotes poetry. "Be practical, John," exclaimed his wife. "Let bygones be bygones. The thing to begin worrying about now is next year's coal supply."

Sickly Streams. "Rivers," said the American, "why your rivers are nothing to ours. Compared with our Hudson and Mississippi your Mersey, Severn and Thames are sleepy, sickly streams." "Oh, come!" protested the Englishman. "How do your rivers are just as sickly as ours." "How do you make that out?" "Well, they are all confined to their beds," replied the visitor.

MONEY ORDERS. Send a Dominion Express Money Order. They are payable everywhere.

Doing Better. "So you really think your memory is improving under treatment. You remember things now, then?" "Well, not exactly but I have progressed so far that I can frequently remember that I have forgotten something if I could only remember what it is."

Minard's Liniment for sale everywhere

Should Be Tipped Off. Cornelia—"I see that another effort to get in communication with Mars has ended in failure." Weldfield—"Yes. I don't think they will ever be able to communicate with Mars unless they first send a signal so that she will be on the lookout for it."

LET "DANDERINE" BEAUTIFY HAIR

Girls! Have a mass of long, thick, gleamy hair



Let "Danderine" save your hair and double its beauty. You can have lots of long, thick, strong, lustrous hair. Don't let it stay lifeless, thin, scraggly or fading. Bring back its color, vigor, and vitality. Get a 35-cent bottle of delightful "Danderine" at any drug or toilet counter to freshen your scalp; check dandruff and falling hair. Your hair needs this stimulating tonic, then its life, color, brightness and abundance will return—Hurry!

America's Pioneer Dog Remedies Book on DOG DISEASES and How to Feed and Medicate Free to any Address by the Author. H. Clay Glover Co., Inc., 115 West 51st Street, New York, U.S.A.

Classified Advertisements.

STEVENS COMPLETE FERTILIZER will pay you. George Stevens, Peterborough, Ontario.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried \$1,500. Will go for \$1,100 on quick sale. Box 64 Wilson - Chablin Co., Ltd., Toronto.

SOFT MILK WANTED. 3 IN. AND 1/2 thicker, shipped green from saw. Do not sell until you communicate with us. Keenan Bros. Limited, Owen Sound, Ont.

REGISTERED TRAINING SCHOOL FOR NURSES. Located at St. Elizabeth Hospital, 104 South Broad Street, Elizabeth, New Jersey. Complete course. Monthly allowance: first year \$5.00, second \$10.00, third \$15.00. Address: Superintendent.

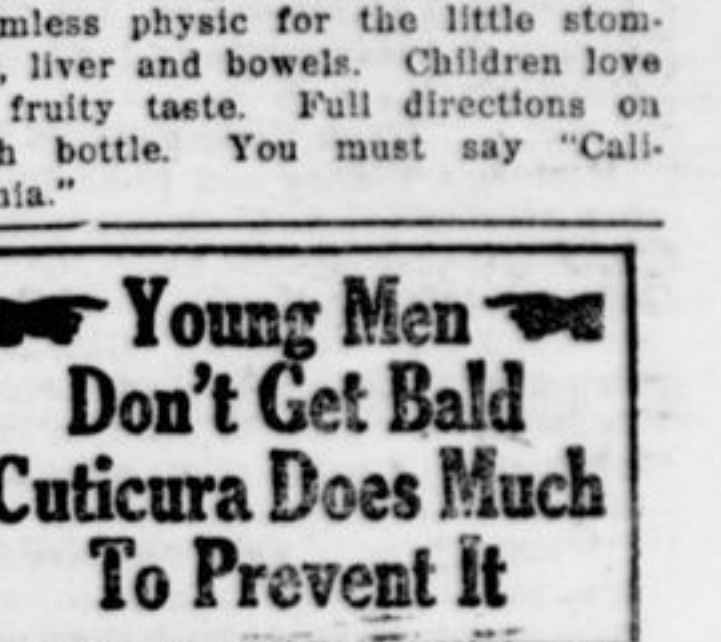
WANTED. FIRST-CLASS BENCH carpenters to work on interior fitting. Good wages, steady work. Apply Laidlaw Lumber Company, 2259 Dundas W., Toronto.

Still Using Candles. Candles still are extensively used and a candle stick has been invented with a snuffer that automatically descends and extinguishes the flame when a candle burns down.

Ask for Minard's and take no other. Canada sold \$50,000,000 of dairy products to British Government, 1918-19.

MOTHER!

"California Syrup of Figs" Child's Best Laxative



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless physic for the little stomach, liver and bowels. Children love its fruity taste. Full directions on each bottle. You must say "California."

Young Men Don't Get Bald Cuticura Does Much To Prevent It

Dandruff, itching, scalp irritation, etc., point to an unhealthy condition of the scalp, which leads to thinning, falling hair and premature baldness. Frequent shampooing with Cuticura Soap and hot water do much to prevent such a condition, especially if preceded by a gentle anointing with Cuticura Ointment to spots of dandruff and itching. Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Lymington, Limited, St. Paul St., Montreal. Cuticura Soap shares without measure.

SINCE 1860 SHILOH 30 DROPS COUGHS

This time of year it's a good idea to combine fresh fruit or berries with your morning dish of Grape-Nuts

The blend of flavor proves delightful and is in tune with June.

"There's a Reason"

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

The name "Bayer" on Aspirin like Sterling on silver. It positively identifies the only genuine Aspirin—the Aspirin prescribed by physicians for over nineteen years and now made in Canada. Always buy an unbroken package. There is only one Aspirin—"Bayer"—You must say "Bayer"

Aspirin is the trade mark (registered in Canada) of Bayer Manufacturing Co. of Germany. Bayer is the name of the manufacturer. While it is well known that Aspirin means Bayer, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."