## Are You a Musician?

"A musician," says the dictionary, "is one skilled in the art of music."

In the light of the above definition, and in answer to the above question, most people would probably reply in the words of the old negro when asked to change a twenty-dollar bill: "I thanks you for the compliment, suh, but ah can't do it."

A musician, in the popular mind, is one who is skilled in the performance of music, and very few claim this distinction. This is a day of such spectacular specialism that the ordinary person is a bit apt to feel discouraged as to his ability, and to sit back and watch the stars, instead of hitching his wagon to one.

But this popular opinion is a very one-sided one. Many a person has a soul filled with the love of music, and an intense longing to express this feeling, but his vocal chords and fingers simply will not function as he desires. Is that any reason why he should be shut out from the enjoyment of that for which his soul craves?

Even if, as the old nursery rhyme says, "There is music in me, but you can't get it out," is that any real reason why I cannot become skilled in the art of music, in that branch of it to which the vast majority of people belong—the art of listening?

And listening is an art. Listening requires the use of a mind as well as the use of a pair of ears. A trained mind can hear many thing that to an ordinary untrained mind are just so many "noises."

Would it then not be a fine thing if each music teacher would devote one-half of his time to the teaching of the art of listening and the appreciation of real music?

Many music lovers would then be enabled to take advantage of the training they desire, but rarely can get, and the love and enjoyment of music would become much more general.

## A Poem Worth Knowing.

### The Wind in a Frolic.

William and Mary Howitt were husband and wife, and both famous writers in their day. Mary is now mainly remembered as the author of "The Spider and the Fly," and William for the following lines:—

The wind one morning sprang up from sleep,
Saying, "Now for a frolic! now for a leap!
Now for a madcap galloping chase!
I'll make a commotion in every place!"

So it swept with a bustle right through a great town,
Cracking the signs and scattering down
Shutters; and whisking, with merciless squalls,
Old women's bonnets and gingerbread stalls.

Then away to the fields it went, blustering and humming,
And the cattle all wondered what monster was coming,
It plucked by the tails the grave matronly cows,
And tossed the colts' manes all over their brows;
Till, offended at such an unusual salute,
They all turned their backs and stood sulky and mute.

Then it rushed like a monster on cottage and farm,
Striking their dwellers with sudden alarm,
And they ran out like bees in a midsummer swarm—
There were dames with their kerchiefs tied over their caps—
To see if their poultry were free from mishaps
The turkeys they gobbled, the geese screamed aloud,
And the hens crept to roost in a terrified crowd;
There was rearing of ladders, and logs were laid on
Where the thatch from the roof threatened soon to be gone.

Then away went the wind in its holiday glee,
And now it was far on the billowy sea;
And the lordly ships felt its staggering blow,
And the little boats darted to and fro.

But lo! it was night, and it sank to rest
On the seabirds' rock in the gleaming west,
Laughing to think, in its frolicsome fun,
How little of mischief it really had done.

## Sentence Sermons.

We Cannot Choose—The family we are born into, but we do choose the family we marry into.

—The things that happen to us, but we choose the attitude we take toward them.

—The people we meet, but we can choose our friends from among them.

—The weather, but even bad weather has its good points.

—Our path through life, but we do not need to shut our eyes to road signs.

—Our parents, but we will never find anyone else who will love us more.

—An evil way without paying the higher price eventually.

The oyster probably provides more nourishment than any other food of the same size or weight. It is also very easily digested.

Nine peerages became extinct in 1925, while five new ones were created.

# A SPRING TONIC AN AID TO HEALTH

### You Can Lay the Foundation of Good Health Now by Building Up Your Blood and Strengthening Your Nerves Through the Use of Dr. Williams' Pink Pills.

The good old fashion of taking a tonic in the Springtime, like most of the customs of our grandparents, is based upon sound common sense and good medical practice. Winter is always a trying time for those who are not in rugged health. Many men, women and children go through the winter on reserve strength they have stored up during the sunny summer months, and grow increasingly pale and languid as the spring days approach. A tonic for the blood and nerves at this time will do much for such people, but putting color in the cheeks and banishing that tired feeling that worries thousands of people at this season of the year.

It is impossible to be energetic if your blood is thin and weak, or if your nerves are frayed or shattered. You cannot compete with others if you do not get refreshing sleep at night, or if your appetite is poor or you are losing weight. You need a tonic at this time to add to your efficiency now, as well as to save you from suffering later on. And in all the realm of medicine, there is no safer or better tonic than Dr. Williams' Pink Pills. These pills tone and enrich the blood which circulates through every portion of the body, strengthening jaded nerves and rundown organs, and bringing a feeling of new strength and energy to weak, easily tired, despondent men, women and children.

Miss K. Sirois, Kamouraska, Que., says:—"I would feel that I was neglecting an opportunity to help some other poor sufferer if I failed to tell you how much benefit I had through the use of Dr. Williams' Pink Pills. Before taking the pills I was in a badly run-down condition. I was very weak, pale and breathless at the least exertion. I often had headaches and my appetite was poor. I began taking the pills and they restored me to better health than I had enjoyed for a long time; in fact, my health is now the best, and I am sure that what this medicine has done for me it will do for all weak, ailing people."

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.

## Germs in Duck Egg Cause Woman's Death.

Evidence regarding a deadly germ in a duck's egg, described as the first case of the kind in the United Kingdom, was given recently at an adjourned inquest on a 24-year-old woman of Stepney, England, says the London Post in a recent issue.

John Webster, Home Office analyist, stated that there had been found a bacillus Aertrycke, in enormous quantities in the organs and he was of the opinion that this could safely be presumed to have been the cause of the trouble which led to death.

The mother of the young woman said that on December 23 her daughter and four other members of the family had a meal consisting of ducks' eggs. Her daughter had had nothing to eat for many hours previously, nor after that before becoming ill.

Dr. D. L. Thomas, medical officer for Stepney, stated that the appearances of the obdominal organs were quite consistent with those of food poisoning. He sent some of the organs to the bacteriologist of the Ministry of Health, who reported that "the bacillus Aetdycke was isolated in abundance and death might safely be presumed to have been due to that infection."

As far as he could make out, continued Dr. Thomas, there had been no record in the United Kingdom of any cases of food poisoning from eggs, but in French literature there were some cases in which ducks' eggs were implicated.

The largest known flower is said to be the Rafflesia, of Sumatra. It has a diameter of 9 ft.


## Mentges Folder For Sale

Suitable for a newspaper or job office. It will fold pamphlets, newspapers, just as fast as an expert can put them in. It will take paper of any weight, book or wrapping, sizes up to 36x48. Newspapers, 6 of 7 col., 4 or 8 pages. Will trim, fold and paste (by gear-driven paster) and deliver either at third or fourth fold, faster than can be folded by three, six or more persons by hand. The rollers are of steel, all turned true on lathe, milled and accurate, and will not shrink or misbehave under any service. A one-quarter h.p. motor is ample to run it.

**The Guide** **Port Hope**

FOR HOME BUILDERS

**Detailed information concerning planning, building, financing, decorating, furnishing and gardening is contained in the MacLean Builders' Guide. Each issue shows several practical designs in picture and plan. Send Twenty Cents for a copy. Questions answered. MacLean Building Reports, Ltd., 344 Adelaide St. West, Toronto.**

THE NEW PRESIDENT OF THE LEAGUE OF NATIONS

Alfonzo de Costa, of Portugal, shown above, was elected President of the League of Nations at the extraordinary assembly recently, which was called to admit Germany to the League. As is well known, however, the assembly failed of its purpose owing to the quarrel over seats on the council.

## "Cut Off With Shilling."

In most foreign countries England is looked upon as the Land of the Free, and, in spite of the Defence of the Realm Act, there is one way, at least, in which the Englishman is freer than the rest of the world. It is only in England that a married man can dispose of the whole of his property absolutely as he likes when he dies.

Even Scottish law is different in this respect. There, if a man has a wife and children, the law says the wife must have one-third of his possessions and the children another third, so that he can do what he likes only with the remaining third. If he has a wife only or children only, the wife or the children are entitled to half, and he is at liberty to dispose of the other half as he thinks fit.

In France a man can only leave all his property to strangers if he has neither children nor "ancestors," such as parents or grandparents, still living. If he has one child, that child must have at least half. Two children will take two-thirds, and if he has three children or more, they must have three-quarters, leaving only a quarter which he can bequeath to other people.

Only in England is a man allowed to cut off his child with a shilling.

# HEALTHY CHILDREN ALWAYS SLEEP WELL

### If Baby Does Not Enjoy Refreshing Sleep He is Far From Well.

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again.

Baby's Own Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the newborn babe with perfect safety.

You can obtain Baby's Own Tablets through any medicine dealer at 25 cents a box, or by mail, post paid, from The Dr. Williams' Medicine Co., Brockville, Ont.

## Facts About Goldfish.

There are two facts about goldfish that owners of goldfish ought to know. One is that fish have no eyelids and generally live where there is plenty of shade protection, therefore when they are put in transparent globes, which admit light from all directions at once, they cannot cover their eyes or find a shady place in which to hide, and they suffer.

Small growing plants or bits of floating wood put in the bowl will make a little shade and give comfort to the fish.

The other fact is that there is air in the water where fish live in nature and air is a necessity of life for fish.

Water in globes is still and free from air and must be aerated by fresh poured water or by water plants. Hornwort is one of the best.

When fish gasp, they are suffering from the want of air or oxygen.

It is to be hoped that persons who enjoy seeing fish in globes will consider the virtue of kindness, even towards fish.

The injury to children who are taught to find pleasure and amusement in the sight of live animals confined in unnatural conditions is also worth consideration.

Students of fineteen nationalities are now studying the English language by a new scientific method at University College, London. Swedes usually prove the best students.


Minard's Liniment for sore throat.

### A Landed Proprietor.

"As soon as Jones bought his piece of ground he climbed a tree to look it over, fell out and—"

"And became a landed proprietor, eh?"


Don't let indigestion after meals, biliousness, heartburn, or dyspepsia take the pep out of you. Take Seigel's Syrup. Any drug store.


## New Brooms.

New brooms, green brooms, will you buy any?
Come, maidens, come quickly, let me take a penny.

My brooms are not steeped,
But very well bound;
My brooms be not crooked,
But smooth-cut and round
I wish it should please you
To buy of my broom,
Then would it well ease me
If market were done.

Have you any old boots,
Or any old shoon,
Pouch-rings, or buskins,
To cope for new broom?
If so you have, maidens,
I pray you bring hither,
That you and I friendly
May bargain together.

New brooms, green brooms, will you buy any?
Come, maidens, come quickly, let me take a penny.

—From "The Three Ladies of London" (1584).

### Revenged.

A busy housewife came into the sitting-room, a determined look in her eyes.

"I shall have to punish those children," she began.

"What have the little beggars been up to now?" asked father, looking up from his newspaper.

"Why, they've made a mess of my sewing-room," explained his wife. "Needles, spools of cotton, scissors—everything has been hidden away in the most unexpected places. It's exasperating."

Her husband laid down his paper and smiled.

"I did that," he said calmly. "You tidied up my desk so beautifully the other day that I thought it only fair to return the compliment. So I tidied up your sewing-room."

### A Portable Piano.

A musician in England has invented a portable piano, which when folded, is only three feet in length.


BEAUTIFY IT WITH "DIAMOND DYES"

Just Dip to Tint or Boil to Dye

Each 15-cent package contains directions so simple any woman can tint soft, delicate shades or dye rich, permanent colors in lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings—everything!

Buy Diamond Dyes—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton or mixed goods.


## The Fragrant Garden.

By Mrs. Jeanette Leader, Member of the Ontario Horticultural Association.

It has been said that we are fast drifting toward an age of flowers that will have no fragrance. No profusion of blossom, no exquisite coloring or vigor of growth can take the place of a lack of fragrance.

How keen the disappointment when we are shown a wonderful rose of rare coloring and perfect form to find its gorgeous petals yield no perfume. One may tire of brilliant coloring and of showy effects, but the garden that has the sweet-smelling flowers will never lack appreciation. When the rose is mentioned we at once associate it with sweetness. We love flowers for their fragrance, even though they are not very beautiful, but when they are fragrant as well as beautiful our enthusiasm knows no bounds.

Plant the old fashioned fragrant ones even though the catalogues tell you wonderful stories about the newer, larger varieties. They may be charming to look upon, but flowers that are not sweet fail to satisfy because in striving to produce a larger flower, with more gorgeous coloring, the rare fragrance has been lost. The smaller flowers have usually the sweetest perfume. The very nams of mignonette, lily-of-the-valley, lilac, rose, pinks and stocks of our mother's gardens bring to our memory the recollections of sweet laden breezes, and no quality in the flowers of our youth strikes the chord of remembrance with as true a touch as fragrance. If you have only limited space for a garden this spring, choose flowers that are fragrant. If you are planning a rose garden, buy the varieties that will delight you with a rare perfume.

## Summary.

I see you but a moment, yet
My heart goes singing on its way
And all my weariness is gone,
Just seeing you makes glad my day.

Just seeing you makes happiness,
You do not need to linger long,
A second as you pass and all
The hours thereafter ring with song.

Such is your presence, so you move
Upon my hour, that just your smile
Give me content, warm all my heart,
Bring joy for quite a little while.

Your words are gifts I treasure up
For days on end, such is my love
Made up of you, and you alone,
For earth or sea or sky above.

—George Elliston.


## Banish The Blues

### By Observing Nature's Basic Rule

Those who suffer from despondency, listlessness and headaches can usually trace the cause of these conditions to constipation.

They are frequently brought about by overwork, nervous strain, lack of outdoor exercise or sleep, or improper food, but more frequently by the non-observance of nature's basic rule—regular thorough bowel elimination.

Poisons from waste matter left behind are picked up by the blood and absorbed by the system, weakening the nerves and lowering the vitality.

*Nujol*, the scientific internal lubricant, corrects constipation in nature's own way by augmenting the supply of nature's lubricant.

*Nujol* by softening the waste matter thus permits thorough and regular elimination without overtaxing the intestinal muscles. It is gentle, safe and natural in its action, and can be taken for any length of time without any ill effect.

Ask your druggist for *Nujol* today and remember—look for the name "*Nujol*" in red on both bottle, label and package.



RED ROSE TEA "is good tea"

*People who want the very best use Red Rose Orange Pekoe Tea*


## One Year More.

If I had but one year to live:
One year to help; one year to give;
One year to love; one year to bless;
One year of better things to stress;
One year to sing; one year to smile;
To brighten earth a little while;
One year to sing my Maker's praise;
One year to fill with work my days;
One year to strive for a reward
When I should stand before my Lord
I think that I would spend each day
In just the very self-same way
That I do now. For from afar
The call may come to cross the bar
At any time, and I must be
Prepared to meet eternity.
So if I have a year to live,
Or just one day in which to give
A pleasant smile, a helping hand,
A mind that tries to understand
A fellow-creature when in need,
'Tis one with me—I take no heed;
But try to live each day He sends
To serve my gracious Master's ends.


Minard's Liniment for dandruff.


### The Danger Hour.

Insurance companies' statistics show that the most dangerous hour of the day is that between four and five in the afternoon. It is known as the "fatigue hour." During this hour it has been found that our senses are least on the alert, and the majority of accidents occur.

Metallic mineral production in Canada during 1925, according to the Dominion Bureau of Statistics, had a total value of $125,410,000 as compared with $102,406,528 the previous year.


*For More than twenty years*

Sal Lithofos has been prescribed by leading physicians as an invaluable specific for the treatment of

**Indigestion**
**Constipation**
**Disorders of the Stomach and Kidneys**
**Rheumatic and Gouty Conditions**

A palatable, effervescent, saline preparation of Lithia and Sodium Phosphate highly beneficial and remedial in the case of disorders mentioned.

*At all Druggists—three sizes*

*Sal Lithofos*

Proved safe by millions and prescribed by physicians for

Neuritis Colds Headache Lumbago
Neuralgia Pain Toothache Rheumatism

**DOES NOT AFFECT THE HEART**

*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 Monoaceticacidester of Salicylicacid (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."


## Classified Advertisements.


FOR SALE.

GOOD THRESHING OUTFIT. FOR PRICE AND information write Wilfred Forsyth, York Mills, Ontario.

BAKERS' OVENS. WRITE FOR CATALOGUE and list of used ovens. Hubbard Oven Co., Ltd., 783 King West, Toronto.


## The Messenger.

It was that time of tender light
When eastern slopes shine like the rose;
Before the lashes of the night
Droop wanly, ere the eyelids close.

A quietness, profound, intense,
Made the one robin's song a word
Of intuitive innocence. . . .

I listened, hushed with reverence,
Rich with a sudden gift of grace
In that dark and lonely place.

—Richard Church, in The Spectator.

If you can't be well-to-do you can at least be hard to "do."


Andrews' Plugs STOP TOOTHACHE INSTANTLY

Temporary Fillings - - - which Last a Long Time.

SOLD EVERYWHERE 15c. Package

Norman S. Wright & Co., Limited, Distributors, Toronto



VETERINARY DOCTORS

use and recommend Minard's Liniment. Splendid for sprains, bruises, cuts, chafes, swellings.

MINARD'S "KING OF PAIN" LINIMENT


# RUN-DOWN AFTER BIRTH OF BABY

### Ottawa Woman Made Strong by Taking Lydia E. Pinkham's Vegetable Compound

Ottawa, Ontario.—"I was terribly run-down after the birth of my third baby. I had awful bearing-down pains and was afraid I had serious trouble. I was tired all the time and had no appetite. My sister-in-law is taking Lydia E. Pinkham's Vegetable Compound and cannot praise it too highly and asked me to try it. I have had splendid results and feel fine all the time now. Any one who needs a thorough pick-me-up soon learns from me what to take."—Mrs. RENE PAQUIN, 320 Cumberland Street, Ottawa, Ontario.

### Terrible Backache

Hamilton, Ont.—"After my baby was born I had terrible backache and headaches. I could not do my work and felt tired from the first minute I got up. But worst of all were the pains in my sides when I moved about. I had to sit or lie down for a while afterwards. I could keep my house in order, but many things had to go undone at the time, because of my ailments. I was told by a neighbor to take Lydia E. Pinkham's Vegetable Compound, as she said it would build me up. I was relieved before I had taken the first we bought and have not had any trouble like it since."—Mrs. T. MARKLE, 115 Ferguson Avenue South, Hamilton, Ontario.


CUTICURA HEALS ITCHY ECZEMA

Caused Much Suffering, Nose Swollen and Sore, Face Disfigured.

"Eczema broke out in red spots and pimples on my cheeks and nose. The eruptions grew larger and my nose was swollen and sore. It itched and burned so much that it kept me awake, and scratching caused eruptions. My face was disfigured and caused much suffering.

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more and after three months' treatment my face was healed." (Signed) Mrs. Corinne Desjardins, Albertville, Sask.

Daily use of Cuticura Soap, with touches of Cuticura Ointment now and then, keeps the skin fresh, smooth and clear.

Sample Each Free by Mail. Address Canadian Depot: "Stethouse, Ltd., Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c.

Cuticura Shaving Stick 25c.





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