Our Habits.

The word habit is in danger of degeneration. It is inclined to go the same way as that one-time good word notorious, which, from meaning noteworthy, now invariably means notably wicked.

We say, with a shake of the head, "I'm afraid it's becoming a habit," or "He's a slave to habit," meaning always a bad habit.

Yet habits may be good; they may be beneficial, the very foundation-stones of orderly and beneficent living.

To train a good impulse, which may be fleeting, into a habit that is constant is surely to strengthen and ennoble character.

The efficiency of a machine depends upon the exact co-ordination and co-operation of all its parts. There must be nothing jerky, occasional, spasmodic about any of its wheels, cranks, or spindles. They must all have the mechanical habit of working in unison.

We are not machines; nor do we desire to become machines. But if we are to be efficient, we must form certain somewhat machine-like habits of regularity, reliability, punctuality, industry, and thoroughness. We will then work with the smoothness and efficiency of a machine, whilst we need not sacrifice our power of initiative, forethought, and the adventurous spirit of discovery.

There are nobler habits than these, which are only habits of the mind. Are there no habits of the spirit? I think so. A man may be efficient, yet not patient; economical, but not generous; orderly in his work, but disorderly in his emotions. We have all known men and women whose habits seemed to work perfectly in ordinary circumstances, but who lost control and "crashed" when struck by adversity and trouble. They have neglected to form the habit of calm self-containment, which is something higher and more spiritual than stoicism.

Good habits, carefully and deliberately formed, often serve us better than great natural gifts, for one bad habit has often proved capable of rendering the greatest gifts almost useless—"the little rift within the lute which, by and by, makes all the music mute."

Good habits are built to stand wear and tear. Being slow of growth they are less liable to fall before "the slings and arrows of outrageous fortune."

There is a note of warning which needs to be sounded. We say a person has become the slave of habit. It is a true saying both for the good and the bad. A man may become the slave of a good habit. I have known men so tidy that they got nothing done.

In its larger implications, it is what Tennyson meant when he said:

The old order changeth, yielding place to new
And God fulfills Himself in many ways,
Lest one good custom should corrupt the world.

So let us see that our good habits ever remain our servants and do not become our masters, for the spirit of a man is higher than any habit he may form.

Very Early.

The country road is covered with morning moisture. It is neither rain, nor frost, nor yet dew; it is, rather, a series of exquisitely toned individual drops lying in strings like fairy beads, and holding the sky within their hearts. It is something actively impressive, bidding one stand and look and question; the tender frailty of tone is new, it is soft and gentle, and a strange delicate warmth as of a very faint breath rises slowly upward from the ground.

Across the roadway lies a little track in the moisture, a perfect pattern of minute, thread-like feet where a bird has run into the wet grass beneath the bushes. A small gray-brown feather is here, too, caught on the edge of a spider's web. It is soft to the touch, and a little warm—something to keep and treasure for a time.

The sun has converted the roadway into a track of golden-red light. The strings of moisture-beads are running together and trickling into the little ruts, and a cart horse bearing on its broad back a whistling boy treads heavily upon the prints of the bird without heeding, and turns great eyes upon you in passing as if to question your indolence.

These are the early morning moments when spring is actively present—very near and very real; when it stands sweetly upon the quiet roads and blinks blue eyes up at the sky—and whistles too, maybe, from the lips of a lad as he slowly rolls by on the back of his unromantic steed, and winks in and out of the tree shadows, and passes into the distance.

Origin of British Museum.

The famous British Museum was founded by lottery, $500,000 being raised to purchase the collection of Sir Hans Sloane.

"Whistling for half an hour after meals," says a well-known whistler, "is the best possible aid to digestion."

The eight countries in the world that have no railways are: Albania, in Europe; Afghanistan, Asir, Bhutan, Nepal, Oman, and Yemen, in Asia; and Liberia on the West Coast of Africa.

BABY'S OWN TABLETS ARE OF GREAT VALUE

To All Mothers Having Young Children in the Home.

No other medicine is of such aid to mothers of young children as is Baby's Own Tablets. The Tablets are the very best medicine a mother can give her little ones during the dreaded teething time because they regulate the stomach and bowels and thus drive out constipation and indigestion; prevent colic and diarrhoea and break up colds and simple fevers.

Concerning Baby's Own Tablets, Mrs. John A. Patterson, Scotch Village, N.S., says:—"I have six children, and all the medicine they ever get is Baby's Own Tablets. I would use nothing else for them and can strongly recommend the Tablets to all other mothers."

Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Two-edged Sword.

Paris Temps: Rightly or wrongly, there is a feeling that the British Government intends to have at its disposal powerful means of action, in order to be in a position to strike, with certainty of success, at the time and place that it considers it its duty to do so for the proper safeguarding of its interests. It is a policy like a double-edged sword, which might lead far unless precautions are taken strictly to limit its effects.

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VIKING CREAM SEPARATOR

RUBBISH!

Quebec Evenement (Cons.): (Liberty, a Chicago magazine, prints a letter under the title "Wants Canada Annexed," in which, among other offensive statements, the writer says: "To-day, in the Province of Quebec, we English-speaking Canadian are regarded as your Negroes are down South.") The English-speaking Canadians who live in our province are, on the contrary, convinced that French-Canadian nationality serves the British ideal better than the new populations with which the West is at present being settled. They gave another proof of this very recently, for it was from the Province of Quebec that the most authoritative voices were raised in protest against any change in the constitution. For the information of the editors of Liberty, we should like to add the comment that the rich Yankees who invest some of their wealth in the industrial enterprises of this part of Canada are very keen that this country should retain its political independence. These people realize that when the development of our resources has reached a more advanced stage, we shall be able to compete in the economic field on favorable grounds with our most powerful rivals.

Pimples come from blood that's not just right. If you want to get rid of facial blemishes try Nigel's Syrup. Any drug store.

Native Products.

On the whole Canada can produce all of the forage crops necessary for the successful raising of live stock of all kinds. At the same time her resources in most forage-plant seeds are being taxed to capacity, to keep pace with the increasing demand for her desirable product. In spite of the growing use of motor cars, trucks, and tractors, the demand for forage does not slacken and Canada continues to produce about fourteen million tons of hay per annum, the greater portion of which is consumed in this country.

China has a mountain of alum 1,000 feet high.

Give the children **SHILOH** FOR COUGHS

BUNIONS GONE IN 15 DAYS

I send bunions forever with my new Pedodyne Solvent treatment. Pain stops almost instantly. Actual reduction of the enlarged growth starts so fast that your next pair of shoes run be a size smaller—often two sizes smaller.

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"Should be in every home" Says Mme. Villemaire

Three years of stomach and kidney disorders wrecked her health. Now fully recovered and feeling splendid, she thanks Tanlac

Mme. Eliza Villemaire lives at 432 St. Patrick Street, Ottawa. She is ruddy and robust, showing no signs of the distressing ordeal she went through for three years. "No words can express what I suffered," she said recently. "At times I thought my back must break, and I could not even stoop over to set the table.

"My stomach was just as bad, for food would lie there like a lump of lead. I used to bloat terribly, and at times could hardly catch my breath. Nervousness kept me awake half the night. I tried many remedies and treatments but though I spent a small fortune on them, nothing seemed to help me.

"I only wish I had taken Tanlac when my trouble first started for it certainly would have saved me a lot of suffering. The way my troubles disappeared after taking it was almost magical. It built me up and made me a new woman. Now my kidneys never bother me, I am free from all pain and my digestion is splendid. If

I had my way I'd put Tanlac in every home in Canada. That's how much I think about it."

Don't neglect nature's warnings. At the first sign of trouble, take Tanlac, nature's own tonic, made from roots, herbs and barks. Your druggist has it; get a bottle today. Over 52 million bottles sold.

SMILES

The Preposition.

"He certainly gets a lot of fun out of that old car of his."

"You are perfectly correct. He doesn't get much in it."

Take Two.

Fond Father (to daughter)—"Grace, Charlie has asked my consent, etc."

Daughter—"But, papa, I don't want to leave mamma."

"Well, you can take her with you."

Speed.

Jones—"I had a balance in the bank a little while ago, but since I've become engaged—"

Jakes (facetiously) — "Expensive fiancee, eh, old man? Never mind, remember that love makes the world go round."

Jones (still dismal)—"Yes, I know, but I never thought that it would go round fast enough to make me lose my balance."

Salesmanship.

In a quiet country town a commercial traveler entered the general store. Going through to the parlor at the back, he came upon the proprietor and a friend engaged in a game of draughts.

"Mr. Slocum," he said, "d'you know there are two customers in the shop?"

Slocum did not even raise his eyes from the board. He merely nodded his head and whispered in reply:

"That's all right. Keep quiet and they'll go away again."

Neither.

In the hall of a big London hotel one night last week a young man in evening dress was going out for the night.

"Waiter, bring me a soda," called an elderly gentleman. Then he retracted. I beg your pardon. I apologize."

"You had better put your spectacles on," said the young man rudely.

"I beg your pardon," said the other. "I find I have made two blunders. First I mistook you for a waiter. Then I mistook you for a gentleman."

Willing to Oblige.

A mean golfer selected a little boy for his caddie, so that he would not have to pay the statutory fee. When he was about to drive off at the first tee one of the regular caddies, a muscular young man, touched his cap to the player and said:

"Carry your clubs, sir?"

The player pointed to his diminutive attendant, who was not much taller than the kit of clubs he was holding, and said:

"Can't you see I am already provided with a caddie?"

But the official bag-carrier was not to retire from the contest so easily. Touching his cap once more, he said, eagerly:

"Carry your caddie, sir?"

Friendship.

Think of the importance of friendship in the education of man. It will make a man honest; it will make him a hero; it will make him a saint. It is the state of the just dealing with the just; the magnanimous with the magnanimous; the sincere with the sincere; man with man. — Henry D. Thoreau.

In Her Place Was the Sunrise!

She was gone,
Like a star, when up bay after bay of the night,
Ripples in, wave on wave, the broad ocean of light,
And at once, in her place, was the Sunrise! It rose
In its sumptuous splendor and solemn repose,
The supreme revelation of light.
Domes of gold,
Realms of rose, in the Orient! And breathless and bold,
While the great gates of heaven rolled back one by one,
The bright herald angel stood stern in the sun!

—Owen Meredith, in "Lucile."

Oldest Living Thing.

A cypress tree growing in a churchyard near Milta, in Oaraca, Mexico, is thought by some authorities to be the oldest living thing in the world. Its age is estimated at more than 8,000 years.

INDIGESTION, GAS, UPSET STOMACH

Instantly! "Pape's Diapepsin" Corrects Stomach so Meals Digest

The moment you eat a tablet of "Pape's Diapepsin" your indigestion is gone. No more distress from a sour, acid, upset stomach. No flatulence, heartburn, palpitation, or misery-making gases. Correct your digestion for a few cents. Each package guaranteed by druggist to overcome stomach trouble.

ISSUE No. 10—'27.

Britain's Job.

Pertinax, in the Echo de Paris: With the exception of the Japanese, the Asiatic peoples do not appear to have the faculty of organization. If the Chinese succeed in destroying European civilization, they would have nothing to put in its place, but would merely flounder among the ruins. In the interest of the Chinese, as also of the Europeans, it is therefore to be hoped that at vital points like Shanghai a lesson will be administered to the plundering mob who vacantly stammer their Nationalist slogan. Of all the Powers, Great Britain is the only one which has definitely decided on action. If her troops do not arrive too late she will be able to congratulate herself that she has served humanity.

RHEUMATIC VICTIMS

Can Find Relief Through Building Up the Blood.

Pain is the symptom of rheumatism that every victim recognizes, and he generally attributes the trouble to cold, damp or changeable weather. But doctors know that thin blood is a marked characteristic of the trouble. Trying to cure rheumatism while the blood remains thin and poor, is an impossible task because there is nothing to build on. A tonic like Dr. Williams' Pink Pills that enriches the blood and frees it from poisonous impurities soon banishes rheumatism from the system. So long as the blood is maintained in a healthy condition the trouble will not return. This is not theory. It has been proved in hundreds of cases; here is one:—Mr. J. W. Rose, R.R. 2, Albany, P.E.I., says:—"For some years I was a great sufferer from rheumatism and although I tried a great many remedies, I did not get any permanent relief until after I took Dr. Williams' Pink Pills. The trouble was located mostly in my shoulders, and at times was so bad that my right arm was almost useless. Of course I suffered much pain and great inconvenience. My attention was directed to Dr. Williams' Pink Pills through an advertisement in our newspaper, and I decided to try them. I took the pills according to directions with the result that the rheumatism has left me, and I have never had a twinge of it since. If this meets the eye of any rheumatic sufferer my advice is try Dr. Williams' Pink Pills at once."

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.

Marble Time.

The sun touches the smooth round balls of color that nestle in the box of the window of the little neighborhood store. A shaft of golden light causes a fire to burn in the tiny opalescent globe that little fingers on the woodwork outside of the window twitch to touch. Blue eyes grow round in wonder, almost as round as the galaxy of marbles while they follow the rays of sunlight into the centre of the glittering polished stones.

All the colors of earth and sky, of sea and landscape, are represented in the pasteboard box that holds the bits of glistening, rolling stones, more precious than diamonds, rubies, or emeralds to the children. Universality of earthly greens abounds in tints and shades. Jades, malachites and emeralds predominate in the flashing colors, with the garnet and orange-yellow tones—baubles that fascinate and enthrall eager youngsters.

Rays of the sun fall into the core of a marble of wild cherry, lying atop the pyramid of gooseberry greens flecked with mottled white, turquoise blues, and cerulean shades of the celestial canopy above.

Little hands with an age-old longing yearn to place the marbles once more on the surface of the dark earth, draw rings and circles with an idle stick, and let them roll and clash with their flashing colors against each other, shooting them forward even as little hands once did in ancient Greece and Rome. For Homer spake of Greek children and their marble games. And during the reign of Emperor Augustus over the Romans, marbles were a diversion even for older people.

German Air Habit.

Robert Henry in the London Nineteenth Century and After: Commercial aviation is the most likely feature of post-war Germany. Europe, as a whole, has only just awakened to this state of affairs, and people are rubbing their eyes in wonder at the amazing efficiency of the German organization. . . . The great difference between the French and German lines is that whereas the German travels by air as a matter of course, the Frenchman seldom risks his life in an aeroplane. This fundamental truth makes all the difference in the commercial aviation of a country, and until the Englishman and the Frenchman can be made to see that air travel is an every-day affair Germany will retain an inestimable advantage.

Playing Safe.

Old-Timer (to new boarder)—"I say, old man, I wouldn't touch the rice pudding. There was a wedding here yesterday."

No Sir! Not Our Baby.

Stranger—"Tell me, have any big men ever been born in this city?"

Native—"No, sir, only babies."

Keep Minard's Liniment in the stable.

Its fine qualities preserved in the modern *Aluminum* package.

RED ROSE TEA "is good tea"

RED ROSE ORANGE PEKOE is extra good.

Keeping Silver Free from Tarnish.

The air is the chief cause of silver tarnishing. Anything, then, that keeps the air from silver will prevent tarnish.

The air may effectively be kept from large ornamental pieces of silver or any other pieces that are not used for food and do not need to be washed in hot water, by coating the silver with white shellac. This will not show, and it will not injure the silver in the least.

First clean and polish the silverware, then get a small bottle of diluted white shellac. Cover the entire piece with a thin coat of this, using a soft cloth if the surface is flat, or a very soft brush, as a discarded shaving brush, or a camel's hair brush if the piece has much decoration on it. Be sure to leave no places uncovered. The shellac dries almost as soon as it is applied.

Pieces of silver on which it has been put may afterward be wiped off carefully with a wet soft cloth and cool water, without injuring the shellac. Silverware treated in this manner will retain all its lovely high luster indefinitely—or until the shellac is worn off by repeated handling or rubbing.

Minard's Liniment for rheumatism.

Importance of Color in Home.

It is accepted fact that color is more potent in creating the atmosphere of a home or room than is any other influence. It is even more important than good design, for no matter how dominant this may be, it cannot overcome discordant color. Because it produces so distinct a reaction to the eye, how carefully should it be selected. With the same regard should color be studied as the background for the upholstery and hangings of a room, so that the whole will prove restful rather than depressing or irritating in its effect.

"CASCARETS" FOR COSTIVE BOWELS, HEADACHE, COLDS

To-night! Clean your bowels and stop headache, colds, sour stomach

Get a 10-cent box now.

Turn the rascals out—the headache, biliousness, indigestion, the sick, sour stomach and bad colds—turn them out to-night and keep them out with Cascarets.

Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels, or an upset stomach.

Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great.

A Cascaret to-night straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they never gripe or sicken.

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FOR SALE.

VICTROLA STYLE, FULL CABINET, PLAYS all records, 48 selections, automatic. Value $95.00 for $35.00 guaranteed. Poisson, 340 Mount Royal East, Montreal.

BULBS, PLANTS AND FLOWERS.

TWELVE DIFFERENT DAHLIAS, $1.75. Twelve different Gladioli, $1.00. Postpaid. Ferncliffe Nursery, Hatzic, British Columbia.

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INTRODUCTORY OFFER ONLY. SEND 50C (NO stamps please) and receive post free a package of 10 blooming size Gladiolus Bulbs in assorted colors. Victoria Bulb and Floral Company, R. M. D. 4, Victoria, B.C.

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UNBREAKABLE GLASS SUBSTITUTE FOR poultry houses, hot beds; speeds growth, doesn't burn plants. Delivered 45c square yard. Peerless Poultry, Elmira, Ont.

SHOOFLY HOUSE PLANT. BLOOMS IN 60 days from seed. Bee will not stay in room where grown. Packet seed 25c. Agents wanted. N. Johnson, Box 465, Vernon, B.C.

GUINEA PIGS WANTED. FOR PARTICULARS apply Connaught Laboratories, University of Toronto.

EPILEPSY—FITS PERMANENTLY STOPPED by Trench's Remedy. Simple home treatment, 25 years success, thousands of testimonials. Write at once for free book. Trench's Remedies, Limited, Dept. W., 79 Adelaide East, Toronto, Canada. (Cut this out).

WE SELL 10,000 HORSES A YEAR TO satisfied customers. Send for our Harness Catalogue; it will save you money. The Republic, 10 Nelson Street, Toronto.

STRONG, STURDY CHICKS. HIGH-GRADE, bred-to-lay. Leghorns, Rocks, Minorcas, Wyandottes, Reds. 12c and up. Free circular. William Pletsch, Stratford R5, Ont.

EASTER NOVELTY

for Confectioners. The very latest in Chocolate Mould.

One confectioner bought six on sight. Dog, Bunny, Chickens, all on one chocolate bar, all made in one operation. Act now. Don't delay. Sent by mail prepaid for $2.00. $2.00

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Cold Relieved or Money Back

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Acts like a flash—
a single sip proves it

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Handy "Bayer" boxes of 12 tablets
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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."

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