

### A GRATEFUL LETTER

From a Lady Made Well by Dr. Williams' Pink Pills.

"I wish from my heart I could persuade every person who is run down in health to give Dr. Williams' Pink Pills a trial. Thus writes Mrs. Louise Mitchell, Oak Point, Man., who further says: 'About a year ago I was a weak woman, suffering from a run down system and impoverished blood. Any little exertion would cause my legs to tremble and my heart to throb violently. I could not sweep a room or walk fifty feet without being exhausted. Then I began taking Dr. Williams' Pink Pills and after taking only six boxes I am as well and strong as ever. I can walk and run without stopping every few seconds gasping for breath as previously. Dr. Williams' Pink Pills will be my stand-by in the future if ever my blood needs building up again, and I shall always find pleasure in recommending them to anyone needing a tonic.

There are many troubles due to weak, watery blood which can easily be overcome by a fair use of Dr. Williams' Pink Pills. The sole mission of this medicine is to enrich and purify the blood, and when that is done all the varied symptoms of anemia disappear and good health returns. You can get these pills through any dealer in medicine or by mail at 50 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.



**HEFTY RECRUIT FOR DOMINION POLICE**

Mr. Cris Mitchell, late of the Liverpool, England, police, came to Canada recently to join the Royal Canadian Mounted Police, but when he went to his cabin on board the Canadian Pacific S.S. *Montrose* it was found that he was too lengthy to be able to assume a horizontal position in any of the berths. Consequently an extension had to be made to one of the regular berths, which, when completed, measured six feet eight inches.

#### Poplar.

The blinding sky's unkind,  
The day has dust and glare.  
The poplar keeps the wind,  
In her cage of light and air;  
Makes of her leaves a snare  
To keep the wind confined.  
All in the breathless glare,  
The poplar holds the wind.

O cool and beautiful  
Her leaves of silver gray  
Hang in the wind so cool  
In the blind and breathless day,  
Turn in the win that play,  
Fresh as a little pool.  
That in the forest gray  
Holds silver flus and cool.

All other trees are still,  
The oak, the elm, and the beech,  
But the poplar hath her fill  
Of soft and gracious speech.  
The winds are out of reach;  
Beyond the sea and the hill  
For the oak, and elm, and beech,  
But the poplar hath her fill.

—Katherine Tynan.



**Used Few Books.**

"Does your son use many books at College?"  
"Well, not counting my pocket-book and my bankbook, I think not."

In most people the hearing of the left ear is more acute than that of the right. This is the reason that most of us almost unconsciously use the left ear when telephoning.

The world's heaviest liner is the *"Majestic."* Fully laden she turns the scale at 64,000 tons.

### HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario.

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

#### MARY BROWN.

When Mary Brown was weighed in school  
And measured as to height,  
The teacher found that for her age  
She was exactly right.  
And here's the reason why—it seems  
She slept long hours each night,  
The windows always open wide  
Until the morning light.

When in the morning she arose  
She dressed herself with care,  
But first she took a nice cool bath  
And always brushed her hair.

At breakfast she had fruit and milk  
And well-cooked oatmeal too,  
With a piece of buttered-graham toast—  
Does that sound good to you?

She brushed her teeth most carefully  
Before she went to school,  
For she knew 'twas most important  
To remember this health rule.

At lunch time she had milk to drink,  
And went outdoors to play,  
She tried to stand up straight and tall,  
To be cheerful, bright and gay.

For dinner she had spinach,  
Potato, and some meat,  
Some figs or raisins for dessert  
They were a special treat.

A rest hour every afternoon,  
And plenty of water to drink,  
If you'll play the health game too,  
You'll surely gain, I think.

#### The Winnipeg Convention.

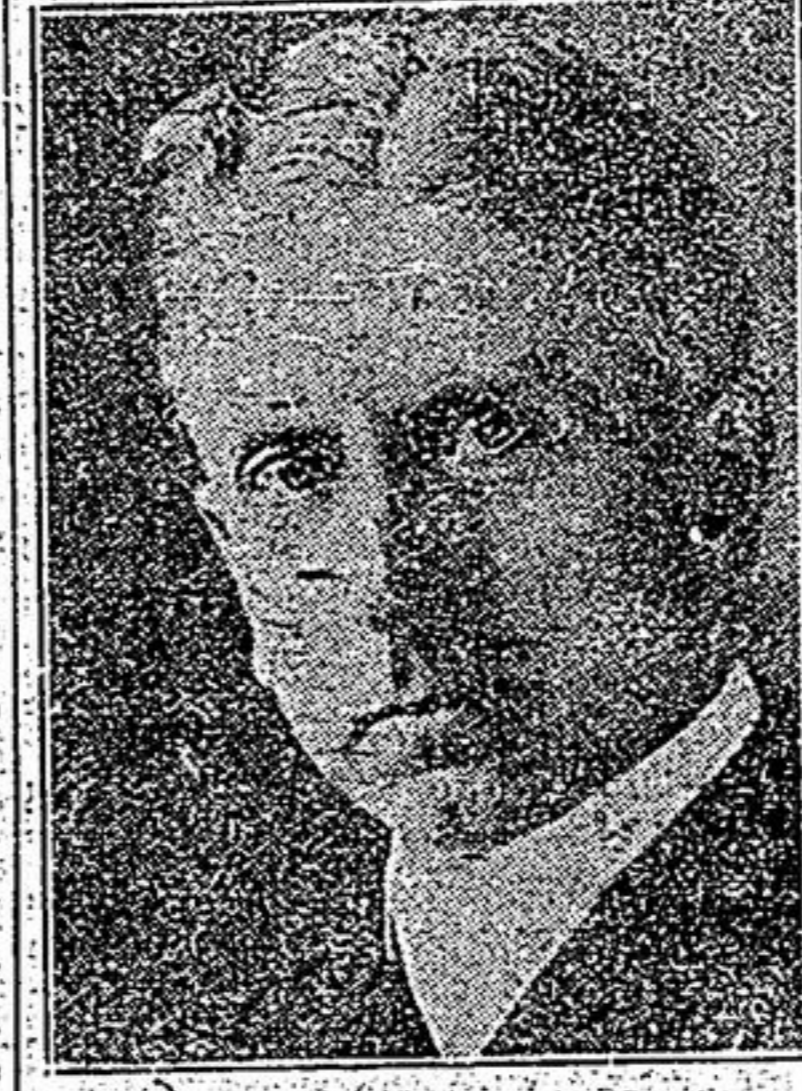
On June 24, 25 and 26 the Canadian Weekly Newspapers Association will hold its annual convention in the City of Winnipeg. The C.W.N.A. has with its membership over 600 weekly newspaper editors, including weekly newspapers as far apart as the Yukon and Newfoundland, so that every section will be represented at the meeting in Winnipeg.

No one asks the why of conventions. The Press Association, organized in 1859 by weekly newspaper men, has



Lorne E. Eedy  
President Canadian Weekly Newspapers Association, 1924-25, proprietor of Walkerton (Ont.) Telescope.

been meeting every year (usually in the Month of June) for 65 years, and the C.W.N.A. is keeping up the splendid traditions which brought so many outstanding newspaper editors together year in and year out. The practice of the Association in holding conventions in different parts of the country has proved of immense value. In the past four years conventions have been held in Vancouver, Halifax, Ottawa and Toronto, while last year a further trip was made through Belgium, France and the United Kingdom. The editors and their ladies who



E. Roy Sayles  
Manager and Treasurer of the Canadian Weekly Newspapers Association, with head offices at Toronto.

accompany them are to be especially entertained at Winnipeg by the Manitoba Government, the City of Winnipeg, Board of Trade and other civic bodies. The business sessions of the convention include some excellent speakers on various publishing and printing subjects. Prominent speakers at the social functions will be Premier Bracken of Manitoba, Premier Dunning of Saskatchewan and Premier Greenfield of Alberta.

#### My Little House.

My little house has a winding stair,  
Where the sunbeams dance and play;  
My little house has a little clock  
To tell the time o' day.

Its windows, curtained blue, are wide  
To the song of wind and sea;  
There's a garden, too, with a gate of green,  
And a blossoming almond tree.

My little house holds treasures rare  
Of ivory, jade, and gold;  
Of gleaming crystal and shining brass,  
And china, fragile, old.

My little house is a world apart,  
So cool and still it seems;  
No troubling 'thing comes nigh, but then—  
'Tis only a house of dreams! —M.D.

#### For Every Ill—Minard's Liniment.

Not Sufficiently Persistent.  
"Tell me, old man, what should one do in order to live to ninety, like you?" said the tourist.

"Don't drink, don't smoke, keep out in the fresh air," replied the oldest inhabitant.

"But my father observed those rules and he died at sixty."

"Yes," but he didn't do 'em long enough."

Five-sixths of Britain's fish harvest is gathered on the East Coast.

PEERLESS BICYCLE BARGAINS  
New and slightly used, \$12.00 up. Write for Catalogue. PEERLESS BICYCLE WORKS, 133 Dundas St. W., Toronto.

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!

#### Wisps of Wisdom.

To-day's neglect means tomorrow's regret. The man who feels certain of success, and labors to that end, is seldom mistaken.

The path of success is the path of common sense. Notwithstanding all that is said about "lucky hits," the best kind of success in every man's life is not that which comes by accident. The only "good time coming" we are justified in hoping for is that which we are capable of making for ourselves.

Happy is the man who believes in his fellow, for it is more blessed to be deceived in some things than to be suspicious in all things.

A cheery disposition is like air in a tyre. There doesn't seem to be much of it, but it makes the going easier and happier for everybody. The rougher the road the more you need it.

Try becoming dissatisfied with yourself instead of with your job. The worst brakes on your progress are self-applied.

Few men travel over the road of success without an occasional puncture. The wolf at the door has started many a man climbing.

A wise man will make more opportunities than he finds. Possessions are all right if you don't let them possess you.

To escape criticism, do nothing, say nothing, be nothing.

#### Candles as Clocks.

The first time recorder was the sundial. The Chaldeans and Egyptians had a water clock called a clepsidra. A stream of water dripped into a jar and on reaching a certain level moved what to-day would be called a ball-clock. This worked a rod along.

Plato introduced the clepsidra, or water clock, into Greece, and it is supposed that this method of time measurement was used in the Middle East even before that time (400-500 B.C.). A specimen of the clepsidra can be seen at the British Museum.

Sand-glasses, known to the present generation as egg-bollers, were invented about A.D. 330 by a monk of Chartres named Luitprand, and according to a French prescription the sand was black marble dust, ground fine and boiled in wine, the processes of grinding and boiling being repeated nine times. Alfréd the Great (871-901) utilized wax candles for recording time. Marks were placed one inch apart, each section burning for twenty minutes.

#### Butter From Fish.

The Indians of British Columbia and Alaska obtain their butter supply from a fat little fish called the oolichan.

Every summer this fish comes up the rivers from the ocean to spawn; and millions are caught in nets daily. They are then thrown into rough tubs, made from tree-logs, in which they lie exposed to the sun.

When thoroughly softened they are taken from the tubs and thrown into great wooden vats of water, which has been heated by dropping red-hot stones into it.

As the oil from the fish rises to the top, it is skimmed off. It hardens quickly, looks like lard, and tastes like butter. The Indians usually make enough of this butter during the summer to last throughout the winter.

#### A Grave Injustice.

"I don't see why jokes about our race being so close are continually being published," remarked a young Scotchman. "We are not close, just thrifty."

"I think it's a shame, myself," agreed the Irishman with whom he was walking.

"They proceeded in silence until they drew near a tobacco shop. 'Come in and have a cigar,' invited the Irishman."

They stepped inside. The Irishman put his hand in his pocket, then withdrew it with an exclamation. "By gorry," said he, "I left my money at home."

"Well, the day is young," commented the Scot. "I don't mind walking back to get it."

#### The "High-Sign."

A Chinese grocer in the old Mexican quarter of Tucson, Arizona, had this mystifying card on some fruit: "No Sell for 5-Cents Too High."

If you give up, it means this: Owing to the high price, the Chinaman refused to sell as small a lot as 5¢ worth.

Keep Minard's Liniment in the House.

#### Cheering.

You cheer the man who's gained the height!  
But can't you spare a word for him  
Who upward struggles through the night,  
When light of stars is dim?

You praise the hero of good deeds—  
The one who's played a noble part!  
That other man, half-vanquished, needs  
Encouragement of heart.

Go, clash the bells and wave the flag,  
For victors—yes, 'tis meet you do,  
But each brave fighter, though in rage,  
Should have ovation too.

—Ian Drag.

#### Resourceful.

"Now, O'Brien," said the commiseration the fireman recruit, "suppose you have discovered a woman at the third-story window of a dwelling on fire. What steps would you take?"  
"Sure, the steps would be no good, sor. O'd fit a ladder."

**MURINE EYES**  
IRRITATED BY SUN WIND DUST & CINDERS  
RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS  
WRITE FOR FREE EYE CARE BOOK, MURINE CO. CHICAGO, ILL.

#### Death on Warts.

Apply Minard's daily. Also relieves, up and disappear. Also relieves bunions.



#### Shave In Comfort With Cuticura Shaving Stick

This delicately medicated antiseptic Shaving Stick produces a creamy lather enabling tender-faced men to shave without any irritation, even twice daily. It leaves the skin smooth and fresh and makes shaving a pleasure. Cuticura Talcum is an ideal after-shaving powder.

Sample Each Free by Mail. Address Canadian Dept.: "Eaton's, Ltd., Montreal." Price, Soap 25c. Ointment 25c and 50c. Talcum, 25c. Cuticura Shaving Stick 25c.

### ABLE TO DO HOUSEWORK NOW

#### Sick a Year. Got Great Benefit from Lydia E. Pinkham's Vegetable Compound

Bloomington, N. S.—"I took Lydia E. Pinkham's Vegetable Compound for pains and backache, also for nervousness, sick headaches and sleeplessness. I was troubled in this way for over a year, and a friend told me about the Vegetable Compound and induced me to take it. I must say I have received great benefit from it and am able to do my housework now. I recommend the Vegetable Compound myself and am willing for you to use this letter as a testimonial." —Mrs. WILLIAM MORSE, Bloomington, Annapolis County, N. S.

Do you know that in a recent canvass among women users of the Vegetable Compound over 220,000 replies were received. To the question, "Have you received benefit by taking this medicine?" 98 per cent. replied "Yes." This means that 98 out of every 100 women are in better health because they have given this medicine a fair trial.

Mrs. Morse is simply another case of a woman receiving great benefit. Women suffering from the troubles so common to their sex, should listen to what other women say who have experienced the same sufferings and found relief. Give this dependable medicine a chance—and at once. It is sold at all drug stores.