

## NEARING A BREAKDOWN

### A Condition That Calls for a Reliable Tonic.

Many women give so much of their time to the cares of their household that they neglect their own health and sometimes reach the verge of a breakdown before they realize that their health is shattered. Often the heart palpitates violently at slight exertion, the stomach fails to digest food and discomfort follows. The nerves become weak and headaches grow more frequent. The body grows weak and they are always depressed. This condition requires immediate treatment with such a reliable tonic as Dr. Williams' Pink Pills, which enrich and build up the blood, carrying renewed energy to every part of the body. The value of Dr. Williams' Pink Pills in a rundown condition is proved by the following statement from Mrs. Alex. McInnes, Bowman River, Man., who says: "About a year ago I had a serious illness which left me very anemic. I was not able to get a round to do my work; in fact I could scarcely walk. I was troubled with palpitation of the heart with the least exertion. One day a friend advised me to try Dr. Williams' Pink Pills as they had done her much good. I followed this advice and took the pills for some weeks when I felt, as well as ever. I have since been able to attend to all my household duties. The dizziness and palpitation have left me and I bless the day I tried Dr. Williams' Pink Pills. They are just the medicine for those who are weak and rundown."

You can get these pills from any dealer or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**Kies or Castor Oil?**  
Customer (to little girl)—"I'll give you a penny for a kiss."  
Little Girl—"Huh! I get more than that for taking castor oil."

**His Rock-Hewn Home.**  
Seventeen years' labor on the part of a Spanish peasant has resulted in his acquiring a house carved out of a solid rock. It possesses a balcony, garret and cellar.

Ink stains can be removed by first washing the fabric with vinegar, and afterwards with a solution of one tablespoonful of oxalic acid in five tablespoonfuls of water.

## FOX FARMING

The Breeding of Silver Foxes will get you out of debt. It's a sound, interesting and profitable business. We have choice registered breeding stock for sale. Information free.  
Elder-Macpherson Fox Sales Co., 88 King East, Toronto

## We Eat Air!

The very first thing you think of in connection with a soda fountain is ice—ice creams, ice-cold drinks, and great solid blocks of ice to keep everything cool. Yet the big modern counters keep things cool without the aid of a single ounce of ice!

A small but amazingly efficient motor and a series of pipes—that is all, and the result is the exact degree of coolness desired. Just a simple application of the well-known principle that the expansion of gas produces cold, and the counter that relied on broken ice and freezing salt promptly became clumsy, messy, and out of date!

When you eat ice cream, you think you are eating frozen cream and custard. So you are, but exactly half your portion is made of plain, ordinary air! Put ten gallons of custard into a modern freezer, and it is beaten up so thoroughly before it is frozen that you take out twenty gallons of ice cream.

When you sip your orange or lemon fruit drink, you probably imagine it is made of the juice of the fruit. As a matter of fact, the best part of the oranges and lemons is the peel! That contains the essential oil which gives the flavour to the fruit, and it is this oil that is extracted and made into drinks.

In some of the cheaper flavors, the original fruit is absent. The chemist can make in his laboratory a very passable imitation of any fruit in the world, but naturally these synthetic essences are not so good and wholesome as the real thing.

### Seeing the Joke.

Visitor (to newlywed)—"So you are not getting tired of studio life, eh?"  
Artist's wife—"Good gracious, no! It's most interesting. Jim paints, and I'm a model. Then the game is to guess what the things are meant for."

## Quieter Aeroplanes

A new research, now yielding significant though secret results, aims to silence the propellers, as well as the engines of aeroplanes.

When an aero-engine is silenced the noise of the whirling air-screw, previously drowned by the roar of the motor, becomes penetrating and far-reaching.

The first step, taken recently, was to experiment with propellers having a number of small blades instead of two large ones. The noise-reduction that resulted was appreciable.

The new phase deals with the shape as well as the size of the blades. Prolonged tests, closely guarded, now show that by the adoption of certain curves the screw noise can be further lessened. Difficulties are many, but the importance of the quest is great.

### One Great Advantage.

Miss Greene had spent forty minutes trying to improve the tastes of her young pupils in things literary and dramatic.

"Now, boys," she said, at the end of the lesson, "what is the name of the play I have been reading to you?"  
"Hamlet, miss!" answered the class in unison.

"And who wrote this play?" was her next question.

"Shakespeare," chorused the boys.  
"Now, Willie," said Miss Greene to a boy who, she noticed, had not answered with the rest, "which would you rather be—Shakespeare or Charlie Chaplain?"  
"Charlie Chaplain, miss!" was the unexpected answer.

"Why, pray?"  
"Cause he ain't dead, miss!" replied the young hopeful.

A man without character is a workman without tools, a soldier without arms, a traveller without money.

Minard's Liniment for Distemper.

## Prison Used as Hotel.

A grey-haired widow who lives alone in her own small house above Aigle, Switzerland, was recently sued for not paying her taxes, which amounted to a small sum.

A gendarme climbed to the hamlet to arrest the widow unless she agreed to pay. He was asked into the house, where he was given a glass of wine while the widow collected her belongings before going to prison. Later, to the astonishment of the gendarme, he found the widow in the garden with a cow, a pig, a dog, and some chickens, ready for the journey.

"As there is nobody in the house to look after the animals while I am away I thought I would take them with me, and I hope you will help me," the widow explained with a smile.

The officer refused and returned alone to Aigle, where the widow was sentenced in default to twelve hours' imprisonment. Some days later the widow entered the prison with her empty baskets, stating that, having sold her produce in the local market and not wanting to pay for a night's lodging, she had come to "suffer" her sentence.

The amused warders placed the widow in a cell, and next morning, after a hearty breakfast, she left for her home, after thanking the warders for their hospitality.

## SUMMER COMPLAINTS

### KILL LITTLE ONES

At the first sign of illness during the hot weather give the little ones Baby's Own Tablets or in a few hours he may be beyond aid. These Tablets will prevent summer complaints if given occasionally to the well child, and will promptly relieve these troubles if they come on suddenly. Baby's Own Tablets should always be kept in every home where there are young children. There is no other medicine as good and the mother has the guarantee of a government analyst that they are absolutely safe. They are sold by all druggists or will be mailed on receipt of price, 25 cents per box, by The Dr. Williams' Medicine Co., Brockville, Ont. A little booklet, "Care of the Baby in Health and Sickness," will be sent free to any mother on request.

## Youth Means Success—If You Don't Waste Your Youth!

"Look at that boy wasting his youth!"

These were the words of the head of a big business concern when a young, "dead-and-alive" clerk strolled by as if he were walking in his sleep.

"A boy who wastes money," went on this famous business man, "may learn wisdom and make more money. But a boy who wastes his youth will learn wisdom only when he is making money for others."

You have youth, and there is a future ahead of you. But if your future is going to mean merely an easy time and pleasure at any price, it will be gone before you realize it.

All the young men around you want to get on in life. Yet many of them are not doing so. Nor will they, until their desire to succeed is sufficiently strong to impel them to make the big effort, which alone can bring success.

The grim fact remains, however, that if the nothing-but-pleasure fellows could see what lies a few years ahead of them, if they could realize the penalty of to-day's wasted opportunities, they would be impatient now to begin the big fight.

Only a man in whom the fires of enthusiasm have died can fully understand how well worth while is any sacrifice made by a youth for the sake of his career.

You needn't be "brainty." A sincere trier can win, too. Just put your best into everything you do, and you will gradually release your stores of energy which will help you to "get there" every time.

Rely upon yourself. Your youth is a gift-edged speculation. Decide what you want to be, then concentrate on it. Don't scatter your energies. Go forward step by step towards the big goal.

It will mean hard work. There is part of the game of life. Just carry on steadily. Your youth will see you through.

## A Father Who Was a Hero.

In the year 1793 a young barrister, M. de Lolzerolles, came under suspicion for some act and was arrested and sent to the St. Lazare, Paris, prison.

One day, while the young man's father was visiting in the prison, messengers from Robespierre arrived with a list of the prisoners to be taken away for trial. Young Lolzerolles was asleep. The father, with the heroic wish to sacrifice himself and save his son, answered to his son's name and was taken before the tribunal.

The clerk of the tribunal noticed the disparity in the ages and changed twenty-two to sixty-one and also substituted the name Francis for John. The father was at once sent to the scaffold without trial.

Ask for Minard's and take no other.

Parents who wish their sons to go to Eton must be prepared to enter the boys' names practically at birth, so long is the waiting list at this famous school.

Meat is most digestible when boiled, most nutritious when roasted.

People who use "Red Rose" are usually those who like tea of extra good quality

# RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. Try it!

## A Poem You Should Know.

Content.

It is said that Robert Greene died at the age of thirty-two of a surfeit of pickled herrings and Rhenish wine. He was one of the wild set who laid the foundations of our drama, and perhaps his last work, "A Groat's Worth of Wit Bought With a Million of Repentance," shows signs of the repentance of which it speaks.

In this curious work he referred to Shakespeare as "an upstart crow beautified with our feathers," and it is certain that Shakespeare borrowed the plot of "The Winter's Tale" from Greene's "Triumph of Time."

Though Greene died so young, he left a great mass of work behind him, but his fame may rest perhaps most securely on the gem-like poems scattered about his writings.

Sweet are the thoughts that savour of content.

The quiet mind is richer than a crown.

Sweet are the nights, in careless slumber spent.

The poor estate scorns Fortune's angry frown.

Such sweet content, such minds, such sleep, such bliss.

Beggars enjoy, when princes oft do miss.

The homely cottage that harbours quiet rest.

The cottage that affords no pride, nor care.

The mean that grees with country music best.

The sweet consort of mirth and music's fare.

Obscured life sets down a type of bliss.

A mind content both crown and kingdom is.

Mayores of London shook hands until her right one was blistered, and now she wants handshakeless receptions. She will probably sympathize with the boy who was asked to present a bouquet to a distinguished personage. "I'll give her the bouquet," he said, "if she'll promise not to kiss me."

## Classified Advertisements

### INCOMPARABLE SILVER FOXES

LOWEST PRICES—HIGHEST QUALITY. Inquire about our Fortune Founders, Schurman Fur Farm, Summerside, Prince Edward Island.

Somewhat in Doubt.

"Been hunting to-day, stranger?"

"Yes."

"Shot anything?"

"I don't know yet—I'm waiting for the rest of the party to get into camp so that we can call the roll."

When at full strength, the Paris police force numbers 9,059 men.



## ITCHY PIMPLES ALL OVER FACE

Bothered Over A Year. Cuticura Healed.

"I was bothered with pimples for over a year. They were hard and small and scaled over and were scattered all over my face. The pimples itched causing me to scratch and my face was disfigured. I tried other remedies but without success. I sent for a free sample of Cuticura Soap and Ointment and after using it I got relief. I purchased more and in about two months I was completely healed." (Signed) Miss Kathleen Menzies, Northumberland St., Whitney, N. B., January 2, 1925.

Use Cuticura for every day toilet purposes. Bathe with Soap; soothe with Ointment, dust with Talcum. Sample Box Free by Mail. Address Canadian Depot, 125 St. James St., Montreal, P. Q. Cuticura Shaving Stick 25c.

## DOCTOR ADVISED AN OPERATION

Read Alberta Woman's Experience with Lydia E. Pinkham's Vegetable Compound

Provost, Alberta—"Perhaps you will remember sending me one of your books a year ago. It was in a bad condition and would suffer awful pains at times and could not do anything. The doctor said I could not have children unless I went under an operation. I read testimonials of Lydia E. Pinkham's Vegetable Compound in the papers and a friend recommended me to take it. After taking three bottles I became much better and now I have a bonny baby girl four months old. I do my housework and help a little with the chores. I recommend the Vegetable Compound to my friends and am willing for you to use this testimonial letter."—Mrs. A. A. ADAMS, Box 54, Provost, Alberta.

Pains in Left Side

Lachine, Quebec—"I took Lydia E. Pinkham's Vegetable Compound because I suffered with pains in my left side and back and with weakness and other troubles women so often have. I was this way about six months. I saw the Vegetable Compound advertised in the 'Montreal Standard' and I have taken four bottles of it. I was a very sick woman and I feel so much better I would not be without it. I also use Lydia E. Pinkham's Sanative Wash. I recommend the medicines to my friends and I am willing for you to use my letter as a testimonial."—Mrs. M. W. ROSE, 680 Notre Dame St., Lachine, Quebec.

## Read the Telegram Every Evening



Rube Goldberg's Comic Strip

Latest News Best Features Cleverest Comics



Dumb Dora's Adventures

ONE of the world's greatest newspapers is The Evening Telegram.

It has more readers in Toronto than any other newspaper.

Its Canadian and foreign news services are unsurpassed. Its editorials are courageous and stimulating.

Every evening it spreads before its readers a veritable feast of entertainment—magazine features for men, women, children and the whole family.

Read Canada's brightest and cheeriest newspaper every evening. Buy it at your news agents or send in your subscription. Two cents a day, 50 cents a month.

The Evening TELEGRAM Toronto, Ontario

For the Women Fashion pictures and news. Recipes. Cornelia's column. Society news. Tips to housewives. Club activities.

For the Family Dumb Dora comic strip. Rube Goldberg comic strip. Serial story. Short story. With the wits—puzzles, etc. Flapper Fanny says. Auction bridge service. Latest world news. Guyas Williams' drawings.

For the Children Uncle Wiggly comic strip. Freckles and His Friends comic strip. Uncle Wiggly bed-time story. Fairy tale. Color cut-out.

For the Men Two pages or more of sports. Financial page. Grain and live stock quotations. "What's Trump in Poultry." Radio page. Cartoons. Golf as champions play it. Chess and checkers problems. Bridge problems.



Golf as Champions Play It



Where is Andy Gump?



Uncle Wiggly for the Children