

For POTS and PANS and SINKS

Hard water injures the hands. "Snowflake" softens water, dissolves grease and quickly cleans greasy kitchen utensils. There's nothing to equal "Snowflake" for keeping the kitchen sink clean.

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Snowflake
Softens Water - Removes Grease

At all grocers 10c large package

Why Does a Head Ache?

This conundrum, which many people have asked themselves, has been answered by Mr. Clement Jeffrey, a spinal specialist, at a lecture given in London.

Mr. Jeffrey made an experiment by demonstrating on a member of the audience the correct manipulative method of curing a headache. Congestion declared Mr. Jeffrey, was frequently the cause, and by manipulation this could be improved. He emphasized, however, the need for adopting habits of living that would prevent headaches.

Over-eating and working in stuffy rooms are prolific causes of headaches, continued the lecturer, and the surest way to perfect health is to live on food that makes clean blood.

It is fully added Mr. Jeffrey, to regard an aching head as the offending part and to bludgeon it accordingly with the drug-bottle. "A headache is Nature's alarm bell. It warns us that somewhere in the system there is a disturbance, either physical or emotional. Correct diagnosis and the application of the right methods of removing the cause are essential for the permanent cure of this annoying complaint."

Mr. Jeffrey reminded his hearers that a headache might have a mental cause. A woman could get a headache over a spoiled hat, or a discourse with her harried husband on the mornings news.

"What was needed in such cases," he said, "was avoidance of uncongenial thoughts and the cultivation of an optimistic outlook."

Drugs should only be used as a last resort, and then under medical supervision.

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Arabians and Their Horses

Next to his sons, an Arab loves his horses. In his esteem they outrank girls. When Cyrus in Syria some years ago a famous Arab had just returned from a pilgrimage to Mecca. A hundred of his tribesmen came out to meet him and, as a token of submission, lay down on their faces in the road. The Arab, mounted on his beautiful Arabian mare, rode over the prostrate bodies of his devoted subjects. The mare put down her feet carefully on the backs of the men, bringing her weight down gradually so that no man sustained any serious injury from this unusual ceremonial.

Another time, when I was in Cairo, my attention was directed to a pair of black Arabian horses drawing the carriage of the khedive. Never have I seen such perfect specimens of horses. They kept perfect step and seemed to have an intelligent understanding of what they were doing. They attracted more attention than the children of their owner.

Some weeks later I was in Constantinople and saw thousands of people line the streets to watch the Sultan go to prayers. His carriage was drawn by two handsome blood-red Arabian horses. They were the only horses I ever saw so trained that they kept perfect step with the band. Their hoofs struck the street with as regular precision as the feet of the soldiers in the Sultan's bodyguard. —F.H.F.

Stories Hoary With Age

Many of the stories which delight the heart of children are so ancient, their origin is buried beneath the weight of centuries.

Take for instance the story of "Cinderella." This is to be found in the language of every European country, and has been traced back to Hindu legend.

"Aladdin" comes to us from the "Arabian Nights," but has previously been borrowed from Buddhist folklore. "The House That Jack Built" has a prototype in the Talmud. "Beauty and the Beast" derives from an old Norwegian myth; while "Jack and the Beanstalk" is not only found in ancient Asiatic literature, but is the subject of an almost identical story popular from time immemorial among the Zulus and Fijians.

HOW TO RELIEVE CHILDREN'S COLDS

Baby's Own Tablets

When a child shows the first symptoms of a cold, such as sneezing, redness of the eyes, clogged or running nose, prompt measures for relief may avert serious results. Mothers should always have on hand some simple, safe and effective remedy for immediate use.

Baby's Own Tablets act quickly, contain no opiates or narcotics, are tasteless and harmless. Mrs. Joseph Cadieux, Holyoke, Mass., says: "I have used Baby's Own Tablets for my children and find them a very satisfactory medicine. When my little boy had a cold I gave him the Tablets at night and he was well next day. I give them to the children for constipation and they always do good. I think Baby's Own Tablets are much easier to give a child than liquid medicine. I recommend the Tablets to all mothers who have small children and believe they should always be kept on hand."

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

Sentence Sermons

Seven Great Adventurers—Trying to answer the deep questions of a little child.

Watching the majesty of God through the glory of a sunset.

Looking at the universes under our foot through the eye of a microscope.

Standing alone under the stars and estimating the boundaries of God.

Waking every morning to begin life all over again.

Matching the powers of your mind against the ideas of some great book.

Setting out to make a friend of an enemy.

Do you get a sensation of pressure on the heart? Don't be frightened—it's not heart trouble—just indigestion. Seigel's Syrup will fix it. Any drug store.

Friendship

Perfect friendship is that of good men who resemble each other in virtue; for these, as good themselves, are equal in their desire of good things for one another, and they who desire good things for their friends, love them especially for the sake of these things. For they value them for what they are and not for something accidental. The friendship, therefore, of these men endures as long as they are good; for virtue is something stable. And each of them is good in himself and also in relation to his friend, for good men are both good absolutely and useful to each other. —Aristotle.

The maid of a popular comic opera actress of England has devised a toilet table tray on which she carries a mirror, powder puffy, glass of water, pack of cigarettes, box of matches, throat spray and a sandwich ready for the instant use of her mistress behind the scenes.

Minard's Liniment for Chilblains

A Poem You Should Know

My Lady
Ben Jonson was a friend of Shakespeare and regarded by many of his contemporaries as the finer poet. It is said that Shakespeare played in Jonson's first successful piece, "Every Man in His Humour."

He was admired and even loved by his own generation, although it was said of him that "he would rather lose a friend than a jest."

Have you seen but a bright lily grow,
Before rude hands have touched it?
Have you marked but the fall of the snow?
Before the soil hath smothered it?
Have you felt the wool of the beaver?
Or swan's down ever?
Or have smelt of the bud of the briar?
Or the nard in the fire?
Or have tasted the bag of the bee?
O so white, O so soft! O so sweet is she!

HEALTH BROKE DOWN

Could Not Get Sleep for Hours After Going to Bed.

"It is not natural for me to sit down and write a letter in praise of a proprietary medicine as I had always been skeptical as to their virtues." Thus writes Mr. Arthur Seguin, Storvicks, Sask., who further says: "But three years ago I opened a general store here in Storvicks and placed on my shelves a few lines of the best known proprietary medicines. Among these, naturally, were Dr. Williams' Pink Pills. As there were three of my customers who were obtaining good results from taking the pills, and as I was in need of a medicine, I decided to try them myself.

"I had been suffering from catarrh for years, and my inside work had completely broken down my health. I was coughing all day, suffering from indigestion, and could not sleep until three or four hours after retiring. I started the pills, not with any great confidence, but by the time I had finished the second box I marked much improvement. At the fourth box I felt quite recovered, but continued them for some further time. My cough has left me, the indigestion has disappeared and I now fall asleep almost as soon as I am in bed. In my store now I do not hesitate to recommend Dr. Williams' Pink Pills to any who are feeling run-down or without energy, as I think they are a blessing to mankind."

"If others who may feel skeptical will give Dr. Williams' Pink Pills a fair trial they will be convinced as was Mr. Seguin. You can get the pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont."

Almanach Gotha Still Records Princely Titles

The Almanach de Gotha, proud record of the nobility of Europe, is not a victim of the war and of the collapse of so many monarchies, despite all reports to the contrary. It is still a living and vital publication, which has adapted itself with surprising facility to the new conditions of the world and the new map of Europe. To-day the latest issue of the famous book is divided into three sections, in which the genealogical data of the princely houses of the world are grouped as follows:

1. The genealogical trees of the reigning houses of Europe, as well as many which have been dethroned within the last hundred years, together with the sovereigns of every latitude, minutely enumerated, including details of reigning families in Japan, Egypt, Afghanistan, Siam and the Indian states.

2. The genealogical details of the famous families of the Holy Empire which still possess rights of birth equal to those of sovereign houses. It is here that one notices the consequences of the war and the revolutions which followed, for in Austria and Czechoslovakia titles have been abolished. In Prussia titles still remain, but the qualification of "highness" has been done away with.

3. The third subdivision, which is the most extended of the three, is devoted to the princely houses, non-sovereign, in Europe. All the great ducal houses of Great Britain, France and Belgium are mentioned. One of the changes wrought by the war is the translation of the house of Battenberg to that of Mountbatten in the peerage of England.

Weaving was practiced in China 1,000 years before it was known in Europe.

All the world's a stage—but the eucres are few.

IF COUGHS AND COLDS INTERFERE WITH BUSINESS

Stop them with GRAY'S SYRUP RED SPRUCE GUM

A Vegetable Preparation that gives quick results without drugging the system

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Unless you see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Tablets of Aspirin, proved safe by millions and prescribed by physicians over twenty-five years for:

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Each unbroken "Bayer" package contains proven directions. Handy boxes of twelve tablets, cost few cents. Drug lists also sell bottles of 24 and 100.

At Midnight

See, yonder, the helmy tower
That gleams in the moon's pale light—
Or is it a ghostly flower
That dreams in the silent night?

Listen and hear the chime
Go quavering over the town
And out of this flower of Time
Twelve petals are wafted down

—Frank Dempster Sherman

Ended by Taking Lydia E. Pinkham's Vegetable Compound

Fuslier, Sask. — "For two or three days every so often I would have such pains in my back and sides that I could not do anything—could not even lie quietly in bed, and my head ached; too, I was this way about three years, but was worse after I was married. I was on a farm with not a house nearer than five miles and there was not a person to advise me, as my folks live in Manitoba. My sister-in-law told me about Lydia E. Pinkham's Vegetable Compound, and told me to try it. I took her advice, and have been thankful for it ever since. After taking the medicine for three months I can say it has helped me a lot and I am doing fine. I am glad to recommend the Vegetable Compound to others and you may publish my testimonial." —Mrs. HELEN BALANOFF, Fuslier, Saskatchewan.

Slight some slight trouble will cause a general upset of the system. Such symptoms as nervousness, painful times, irregularity, headache and headache indicate some form of female weakness. Women so bothered should give Lydia E. Pinkham's Vegetable Compound a trial. This dependable medicine has helped thousands of women and it is reasonable to expect that it will help you. Try it today. Your druggist sells this medicine.

That One Pimple May Become Many

Prevent More by Using Cuticura

Soap regularly and Cuticura Ointment when necessary. The Soap cleanses the clogged, irritated pores; the Ointment soothes and heals.

Sample Each Free by Mail. Address: Canadian Depot, Toronto, Ont., Montreal, Que., or U.S. Depot, 2301 Broadway, New York, N.Y.

25¢ Cuticura Soaping Stick 25¢

Perhaps you are using good tea. We think "Red Rose" extra good. Won't you try it?

RED ROSE TEA is good tea

The same good tea for 30 years.

THE WART THAT'S OUR EARTH

Mark Twain Named It Rightly, So Modern Astronomers Show.

Secrets of Science Number One
By David Dietz

"The heavens declare the glory of God and the firmament showeth His handiwork."

So wrote the ancient author of the Psalms in Biblical days. One imagines him standing in the open fields at night, filled with awe at the wonder and grandeur of the heavens as he gazed aloft at the myriads of stars.

And yet his conception of the heavens was a simple one compared to what modern astronomy has revealed concerning them.

His idea can be reconstructed easily from a study of the Bible.

The earth, to him, was the all-important factor, a flat plain stretching away in all directions. It was surrounded by the seas and supported up on them.

The sky was a real canopy or roof over the earth. When it rained, it was because the windows in this roof were opened and the waters above allowed to leak through.

The stars were so many lamps or lights. The sun and moon were simply larger lights, "lights in the filament of the heaven" to divide the day from the night," as the Book of Genesis phrases it.

To-day we know that in point of size at least, the earth is not the all-important part of the universe but one of the least important.

We know to-day that our earth revolves about the sun and is very much smaller than the sun.

We also know that the stars are great blazing suns, many of them thousands of times larger than our sun.

If by some sort of magic we could suddenly transplant ourselves to some corner of the universe where these gigantic suns are, our own sun would appear as one of the very faint stars in the sky. Our earth would of course be totally invisible.

Mark Twain, who possessed the rare faculty of presenting great truths in humorous garb, gives a sharp picture of the situation in his imaginative book, "Captain Stormfield's Visit to Heaven."

Captain Stormfield, upon his arrival in heaven, finds that the corner of the universe in which our earth is located is so small that it is referred to as "the wart."

Next article: A Model of the Universe.

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A Lesson from Japan

We could learn from the Japanese in regard to this point. They display only one picture at a time, choosing the subject that is appropriate to the season of the year, or some special occasion; and they keep it in its place for only a short time.

If we were to take enough pictures (and it would not take many) to change at intervals those that hang on the walls, we should see them to far better advantage and appreciate them the more. The decorative effect of the home would thus be enlivened and improved, with new color in the old spot.

Why can't we have a secret order pledging its members to correct their own faults before nagging at their neighbors?

Use MURINE FOR YOUR EYES

IRRITATED BY SUN, WIND, DUST & CINDERS

RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS

WRITE FOR FREE EYE CARE BOOK, MURINE CO. CHICAGO, ILL.

BURNS

Mix Minard's with sweet oil and apply at once. Quick relief.

MINARD'S "KING OF PAIN" LINIMENT

PAINS IN BACK AND SIDES