

Are your hands shaky?

THE nerves are fed by the blood. Poor blood means starved nerve tissue, insomnia, irritability and depression.

Dr. Williams' Pink Pills will enrich your blood stream and rebuild your over-worked nerves. Miss Josephine M. Martin, of Kitchener, Ontario, testifies to this:

"I suffered from a nervous breakdown," she writes. "I had terrible sick headaches, dizziness; felt very weak and could not sleep; had no appetite. I felt always as if something terrible were going to happen. After taking other treatment without success, on my sister's advice, I tried Dr. Williams' Pink Pills, and now all these symptoms are gone, and I am strong and happy again."

Buy Dr. Williams' Pink Pills now at your druggist's or any dealer in medicine or by mail, 50 cents, postpaid, from the Dr. Williams Medicine Co., Brockville, Ontario.



Dr. Williams' PINK PILLS  
A HOUSEHOLD NAME IN 54 COUNTRIES

Many small pleasure craft closely resemble in size and appearance the boats used by rum-runners.—Rear Admiral F. C. Billard.

**BOYD'S BICYCLES**  
AT LOWER PRICES.  
Fires, Coaster Brakes, Wheels, Inner Tubes, Lamps, Bells, Cyclometers, Saddles, Equipment and parts of Bicycles. You can buy your supplies from us at wholesale price. Catalogue free.

I. W. BOYD & SON 376 Notre Dame St. W. MONTREAL

Care for Your Hands  
By Daily Use of  
**Cuticura Soap**  
Heal Rash and Irritations  
with Cuticura Ointment

### A Bird of the Hills

A fisherman on a moorland stream sees a black bird suddenly start up from nowhere, and, chirping a few sharp, metallic notes, fly swiftly above the water until it vanishes round a bend in the stream. If a novice in bird lore, he probably dismisses it as a blackbird, and thinks no more about it; but a discriminating eye would note, even when on the wing, its shorter tail and stockier appearance. True, one of its country names, "water-ousel," suggests "the ouzel cock so black of hue," and in Somerset both dipper and blackbird are called "colley," a good Shakespearean adjective which means "black." But the two are not very closely related, the one being a thrush, and the other a member of a distinct family, the Cincelidae. Nor is the dipper really black, for his head is a delightful tawny-brown and his back mottled grey. And a front view of him will show you that he sports a neat, white shirt-front, below which a cinnamon cummerbund, usually brighter in the male than in the female, partly encircles his lower breast.

Pennant, as appears from one of Gilbert White's letters to him, confused the dipper with the ring-ousel, but, although this bird also wears a patch of white on his throat, he is really a thrush, while the dipper is closer kin to duncock and wren. Wren-like, indeed, he is in shape, and in some of his habits; both have the trick of cocking the tail up and bobbing the body up and down, and it is this amusing trick of curtsying or "dipping" that gives the dipper his name. He resembles the wren, too, in his ceaseless activity; both are ever prying and peering, the wren in hedgerow and brake and often at the water's edge, but the dipper in and out of and under the water.

My happiest memories of the dipper are linked with the swirling, tumbling streams of the moors and mountains; it is these that he loves most, and among them he is seen at his best. I saw a pair swimming and diving in the Tummel at Pitlochry on a day of dismal and continuous down-pour, depressing to us, but to them supremely enjoyable. If you are as happy in or under water as out of it, it matters little what the weather may be. And there was a morning in March when snow had moulded the abrupt peaks of Capel Curig to smooth, sweeping curves; we saw no birds above the snow-line except a

lonely kestrel, but there was the dipper, diving headlong off a boulder into the spate, and emerging on the opposite bank unperturbed and with every feather unruined.

Everywhere in the hill country you find him—throughout the length of the Pennines, in the ghylls of Cumberland, Westmoreland, and Lancashire, by the scars of Yorkshire, up and down the Derbyshire dales. He is at home among the mountains of Wales and in the border Marches of Herefordshire and Shropshire. The clear-eyed streams amid the Cotswolds know him also, and he adorns Mendip's limestone coombes.—E. W. Henry, in "The Nineteenth Century."

### New Alphabet In Turkey Confusing

Adoption of Latin Characters Causes Worry to Natives  
PHONETIC SPELLING

Names of Many Well-Known Cities Are Altered

Constantinople.—As a result of Turkey's adoption of the Latin alphabet, the ability of the average Turk has fallen to a rating somewhere in the neighborhood of minus-zero on the basis of grade school classifications. When the Government ordered all shop and office signs to be changed to new Latin letters the official spelling dictionary had not been issued. The only principle on which the people could go upon was phonetics, and the result was that many signs bear Turkish versions of English words, written in ways that would bring tears to the eyes of the last also-ran in a spelling bee.

Phonetic Spelling.  
Over the door of a physician will appear a sign bearing the word "Doktoru," or "Doktor." Apartment was spelled variously "Apartaman" or "Apartman," while club appeared as "Kulupa" or "Gluhu."

All, however, soon will be changed. The official dictionary has been issued, and Government officers are marching through all the streets in towns throughout the nation tearing down misspelled signs and instructing owners in the correct spelling.

Meanwhile, the language commissioners fixed the spelling of the names of the 64 provinces of the republic. The chief changes are that Stamboul, the Turkish name for Constantinople, must be written Istanbul; Angora becomes Ankara; Brusa becomes Bursa; Trebizond turns into Trabzon; Adalia into Antalya; and Smyrna into Izmir.

Foreign names will be left in their foreign spelling except when they contain letters not in the new Turkish alphabet.

"How do you know it was a stork and not an angel that brought your little brother?" "Well, I heard caddy complaining about the size of the bill, and angels don't have bills!"

### Americanization of Canada

Toronto Globe (Lib.): The Dominion of Canada would be much better off if at least 50 per cent. of the reading matter flowing in from the United States were cut out. . . . Even the best of these magazines and periodicals are produced by Americans, and primarily for the people of the United States. Even when questions of general interest are dealt with, or subjects of particular importance to the British Empire discussed, the point of view is American. It is this continued Americanization of Canada that, if not offset in some way, may raise vexing and important problems in the future. If the National Council of Education can find ways and means of changing this condition it will perform a splendid public service.

### A GREAT PUZZLE TO CAREFUL PARENTS

One of the greatest puzzles to the careful parent is to know just what medicine to give the little ones. When the child falls ill with gripping pains; is seized with cold or fever, refuses food or vomits what he has taken, when he cries a great deal and cannot get the sleep so necessary to the growing child, the parent is in a quandary. What is to be done on such occasions? As often as not there is not a suitable medicine in the house. The puzzle is what to give him to set him right quickly.

It is to meet such emergencies that Baby's Own Tablets were designed. These pleasant little Tablets quickly reduce fever, break up colds, relieve constipation and indigestion and allay teething pains. They quiet the nerves and promote restful health-restoring sleep. They are guaranteed absolutely harmless and safe for even the youngest and most delicate baby.

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.

### Duke of Norfolk Assumes Estate

Heir of the Howards on Coming of Age Take His Place as Premier Duke of England

With the coming of age on May 3 of the Duke of Norfolk, who is the Premier Duke and Earl of England, a gleam from a historic past is shed on the life of to-day. The titles of the sixteenth Duke of Norfolk and the family name, Howard, recall a thousand years of British history. A youth of 21 is Duke of Norfolk, Earl of Arundel, Surrey and Norfolk, Baron Fitzalan, Clun, Oswaldestra and Maltravers, Earl Marshal and Hereditary Marshal of England, Premier Duke and Premier Earl of England. Besides, he is chief heir to "the blood of all the Howards."

The young Duke has held his titles since 1927. Being a minor, however, he could not assume legal control of his vast properties, landed and personal. His age would have prevented him, also, from exercising the chief duties of an Earl Marshal, if fate had brought a new King to the throne of England. First among the duties of an Earl Marshal are those pertaining to the direction of a coronation, with all its traditional and colorful ceremonies. The father of the present Duke was Earl Marshal at the coronations of King Edward VII and King George V. Had the Prince of Wales ascended the throne during the minority of the young Duke, his uncle, Viscount Fitzalan, would have officiated as Earl Marshal.

According to Burke's Peerage, the "ducal and illustrious Howards" (of whom the Duke of Norfolk is chief) "stand, next to the blood royal, at the head of the peerage of England." It is said that the first Howard (or Hereward) of note lived in the reign of King Edgar, a century before the Norman Conquest. For centuries the Howards have played prominent parts in the drama of English history. They have fought in all wars from the Wars of the Roses to the World War, and have distinguished themselves in the Church, in statecraft, in art, in literature and in science. They have been Dukes of Norfolk since 1483. Sir Esme Howard, a kinsman of the Duke, is now British Ambassador to the United States.

The late and fifteenth Duke served in the South African War, and was also Postmaster-General of England. By his first marriage he had a son, who bore the courtesy title of Earl of Arundel and Surrey and who died unmarried. The Duke later married the Baroness Herries, holder of one of the few titles in the British peerage which are heritable in the female line. If she dies before her son, the Duke, her title will be merged with those of the Dukedom.

"How much should mothers tell their daughters?" asks a preacher. Not much, say we, if they don't want to display their ignorance.—Border Cities Star.

Wouldn't it have been great had we but known in time that all that was needed to win the World War was the right brand of cigarettes?—Marlon Star.

The finest tea you can buy—Red Rose Orange Pekoe. Made from juicy, flavor filled leaves—three days in bud. Every package guaranteed.

# RED ROSE TEA

"is good tea"

RED ROSE ORANGE PEKOE is extra good

### Australian Development

London Financial News: The annual value of the output of Australian factories amounts to about £400,000,000. But, though certain idealists aim at the clouds of making Australia entirely self-contained, the majority of the people realize that the great undeveloped rural and mineral resources are a menace to Australia's territorial integrity. And, however keen some people may be to develop their secondary industries (out of a sense of national pride or good economy), agricultural and pastoral expansion must remain their primary consideration, until the Commonwealth has a population sufficiently large to ensure her strategic safety.

### Classified Advertisements

**RABBIT.**  
P EDIGREED CHINCHILLA RABBITS, the dark check, all ages, \$2 to \$5. Breeding stock registered. Buff Orpington hatching eggs, 15, \$3. P. Jay Gardner, Priceville, Ont.

**A-T** BABY CHICKS. WE HATCH four varieties, price 9¢ up. Write for free catalogue. A. H. Switzer, Granton, Ontario.

**INTERNATIONAL MOVERS.**  
BEST EQUIPMENT. LATEST METHODS. Uniform return load prices. All goods insured. We move you when you want to move. Make your enquiries now. Pioneer distance movers. Agents in principal cities of eastern States and Canada. Hill The Mover, Hamilton and Toronto.

### Minard's Liniment prevents Flu.

The "I'm Alone"  
Halifax Herald (Cons.): The simple truth, of course, is that this is a British affair; that despite all the vocalizing of the "extreme autonomists," it would be monstrous to suggest anything else. The "extreme autonomists" may "play at counselors and kings" in the press, on the hustings and on the floors of Parliament, but when a ship of British registry (for Canada is British) is sunk by shell-fire, it becomes the business of British statesmanship and British diplomacy.

### Are You Ready



### When your Children Cry for It

Baby has little upsets at times. All your care cannot prevent them. But you can be prepared. Then you can do what any experienced nurse would do—what most physicians would tell you to do—give a few drops of plain Castoria. No sooner done than Baby is soothed; relief is just a matter of moments. Yet you have eased your child without use of a single doubtful drug; Castoria is vegetable. So it's safe to use as often as an infant has any little pain you cannot pat away. And it's always ready for the crueler pangs of colic, or constipation, or diarrhea; effective, too, for older children. Twenty-five million bottles were bought last year.



What most people call indigestion is usually excess acid in the stomach. The food has soured. The instant remedy is an alkali which neutralizes acids. But don't use crude helps. Use what your doctor would advise. The best help is Phillips' Milk of Magnesia. For the 50 years since its invention it has remained standard with physicians. You will find nothing else so quick in its effect, so harmless, so efficient.

**SMART'S LAWN MOWERS**  
CANADA'S BEST!  
It isn't possible to build a better lawn mower than SMART'S  
Smart's Mowers have proved their superiority wherever grass is grown.  
Easy running, keen cutting and absolutely guaranteed.  
ASK YOUR HARDWARE MAN  
JAMES SMART PLANT  
BROCKVILLE, ONT.

### For Influenza

The Liniment that Relieves All Ailments.



### "A GREAT TONIC," SAYS MRS. RUSSELL

After Taking Lydia E. Pinkham's Vegetable Compound

Fenwick, Ont.—"I am taking Lydia E. Pinkham's Vegetable Compound during the Change of Life for nervous feelings, loss of appetite and to gain strength. It is a great tonic and I have taken a dozen bottles of it. It was recommended to me by a friend and now I recommend it to all women for such troubles as come at this time."  
—Mrs. W. V. RUSSELL, R. R. No. 5, Fenwick, Ontario.



CANADA ENJOYS A SPLENDID RECORD OF SAFETY IN AIR TRAVEL—HAZARDS ARE REDUCED TO THE MINIMUM BY RIGID REGULATIONS CAREFULLY ENFORCED—MOST CANADIAN AVIATORS PREFER IMPERIAL OIL PRODUCTS SO MARKED IS THIS PREFERENCE THAT IMPERIAL PRODUCTS ARE USED 90 OUT OF 100 MILES FOR EVERY 100 FLOWN YOUR CAR, TOO, WILL BE BETTER WITH

IMPERIAL GASOLINES Marvelube Motor Oils