

# ...SMILES...



If you value your neighbor's friendship, don't make a path across his lawn, cutting corners.

Stenographer—"You know that excuse you advised me to spring on the boss when I was late this morning?"

Boy Friend—"Yes. I told you it was a sure-fire excuse. Wasn't it?"

Stenographer—"It was. He sure fired me."

The reason why a lot of men are bachelors is because they failed to embrace their opportunities.

Sunday School Teacher—"Who was the mother of Moses?"

Little Mary—"Pharaoh's daughter."

Sunday School Teacher—"But she found him in the bullrushes!"

Little Mary—"That was her story."

The essential of a good detective story is that it be simple, says Chesterton. If the reader is, as well, it adds to the surprise.

An English neurologist says that a man who owns a car seldom walks in his sleep, but we bet, if he's got a family he does it a lot when he's awake.

Janitor—"How did you come to lose your job?"

Office Boy—"Mine and the boss' grandmother died on the same day."

The following interesting item was taken from last week's issue of The Brushville Bugle:

"Sam Hopkins accidentally shot himself while hunting. One of the wounds is fatal, but his friends are glad to hear that the other one is not serious."

It's very embarrassing when one's wife is jealous and very humiliating when she isn't.

Red Pepper

Many a boss at the office washes the dishes at home. Self-praise is no commendation. The fellow who wastes his time seldom has anything else to waste. If women were satisfied with the faces God gave them, druggists would go broke. How much of what you do is done just to kill time? It isn't where you start from, but how you finish that counts. This is the age of famous cooks, big Sunday dinners and stomach specialists. Duties are opportunities, not obligations. It is the people outside of our falls that cause all the trouble. Better business is built by building better men. A town becomes a city when it establishes safety zones. Brains do not swell, but the head that lacks them does. Women may be slaves to dress, but most of them nowadays labor under a very light burden. A little co-operation now and then is appreciated by the best of men. A hen-pecked husband is a man whose nerve is in his wife's name.

Repairman—"What makes you think your telephone is out of order?"

Subscriber—"I got the right number three times in succession."

"It is a pretty custom to tip your hat to a lady these bright spring days. This convenient courtesy shades the eyes and enables one to get a much better view of the girls in question."

Young Man (in library)—"Have you a book called 'Man The World's Ruler'?"

Lady Librarian—"You might find it in the fiction department, sir."

Almost Universal

"Should I marry a woman who lies to me?"

"Man, do you want to be a bachelor all your life?"

No man can tell what the future may bring forth, and small opportunities are often the beginning of great enterprises.

Janet—"Well, I guess Flora is happy now that she's married."

Hazel—"No. Just triumphant."

## Cultivate Healthful Habits and Keep Youth

The most economical way of keeping your beauty is to cultivate healthful habits.

If you want to remain beautiful and have a smooth skin, shiny hair, bright eyes and a supple body, try to retain the natural health of youth.

In the first place, try to control your nerves. Very nervous persons are apt to show age much more quickly than persons who are calm.

If there is something organically wrong with you or if you have some sort of a nervous disorder, see a physician.

Be sure that you get enough sleep. There are very few individuals who can get along on less than eight hours' sleep a night. And remember that you all need exercise. If you can go to a gymnasium, so much the better to keep the body in good condition.

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## TRAVEL IMPRESSIONS



BY CAPT. F. H. REID

Windmills: Wooden Shoes and Water

Holland is not a big country—less than 14,000 square miles in area—but it is and has been in the past a very important country. Situated on the North Sea, the Netherlands—another name for the country—form the most characteristic portion of the great plain of Northern and Western Europe. It is the lowest part of this plain, some portions of it being from 16 to 20 feet below the level of the sea and nearly all parts of it are too low for natural drainage. Consequently water enters largely into the life of its people and the history of the country has been affected by the constant effort to preserve the land by means of lines of dunes—low hills of sand on the sea-coast—and by artificial dykes. The celebrated Zuyder Zee has been formed by the breaking through of the dike but, by an Act in 1913, this submerged area is being reclaimed and the work is expected to be completed by 1939. So it will be "good-bye" to the picturesque fishing villages on the Zuyder Zee—Volendam, Monnikendam, Marken, etc. Today, as you drive from Amsterdam to these quaint villages, their even more quaintly dressed inhabitants you will see the reclaiming work in progress. Long strips of wood are woven together as in basket work; these are used to hold the earth, which is brought for the re-filling; comparative small sections of the work are finished at a time, but the undertaking has been steadily proceeding until, at the time of writing, there is quite a large area recovered and under cultivation.

So much for the water and nothing has been said about the network of canals for which the country is celebrated. Now for the windmills. These singular structures have, somehow, become identified with Holland, although they have been in evidence in many other countries as well, they are, by no means, peculiar to this interesting country. However, when one thinks of Holland the mind's eye pictures a landscape on which there is, at least, one windmill, and when we see a representation of a windmill we instinctively think of Holland. Isn't it so? These towers, with their four huge revolving sails, fit into the scene and would be quite out-of-place in this country; even the occasional one we see used for advertising purposes, seems so utterly incongruous that it becomes an eye-sore, rather than the thing of beauty it is in the Dutch country. Some of them are artistic, others are rudely built, but all are picturesque.

Even though, in many districts, the distinctive costumes of the natives is being replaced by modern garb, the wooden shoes seem to hold their own against the encroachments of standardized dress. Particularly is this so in the smaller places. This clumsy looking foot covering is roughly fashioned with primitive tools and can be purchased for very small sums, even at places which especially cater to the tourist trade. I found a card, the other day, which reads like this:

S. Tol: Volendam  
Pay your special attention to my prices  
They are cheaper  
I don't give 40 to 50 percents commission to the guides.

Really though, the English spoken by the Dutch people is very good indeed; some of the villagers have even copied some of our slang greetings, such as "Hello, Baby!" Wooden shoes are worn on bicycles—of which there are more, according to population, than possibly in any other country. And they wear out in the soles, just as our shoes do. It is interesting to see the children at play, clattering along the cobbled streets with incredible speed. When they enter the house, the shoes are removed and placed neatly in a row at the door; sometimes one can judge the size of a family by the number of shoes ranged alongside one another—the large clogs of the parents and the smaller ones of the children.

Dairying is one of the principal industries of the Netherlands. The green fields are relieved by herds of black and white Holsteins or the distinctive belted cattle, which I have

## EVERY LIMB "LOCKED"

### Hospital Case of Rheumatism

COMPLETELY RELIEVED BY KRUSCHEN

The value of perseverance with Kruschen, in the treatment of rheumatism, is proved by this man's experience. He says:—

"I was abroad for over seven years, and when I returned I began to get rheumatism—particularly in the feet and arms. Three years ago my rheumatism got much worse, and I was eventually taken into hospital, unable to move any joint of my body. I left the hospital after two months, when I was somewhat better. I was recommended to take Kruschen Salts, and I have taken them continuously. Since then I have gradually got rid of my rheumatism, until I am now entirely free of those awful pains. I would not be without my Kruschen Salts for anything."—M.B.

No remedy can bring permanent relief from rheumatism unless it performs three separate functions. These are (a) dissolution of the needle-pointed uric acid crystals which cause the pain; (b) the expulsion of these crystals from the system; (c) prevention of a further accumulation of uric acid.

Try Kruschen now at our expense. We have distributed a great many special "GIANT" packages which make it easy for you to prove our claims for yourself. Ask your druggist for the new "GIANT" 75c package. This consists of our regular 75c bottle together with a separate trial bottle—sufficient for about one week. Open the trial bottle first, put it to the test, and then, if not entirely convinced,

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that Kruschen does everything we claim it to do, the regular bottle is still as good as new. Take it back. Your druggist is authorized to return your 75c immediate-ly and without question. You have tried Kruschen free at our expense. What could be fairer?

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never seen outside of Holland. In the winter, the cows are stabled under the same roof with the family, excepting the larger herds of course. One of the most interesting places to visit is a cheese factory, where the living rooms, stables, cheese-presses and curdling vats are side by side; everything being kept scrupulously clean and the inhabitants appearing none the worse for the close proximity of the animals and factory. In some of the houses the beds are built into the wall, like a horizontal cupboard and, in some places, these beds are in tiers, as are sleeping-berths in a ship.

Holland is the place where they feed you well. The Continental breakfast, consisting of rolls, butter (sometimes jam) and coffee, chocolate or tea, is augmented by thin slices of creamy Dutch cheese, zwoebach. (I think that is the correct spelling for the crisp, bread-like biscuits of Holland) and slices of cooked ham. I assure you that this makes a delicious meal. The other meals are wonderfully good; the ice-cream is more like our own than any you get in other countries—not even excepting the British Isles; the inevitable dish of cheese; fowl served as a separate course from the meat course and generally accompanied by a preserved fruit.

My party always like Holland, its people, its peaceful atmosphere and the courtesy one meets everywhere. The language is Low Dutch, as distinguished from the literary language of Germany, which is High-Dutch. Closely allied to the Dutch language is the Flemish tongue, which, together with French, is one of the official languages of Belgium, the country that we will discuss in our article of next week.

Those Magic Isles

This is a title which has been given to Great Britain and Ireland. The "high spots" of these wonderful islands are to be visited this summer by a select party under the capable guidance of Capt. E. H. Reid, whose "Travel Impressions" have appeared in this paper for many weeks past. This year is a good year to see the British Isles; travelling by motor makes your land journey one continuous round of sightseeing; routes, quite off the beaten track are included in the itinerary and you will have an opportunity to familiarize yourself with the Homeland in a unique and glorious summer vacation. The Cathedral cities; the lakes of England, Scotland, and Ireland and Wales; the homes and haunts of famous writers; castles; scenery that you can see nowhere else—all these and much more is included. All the "travels" taken out of "travel"; congenial companionship; all-inclusive cost; finest accommodation; a real chance to realize the longings and ambition of years. Why not do it this summer? "Another year never comes." Such a vacation will enlarge your horizons, make your reading more pleasant and, above all, it will build happy memories that can never be taken away from you. Write to Captain Reid at 710 C.P.R. Building, Toronto; it will cost you nothing to enquire and you will find that he will be glad to help you in this, or any other travel plans you may contemplate.

## Hero, 14, Shows Real Modesty

"I Wish, Anyway, the Girls Would Let Me Alone," He Declares

Chicago.—When 14-year-old Jimmy Gallagher walked into his eighth grade classroom the other day, little girls smiled at him, his male acquaintances showed a new respect and even the teacher conveyed approbation.

It all happened because Jimmy became a hero while his classmates were still in bed.

Jimmy had been earning spending money by helping on a milk truck. One morning he was waiting in the office of the Lakeview Dairy for his driver. A conversation with two employees was broken, startlingly, by the crash of a plate glass window.

At Jimmy's feet fell three sticks of dynamite, a fuse smouldering at the end.

The men fled precipitately, but Jimmy calmly stooped, picked up the explosive, carried it to the door and threw it into the street. The subsequent explosion shattered windows for a block and blew the door at which Jimmy stood off its hinges.

Jimmy, uninjured, worked his route as usual and was more embarrassed than pleased at the adulation of his youthful companions.

"I wish, anyway, the girls would let me alone," he protested.

## Chas. Chaplin Turns Author

### Pens Short Story and Gives It to Friend to Publish Free

Hollywood.—Charles Chaplin's name appeared recently for the first time as the author of a short story which carried into print the fantasy of his creative works on the screen.

Although offered large sums to write for national magazines, Chaplin's first and only literary effort was gratis to Rob Wagner, Hollywood critic and raconteur, on the fifth anniversary of Wagner's Script, sophisticated Beverly Hills weekly.

Chaplin's story, offered not as a completed effort but as the outline of a story that "will never be written," told of a scientist who had discovered a genuine cure for all disease.

As the myriads of afflicted flock to his door, the professor is forced to choose whom he shall treat first, many must die before he can consider their cases. Giving his reasons in whimsical conversation with an assistant, the professor, "who cares neither for money nor fame," chooses poets first.

"Because they (poets) are the source and spring of all inspiration," the professor explains. "They are the high priests of the soul, who preach the gospel of beauty; they write the text books of all civilizations and lay the foundations of our desires."

## Flower Will Be Selected For Ontario

Toronto.—Ontario will have a flower as a provincial emblem, the annual convention of the Ontario Horticultural Association has decided.

A committee was appointed at the recent sessions to decide on some wild flower for the province, to be used as the maple leaf is for the Dominion. Prof. R. B. Thompson, of the University of Toronto was named chairman of the committee.

"Narrow selfishness is not individualism at all."—Henry Ford.

## Specialization in Women's Work Has Really Just Begun

### Institute of Women's Professional Relation Discuss Plans for Promoting Occupational Information

Washington.—A new age in women's work—the age of specialization—has really just begun.

So said Mrs. Catherine Filene Shouse in presiding as chairman of the board of directors of the Institute of Women's Professional Relations, at a discussion of plans for promoting occupational information for women.

"Many additional occupations have developed for women in various fields of work during the last 10 years," she said. "A majority of them call for special training. Some of the older fields to which women in large numbers have devoted their energies, such as teaching, for example, are overcrowded. The age of specialization has really just begun. The province of the Institute of Women's Professional Relations is to assist as fully as possible in preparation for this new age."

### Triumph of Silken Hose

Women's wear stores that put in a supply of woollen stockings when below zero weather showed some regularly early this winter, find that they have not had the anticipated demand. Women have retained their silk hose even to the extremity of frozen legs. They will not abandon them under any hardship, which is a hint that the inventor of silk stockings had a find that proved a tremendous money-maker for the trade.

Surprise is expressed by men that women have the endurance to defy the weather with only silk covering their limbs. Of course there are cases of frostbite, but it seems to be a matter of only serious discomfort. Unless there should be a second freezing the results are not dangerous. A physician says that a second freezing of the legs might necessitate skin grafting.

The women are not at all dismayed by the severe weather. They could do woollen stockings of good appearance and be comfortable but they are not doing it. Silk maintains its prestige under the most severe tests.

—Brantford Expositor.

### AUTHORESS DIES.

New York.—Lola Jean Simpson, novelist and former magazine editor, died at the age of 50 recently after a long illness. Her best known books were "Treadmill" and "Backfire." For several years she was editor of "Children," a magazine for parents. She was born in Woodland, Cal.

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## HOW TO FIND OUT IF YOU HAVE ACID STOMACH

HERE ARE THE SIGNS:  
Nervousness Frequent Headaches  
Neuralgia Feeling of Weakness  
Indigestion Sleeplessness  
Loss of Appetite Mouth Acidity  
Nausea Sour Stomach  
Auto-intoxication

WHAT TO DO FOR IT:  
TAKE—2 teaspoonfuls of Phillips' Milk of Magnesia in a glass of water every morning when you get up. Take another teaspoonful 30 minutes after eating. And another before you go to bed.  
OR—Take the new Phillips' Milk of Magnesia Tablets—one tablet for each teaspoonful as directed above.

If you have Acid Stomach, don't worry about it. Follow the simple directions given above. This small dosage of Phillips' Milk of Magnesia acts at once to neutralize the acids that cause headache, stomach pains and other distress. Try it. You'll feel like a new person.

But—be careful you get genuine Phillips' Milk of Magnesia, or Phillips' Milk of Magnesia Tablets when you buy—25c and 50c sizes.

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Wake up your Liver!  
—No Calomel necessary

Many people, who feel sour, sluggish and generally wretched make the mistake of taking salts, oil, mineral water, laxative candy or chewing gum, or anything which only moves the bowels and ignores the liver. What you need is to wake up your liver bile. Start your liver pouring the daily two pounds of liquid bile into your bowels. Get your stomach and intestine working as they should, once more.

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BABY is happy when he's healthy. Scott's Emulsion of Cod Liver Oil promotes health and prevents rickets.

# SCOTT'S EMULSION

RICH IN VITAMINS

## "Airway Tram"

Plane to Carry Suburban Residents 25 Miles to Chicago

Chicago.—Wooling passenger traffic more ardently now than there's no mail to carry, Northwest Airways has introduced a novel accommodation for suburban residents.

The morning plane for the Twin Cities will drop down at Curtis-Reynolds airport, to pick up north shore suburban passengers. The extra stop will save north shore residents a two-hour trip to the city airport.

The evening plane from St. Paul will also stop at Curtis-Reynolds field on its way south.

However deceitful hope may be, yet she carries us on pleasantly to the end of life.—La Rochefoucauld.

"A creditor country, with investments abroad, that will not take its interest in produce, is putting the first nail in the gold standard coffin."—Sir Josiah Stamp.

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