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When the body begins to stiffen and movement becomes painful it is usually an indication that the kidneys are out of order. Keep these organs healthy by taking

GOLD MEDAL

The world's standard remedy for kidney, iver, bladder and uric acid troubles. nous since 1696. Take regularly and keep in good health. All druggists, 50c. a box. Guaranteed as represent Look for the name Gold Medal on every box and accept no imitation

Mrs. Lilian Taylor Tells How Cuticura Healed Her Baby

"Our beby was two weeks old then his face became very red and terribly itchy, and he was fairly crazy rub-bing and scratching till the skin broke and bled. He could not alcep, and did nothing butery. His face looked he might be disfigured

"I thought I would give Cuticura Bosp and Ointment a trial. I found the free sample so good that I bought more and two cakes of Cuticura Soap and a fifty cent box of Cuticura Ointment healed him." (Signed) Mrs.
Lilian M. Taylor, Box 99, Bracebridge, Musicoka, Ont., Dec. 30, '18.
Cuticura Scap to cleanse and purify, Cuticura Cintment to soften
and soothe and Cuticura Talcum to
powder and perfume are ideal for
daily tollet purposes.
Scap 25c, Cintment 25 and 50c, Soid
throughout the Dominion. Canadian Depot:
Lymans. Limited, St. Paul St., Montreal.
Limited, St. Paul St., Montreal.

Spuds Should Be Spuds.
Buffalo Express.

"Will you guarantee every one "Absolutely, madam! If you find a single counterfeit among them bring it back and I'll prosecute the

One of 'Em Left. Reuben Gillian is an old-fashioned man who still writes "in haste" on

the lower left-hand corner of the

nother, 'cause I felt sure I was going to lose my temperature."

Bour Dogs

The Very Great Dane PLOBAL MERRILL

Why do children scream and run away from me? I know I am big. bigger even than the biggest wolf, even as high as thirty-six inches and weighing as much as a man. But children ought not to be afraid of me. I am especially gentle with them. No dog, not even the Airedale, more so. Besides, I like to play with chil-

I am well known as an excellent guardian. As my nose comes above the edge of the carriage, I can keep a careful eye on the baby. Many of us are trained to take the handle between our teeth and push or pull our charge away from danger, You will



sometimes see one of us standing guard over a go-cart while the nurse is in some shop. And you can believe that no one is likely to interfere if we are standing by!

This is the spirit we show when we have happy homes and good masters. but beware of us if abused or unkindly used! When made ugly, we are probably the most dangerous dogs alive. Even an angry timber wolf is not more fierce. We have terrific strength, but we are aware of it and are not easily led into battle. Both man and dog respect our power. The full-bred bulldog is the only breed that will risk a fight with us.

There has been considerable debate about our family history but it is at least sure that we are of ancient lineage, since we are pictured on the monuments of Egypt. Our origin is in the days of palaces, not of city apartments, in which, by reason of our size, we are ridiculous. We belong properly to the country gen-tleman. His acres give us range, while our lordly bearing blends with his wide halls, terraced gardens and sweeping driveways.

the secret of his success.

real interest in life.

A Romance of Youth Usually the best part of a college education is the friendships made

The Two Guardians And the Memory-Man said:

THE SCHOOL CHILDREN'S PAGE

In Siberia they tell how a Fox and Wolf met together. "Greetings," said the Fox, "how does it happen that it is such a long time since I have seen you? I have been taking good care of the chickens on

the farm near by." "Yes," said the Wolf, "I heard that. I have been guarding the sheep on the same farm. But I am afraid we shall have to move, for I heard the moujik say he had bad luck with the sheep

"That would be a pity," said the Fox, "for when a moujik trusts to luck and leaves us to guard his flocks, there is no need for Foxes and Wolves to go hungry."
"Bad luck" is the easiest excuse of

Cold Plunges "How did you like your dip in the river, Ruby? Was not the water too cold? Your face looks somewhat

the neglectful man.-R.-W.

"I'm afraid it was, Mother. I feel "If you feel tired after a cold bath, it means that your nerves are not strong enough to stand it, and, in the long run, instead of invigorating them, it will make them weaker." "But what can I do, Mother? I

can't warm up the river." "No, but you can warm your body, before going in. Rub yourself energetically with a wet towel, and then go in, little by little, not all at once It is the sudden shock that affects your nerves. Stay only a short time in the water and dry yourself with a very rough towel. Like all girls who are nervous in type, you should never take a plunge without these preliminary precautions."

-GEORGETTE BEURET. What queer article is at its best

when used up? An umbrella. Daily Twelve-Syllable Rhymo The right taste

To camp fare Is when all Do their share, "Dear Sir," wrote the anxious

mother, "I fear Johnny is not trying "Dear Madam," replied the worried teacher, "I assure you Johnny is quite trying enough. He is the most trying boy in the class." -commerce, High School of Com-

Some people pose as earthly saints because they are too stingy to pay the price of an occasional good time.

merce, Omaha, Nebr.

The Clan of North America

The Big Idea FRANCIS BOLT-WHEFLER

The following evening there was great meeting in the New Assembly Hall. It was a house-warming, and a reunion, and a jollification, and what not. The camp had already picked out a tolerably good glee club, and there were the makings of a mandolin and banjo band. One of the fellows and two of the girls were singers, Elsa, having a glorious soprano voice. The choruses would have shaken any less solidly built structure.

But there had been hints about the camp, all day, that the Director had something important to say, and when, just before "lights out" at 10 o'clock, he stepped to the edge of the platform, every one hushed.



"I've been thinking," he said in his quiet clear voice, "that in the Clan of North America idea we've got too good a thing to be kept to ourselves. We own this camp. We can invite any one we want. We can be hosts in a way that fellows of our age have never had before. We can invite all the guests we like. Why shouldn't

"Here's my idea. All over this con-tinent, big things, heroic things are being done by young chaps or girls about our age. These deeds don't get talked about much, maybe, just a note in the local paper. Let's have these heroes for our guests! We can make them honorary members in the Clan, pay their traveling expenses and have them as our guests for a week. It will honor us as much as it does them. Think of it! Every week to have with us some fellow or girl who's done a deed of which the whole contment of North America is proud! And to have them as ours!"

There was just a moment of startled surprise and then a storm of cheers and shouts rang through the hall. Pierre had touched his campmates on their keenest spot-the here, his troubles when he is having a good, reverence of the young.

BUD DOES THINGS

He Plays Ball.

We have a ball team on our cornr. I am the pitcher which means that I do most of the playing. I have been practising a special curve that I saw "Teddy" Gallagher using and one of these days I am going to spring a surprise on the other fellows. We have a regular list of signals and everything else and I am trying to figure out a bunch of signals for the rest of the players. For instance, when I spit on my glove it will be a signal that I am going to throw to first. When I do not wind up before the throw it will mean for them to get on their toes as I am going to let the batter hit it.

The other day we played the Union Street Ramblers and beat them out in twieve innings. I was not pitching in my usual style and the support was poor. Of course I would not tell them for fear they would lose heart or get mad. They must have made a mistake for after the game they told me that I would have to throw better ball than that. But I didn't

Properly Shaped Nails I never seem to know how to cut my nails, they look crooked, or too long or short, or something, no matter what I do. Show me how you do it, Vera; yours always look just

"You don't consider the shape of your fingers, Ruby. If they are rounded at the tips you must cut the nails in an oval shape, and that will make the fingers look more slender. Your finger tips are already pointed, so that you ought not to cut your nails to a point. It will looked affected and lengthen the fingers too much. The long narrowcut nail is only for short stubby fingers. But the most important thing to remember is to cut them well down at the sides, or, if you do not, they will spread out squarely and spoil the appearance of the prettiest hand. Cut them once a week, and file them a little every day. Never bite them! That is ruinous! -GEORGETTE BEURET.

Daily Twelve-Syllable Rhyme Knowledge that You command. Other folk

Perhaps some day a genius will rise to the occasion and invent noiseless phonograph. A man thinks that he has forgotten

as well as in scripture, we find that friendship and its functions. And we "A friend loveth at all times;

The International Sunday School Lesson for July 11th Is "Jonathan Befriends David."-1 Sam. 20. heartening reports from the divorce on the altar of love. courts, that "many waters cannot From Jonathan we learn that there quench love," for, "Love is strong as is one thing better than to have a

By William T. Ellis. "I had a friend," was the celebra- youth is one of the wise man's reted answer of Kingsley, when asked | wards. No later fellowship can take the place of these shaped and cem-A friend is the best fortune.

"Life is just our chance of knowing

riage of his daughter to a foreign were young. It was a case of hero seem drab and dreary and drudgerynobleman, sits day by day in an aristocratic club, repining bitterly to all who will listen about his hard lot in life. He has retired from business, Goliath's head in his hand. His heart and practice of friendship. Splendid has no taste for literature or cul- leaped with youth's instinctive ad- Prince Jonathan had no concern has no taste for literature or cultured pursuits, and is now without home ties or friends.

He has nothing but money.

I leaped with youth's instinctive autured pursuits, and is now without miration of great courage. David about the court equal to his solicitude for the safety of his friend as he loved his own soul."

What a David, for whom he was willing to his flawless love, suggests Jesus the David, for whom he was willing to his flawless love, suggests Jesus the loved him had no concern about the court equal to his solicitude for the safety of his flawless love, suggests Jesus the loved him had no concern about the court equal to his solicitude for the safety of his flawless love, suggests Jesus the loved him had no concern about the court equal to his solicitude for the safety of his flawless love, suggests Jesus the loved him had no concern about the court equal to his solicitude for the safety of his flawless love, suggests Jesus the loved him had no concern about the court equal to his solicitude for the safety of his flawless love, suggests Jesus the loved him had no concern about the court equal to his solicitude for the safety of his flawless love, suggests Jesus the loved him had no concern about the court equal to his solicitude for the safety of his flawless love, suggests Jesus the loved him had no concern about the court equal to his solicitude for the safety of his flawless love, suggests Jesus the loved him had no concern about the court equal to his solicitude for the safety of his flawless love, suggests Jesus the loved him had no concern about the court equal to his solicitude for the safety of his flawless love, suggests Jesus the loved him had no concern about the court equal to his solicitude for the safety of his flawless loved him had no concern about the court equal to his solicitude for the safety of his flawless loved him had no concern about the court equal to his solicitude for the safety of his flawless loved him had no concern about the court equal to his safety had no concern a Rightly, he calls himself the most tremendous capacity for affection and abandon the cause of his father and Best Friend, who both practiced and

has not learned to live in other lives. might wear it; for the surest mark of love is that it delights in giving and with arrows—lends a story-book do the things which I command you. touch to the study.

the mere events that spell the story. heard from My Father I have made It contains the whose vast theme of known unto you."

are early led to the conviction that it was Jonathan who was the prince of And a brother is born for adver- friends: he exemplified all the higher offices of the fine art of friendship. Whosoever has seeing eyes may His it was to give and to serve and behold on every side, despite dis- to sacrifice. All that he had he laid

geath." There are multitudes who friend, and that is to be a friend. All practice what Browning preached, the noblest faculties of the human roul are called into play by the exercise of friendship: it is the gymnas-ium in which the spirit wins to its loftiest stature. The reward of being a friend lies not only in thus winning friends; but also in the growth of those finer qualities without which friendship is impossible. Jonathan has an exalted place in history's gallery of great ones, simply because

No longer do I call you servants, for Friendship as a Fine Art.

There is a lift to the Lesson above friends, for all things that I have

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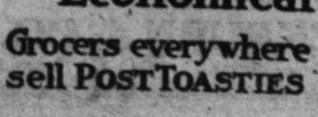
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ented in the plastic years.

In a western city a lonely old mil- David and Jonathan united in a lionaire, made notorious by the mar- covenant of friendship when they They use the days, which to others miserable man in the city; and openly bemoans that he has not the courage than even divested himself of his raitor end his own existence. For he to end his own existence the most admiration youth possesses! Jonator to risk the king's displeasure.

The strategem by which Jonathan ment, including his sword, that David notified his friend David of the king's that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that a man lay down his life for his that the his cause of his lattice and his cause of his lattice and his cause of his lattice and his lattice and

friendship; he was too busy making serving.

money to bother about idealistic conA dramatic element entered into cerns—and now he is a pitiable and friendless old millionaire who would give a fortune for a friend, or for a siderations the two should have been rivals. David was more popular with David and Jonathan, whose friend- the people than even King Saul, and ship the Sunday School millions to- it was plain to all that the crown of day study, are history's notable in- Israel was destined to go to him stance of friendship between men. Prince Jonathan, however, was too They represent the chivalrous glow royal a soul to harbor jealousy. He of youthful ardor and unselfishness which fulfilled to the second generation its pledges of devotion. All the great qualities of friendship were mation so loved. His son, however, in this ideal union of two knightly cared more for his friend David than hearts. The story is the best of he did for a throne: he was the sort bring it back and I'll prosecute the commission man to the fullest extent of the law!"

starting points for a consideration of the law!"

starting points for a consideration of the law!"

of whom poets sing, a friend to whom friendship meant more than any other prize of life. The lofty passages in prize of life. The lofty passages in Tennyson's tribute to his friend, Ar-thur Hallman, well describe Prince Jonathan, a prince indeed.

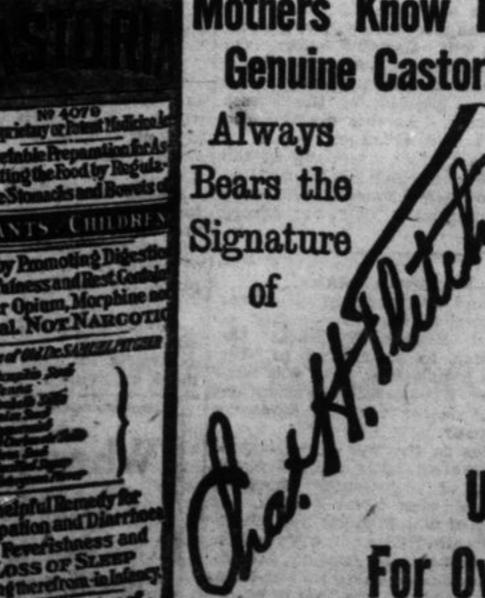
education is the friendships made between students, some of them lasting throughout life. It is in youth that hearts take fire most easily, and glow with the noble impulses of love and patriotism. When a young person finds a kindred spirit, with like tastes and interests and ideals, and keeps that friendship in repair throughout the years, he has made the richest of all investments. To carry into age the friendships of portant service to be done in the

During the war there was an im-South for the allied cause: I chanced to be consulted by the British representative concerned, who himself has no contacts in the southern states. After hearing the case and the need, I telegraphed to a friend in Winston-Salem, N.C., the one man in the country who, in my judgment, could meet the emergency. It was inexpedient to state any particulars by wire; I merely asked him if he could meet me and another man on a given day in Washington. At once came an affirmative reply. After twenty-four hours of hard travel my friend appeared, not knowing why he had been summoned, but swiftly, loyally obeying the call of friendship. As a result he did a unique and valuable sersuit he did a unique and valuable service in the allied interest. And also warmed my heart with an instance of the unquestioning, self-sacrificing

In these days of sag and slump, when sordid, sensual sentiments seem prone to displace the sublimer passions, we do well to recall the loyal friendships, the noble devotion, the ahining self-sacrifice of spirits all about us. Still there are myriads who live he love's royal law. In life

loyalty of a friend.

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