

### Those Nasty Little Pimples

THAT COME ON THE FACE ARE CAUSED BY BAD BLOOD

Many an otherwise beautiful and attractive face is sadly marred by the unsightly pimples and various other skin troubles, caused wholly by bad blood.

Many a cheek and brow cast in the mould of beauty have been sadly defaced, their attractiveness lost, and the possessor of the "pimply face" rendered unhappy for years.

Their presence is a source of embarrassment to those afflicted, well as pain and regret to their friends.

There is an effective remedy for these facial defecations and that is Burdock Blood Bitters, the old reliable medicine that has been on the market for over 40 years.

It drives out all the impurities from the blood, and leaves the complexion clear and healthy.

Mrs. James Williams, Waterford, Ont., writes:—"My face was covered with pimples for nearly a year. I used different kinds of remedies to get rid of them and finally thought there was no relief. A friend dropped in one day and told me I should try Burdock Blood Bitters. I did so and used three bottles, and found the pimples were all disappearing from my face, and now I have a clear complexion again."

B. B. B. is manufactured only by the T. Milburn Co., Limited, Toronto, Ont.

### CUT THIS OUT

#### OLD ENGLISH RECIPE FOR CATARRH, CATARRHAL DEAFNESS AND HEAD NOISES

If you know of some one who is troubled with Catarrh, Deafness, head noises or ordinary catarrh, cut out this formula and hand it to them and you may have been the means of saving some poor sufferer perhaps from total deafness. In England scientists for a long time past have recognized that catarrh is a constitutional disease and necessarily requires constitutional treatment.

Sprays, inhalers and nose douches are liable to irritate the delicate air passages and force the disease into the middle ear, which frequently means total deafness, or else the disease may be driven down the air passages towards the lungs which is equally as dangerous. The following formula which is used extensively in the damp English climate is a constitutional treatment and should prove especially efficacious to sufferers here who live under more favorable climate conditions.

Secure from your druggist 1 ounce of Parmitin (Double strength). Take this home and add to it 1/2 pint of hot water and a little granulated sugar; stir until dissolved. Take one tablespoonful four times a day. This will often bring quick relief from distressing head noises. Clogged nostrils should open, breathing become easy and hearing improve as the inflammation in the eustachian tubes is reduced. Parmitin used in this way acts directly upon the blood and mucous membrane of the system and has a tonic action that helps to obtain the desired results. The preparation is easy to make, costs little and is pleasant to take. Every person who has catarrh or head noises or is hard of hearing should give this treatment a trial.—Adv.

Remember the Spanish proverb: "Sow a thought, and you reap an act; sow an act, and reap a habit; sow a habit and you reap a character; sow a character, and you reap a destiny."

"I want to see life"—this is the line that I found in the note-book of a young fellow in Chicago who had been suddenly killed, a thousand miles from home. His mother had telegraphed me to hunt him up.

Ambition had drawn him to the city on the lake. Youth and health had led him on with high hope. But in a month he was found in the "Levee"—a wreck.

Some of us have an idea that seeing "life" means to get down to the depths. We say about the man with an unsavory reputation: "He has seen a great deal of life."

But what is life? The biologists tell us that it is "Correspondence with one's environment." That's a phrase which would keep some of us guessing. In plain English it means the ability to adjust oneself to one's surroundings.

The man who cannot or will not adjust himself to changing conditions is not likely to enjoy very much of life, nor can he enjoy even a little bit of it very long.

That man has most life who is using eyes, ears, hands and feet to


**tired feet**

Feet that are tired and sore from long hours of standing soon become rested and refreshed by gently rubbing them with Absorbine, Jr.

A hot foot-bath containing a few drops of Absorbine, Jr. will have a delightfully soothing effect on weary feet at the close of a strenuous day.

61.25 a bottle of most druggists

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**Make Rubber Products**

Rubber factories in Canada have more than doubled since 1916, and represent an investment of approximately \$43,000,000, according to information compiled recently.

There are 32 plants in operation in the Dominion, 22 of which are manufacturing rubber goods and 10 producing footwear.

The total annual output amounts to nearly \$55,000,000. This industry gives employment to 13,000 workmen, and has an aggregate payroll of \$11,500,000.

A large number of animals wash themselves and bathe. Among them are elephants, stags, birds and ants. Some animals get rid of their parasites by using dust, mud, clay, etc. Those suffering from fever keep quiet, seek darkness and airy places, drink water and sometimes plunge into it.

A man who has tried both tells us that it is about as expensive to maintain a bootlegger as it is to maintain an affinity.

**CHAMBERLAIN'S**

**If Your Liver is Torpid**

Perhaps all you require is a few doses of Chamberlain's Tablets. They reach the seat of your ailment and quickly banish the feeling of despondency which frequently has its origin in a lazy liver. Their action is mild, gentle and soothing, yet the effect is certain.

Take a Tablet To-night.

**TABLETS 25¢**

### LIFE HERE MOST IMPORTANT

By the Rev. Charles Stelzel.

Are men afraid of hell? I mean the old-fashioned, fire and brimstone kind of hell.

There's been a lot said about men "putting off the day of salvation" and then, while on their deathbeds, crying out in agony for mercy. No doubt there have been many such cases, and there are some happening to-day, but a rather extensive experience as a minister among all kinds of people and a wide inquiry among other ministers convinces me that the fear of hell drives more men to "repentance" while they are healthy and strong than when they are suffering in the last stages of a fatal illness.

The most cold-blooded indifference to the future life that I have ever seen has been in death-chambers. Men who go to the electric chair usually beg for pardon, but ordinarily this is because they are in full physical health or else have committed some outrageous crime which haunts them.

But the average man who dies quietly in his bed is not greatly disturbed about hell. He will sometimes say to the preacher that he may pray for him if he wishes to do so, but it really makes no great difference to him!

This is accounted for by the fact that at such a time a man is naturally below normal—mentally and physically. He is simply incapable of thinking and feeling about things in a rational way.

And all this indicates a terribly significant situation: Men become hardened as they approach death. Whether there's a hell or not makes no difference. They do not care to argue the matter. They are entirely careless as to what the future world may be.

Whatever else the scriptures tell us, they unquestionably teach us that the most serious thing we must face is not death but life! Here's where the race is to be run. Here's where the battle will be fought.

Every day makes its impress upon our characters—characters which we shall carry with us throughout all eternity.

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The man who cannot or will not adjust himself to changing conditions is not likely to enjoy very much of life, nor can he enjoy even a little bit of it very long.

That man has most life who is using eyes, ears, hands and feet to

the utmost, taking in all that he can grasp with a full appreciation of the beautiful things by which he is surrounded.

It seems scarcely necessary to add that there are degrees of life in men. Some men see and feel more than others. And in proportion as a man sees and feels to that degree is he enjoying more life than his neighbor.

As we rise in the scale of life, letting go of the things that decay the power of death is gradually weakened. This is the secret of the "eternal life" mentioned in the bible.

"How shall we escape if we neglect?" comes straight from scripture. To neglect the higher things is to atrophy—to die.

Somebody once said: "I looked behind to find my past, and lo, it has gone before." This is true of most of us. You shall become what you have been.

Maybe you're dreaming of the day when the mortgage is paid off and the bills cleared up—the day when you expect to settle down and enjoy the comforts of life.

But now—it's night work and day work and nerve strain and heartache—hoping that sometime you'll have a chance to appreciate the things which are actually yours already.

You're starving your soul. You never go to a concert or lecture. You don't even go to the movies.

Your wife goes, perhaps, and you feel that you are kind of a martyr because you don't.

Once in a while you tell her in a plaintive fashion that you never go to such "affairs." It doesn't matter that she has pleaded with you to take an evening or an afternoon off and go with her.

But no—you're too busy, and you feel grieved because she goes without you—but therein she exhibits her good sense.

Meanwhile, you're withering mentally and physically. But you don't know it. You've been out the running for some time, but you haven't found it out. Taken out of your routine job, which requires little originality or mental effort, you'd be lost.

What an absurd way of living! And when you consider there aren't many years ahead of you, it must seem all the more foolish. It would be very much better to get what you can out of your present possessions and opportunities than to struggle, for evermore after bigger and more pretentious ones, and yet never be content with them when they are won.

And this should be remembered as you fight for many of the things ahead—the capacity for enjoying them gradually decreases. When your hand closes over the captured prize it seems to crumble in your grasp.

And you say you can't enjoy a book. Doesn't this prove that something has gone out of your life? You haven't a desire to listen to music. There was a time when you were fond of both books and music. These still have the same value, that they always had. You have changed—not books and music.

When the love of music went out of your soul you died by just so much, and when the desire to read good books passed away, you perished in part, in a most vital sense.

The man who possesses the most abundant life is he whose outreach on life is greatest—the man who appreciates the greatest number of the blessings of life. Tested by this standard, it should not be difficult to tell to what extent you are actually living.

Food is as important to the sick person as medicine, more so in many cases. The badly chosen diet may retard recovery. In health the natural appetite is the best guide to follow; in sickness the appetite is often feeble and depraved.

Proper food and a good tonic will keep most people in good health. Dr. Williams' Pink Pills are a fine tonic medicine, harmless and certain in their action, which is to build up the blood and restore vitality to the run-down system. For growing girls who are thin and pale, for pale, tired women, and for old people who fall in strength, Dr. Williams' Pink Pills are an ideal tonic. Thousands have testified to the benefit derived from the use of this medicine, among them is Mrs. William Gallie, Hansport, N.S., who says: "Before I began the use of Dr. Williams' Pink Pills I was so weak and run down that I could hardly do my own work. I often suffered from headaches and was very nervous. I then began the use of Dr. Williams' Pink Pills and I can truthfully say I have found them the best medicine I have ever taken. You may depend upon it I will advise other sufferers to take these pills."

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

It is the boast of the dairymen of Holland that in their country there is a cow to every inhabitant.

Remember, the Lord does not lose sight of little acts of kindness.

### FAMOUS "WITS" OF HISTORY

By MARK STUYVESANT.

The Way Talleyrand Reproved a Talkative Friend.

When Talleyrand, the famous French politician, diplomat and wit, who survived so many changes of fortune, was alive, all Paris listened whenever his name was mentioned, hoping to hear some new, witty thing he had said. That he, like many another famous wit, was credited with many brilliant things he had never said, made no difference. Paris liked the flavor of a Talleyrand saying and delighted to spread his fame. For instance:

None of the Talleyrand mets is more famous than "Speech was given man to conceal his thoughts." It is recorded that not even in its final form was it Talleyrand's. Harel, the famous inventor of clever sayings, himself confessed that he put the phrase into Talleyrand's mouth in order that he might claim it as his own after the death of the famous diplomat.

Other sayings almost as famous which were once credited to Talleyrand, belonged to less famous persons, it has been proved, but Talleyrand invented enough clever things of his own to hold a firm place among the most famous wits of all time.



"Hush, Nerbonne! Not So Loud."

ly in love with Mme. de Stael, but there came a day when his affection began to waver and to fix itself upon Mme. de Grandt. At this critical period these three, with other friends, were playing a game called "beat." Hoping to place him in a situation from which there could be no escape without serious embarrassment, Mme. de Stael said:

Suppose we were in a real boat, and it should capsize, which would you save, Mme. de Grandt or me?"

"Madame," said Talleyrand, "you possess so much talent that you can extricate yourself from any danger, therefore I should save Mme. de Grandt."

A visitor to Paris, who had a reputation for great wickedness, said in the hearing of Talleyrand:

"I cannot understand why I could be considered so wicked. I never did but one wicked thing in my life."

"When will that one come to an end?" Talleyrand caustically inquired.

That Talleyrand had an appreciation of more lengthy forms of wit, even verging in practical joking, is demonstrated by the following:

At one time George III. of England was reported dead. The news seeped through the official and semi-official circles of Paris until it came to the ears of a certain speculator. He well knew that if the report were true the bonds of England would, for a time, be affected. He wished to have definite information so he called upon Talleyrand, whom he knew. Without embarrassment he stated the true reason for his undiplomatic request for information.

"Not at all. There is no indiscretion whatever," said Talleyrand. "I shall be delighted if the information I have to give is of any use to you."

This speculator rubbed his hands with delight and was profuse in his eager thanks.

"Now, I must tell you," Talleyrand said, with an air of conveying a great confidence, "some say that the King of England is dead, and others that he is not dead. For my own part, I believe neither the one report nor the other. I tell you this in confidence, but for heaven's sake do not commit me!"

**A SPLENDID TONIC FOR WEAK PEOPLE**

Dr. Williams' Pink Pills Act On the Blood and Nerves.

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NEXT SUNDAY, MAY 8th

Let us forget, this is a reminder to give MOTHER one of our dainty boxes of CHOCOLATES. Several of the popular lines to choose from, including Hayler's, Neilson's, Willard's, Lowney's, Merritt's and it will mean so much to Mother.

See the display in our window—then come in and choose your favorite package.

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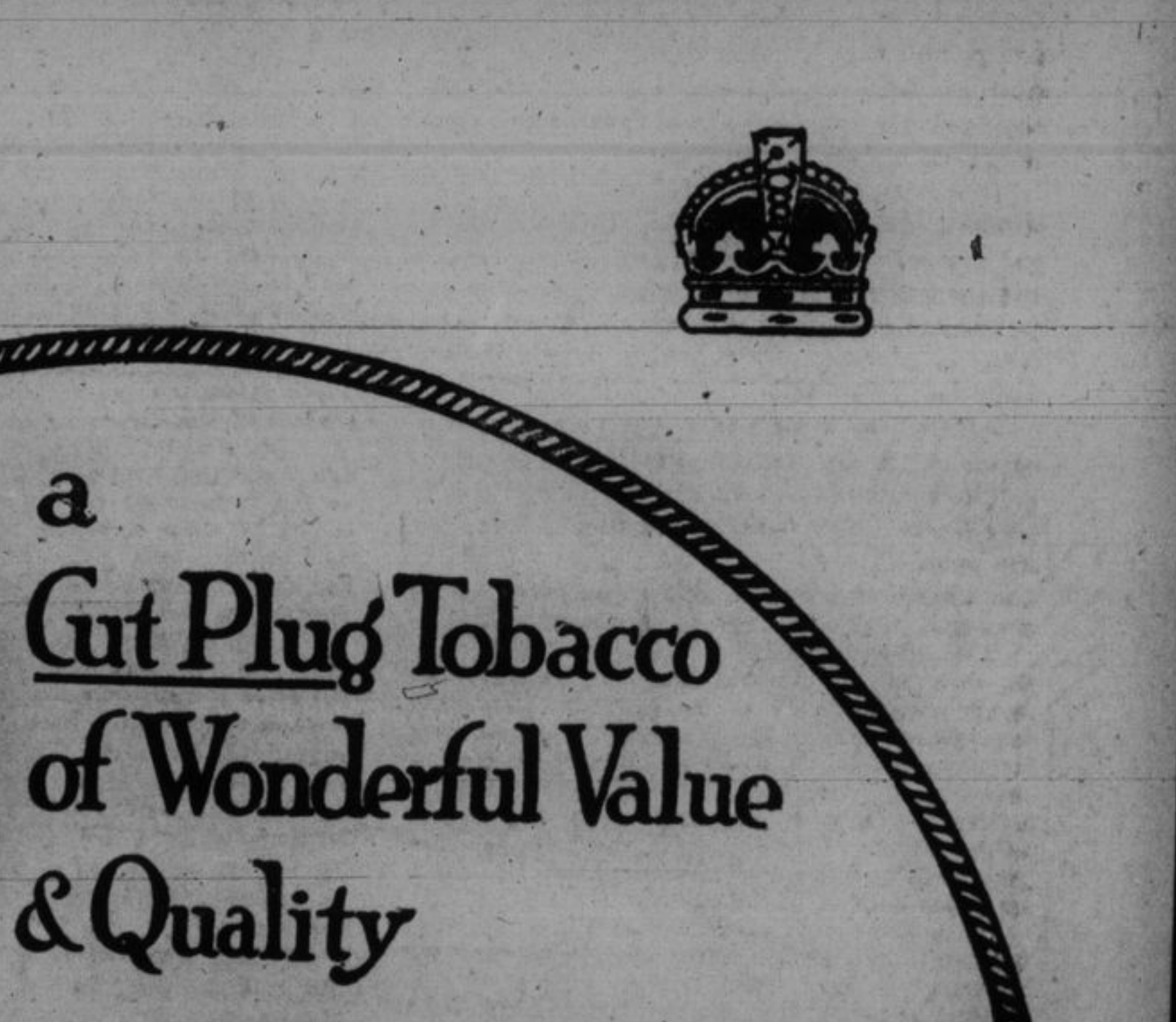
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A Change of Time Will Be Made on SUNDAY, MAY 1st, 1921

Standard time, not so-called Daylight-Saving Time, will continue to be used for Schedules of all trains on the Grand Trunk Railway System.

For particulars apply to—  
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C.P. & T. A., G.T. Ry., Kingston, Ont.

**CUNARD**  
ANCHOR DONALDSON

SUMMER SAILINGS  
MONTREAL—GLASGOW  
May 13/June 9/July 14 ..... Cassandra  
May 27/July 2/Aug. 6 ..... Saturnia

N. Y., GLASGOW, (via Moville)  
May 14/June 21/Aug. 29 ..... Algeria  
May 21/June 28/July 16 ..... Columbia  
June 11/July 30 ..... Cameronia

NEW YORK—LIVERPOOL  
Apr. 30/June 15/July 3 ..... Caronia  
May 14 ..... Vestris  
May 17/June 15/July 16 ..... Carmania  
June 7/July 12/Aug. 29 ..... Albania  
Sept. 1/Oct. 1 ..... Scythia

Boston to Liverpool & Glasgow  
May 21/July 9 ..... Castalia

N. Y., Cherbourg, Shannon  
May 13/June 9/July 14 ..... Mauritanis  
May 24/June 15/July 5 ..... Aquitania  
June 33 ..... Berengaria

N. Y., PLY. CHER, HAMBURG  
June 9/July 21/Aug. 30 ..... Saxonia

Vigo, Gibraltar, Patras, Dubrovnik, Trieste and Fiume  
May 17 ..... Calabria  
June 4 ..... Pannonia

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\* Also calls at Havanna.

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