COULDN'T DO HOUSEWORK

HEART WAS SO BAD Many women get weak and run down and unable to look after their household duties owing to the heart action becoming impaired or the nervous system unstrung.

Nature intended women to be strong, healthy and happy instead of sick and wretched. But how can a woman be strong and healthy when day in and day out she has to go through the same routine of work. sweeping, dusting, cooking, washing, etc. Is it any wonder that the heart becomes affected and she gets irritable and nervous, has hot flushes, faint and dizzy spells, smothering and sinking spells and can't sleep at

and whose nerves are unstrung we but she began to identify herself of strict discipline in school, Carol's would recommend

MILBURN'S HEART AND NERVE PILLS as the best remedy to tone up the system and strengthen the weakened

Mrs. Daniel Bezanson, Loganville. N.S., writes:- "As I was troubled Price, 50c. a box at all dealers, or got rid of in a few months. The T. Milburn Co., Limited, Toronto,

It's Grandmother's Recipe to Restore Color, Gloss and Attractiveness.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural town. color and lustre to the hair when faded, streaked or gray. Years ago the only way to get this mixture was ous old recipe, improved by the ad- she did not really know him till she fallacy of supposing that these so- thing."

can possibly tell that you darkened nine, Raymie perhaps a young young- their theories, and the crazy way in your hair, as it does it so naturally er. and evenly. You dampen a sponge or

BREAK CHEST. **COLDS WITH RED PEPPER**

the pain. Break up the congestion. wife, the silent Lyman Casses, the

"Red Pepper Rub" is the cold remedy that brings quickest relief. It cannot hurt you and it certainly sat late. They were exhibarated to seems to end the tightness and drive find that they agreed in confession of the congestion and soreness right fatih:

per Rub you feel the tingling heat. In preciate lovely things, but just the three minutes the congested spot is same, they got to be practical andwarmed through and through. When they got to look at things in a practate sour, undigested food and acid; during the day or at night. It's the matism, backache, stiff neck or sore muscles, just get a jar of Rowles Red Pepper Rub, made from red peppers, at any drug store. You will have the quickest relief known. Always say "Rowles."

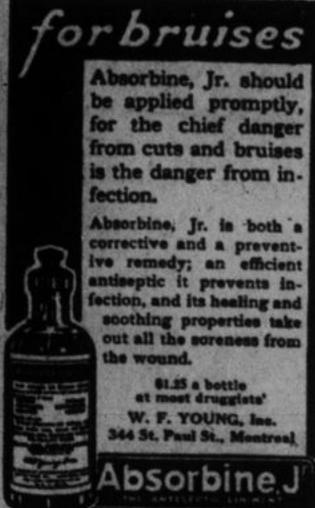
APPLY SULPHUR TO HEAL UP YOUR SKIN

Broken Out Skin and Itching Eczema Helped Over Night

For unsightly skin eruptions, rash or blotches on face, neck, arms or body, you do not have to wait for relief from torture or embarrassment. declares a noted skin specialist. Apply a little Mentho-Sulphur and improvement shows next day.

Because of its germ destroying properties, nothing has ever been found to take the place of this sulphur preparation. The moment you apply it healing begins. Only those who have had unsightly skin troubles can know the delight this Mentho-Sulphur brings. Even flery, itching eczema is dried right up.

Get a small jar from any good druggist and use it like cold cream.



The photographer naturally expects his patrons to take him seriourly when he asks them to look pleasant.

MAIN STREET

The Story of Carol Kennicott

By SINCLAIR LEWIS

But the birth of Hugh revived the pressed-glass pickle-dish, seeing Mrs.

with a weak heart for nearly two She remembered the rector's wife offertory last Sunday, the fact that years I am writing to tell you what who had been chilly to callers and there weren't any of these new solos your great remedy, Milburn's Heart, who was rumored throughout the as nice as "Jerusalem the Golden," town to have said, "Re-ah-ly I cawn't and the way Raymie stood up to My heart was so bad at night I endure this bucolic heartiness in the Juanita Haydock when she came ering spells and was so weak I could responses." The woman was positive- into the store and tried to run things not do my housework. I tried two ly known to have worn handker- and he as much as told her that she advised me to try your pills. I used chiefs in her bodice as padding—oh, was so anxious to have folks think six boxes and am completely relieved the town had simply roared at her. she was smart and bright that she I think they are the best remedy for Of course the rector and she were said things she didn't mean, and

ciled eyebrows, who wore tight Eng- ran things, they could go get another lish dresses, like basques, who smell- man; ed of stale musk, who flirted with DADKENC CDAV HAID money for her expenses in a lawsuit, made her look thirty-two (Vida's she had seen it on a summer trip to DAKALNO GKAY HAIK who laughed at Vida's reading at a estimate) or twenty-two (Raymie's Cape Cod. school-entertainment, and went off estimate), Vida's plan to have the "Have you been clear to Cape

Vida insisted that she loved Carol, the younger boys well behaved on been that far!" but with some satisfaction she com- the playground when a big lubber | Made taller and younger by his pared her to these traducers of the like Cy Bogart acted up so;

She said to him, and sincerely, subject. business. It's such a constructive clean life." She began to call him like to take a class in improving the

"Do you really think so," yearned Raymie, across the apple-saucs.

It was the first time that either of them had found a dependable intellectual companionship. They looked down on Willis Woodford the bank-Ease your tight, aching chest. Stop clerk, and his anxious babycentric Feel a bad cold loosen up in just a slangy traveling man, and the rest of Mrs. Gurrey's unenlightened guests. They sat opposite and they

"People like Sam Clark and Har-

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transcendental emotion. She was in- Gurrey's linty supper-cloth irradiat- ter the first application dignant that Carol should not be ut- ed by the light of intimacy, Vida and you can not find a terly fulfilled in having borne Ken- Raymie talked about Carol's rose- single trace of dandruff nicott's child. She admitted that colored turban, Carol's sweetness, Carol seemed to have affection Carols new low shoes, Carol's erron-To all women whose heart is weak and immaculate care for the baby, eous theory that there was no need now with Kennicott, and in this amiability in the Bon Ton, Carol's right to the roots, inphase to feel that she had endured flow of wild ideas, which, honestly, vigorates and strengthquite too much from Carol's instabi- just simply made you nervous to ens them, helping your keep track of them:

She recalled certain other women About the lovely display of gents' thick and luxuriant. who had come from the Outside and shirts in the Bon Ton window as had not appreciated Gopher Prairie. dressed by Raymie, about Raymie's anyway, Raymie was running the Then there was the mysterious shoe-department, and if Juanita, or woman with the dyed hair and pen- Harry either, didn't like the way he

Don't stay gray! Try it! No one fair with Kennicott. She was thirty- ever did have a chance to try out low branch. which Carol jumped from subject to

strand at a time; by morning the your brains and tact and that hea- thin man with spectacles, mournful could do pretty good acrobatics, if and that it will gray hair disappears, and after an- venly voice. You were so good in drawn-out face, and colorless stiff I had a chance." other application or two, your hair 'The Girl from Kankakee.' You made hair. Now she noted that his jaw 'I'm sure you could. You're un- been too many newspapers. The stress becomes beautifully dark, glossy and me feel terribly stupid. If you'd gone was square, that his long hands mov- usually lithe, for a large man." on the stage, I believe you'd be just ed quickly and were bleached in a "Oh no, not so very. But I wish the unwarranted ones to succumb. as good as anybody in Minneapolis. refined manner, and that his trusting we had a Y.M. It would be dandy to But still, I'm not sorry you stuck to eyes indicated that he had "led a have lectures and everything, and I'd

WHEN HAIR THINS, FADES OR FALLS,

USE "DANDERINE"

35 cents buys a bottle of "Danderine." Within ten minutes afor falling hair. Danderine is to the hair what fresh showers of rain and sunshine are hair to grow long,

Girls! Girls! Don't let your hair stay lifeless, colorless, thin, scraggy. A single application of delightful Danderine will double the beauty and look twice as abundant.

"Ray," and to bounce in defence his unselfishness and thoughtfulness every time Juanita Haydock or Rita

grand sight; it must be much grand- but he's such a sore-head-" er than a lake, even a great big lake.

owing a hotel-bill and the three hun- high-school Debating Society give a Cod? Massachusetts? I knew you'd dred dollars she had borrowed. playlet, and the difficulty of keeping traveled, but I never realized you'd

interest she poured out, "Oh my yes. About the picture post-card which It was a wonderful trip. So many Mrs. Dawson had sent to Mrs. Cass points of interest through Massachufrom Pasadena showing roses grow- setts_historical. There's Lexing-Wida had enjoyed Raymie Wuther- ing right outdoors in February, the ton where we turned back the redto make it at home, which is mussy spoon's singing in the Episcopal change in time on No. 4, the reck- coats, and Longfellow's home at Lessons From and troublesome. Nowadays, by ask- choir; she had thoroughly reviewed less way Dr. Gould always drove his Cambridge and Cape Cod — just ing at any drug store for "Wyeth's the weather with him at Methodist auto, the reckless way almost all everything—fishermen and whate-Sage and Sulphur Compound," you sociables and in the Bon Ton. But these people drove their autos, the ships and sand-dunes and every-

house. It was five years after her af- for as much as six months if they cane to carry. He broke off a wil- in that city is somewhat surprising in-

"My, you're strong!" she said. soft brush with it and draw this My! You can do anything, with Vida had once beheld Raymie as a regular exercise. I used to think I

In five minutes "Pape's Diapepsin" ends

Gases

Heartburn Flatulence Palpitation

Sourness

Indigestion

Smiling, passing each other the the moment "Pape's Diapepsin" regulator in the world.

Nothing has such concentrated, ry Haydock aren't earnest about put bad stomachs in order—"really such distress vanishes. It's truly as-"Pape's Diapepsin" "really does" | comes in contact with the stomach all paper. The people under such condipenetrating heat as red peppers, and music and pictures and eloquent ser- does" overcome indigestion, dyspep- tonishing-almost marvelous- and when heat penetrates right down in- mons and really remacd movies, but sia, gas, heartburn and sourness in the joy is its harmlessness. A large to colds, congestion, aching muscles then, on the other hand, people like five minutes — that — just that — sixty-cent case of Pape's Diapepsin is and sore, stiff joints relief comes at Carol Kennicott put too much stress makes Pape's Diapepsin the largest worth its weight in gold to men and the advertisers who pay the shot are

If what you eat ferments into stubborn lumps, you belch gas and eruccase of a sick, sour, upset stomach
tate rour undirected food and acid: during the day or at night. It's the head is dizzy and aches, remember most efficient antacid and stomach

THE PLAY MAN'S GAMES Illustrated by C. H. Winner



Dear Sneezy: Say, what do you think, Sneezy? You know about the Doc who lives in the house that you with two use to live in and teaches us kids More fun. games and we call him the Play Man? | Chip writes that the gang has Well, he has gone off on a long trip to well, he has gone off on a long trip to teach other people all kinds of games and he was in Buffalo and he wrote a letter to Tubby and to'd him about it and then he want to Sah make you feel like doing some real studying when you get back to your desk in school. letter to Tubby and to'd him about it and then he went to Schenectady and

then he went on a ship to Haiti and Gee that's the life, ain't it, Sneezy?

Fanama and it's almost down to the equator. I'd like to travel, wouldn't deep." As you only dast have two sare bananas and concernute would sneezy, and see all them queer it the makes it "three deep." As you only dast have two sare bananas and concernute would sneezy, and see all them queer it the makes it "three deep the kid in back must beat it. are bananas and cocoanuts growing right in the front yard where he is. and he goes in swimming out doors and even got sun burned. And he wants us kids to read up about the Panama Canal and he will tell us all about it when he comes back.

Journal and see an analytic formation of packages that way. Some will have trays big bundles and others will have trays fun. And even more fun with three fun.

Three deep. You know that game -sure. But did you ever play it with two "its", or even three?

to Panama and he wrote a letter to out a geography and made a line from tan bout it and he's New York down to Haiti and over to of any two and that makes it "three

He was in a terrible storm and it was one of the worst they ever had on the ocean. I hope he writes me a letter for he has written Tubby and Ralph, and I would like to get, some Ralph, and I would like to get, some was on their heads but their hair.

big bundles and others will have trays and it is more fun. And even more fun with three fun. And even more fun with three chicken, and they walk along looking around and talking just like nothing. Your friend, yours truly,

And they don't ever spill anything games from that and will spring them on us when he comes back. We been playing Three Deep at recess this week. We ptay it the way Doc taught us, with two "its", and that makes it lots more sport. The way you play Three Deep is to form a circle of twos facing in, one boy be-

memory-I believe a fellow ought to go on educating himself and improving his mind even if he is in business, don't you, Vida-I guess' I'm kind of fresh to call you 'Vida'!" "I've been calling you 'Ray' for

He wondered why she sounded

He helped her down the bank to the edge of the lake but dropped her band abruptly and as they sat on a willow log and he brushed her sleeve, he delicately moved over and murmured, "Oh, excuse me-accident." She stared at the mud-browned chilly water, the floating gray reeds. "You look so thoughtful," he said. She threw out her hands. "I am!

Will you kindly tell me whatis the use of-anything! Oh, don't mind me. I'm a moody old hen. Tell me about your plan for getting a partnership in the Bon Ton. I do think you're right: Harry Haydock and that mean old Simons ought to give

He hymned the old unhappy wars radiance of your hair and make it in which he had been Achilles and the mellifluous Nestor, yet gone his righteous ways unheeded by the cruel kings. . . . "Why, if I've told 'em once, I've told 'em a dozen times to get in a side-line of light-weight Gould giggled about him at the Jolly pants for gents' summer wear, and of course here they go and let a cheap On Sunday afternoon of late aut- kike like Rickin beat them to it and umn they walked down to Lake Min- grab the trade right off 'em, and then niemashie. Ray said that he would Harry said-you know how Harry is, like to see the ocean; it must be a maybe he don't mean to be grouchy,

He gave her a hand to rise. "If the men and got them to advance About Vida's new jabot which Vida had seen it she stated modestly; you don't mind. I think a fellow is awful if a lady goes on a walk with him and she can't trust him and he tries to flirt with her and all."

"I'm sure you're highly trustworthy!" she snapped, and sprang up without his aid. Then, smiling excessively, "Uh_don't you think Carol sometimes fails to appreclate Dr. Will's ability?"

(To be Continued.)

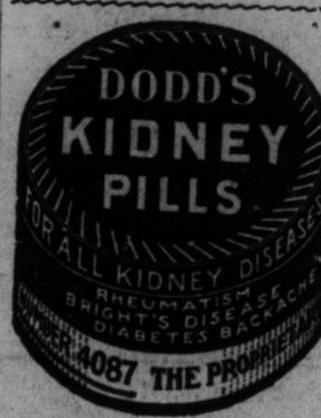
Newspaper Failures

dition of other ingredients, at a moved to Mrs. Guerry's boarding- cialists could carry on a government She wished that she had a little News has abandoned the morning field Sarnia Canadian Observer. formation. Coupled with the declaration of a few days ago that the new "No, not very. I wish there was paper in Port Huron had gone into the hands of a receiver, the incident suggests that the process of elimination of

of hard-headed business has compelled

Most of us can recall what ill-supported, miserable affairs the majority of them were, neither a credit to those who were struggling to keep them in being, nor to the communities they represented. When the war came on the pressure of financial condition drove the weak papers to the wall or into amalgamations which gave one paper of some standing where two or three had existed in an uncertain fashion before. The result was that the surviving papers were able to maintain a decent standing and serve their patrons better and at less cost than had been the case where the community had to support two or more. The outcome has been that the whole tendency in places under fifty thousand population is toward one they can afford to support and they

pression that there was no risk concerned about an investment in a newspaper. So many of them have discovered to their sorrow that no commercial enterprise can lose money faster than a badly managed newspaper that there is no longer the craze for the kind of glory that was supposed to accompany jour-Malistic ownership. Many men in Canada have lost immense sums of money in modest newspaper ventures. They were usually outsiders who before the incident that gave them their unhappy experience, saw only the glamor of the game and the successful exterior appearances of the newspaper. They had no conception as to the magnitude of the wage bills, the excessive cost of machinery, white paper and news services, the strain and worry of training staffs to perform the intricacies of the task which any newspaper must accomplish if it hopes to rise above the status of a journalistic mediocrity. However, the testing time through which newspapers passing have succeeded in educating the public to the recognition that the newspaper game is not one for amateurs. that years of training often fail to produce successful executives and that the business can readily prove a sinkhole for large amounts of money without getting the investor far on the road to success. The newspaper business is today a highly-specialized calling in which the examples of genuine success are so few compared with the list of failures that no man except a gambler of the most foolhardy type would risk his money in it. Successful production of a newspaper means unceasing toil, watchfulness and anxiety on the part of those directly concerned. It imposes not willing to undergo because he must conclude that other lines of business offer greater rewards at less sacrifice.





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amount you pay for the trial will be women who appreciate their economy, convenience and quick results. Mastin's VITA- | tin's VI-TA-MON Tablets - the origit to digest and provide the health-giving, strength-building nourishment that your body must have to make firm tissue, strong nerves, rich blood and a keen, active brain. They will not cause

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