

SUFFERED SO From Heart and Nerves LIFE WAS A BURDEN

Mr. A. H. Lee, Beamsville, Ont., writes: "I am delighted to be acquainted with what I have to say regarding the good Milburn's Heart and Nerve Pills did me."

A short time ago I suffered with heart and nerve trouble, and was so bad I could not sleep, only about two hours each night. My heart was so bad I had spells when driving on the road and would faint away, and neighbors would carry me in from my wagon. I also took those pills in the night and during my daily work on the farm. My nerves were so bad I would jump out of bed, and was then compelled to walk the floor before I could settle down again, but after taking a few boxes of

Milburn's Heart and Nerve Pills

I can honestly say I am a relieved man. I now feel in the best of health, in fact, the best I've been in for three years, and can do any class of work with pleasure where before life was a burden to me."

Price 50c. a box at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

THE NEW FRENCH REMEDY, THERAPION NO. 1 THERAPION NO. 2 THERAPION NO. 3

For Rheumatism, Gout, Sciatica, Neuralgia, Migraine, Headache, Stomachic, No. 3 for Chronic Weakness, Indigestion, Nervousness, etc.

BACK ACHE TERRIBLY

Mrs. McMahon Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Chatham, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for a run-down condition after the birth of my baby boy. I had terrible pains and backache, and was tired and weak, not fit to do my work and care for my three little children. One day I received your little book and read it, and gave up taking the medicine I had and began taking the Vegetable Compound. I feel much better now and am not ashamed to tell what it has done for me. I recommend it to any woman I think feels as I do."

—Mrs. J. R. McMahon, 153 Harvey St., Chatham, Ont.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has for nearly fifty years been restoring sick, ailing women to health and strength. It relieves the troubles which cause such symptoms as backache, painful periods, irregularities, tired, worn-out feelings and nervousness. This is shown again and again by such letters as Mrs. McMahon writes, as well as by one woman telling another. These women know, and are willing to tell others, what it did for them; therefore, it is surely worth your trial.

Women who suffer, should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women."

WHAT MADE ME HAPPY

"I was congratulating myself that I had passed the winter without catching a cold, when I got one at the beginning of last May. It was because I was run down. Being run down I had some trouble in getting rid of this cold. I was a nervous wreck. I would wake up regularly mornings feeling that some terrible calamity would take place. Although we were comfortably off, I felt sure my husband was going to lose everything. The children worried me. If they made the least noise, I would get into them so that I am sure they hated me. I would be mad with myself after it was over and make up my mind never to let it happen again. I would go to bed at night and begin to think and picture dreadful things which might happen to me and my family. I would lay awake for hours, sometimes until daylight, until I was so weak that I could scarcely raise my head. I would waken next day just as tired as when I laid down. After a while I got so that I didn't care what happened. The children annoyed me and I wouldn't have cared if they had left me for good. I felt that it was only a matter of time before I would lose my mind. I knew that my symptoms were due to a run-down condition and that if I could only get something to build me up, I might be all right. I knew that there must be some good tonic but most of them made such foolish claims that I was afraid of them. Happening one day to run across a leaflet about Carnol, I was impressed with the moderate way this preparation was described, so I made up my mind I would try it. I did and today I am the happiest and healthiest woman living. I haven't a care in the world. Instead of running away from me, my children are now with me all the time. My husband tells me that my disposition is as near an angel's as any human being's can be, but of course he is prejudiced. I don't believe I have a nerve in my body now."

Carnol is sold by your druggist, and if you can conscientiously say, after you have tried it, that it hasn't done you any good, return the empty bottle to him and he will refund you money. 6-22

Sunday Services in Churches

St. Andrew's—Rev. John W. Stephen, minister. Services, 11 a.m. and 7 p.m., conducted by the minister. Students, soldiers and strangers invited.

Sydenham Street Methodist—Public worship, 11 a.m. and 7 p.m. The minister, R. H. Bell, will preach. Sunday school, 2.45 p.m.; W. W. Chown's class, 9.45 a.m. "A Day in Thy Courts is Better Than a Thousand."

St. Paul's.—Morning Prayer, 11 o'clock; preacher, Canon FitzGerald, M.A. Sunday school and Bible classes, 3 o'clock; evening prayer, 7 o'clock. Preacher, Canon FitzGerald, M.A.

Gospel Hall, new Orange building, upper Princess street—Sunday, April 29th. Evening service 7 o'clock. "Life of Moses from the cradle to the border of the Promised Land," illustrated by beautiful lantern views.

Bethel Church, corner Barrie and Johnson streets—Pastor, A. Sidney Duncan. Services, 11 a.m. and 7 p.m.; Sunday school, 2.45 p.m.; Christian Endeavor service, Monday, 8 p.m.; praise and prayer service, Wednesday, 8 p.m. Seats are ready for you.

Calvary Congregational Church—Corner Charles and Bagot streets. Pastor, Rev. A. F. Brown, 144 Barrie street. Phone 1866w. Sunday, 11 a.m.; 3 p.m. Sunday school; 7 p.m.; Monday, 8 p.m. Christian Endeavor; Wednesday, 8 p.m., prayer meeting.

St. Luke's Church, Nelson street—Rev. J. dePencier Wright, M.A., R.D., rector. Fourth Sunday after Easter. 11 a.m., morning prayer; 2.30 p.m., Sunday school and Bible classes; 4 p.m., holy baptism; 7 p.m., evening prayer. Seats free. Strangers and visitors cordially invited to attend.

First Baptist Church, Sydenham and Johnson streets—Rev. J. S. LaFlair, pastor. 11 a.m. sermon theme, "What Shall the Harvest Be?" 2.45 p.m. Bible school; 7 p.m. students' service. Sermon theme, "The Mind of Christ." The entire service conducted by University students.

First Church of Christ, Scientist, 92 Johnson street—Services, 11 a.m. and 7 p.m. Subject "Prostration After Death." Sunday school, 9.15 a.m. Wednesday, 8 a.m., testimonial meeting. Public reading room open every afternoon except Sunday and holidays, from 3 to 5 p.m., and on Thursday and Saturday evenings from 7.30

Present Truth Hall, cor Princess and Montreal streets, over Sargent's Drug Store—Service, Sunday 7.30 p.m. subject: "The Eastern Question." This is the problem that is stirring the minds of thinking men of to-day. Hear its solution from the Bible, Daniel XI: 41, 45 by the Evangelist at Present Truth Hall. All welcome.

Queen Street Methodist Church—Rev. W. S. Lennon, B.A., D.D., pastor. Services at 11 a.m. and 7 p.m. The pastor will preach at both services. Morning anthem: "O Holy Hands of Jesus." Baritone solo by Judge H. A. Lavell. Evening anthem: "Now the Day is Over." Also soprano solo by Mrs. J. Crawford. Sunday school and Bible classes at 3 p.m. A cordial welcome awaits you. Seats free.

WHEN THE WORKERS ARE EFFICIENT

By the Rev. Charles Stelzle.

"Next Week is Efficiency Week," a factory owner posted throughout his shop, with the thought of making a big spurt. And the workmen grinned. Many of them sneered. "He's trying to put something over on us," some of them said.

Things had been going pretty well in the shop and the men had become fairly well accustomed to the new efficiency expert and his plans; that is their opposition had very materially decreased. But here was something that looked like a put up job, and production fell off twenty-five per cent. from the average recent attainments. The boss might better have called it something else than "efficiency" and he might have tackled the job in a less cold-blooded fashion. There is not much inspiration in the declaration that "Next Week is Efficiency Week."

The boss had the machinery of the business in pretty good shape, but he didn't know the human element in the proposition.

What does real industrial efficiency mean, anyway? It doesn't necessarily mean new machinery. It doesn't mean that men's jobs are to be made harder. Rather, it means that the jobs are to be made more attractive, more interesting, more profitable—both to the employer and the employee. It means a definite drudgery is to be developed into pleasant tasks. It means a definite aim in every job. It means systematized work and using the margin of time, which often may be tentatively employed without profit to anybody. It does not mean elaborate system, for many a man has all kinds of up-to-date machinery, but employs all of his energy in having the wheels go round.

Men are efficient when they work together—team work is just as essential as individualized effort. Men will be efficient when they believe in their jobs—when they are treated not as machines but as human beings. We are not much fun in having an stand over one with a stop-watch, to find out how long it takes to turn out a certain piece of work, unless one enters into the spirit of the thing; and one cannot give one's best to the boss unless there is a sort of partnership feeling. It's an excellent thing to have a standard toward which workmen are to strive; but when they are played against one another in order to increase the output and made to feel that the last big spurt is afterward to be regarded as the normal day's work, the average man becomes suspicious of a placard

which one is aiming. When an engineer plans to build a new line of railroad track he sees the end from the beginning. The whole job is complete in his mind's eye before the first tie is laid or the first spike driven. Such an outlook gives purpose to every day's work. It releases from the drudgery of making the day's work merely a series of jobs. It gives zest and enthusiasm and makes one forget the smaller vexations and worries in the hope of final realization.

After all, it is only one day's work at a time. Emerson said: "Each new day is as the beginning of life." Therefore, it is a good thing to forget one's past failures as well as one's past successes and press toward the mark which has been set before one.

America's king is the workingman. He may live in a tenement, but he is the backbone of this republic. He is the most highly skilled artisan in the world. It is because of this that we are the most prosperous nation in the world. America learned the lesson earlier than any other nation that the prosperity of the whole people depends upon the prosperity of the workingman. America learned the lesson sooner than any other nation that no people can advance unless they take with them the common everyday man. He has not received all that to which he is entitled. Any man would be a fool to say that the present social system is ideal in any land. But the labor movement is rapidly bringing in the day when the workingman shall come to his own.

The American workingman is an independent, free-acting citizen. Any man, be he labor leader or politician, or labor leader and politician, who says that he carries in his vest pocket the vote of the American workingman, is a liar. If he really believes it, he is a fool. The American workingman claims the right to protest against any condition which he believes is against the interest of the people.

The American workingman is not a lawless revolutionist. Anarchy or the bomb-throwing type does not appeal to him. He is demanding that the women folk shall receive equal pay for equal work. He is the champion of little children in his fight against child labor. The American workingman is helping to Americanize the immigrant. He is breaking down antagonisms that separate men of different religious creeds. He is obliterating the color line. He is fighting for universal peace.

One need not be a prophet nor the son of a prophet to say that this is the era of the common man. The masses are rising to assert themselves as never before; because the coming democracy is being built, not upon a lawless revolution, but upon an evolution which seems natural and, therefore, must be permanent. No human power can prevent its coming.

This means great things for the people; it fills with hope those who have been bowed down with the burdens of the past. It means also that every true lover of the race

will rejoice, for the well-being of the common humanity must be the ultimate aim of every worker in the field of social service. And more and more is the great-hearted employer realizing that his business must be conducted upon a social basis—not simply for the few who are directly interested as stockholders.

The power of the labor leader of the past will be considered small, indeed, when compared with that which will be given the leader of the future. For he will be statesman, prophet, preacher. He cannot be demagogue, grafter, charlatan. He must be such so as to inspire confidence—not only in those who are his immediate followers, but those who will look to him as an expert on the subjects most directly involved—as the true representative of the common people.

TO AVOID PAINS OF RHEUMATISM

This Trouble is Located in the Blood, and Relief Comes Through Better Blood.

Rheumatism comes with thin, impure blood, and can only be driven out of the system by enriching and purifying the blood.

The chief symptom of rheumatism is pain. The most successful treatment is one that quickly banishes this disagreeable symptom. Many rheumatic people suffer pains that could be avoided by building up the blood. The value of Dr. Williams' Pink Pills in rheumatic troubles is proven by the testimony of Mrs. A. Bryson, Arthur, Ont., who says:—"I was so used up with rheumatism in my shoulders and neck that I could not turn in bed without the help of my husband, and the pain at times was almost unbearable. I took doctor's medicine which did me little or no good. Then I began taking Dr. Williams' Pink Pills and have since been free from rheumatism. I can also recommend the pills to young mothers, as in my own case I found they also unexcelled. I may also add that I recommended Dr. Williams' Pink Pills to a neighbor who took fainting spells at the change of life, and who could not walk any distance. She took the pills for nearly three months and they made her a strong well woman."

You can get Dr. Williams' Pink Pills from any dealer in medicine or by mail at 50c. a box from The Dr. Williams' Medicine Co., Brockville, Ontario.

Her Favorite

She contracted the habit of gushing over quite ordinary things. This often led her into strange paths. On one occasion she was introduced to a young man who had just returned from Russia. "Russia!" she exclaimed, "how perfectly ripping! I adore Russian things; I think Russian dances terrific, and as for Russian novels, I love them!" "Indeed," said the traveller, "and what Russian novels have you read?" "Oh, all of them; they're beautiful, but I think Tolstoy's 'Good-bye' is my favorite."

The Horse's Speed Limit.

Before our agrarian population had taken so enthusiastically to the automobile, two farmers drove into town in an old spring wagon pulled by a very bony nag. The little burg had just been incorporated, and among the evidences of this was a brand-new sign at the town line: "Speed Limit, Ten Miles an Hour." Observing this, the driver began whipping up his steed vigorously. "What's you' hurry?" demanded his companion in mild astonishment. "See that sign?" returned the other. "But I dunno if I can make it or not."—Everybody's Magazine.

A monster python at the Zoo in London, Eng., recently broke a fast of many months by devouring a pigeon. He celebrated the feat by eating three more at one meal. Snakes have notoriously erratic appetites, but this particular specimen is evidently bent on making up for lost time. Another python—a 10-foot specimen from India—has recently arrived at the Zoo.

Made from Fruit Juices and Tonics Fruit-atives will correct Stomach, Liver, Kidney and Skin Troubles. 25c. and 50c. a box. FRUIT-A-TIVES LIMITED, Ottawa, Ont. Ogdensburg, N.Y. — London, Eng. — Christchurch, N.Z.

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"VIC" EATS "VIC" SERVICE Can't Be Beaten THE VICTORIA CAFE King Street. Jewly Lee, Manager. Telephone 762.

The Next Number on the programme, Ladies and Gentlemen, will be a selection played by the KIROKA Little Symphony Orchestra, Victor Soudok, directing. If you have never heard this wonderful organization of players, you've missed some real fine music. They are regular features on Radio KDKA'S (Pittsburgh, Pa.) programmes. This is our invitation to you to drop in any evening and hear them by Radio or better still, have us demonstrate one of our quality sets in your own home. No obligation to buy. Out-of-town people, tell us your wants. Everything prepaid. Money back guarantee. Agents and dealers write. Canada Radio Stores Eastern Ontario's Largest Distributors of Quality Radio Equipment. Everything GOOD in Radio—that's all we sell.

Restores lustre and beauty to old cars Preserves original finish of new ones LUSTERIZE Removes all dirt, Dried Oil and Dead Polish, and restores the surface at ONE operation. Waterproof, non-inflammable, easily applied, most economical and lasting. If your dealer cannot supply you, sent postpaid on receipt of price. Half pint tin, \$1.00; one pint, \$1.75. MANUFACTURERS J. L. RAWBON & SON 150 WELLINGTON ST., KINGSTON, ONT. HEAD OFFICE, TORONTO. PHONE 2468W.

OFFICE FURNITURE DESKS in Golden Oak—all sizes. Typewriter Desks Sectional Bookcases

Typewriter Chairs, Revolving Chairs. Robt. J. Reid Director of Funeral Service. Phone 577 Ambulance. The customs of every class of society are more or less alike, and differ only in degrees. High life has slang of its own, but its slang is termed "style." The time will come when summer will ask us: "What were you doing all the winter?" Time shall unfold what platted cunning hides.

SMOKE OGDEN'S CUT PLUG 15¢ per packet 80¢ a 1/2 lb tin If you roll your own ask for OGDEN'S PINE CUT (green label)