#### The Little Things

By BERTHA M. REEVES.

When John Harris died leaving nothing but a few thousand dollars and his pretty cottage, no one was more surprised and bewildered than his pretty daughter, Betty. Brought up by an adoring but very busy father, and an equally adoring aunt, Betty Harris had already spent 22

years of her life in idle pleasure. Every whim had been satisfied, until her seifishness completely buried every trait of a lovely, generous nature which really lay dormant in the girl's soul. She had not known or even cared that her father could afford to grant her every wish only by living up to every cent he carned, always hoping that his ship would come in and he would be able to lay aside something for a rainy day. But that time never came.

After the first shock of the loss o her dear father, it was Betty's aunt who really spurred the girl into action.

"What will become of us? Of course we must starve," she wailed,

and finally Betty said: "Auntle, I am going to work." ."To work!" almost shricked her sunt, "to work! Oh, what would

your mother say! Oh, dear, oh, dear!" But Betty was etermined, and to the surprise of neighbors and friends, she obtained a splendid posi-

tion with Mr. Smith, head of the

E. J. Smith Manufacturing Company. Mr. Smith was an old family friend. Betty tried hard, and for the first time. life began to mean something more than bridge parties and country club dances. To be suee, she had her usual amount of invitations, for Betty prided herself not a little on her popularity with the opposite sex. One thing was lacking-Jack Burns, popular and rising physician of the town, no longer called to see her, and in her heart the girl was grieved and piqued.

The final blow came when, one night at a small select party. Betty overheard two girl friends talking. "Well," said one, "we can't count on Betty for the bridge party Wednesday afternoon. She's working

"Oh, I know it," came back the petulant reply; "but, really, can you imagine Betty's working? It's a wonder she didn't marry some of her ardent suitors. What about Doctor Burns?"

The other girl answered quietly: "I like Betty, but I am sorry for her. She is so selfish, and doesn't realize this last act of working? Dr. Burns loves Betty even now, but his good sense told him she would never made a good doctor's wife. A doctor's wife needs qualities above the average to help him on to success. Maybe his apparent change of mind may open Betty's eyes. Let us hope

And Betty left the dance early, her face flushed, her eyes so bright with unshed tears that her aunt, in a flurry of nervous apprehension, dismissed the puzzled escort and put her

Once in her room alone, the girl waged a battle with herself, and self

HE worry and strain of recent years

been able to break away from the details

and anxieties associated with their occupa-

have broken down suddenly just when they

while others have lingered as invalids, lack-

ing the energy and nerve force necessary

above by Dr. Kennedy in the American

Magazine for October are well worth a

careful study, because with this knowledge

you can then detect the indications of failing

nervous energy while yet there is time to

A few days away from the scene of

appeared to be in their prime.

for the pursuit of their vocations.

prevent serious results.

In a moment you will recall many who

Some have had their lives snuffed out

The warning symptoms as outlined

has been too much for many business

and professional men who have not

lost out. Only the loving eyes of her departed parents gazed from their places upon the wall, understood, and almost seemed to smile encourage-

In the morning a new Betty arose, pale and quiet. She had no flippant reply for her aunt's anxious remarks -only kind assurances that she was better.

At work, Mr. Smith decided there was more to the girl than he had thought, and in the following weeks the girls in the office thought they were mistaken in their earlier impressions of the new secretary, and the young men thought that Miss Harris really wasn't the firt she was reported to be.

Walking thoughtfully home one evening. Betty was interrupted by a small voice.

"Good evening, Miss Harris." Betty, amazed, beheld sturdy Bobby Lane, once her next-door neighbor; his great dog, Pal, and a funny "For Sale" sign perched upon

a fence beside the road. "Why, good evening, Robert," and, going closer, "what is for sale, you,

Pal, or the fence, Bob?" The child tried to smile, but lowered his head, a tear slowly rolling down his cheek and splashing on the sleek brown head of Pal, who promptly snuggled closer to the boy and raised appealing brown eyes to the

"Why, Miss Harris, mother's sick and has had no work for a long time. I thought I could sell Pal. He-he gets hungry, too, and he never complains. Oh, Miss Harris, do you think some nice, rich man will give a whole dollar for him?" The child came closer and gazed in eager appeal into the girl's face.

For the first time in her self-centered life tears of real pity came to isn't because I do not like my work themselves, and the fishery became Betty's eyes. She had known Robert's mother once, but the girl had married a poor young man, not in Betty's set, and Betty had promptly dropped her, calling to see her only once after the death of her husband. Not knowing what she did, the gir

tore down the sign. "Bobbie, dear, Pal is worth much more than one dollar. You must not sell him. Mother needs such a brave little boy and his faithful dog to care for her. We will find another way. Will you take me to see your mother?"

And as they walked along, hand in hand, the child talking eagerly, Betty was thinking. She remembered that Mrs. Lane once worked in an office, and suddenly an idea came to her. She put it from her, but it returned again and again.

As the trio trudged along, a big gray machine slid near them and stopped. "Won't you folks ride the rest of

the way to town?" asked the owner. Betty raised her eyes, met the steady gaze of Dr. Jack Burns' dark | smelling June dusk. Her heart was eyes, smiled coldly, and said:

tiful evening we think we will walk." The young man hesitated, then lifted his hat and drove on wonder-

Once at Robert's home, Betty Harris plied the sick woman with eager questions, and left with a promise of returning surely before seven. store to 'phone to whom she knew window, but it was not her aunt. The

keep dinner. I am working late to- Its soft beams fell upon an object night. Now, now, I'm all right. I'll drawn up close to the verands. Yes, to hear her aunt's protest she hung pearly-gray.

Why Men "Crack"

When on the Highway

What Do These Things

66 CLEEPLESSNESS." Doctor Kennedy tells

rest. You are showing signs of nervousness

when you cannot keep from twitching your

eyebrows, shrugging your shoulders, swing-

ing one foot when your legs are crossed; or

when you cannot sit at a desk or table with-

cannot concentrate on one task, but contin-

ually goes from one thing to another. He is

also very apt to lose interest in the work and

recreations that formerly gave him pleasure.

And he is easily fatigued. Nervous fatigue is

most commonly indicated by a constant feel-

your worries, rest and moderate exercise in

the open will help to get you started on

the way to better health. Your recovery

will be greatly hastened by the use of Dr.

supply proper nourishment to the nervous

system. And when thus exhausted the

nerves fail to control the digestive fluids

of the stomach. On this account outside

help is necessary, such as Dr. Chase's Nerve

Food, before you can get back your strength

treatment long before you will find your-

self sleeping and resting better. And this

is what you need above all else. The old

energy and vigor will be felt throughout

your system and you will be encouraged to

keep up this reconstructive treatment until

you feel entirely yourself again.

Dr. Chase's Nerve Food

50c a box, all dealers or Edman son, Bates & Co., Ltd., Toronto.

You will not be using this restorative

Your digestive system has failed to

ing of tightness around the head.

Chase's Nerve Food.

"The nervous man very often finds that he

out continually tapping with the fingers.

Tell You?

us, "is one of the commonest signs of

nervousness. Another is physical un-

## IF STOMACH IS

TROUBLING YOU

Instantly! End Indigestion or Stomach Misery with "Pape's Diapepsin"

would as you cat a tabiet or a "Pape's Diapepsin" your indigestion is gone! Heavy pain, heartburn, flatulence (gases, palpitation, or any misery from a sour, acid stomach gods. Correct your stomach and digestion for a few cents. Each package guaranteed by druggist. mannenname

up the receiver. Betty wanted to work fast; she was doing something which might make someone happy at last, but it was a sacrifice she didn't wish to think about.

Within ten minutes she was in the presence of her employer, pouring out the sad story of Bobbie Lane, his mother and Pal.

"Now, Mr. Smith," she added, "I am resigning-yes, sir, it is true. I want, you to try Mrs. Lane in my place. She knows much more than I about stenography. Will you please

give her the chance?" Mr. Smith removed his glasses, wiped them, and replaced them before he replied. "But, Betty, you said you needed

the work. Are you quite sure you wish to make this change?" # "Oh, Mr. Smith," eagerly cried the girl. "I know but please do not question me-only give her a trial. I know I am leaving you abruptly, but it or appreciate your goodness to me; but-but I have other plans, and, oh, Mr. Smith, will you please try her?"

The manufacturer regarded the girl with a keen glance until her eyes dropped and a flush mounted her cheeks.

"Miss Betty Harris, your resignation is accepted, and Mrs. Lane is elected to fill the vacancy." Mr. Smith arose. As the girl stood up, he put his hand on her shoulder. "There may be a chance to help you whenever you want me to do so. I had no idea John Harris had such a kind and unselfish girl.

Betty dropped her head for a moment as though ashamed, but recovered her self-possession. "It is not much, sir. It is such a

little thing to do in a lifetime," she said. "A little thing! Ah, but it is the little things that count in life," replied the man.

Some hours later Betty walked slowly home through the sweetsinging, her eyes moist at the "No, thank you; it is such a beau- thoughts of the happiness she had left behind her. She knew that three new friends were hers at the end of this perfect day-Robbie, his mother and Pal.

As she turned in at her own gate, the lights from the living room shone out to greet her.

But who was that? Yes, surely, From there she hastened to a drug some one was peering through the must be a thoroughly alarmed aunt. | moon suddenly emerged as on gifted "Aunt," she fairly gushed, "don't wings from behind a shadowy cloud. be home soon." And without waiting it was a car, long, glistening and

#### FISH HATCHERIES.

Annual Report Recites Their Beneficial Results. Much evidence of the beneficial results of fish hatcheries is recited in

the annual report of the Dominion

Superintendent of Fish Culture. "From a state approaching depletion," says the report, "the whitefish fishery in Lake Winnipeg was brought back to a point where it compares favorably with what it was in the earliest days, and in one recent year the catch of whitefish, per net operated, was higher than it ever was in the history of the lake.

"Thirty-five years ago the whitefish fishery of Lake Erie was regarded as a thing of the past, but with intensive fish cultural operations on both sides of the line it has been brought back to a most remunerative condition."

The president of the Lambton Fisheries Association is quoted as to the beneficial effect on the Point Edward hatchery on whitefish in Lake Huron. Prior to the establishment of that hatchery the president of the Lambton Association had depended "wholly on pickerel and sturgeon to meet expenses"; but after its construction "whitefish reappeared and increased yearly until now he depends on them and not on pickerel and sturgeon for his season's profits."

"The Lake Ontario whitefish fishery was practically gone twenty-five years ago," the report goes on, "but it is now in an excellent condition. as is indicated by the catch. > The department undertook to stock the lake at first with fry from the whitefish hatchery that was then at Sandwich. The results soon manifested so built up that in 1914 it was found feasible to establish on the Bay of Quinte one of the largest whitefish hatcheries in the province.

"When the collection of such eggs were first undertaken the department was satisfied with a take of thirty million; this collection has steadily increased in each of several successive years. New records have been established, and the collection of eggs was better than in preceding seasons. The collection in 1922 was over two hundred and eight million, and we are now able to ship large quantities of eggs from the Bay of Quinte to other less productive waters.

"Lake Ontario is now a close second as a whitefish producer to Lake Erie. The catch in Lake Ontario in 1921, the last year for which figures are yet available, was 21,885 hundredweights as compared with only 1,266 hundredweights in 1895. This improvement has been brought about notwithstanding the fact that there has been no close season in the Great Lakes for years."

#### No Gold In Labrador.

W. Morley Ogilvie, mining engineer, has returned from Labrador, where he was sent by the Labrador Goldfields Limited, to ascertain what prospects there were of finding gold in the leases sold by this company.

Mr. Ogilvie says that he found no gold. There is no gold as far as he can ascertain in the district. In a report to the company he states that the assumption of the geological department as to the probable action of glaciers at Stag Bay was not sustained by his investigations Mr J. Lambert Payne, the vice-

president of the company, says: "This is to me a bitter disappointment. I believed in the thing, and, to the extent that I influenced some of my personal friends, I feel humiliated and discredited. This simply means, however, that I was deceived along with many others, and I am a Things That Contribute to or Retard | Hugo's "dreary plain," dotted with loser as well as they.

"I have but one consolation. In all our advertising, we presented the proposition as an absolute gamble. No one could have been misled into the belief they were taking up sure thing."

#### Do You Smoke a Clay?

Nowadays Canadians are inclined to associate this container of tobac- of the foot. co with pictures of Pat and his shillaleigh or with the foreigner who Anything over seven feet four inches does most of Canada's pick and is too fong a stride and will speedily shovel work. The good old clay is tire the runner. not nearly so conspicuous nowadays as it was fifty years ago. But many heavily, for you will bruise the feet the owner of silver-mounted briers and jar the whole body. Nothing and ornate meerschaums has a clay causes fatigue more rapidly than this in his den and he will tell you that | jarring. there is no sweeter smoke. Visitors pipes, White's patent "allsorbos." In | in a perfectly straight line. addition to ornate heads of Sir Wilfrid Laurier, Lord Haig, the Prince | swing in unison with the legs, the of Wales and various others which right arm moving with the left leg the smoker can color a rich brown and vice versa. with his burning tobacco, are plain pipes and even case pipes. Excepting the metal ferrule they are clay throughout, even the black guttapercha seeming stems, and the manufacturer declares that he still has a good market in Canada.

Indians Travel In State. Indians with baskets to sell have been a familiar sight on the streets of Walkerton, Ont., says the Telescope. For many years the redmen and their squaws have come down from the Saugeen Reserve laden with great bundles of their wares. But

times have changed. Recently a brave from Saugeen brought down a big stock of baskets, but he rode in style in a Ford. The jitney was so stuck up with baskets that you could scarcely see the tin lizzie as it rattled along, but it carried more than half a dozen squaws could. The Indian looked happy, the new style of locomotion appealing more to his likes than toting the whole works on his shoulders. Verily, the world "do move."

#### A Large Sized Cod.

The largest cod ever landed at an east coast port was recently brought into Lockport, N.S., abourd schooner Jellicoe. They docked with the largest sized cod ever landed at that port, some weighing seventy pounds. On the three days trip the crew shared over \$34 net. Fishermen are making big hauls of herring.

Saskatchewan's Crop. Regina, Nov. 20.—It is estimated that Saskatchewan's 1923 crop will yield \$276,844,650, distributed as history as the "Man of Destiny." follows: wheat, \$189,466,500; oats, He believed the whole course of his \$56,835,600; barley, \$7,620,800; life was predestined and looked rye, \$4,693,500, and flax, \$9,168,- upon himself as a mere instrument

# The Children's Hour

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They are the gold of Memory's storehouse—those hours "between the dark and the daylight."

And under the spell of the evening lamp, the Children's Hour becomes a Magic Hour, when Age forgets its years and wanders with Youth into the Land of Make-Believe.

All too soon those hours pass; but the cheerful light is always there to touch with magic those other hours between the Dawn and the Twilight of

There are rooms in your home which will need the magic touch of Edison MAZDA Lamps. Put the right lamp in each socket and see how much you add in comfort and cheer.

> Go to the Edison Mazda Lamp Agent in your neighborhood. He knows just which lamps will give the best lighting effect with every fixture in your home-and at the

"Made in Canada"



Distributors for Edison Mazda Lamps.

### Halliday Electric Co. Corner of Princess and King Streets

POINTERS FOR THE RUNNER.

Speed In Footwork. To run properly requires regular

training, but some hints may be useful, says London Answers. Never lean forward. You will never see a crack sprinter in any other posture except an erect one.

be run upon the toes. For longer distances one should run on the ball

Be very careful not to overstride.

Care must be taken not to run

Do not kick up heels behind you, to the British manufacturers' display for this means wasted energy, and do at the "Ex" at Toronto may have not spread your feet widely apart. noticed an assortment of Scotch clay The best runners put their feet out The arms from the shoulder should

Sermon-strous of Her.

"Oh, George!" cried Ethel to her husband, "you really ought to have come to church with me this morning. Such a lovely sermon. I'm sure it would have done you good. All about dishonesty and stealing and petty meanness. No one could help feeling better for it. I do wish you could have heard it."

"Really, my dear," said George, trying in vain to stiffe a yawn"; trying in vain to stiffe a yawn; and—ah—did you walk home?" "No. I took a tram. And I had such a stroke of luck. The conductor forgot to ask me for my fare,

so I saved a nickel." An Unacceptable Condition. Jones-"I hear that you called

upon old Grumper yesterday and asked his consent to your marriage with his daughter." Smith-"That's so."

Jones-"What was the outcome?"

Smith-"Well, he imposed rather too severe a condition, which, fond as I am of Miss Grumper, I cannot see my way to accept." Jones-"Indeed! And what was that, if it is a fair question?" Smith-"Oh! I'll tell you. It's no

secret. He said he'd see me hang

Had Comeback.

"Say, Blink," asked Jinks, as he walked into Blink's store, sample case in hand, "can a cowhide in a shoe store?" Blinks wasn't at all slow. "No." he said, "but calfskin."

Napoleon Bonaparte is known in in the hands of Fate.

Waterloo Displaced as Tourist Mecca.

Waterloo, until 1914, was the most frequented spot in Belgium. Victor monuments commemorating the armies taking part in the battle, topped their land. by its collosal lion on the historic hill of Mont St.-Jean, attracted countless foreign visitors, and Sundays citizens of Brussels journeyed

there in caravans. All distances up to a mile should tion for the remunerative privilege of escorting over the battlefield the nu-

merous visitors which every train disgorged into the town. Cafes, restaurants, hotels were doing a huge business. To-day gaunt and sad guides await visitors in vain.

Waterloo is desolate. Deserted inns are closing up. Devastated Flanders fields are monepolizing the curiosity seekers.

Nieuport, Dixmude, Ypres and the Yser, the most thickly populated war cemeteries of Belgium, also provide the greatest attraction for the living. The World War has killed Waterloo, and by half destroying Flanders has resuscitated it.

Never give advice unasked.

Corn From Cockles.

When fish is too plentiful and prices low tons of nerrings or mackerel are dumped on the beach and haufed away by farmers to manure The odor is dreadful, but the re-

sult, so far as crops are concerned, Shellfish make the best manure. Of late limpets have been doing much harm to the oyster beds on the Last

Coast of England. The Whitstable Oyster Company have been clearing their beds of these pests, and have secured aper eight thousand bags weighing some four hundred tons. Al' these have been put on the and, and extraordinary crops of corn and roots have resulted. Cockles, mussels, or any other shell

fish are equally valuable as manure, for the shells are good fertilizer as well as the fish themselves. In the United States a species of stickleback is netted out from rivers

by the ton and used upon the land,

You will not achieve success by simply hoping for it. Ambition is useless without activity.



NCE let 'cold germs' find the weak spot in your throat and troubles come thick and fast.

The tickling soreness at the back of the mouth, hoarseness, difficulty in swallowing and irritating dry cough are all evidence of germ attack. The one speedy effective way to banish these troublesome symptoms is the Peps breatheable way. Simply take a Peps, peel off the protective silverjacket and let the tablet slowly dissolve on the tongue, when the volatile healing medicines will

mix naturally with the breath. The germ-destroying Peps fumes as they circulate through the air-passages are soothing and comforting. Pain and irritation is charmed away. Any nflammation or soreness of the delicate membrane lining the way from mouth to lungs, is speedily ended. You soon lose the cough, hoarseness and swallowing difficulty.

Always carry a few of these silver-wrapped Peps tablets

about with you as a remedy and safeguard against coughs, colds, chills and bronchitis, or other throat and chest weakness.

