

LEYS
my mea!
Sealed in its Purity Package
VINT
GUTH
AVON
However, on the middle West, required to un-
determination, of one candi-
What did
omplished for
admitted that
that in order
of serious-
to add,
was nothing
Cuts
World,
the world is
air route all
miles. This
and the
highly larger
by a tra-
surface
to be imper-
like seven-
here
in safety?
safety.
TIRE &
d.
Ont.
EY
withy
at
incl
in
OR
his
of
best
est
SP
GINGS
NY

PEOPLE "ALL NERVES"

What to Do if You Find Yourself in This Condition.

The sort of thing that specialists speak of as nervous debility is the run-down condition caused by over-work, household care or worries. The sufferers find themselves tired, morose, low-spirited and unable to keep their minds on anything. Any sudden noise startles and sets the heart palpitating violently. They are full of groundless fears, and do not sleep well at night. The hands tremble and the legs feel as if they would give way, following a walk or any exertion. The whole condition of such people may be described as pitiable.

Doctors of the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of new rich blood. Therefore the treatment for nervousness and run-down health is Dr. Williams' Pink Pills, which promptly build up and enrich the blood. The revived appetite, the strong nerves, improved spirits and new strength which comes after a course of these pills will delight every sufferer.

You can get these pills from any medicine dealer or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Torpedo-Carrying Wonder Plane.

What is generally thought to be the most wonderful aeroplane ever built is nearing completion at the works of the Blackburn Aircraft Co., Ltd., at Brough, on the Humber, in East England.

The machine has been built for the Air Ministry, and is named the Cubaroo. It is driven by a 1,000-h.p. Napier Cub. It is a biplane with a wing spread of about 70 feet, and it has an enormous fuselage.

Although the Napier Cub is, both in size and power, the biggest aero engine in the world, it is stowed away in the fuselage so that it cannot be seen, and the pilot's seat is actually on top of the engine.

Inside the fuselage there are three separate floors. On the top floor is the pilot's room and space for armament.

On the middle floor are the chart-room and offices, and on the "ground floor" or basement are the bomb sights and more armament. The torpedo is also controlled from this room.

The machine has been specially designed to carry the largest naval torpedo built.

It has a normal top speed of 120 m.p.h., but when in action it could swoop down at 150 m.p.h. to within a few feet of the water, discharge its torpedo, which would disable or even sink the largest 26,000,000 battleship afloat, and be miles away almost before the crew of the ship knew what was happening.

The Cubaroo has been designed by Major Bumpus, and a fleet of 400 such machines could be built for the price of the battleship which any one of them could destroy.

Chinese Trees for Pulp.
Seeds of Chinese fir trees, which are particularly suited for the manufacture of wood pulp, are being tested by the forest service in the hope of adding to the pulp producing resources of the United States.

Why She Kissed Him.

Agincourt was a great English victory; yet it would hardly be so famous as it is to English and American readers to-day if it had been merely chronicled, not greatly celebrated by the victorious race. It is Shakespeare and Drayton that have kept that great fight and its leaders still vivid and alive.

Recently the distinguished French author and critic, M. Champion in his new Poetic History of the Fifteenth Century, has narrated the fascinating career and achievements of Alain Chartier, who in his poem of the Four Ladies wrote of the same battle from the point of view of the vanquished.

Each of the four ladies had a lover engaged in the conflict. One is killed in action; one is taken prisoner; one un wounded because he fled. The fourth ladies mourn their griefs and sympathize with one another, but all to her whose lover has returned safe.

Master Alain, as he was often called, was a fervent patriot not only in inciting his countrymen to resist and repel the English but also in boldly calling attention to needed reform and incompetence; he denounced corruption and the more admirable because in those days every man of letters was dependent upon favor and patronage. But Master Alain, despite his free tongue, never lost favor at court; he was even trusted with delicate foreign negotiations and sent abroad as ambassador. He lived long honored and beloved by noble and peasant; he was the favorite of three kings, and once it is the one thing known of him to most readers outside of France—he was kissed by a princess.

The lady was Marguerite of Scotland, wife of the Dauphin, later Louis XI. She was young, intelligent, spirited and beautiful; of Alain it was said that he had "the most beautiful soul and the ugliest countenance of any man in France." He had fallen asleep on a bench in the courtyard of the palace when Marguerite came by attended by a train of courtiers and noble ladies. She stooped and kissed him as he slept. The company were astounded, and one maid of honor ventured to remark, "But, madame, hoy can you kiss a man who is so ugly?"

"It is not to the man that I have given a kiss," replied the princess, "but to the precious mouth from which have passed and gone forth so many wise and witty words and noble sentences."

Master Alain fortunately lived to see and to hail the rise of Jeanne d'Arc; and his last known poem is one again denouncing the English and prophesying that they soon should be defeated and driven from France—as indeed they were soon after.

HEALTH EDUCATION

BY DR. J. I. MIDDLETON
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

The strength of a chain is measured by its weakest link. It matters not how ponderous and massive some of the links may be, the chain has little strength and will not stand the strain if even one of its links are defective.

This is true whatever phase of life one considers. Take a baseball game for instance. What greater drawback could be imagined than to have one weak man on the team? All the others are playing faultless ball and nothing seems to be in the way of victory. But the poor player drops the ball at a crucial moment when a catch should have been certain and the opponents score a home run, even if the score is winning the game. It was the weak player that did the trick. In any line of organized sport such as rowing, every man must do his bit and do it well. There must be no weak spots anywhere. And so it is with the efforts that are being put forward to keep the people well and strong, to prevent the spread of communicable disease, to save the lives of mothers and infants, to provide for drinking purposes, the disposal of refuse, the provision of adequate sewage facilities, good health habits, proper methods of living, eating, the right kind of food and not overeating, keeping the bowels active, taking outdoor exercise, bathing frequently, cultivating a kindly and optimistic spirit towards those with whom we come in contact—these are some of the links in the chain of health.

The recent convention of social workers demonstrated the numerous phases of health and welfare activities that have to be considered if the whole scheme of social service is to be of any real and lasting service to the community. All phases of the work came up for discussion, child welfare, mental deficiency, delinquents, bettering the condition of the poor, providing better facilities for workers, guarding their health and preventing accidents. These and many other topics were thoroughly considered. In listening to a discussion on industrial hygiene problems, I jotted down a few notes. They tend to show how varied and interesting are the subjects being dealt with, and how they pertain to the welfare of the industrial workers—a class which comprises such a large part of our population. Here are some of the things talked about:

Protection of workers against anthrax and lead poisoning also came up for discussion, as did also the question of providing legislation for the protection of women workers before and after childbirth.

Low wages and long hours produce a lower standard of living, immorality and disease.

Part of the duties of social workers is to try and bring about shorter hours of work in certain occupations. A great problem confronting us at the present time is the reduction of unemployment.

The 8-hour day was advocated in industrial work of the nature of mining, manufacturing and construction.

New Brunswick, it appears, is the only province in the Dominion that permits child labor under fourteen years of age.

Some scheme should be inaugurated to examine school children, so as to decide what employment they are best suited for.

If L. V. S. of Napanee will send name and address to Dr. Middleton, Spadina House, Toronto, he will give some directions about anti-goutre Tablets. They are expected to be soon on the market.

RED ROSE

COFFEE For particular people
Pure! No chicory or any adulterant in this choice coffee

EASY TRICKS
Rose In The Button Hole



This is a good stunt with which to begin a series of parlor tricks. The trickster pretends to pick a magic seed out of the air and puts it on his coat lapel where a buttonhole flower would be worn. The spectators can see that his hands are empty. He counts, "One, Two, Three!" and a real rose appears, as if by magic, in the buttonhole.

A length of elastic is the confederate in the trick. One end of this is fastened to the inside of the coat under the armpit. The exact position will have to be determined by experiments. This is lead right through the cloth and through the buttonhole and a rose is fastened to the end. When the performer enters the parlor, the elastic is stretched and the rose hidden and held by the pressure of the upper arm against the body. To cause the rose to appear in the buttonhole, it is necessary only to relax the pressure of the arm against the body. Magicians usually arrange for the rose to be easily detached from the elastic, thus permitting an examination of the flower and the automatic vanishing of the means by which the trick was done.

(Clip this out and paste it, with other of the series, in a scrapbook.)

A Quake a Week.
The city of Lima, Peru, has an earthquake about once a week, but in ten years there has been no loss of life or property. Slight jars and heavy rumblings are the chief characteristics.

Valued at \$75,000, a wonderful new telescope has been made for the Russian Government by a British firm. It contains a mirror 40in. wide, 8 1/2in. thick, and nearly 1,000 pounds in weight.

FLORIDA OFFERS GREAT
opportunities for safe investments with profitable returns. Highly interesting particulars sent free. We also wish to communicate with reputable persons to represent us in their locality. Write now. Box 56, Stuart, Florida.

New Sectional Maps.

Two new sheets of the Sectional Map of Canada, the Moose Mountain sheet and the Medicine Hat sheet, have just been issued. The western edge of the area covered by the former sheet lies about sixty-six miles east of the city of Moose Jaw. The area covered by the latter includes the city of Medicine Hat. Each sheet is approximately 24 inches by 34 inches, on a scale of three miles to an inch, and shows by various colors detailed topography such as streams, lakes, roads, buildings, contours, telegraph and telephone lines, railways, post offices, etc.

These sheets may be obtained from the Topographical Survey of Canada, Department of the Interior, Ottawa, upon payment of the nominal fee of 25 cents each, or if they are desired in older form of pocket size convenient for carrying around, the price is 50 cents.

Minard's Liniment for Rheumatism.

The neglect of the sun's healing powers has been one of the greatest of many blunders of so-called civilization.—Sir Herbert Barker, the famous bone-setter.

For a finger-nail to reach its full length, an average of seven-twelfths of an inch, from 121 to 130 days of growth are necessary.



MURINE
NIGHT & MORNING
KEEP YOUR EYES
CLEAN, CLEAR AND HEALTHY



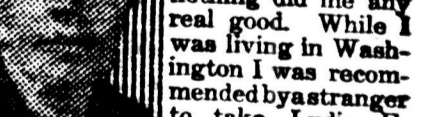
Powder With Cuticura
Talcum After Bathing

After a bath with Cuticura Soap and warm water Cuticura Talcum dusted over the skin is soothing, cooling and refreshing. If the skin is rough or irritated, anoint with Cuticura Ointment to soothe and heal.

Sample Each Free by Mail. Address Canadian Agent: Cuticura, P. O. Box 3418, Montreal. Price: Large Tin, 50c. Small Tin, 25c. Try our new Shaving Stick.

WEAK, RUN DOWN AND AILING

Lydia E. Pinkham's Vegetable Compound Brought Relief When Other Medicines Failed



Port Mann, B. C.—"I took Lydia E. Pinkham's Vegetable Compound because I was tired and run-down. I had headaches and no appetite and was troubled for two years with sleeplessness. I tried many medicines, but nothing did me any real good. While I was living in Washington I was recommended by a stranger to take Lydia E. Pinkham's Vegetable Compound. I am stronger and feel fine since then and am able to do my household work. I am willing for you to use these facts as a testimonial."—Mrs. J. C. GREAVES, Port Mann, B. C.

Feels New Life and Strength
Keene, N. H.—"I was weak and run-down and had backache and all sorts of troubles which women have. I found great relief when taking Lydia E. Pinkham's Vegetable Compound and I also used Lydia E. Pinkham's Sanative Wash. I am able to do my work and feel new life and strength from the Vegetable Compound. I am a fine all I can to advertise it."—Mrs. A. F. HAMMOND, 72 Carpenter Street, Keene, N. H.

Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound.



BABY'S GREAT DANGER
DURING HOT WEATHER

More little ones die during the hot weather than at any other time of the year. Diarrhoea, dysentery, cholera, infantum and stomach troubles came without warning, and when a medicine is not at hand to give promptly the short delay too frequently means that the child has passed beyond aid. Baby's Own Tablets should always be kept in the house, where there are young children. An occasional dose of the Tablets will prevent stomach and bowel troubles, or if the trouble comes suddenly the prompt use of the Tablets will relieve the baby. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Angels.

I too have looked on angels,
The angels of the Lord,
Not Uriel standing in the sun,
Nor Raphael whose plumed sandals run
Upon the winds, nor that holy one
Nearest the throne, great Gabriel,
Nor Michael of the sword.

I saw no wings of angels
Arched over Palestine,
Not above Ornan's threshing floor
Where the Wrath was stayed, nor
above it sore
Throat of the desert where Hagar bore
Water of life to Ishmael,
Led by celestial sign.

Altars, but never angels
Ascending in the fire;
Beggars, but not in seraph hold
Borne skyward; river, but no gold
And beryl of high heralds told
To show to fainting Daniel
The end of world's desire.

Yet I have looked on angels,
The angels of the Lord,
And entertained them unaware,
Worn men and women bowed with cares,
Pilgrims whose patient eyes were

Israel
sacrosanct cord.

's angels
ts that fall,
rison doors ajar,
softly than a star
have been the shadows

Nathaniel,
Paul.

held glad angels
of the jasper wall,
en them spent with grief,
wandering autumn leaf,
sink beside the sheaf,
child Samuel
call.

oked on angels,
the Lord,
With none believing their report,
Of the Philistines made a sport,
Rejected, yet the temple court
Of God's own grace, Immanuel,
His worship their reward.

—Katharine Lee Bates in Youth's Companion.

The Narrowest Streets.
Some of the streets in Chinese cities are only three feet wide.

Content makes poor men rich; discontent makes rich men poor.

Celebrate Arrival of Royal Canadian Mounted Police



Left—"Whoopin' 'em up" at the rodeo. Top—Veterans of the Scarlet and Gold meet after half a century. Participants in the war dance.

MacLeod, a little town in Alberta, with a population of about two thousand rather quiet souls, celebrated its jubilee recently.

Fifty years ago a squadron of the Royal Northwest Mounted Police camped on the site, made it their headquarters, and it was for many years the centre of the Western zone of law and order. Fifty years. In that time MacLeod has grown up into a flourishing little prairie town, and created a wealth of traditions.

Practically all those who remain of the original members of the scarlet and gold gathered in MacLeod, drawing with them seventeen thousand visitors from all over the American Continent.

Scores of cow boys, veteran mounties and visitors danced on the sidewalks to the tunes of old fiddlers and banjos picked and sawed by wrinkled hands. The Backbeat and Bleeds, once the terrors of the surrounding plains, held an old-time war dance in

their camp. Their shrieks and throbbing tom-toms mingled strangely with the music of the visiting bands and the bagpipes who monopolized almost every street corner.

To-day, surrounded by vast deposits of bituminous and anthracite coal, the centre of a cattle and horse raising country, MacLeod contains four churches, good schools, and is the headquarters of the Royal Canadian Mounted Police.

With none believing their report,
Of the Philistines made a sport,
Rejected, yet the temple court
Of God's own grace, Immanuel,
His worship their reward.

Improve Your Appearance

More Phosphate if you want your complexion to clear, eyes to brighten, and skin to become soft and smooth. Thin, nerve-exhausted people grow strong on Bitro-Phosphate and druggists guarantee it. Price \$1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Save Your Hair!

Rub the scalp with Minard's. It removes dandruff and stops the hair from falling out.



Content makes poor men rich; discontent makes rich men poor.