

NEW HEALTH FOR SUFFERING WOMEN

Aching Backs and Tired Limbs Need Not be Endured.

Too many women endure suffering that casts a shadow over half her existence. Aching back, tired limbs, attacks of faintness, splitting headaches need not be a part of a woman's life. Such trials indicate plainly that the blood is thin and watery and that the system needs the help of a real tonic such as Dr. Williams' Pink Pills. Suffering women who have used this medicine speak of it in the highest terms. Among those who have been thus helped is Mrs. Ada L. Harman, Yrden, Man., who writes:—"Following the birth of a still-born child a few years ago, I had a very serious time. I was so weak for months that I could not walk across the room without a feeling of faintness. I had scarcely strength enough to stand up, and when dressing would have to sit down two or three times. My face and lips were colorless, I had no appetite, and I did not seem worth living. A friend urged me to try Dr. Williams' Pink Pills and I got six boxes. Before they were all gone I felt improved. My appetite was returning, color was coming into my face, and I was visibly stronger. I continued taking the pills and fully regained my former good health. I consider Dr. Williams' Pink Pills a blessing to weak women, and hope my experience will induce some other sufferer to try them."

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

When in Doubt.

"What does one do when all the rest is taken away from one, when life has grown trivial, stunted, and narrow?" This question is asked by a character in "Wages of Sin," by Lucas Malet. The answer given is: "After a time one lights a candle called Patience and guides one's footsteps by that." Amid dreary days that is a splendid light to have, for it will shine when every other light is extinguished. It is our highest wisdom to have that lamp always clean and burning. Many a dark path and obscure turning will be revealed by Patience.

When we are in a corner or hemmed in by all manner of obstacles, we need Hope as well as Patience. To lose hope when everything seems against us is to be in the slough of despair.

Patience may become exhausted. It may be tried to its last stand; but Hope need never burn out. Sometimes it may flicker and splutter and burn low for a moment, but Faith relights it. If Faith failed, Love would do the relighting.

Look back over your past and you will discover that we are always being helped in this way. When strength is failing, Patience, Hope, Faith, or Love comes along and weds us back to health and activity. They are never far away from any of us.

However complex may be the maze, there is a way out. The exit has to be considered, certainly, for it is never self-revealed. It may be you are out of the maze before you realize it. That often happens. But don't complain if in your effort to get through you come up against a barrier and find the way has a blind end. Go back cheerfully and try again. Keep up a good heart, laugh at your impossibilities, and say: "It shall be done." That is a wonderful tonic.

Don't live in a fog if you can possibly be out of it. Try your hardest to see daylight. Things have their true proportions in the light. But never complain and never blame anyone except yourself. While everyone affects and influences everyone else, one is also to blame for our mistakes.

When you are doubtful what to do, just be advised never to look down. Look up, the sky, the stars above, Will whisper to thee of His changeless love.

We are not just as specks on the ocean of life, drifting anywhere. We have a work to do, and we are related to a "Divinity that shapes our ends, rough hew them how we may."

So, trust the Star of the Morning, for as certain as night follows the day, that star will guide you through patience and hope to victory and joy.

Graphite in Greenland. The world's richest deposits of graphite, sufficient for large scale mining for ten years, were recently discovered in Greenland.

The royal yacht Alexandra, formerly belonging to King Edward, has now been sold and will be used for pleasure trips to Norway.

WE WANT CHURNING CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge. To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat.

Bowes Company Limited, Toronto
For references—Head Office, Toronto, Bank of Montreal, or your local banker. Established for over thirty years.



EX-PRESIDENT OPENS COURSE

Chief Justice W. H. Taft, ex-President of the United States, replying to the speech of welcome at the opening of the new 6,000-yard championship golf course at the Manor Rochelle, Murray Bay, Quebec, just prior to teeing off with a 170-yard drive. Mr. Taft complimented W. H. Coverdale, President of the Canada Steamship Lines, Limited, on his Company's enterprise in creating one of the finest golf courses in Eastern Canada, set among some of the finest scenery in that part of the Dominion.

Play Safe.

"Bet your life I don't," said the chatty drummer to the other man in the smelter. "I was in Windsor when they had that last dose of smallpox and I don't allow any child of mine to go to school until he is vaccinated. I say if a scratch on the arm will prevent a fellow getting that, why I'm for it. The day I arrived, another chap and myself bumped up against a man who was just coming down with it. When I found out about it I was a bit upset and figured that I was about ten years old when I was last vaccinated; the chap with me hadn't been done at all because his father didn't believe in it. I escaped just with the old scar. He came down about a week later and had a hard time to come through. That's enough for me—vaccination's all right."

"We commercial men—and of course it's just the same thing with my wife and kiddies, too, when they go away from home—can't afford to take a chance. I think any man is mighty foolish who walks into danger which will mean being sick for six or eight weeks' worry and anxiety, to say nothing of doctor bills, hospital and nurses; so that's why I take a shot of typhoid vaccine every two years. They talk of the soldiers not getting typhoid during the war (and it is true, of course), but I'm judging from my own experience. Sometimes on the road I have had to drink milk and water in places which were proved later to be real nests of typhoid, and I haven't had a day's sickness, while three or four times other travellers took the fever and were off for six weeks or more; this meant that my dose of vaccine saved me in money alone six or seven hundred dollars."

"That vaccine isn't made for nothing, but the money the government spends on it (it's all free, you know) means a real service to the people."

Protection, safe and sure, may be had against diphtheria, scarlet fever, typhoid fever and smallpox. Foster products distributed free within the province by Ontario Department of Health, Spadina House, Toronto.

"The story of the boy Felicia Hemans calls 'Casablanca,' who 'stood on the burning deck' of the French flagship Orient and was involved in the explosion of its powder magazine in the Battle of the Nile, is not well authenticated. There may have been such a boy, but seeing that he perished with his father it is difficult to say who told the story, and it is certain that the poetess draws very largely on her sentimental imagination."

One of the most fragrant oases of a poet's imagination ignore facts is furnished by Oliver Goldsmith, whose "Deserted Village" is one of the most beautiful poems in the language. The poet anticipated criticism in his dedication of the poem to Sir Joshua Reynolds: "I know you will object, and indeed several of our best and wisest friends concur in the opinion, that the depopulation it deplores is nowhere to be seen and the disorders it laments are only to be found in the poet's imagination."

Not Going Just Now.
"Why is it we never hear the 'Watch in the Rhine' any more?"
"It's in lock."

Minard's Liniment for Aches and Pains

Stories About Well-Known People

Quiet Heroism.
General Sir George Higginson, who celebrated his ninety-ninth birthday recently, was once the hero of an incident which recalls a famous episode in the life of Lord Beaconsfield.

The General was taking his wife, who was just recovering from a severe illness, to Bournemouth. At Winchester he called a porter and gave him some order. The man executed it, and then swung the door to. The General's fingers were caught in it, but he made no comment, though he must have been suffering the most excruciating pain. But not until he had arrived at his destination, and had seen his wife safely installed in her hotel, did he have his hand seen to.

Quiet heroism like this seems to be a characteristic of our race. Another good example of it was provided during the daylight raid of June 13th, 1917. The Shoreditch County Court was sitting at the time, and though bombs were falling all round, and one of them made a big hole in the ceiling, the proceedings continued.

"If we are to die, let us die as brave Englishmen should," observed Judge Clegg, and a girl who was in the witness-box declared her readiness to continue if no one faltered. Counsel then resumed his cross-examination.

The Quinine King.
"For the application of botany to the development of the raw materials of the Empire," the Society of Arts has awarded the Albert Medal for 1925 to

Poems That Aren't True.

How many who have recited "The Wreck of the Hesperus," possibly the best-known ballad in our literature, know that the famous ship, instead of being lost with all hands, actually returned to port with no more serious damage than a broken bowsprit?

Maritime records for the year 1839 record a great storm on December 15th, when, among twenty other vessels, the Hesperus was driven into Boston harbour, so it is difficult to account for Longfellow's entry in his diary two days later:

"News of shipwrecks. Horrible. Off the coast. Twenty bodies washed ashore of Gloucester, one female being lashed to a piece of wreck." He then mentions details regarding the Hesperus, and concludes: "I must write a ballad upon this."

A couple of weeks later he makes this entry: "I have broken ground in a new field, namely, ballads, beginning with 'The Wreck of the Hesperus' on the reef of Norman's Woe, in the great storm a fortnight ago. I shall send it to some newspaper. I have a great notion of working upon the people's feelings."

An almost equally famous poem is Charles Kingsley's "Three Fishers." The story so graphically told was the result of a fit of low spirits on the part of a tired parson.

Kingsley was very keen on social reform and was regarded in his day as rather a dangerous type of clerical Socialist. Thus, when he went to preach in a West-end church he greatly offended the incumbent and did not escape a public protest. He returned to Eversley Vicarage late that night, but instead of going to bed he paced about his garden. The next morning he recited to his wife the beautiful lines: "Three fishers went sailing out into the west."

The story of the boy Felicia Hemans calls "Casablanca," who "stood on the burning deck" of the French flagship Orient and was involved in the explosion of its powder magazine in the Battle of the Nile, is not well authenticated. There may have been such a boy, but seeing that he perished with his father it is difficult to say who told the story, and it is certain that the poetess draws very largely on her sentimental imagination.

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The First Vaccination.

Although vaccination is indubitably linked with the name of Jenner, there is ample evidence that it was practiced by farmers and others in the rural districts of England long before his day.

It was common knowledge amongst these people that an attack of cowpox immunized the sufferer against smallpox, and it was usual for farm workers to infect themselves and their children with the former complaint to protect them against the latter.

Indeed, twenty-two years before Dr. Jenner made his first vaccination a farmer named Benjamin Jesty, of Downhay, openly advocated the practice; but, not being a medical man, he was laughed at for his pains.

Japanese View Gardens on Plan of Paintings.

Japanese look upon a garden as a picture, beautifully designed and framed, much as the Occidental looks upon a painting. Professor Takutsu Tono, landscape architect of Waseda University, Japan, told Seattle on a lecture tour of the United States.

"Our Japanese gardens are entirely different from gardens in any other part of the world," Mr. Tono said. "In all Western nations the garden is considered a collection of rare and beautiful plants, flowers, shrubs and trees, rather than the picture for which the Japanese strive. Japanese gardens are more naturalistic than architectural."

Ocean Rich in Minerals.

The total amount of any of the elements occurring in the entire ocean is stupendous, says "Thrill Magazine." Iodine exists in sea water only to the extent of about two parts per million, yet the entire ocean contains some 60,000,000,000 tons of iodine, valued at present prices at \$540,000,000,000.00.

Bromine is also obtained in a limited way from the mother liquor left after the crystallization of salt from sea water.

A gallon of sea water contains approximately a quarter of a pound of salt, and since the average density of rock salt is 2.24 times that of water, the entire ocean, if dried up, would yield approximately four and a half cubic miles of salt.

KEEP CHILDREN WELL DURING HOT WEATHER.

Every mother knows how fatal the hot summer months are to small children. Cholera, infantum, diarrhoea, dysentery, colic and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevent stomach and bowel troubles, or if trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Safe From Criticism.
"I was afraid my sermon last Sunday would annoy some of my people, but it didn't," said the vicar.

"What was your subject?" asked his friend.

"The Duplicity of the Average Man, and I spoke pretty plainly."

"You couldn't tread on any corns that way. Every man considers himself above the average."

Minard's Liniment for Corns and Warts.
Same Eggs.

Upton Sinclair was condemning in Los Angeles, the extortions of the middleman.

"In pre-war days," he said, "the middleman sold us eggs for thirty cents a dozen. Now he makes us pay ninety cents a dozen. And the worst of it is—"

Mr. Sinclair gave a grim laugh. "They're the same eggs."

Buddhas in Pearl.
Miniature Buddhas are inserted into oysters in China to make pearl Buddhas.

Wells have now to be driven to a depth of over 220 feet under London to reach water. A century ago the pressure of underground water was sufficient to bring water to the surface wherever a boring was made.

15¢

OLD CHUM
The Tobacco of Quality

Superstitions of Alaskan Eskimo.

Alaskan Eskimos have established ideals of astronomy, says Lionel Trevelyan, trader, who spent many years with the northern natives. They call the Great Dipper a herd of caribou spread out for mutual protection, with a long single file of leaders. The triangular stars of Cassiopeia are three stones supporting an oil lamp. The Pleiades are teams of dogs pursuing a polar bear.

The new moon is either wet or dry by its curves. If the curve is capable of holding a harpoon line wet and stormy weather is due, so Eskimo hunters remain in the igloos. Should the curve permit the harpoon to slide off, the men hurry forth to seek game.

The Eskimos also maintain superstitions about eclipses and falling stars, all of which apparently control the weather, ice conditions, the abundance of game or fur bearers.

Nails Given Better Hold.
Packing cases coming from Europe have been found fastened together with tennypenny nails that have spiral flutes in the sides to afford a better grip on the wood. The grooves also decrease the likelihood of splitting the board and help in driving the nail straight.

It is usually the case that we are neither so happy nor so unhappy as we imagine ourselves.

Old People

Biro-Phosphate feeds the nerves and old people need it to make them feel and look younger. It's the one best nerve builder for weak, nerve-exhausted men and women and that is why we guarantee it. Price \$1 per package. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

ATHLETES!

Minard's is wonderful for the rub-down. Takes out the stiffness, soothes the bruises.

MINARD'S
LINIMENT

Genuine ASPIRIN

Proved safe by millions and prescribed by physicians for

Headache Neuralgia Colds Lumbago
Pain Toothache Neuritis Rheumatism

Safe Accept only "Bayer" package which contains proven directions.

Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered) in Canada of Bayer Manufacturing of Monocristalline Aspirin of Solvay (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to avoid the public against imitations, the Tablets of Bayer Company will be stamped with the general trade mark, the "Bayer Cross."

A Rejoinder.

Leonard Bacon, who was one of the best-known theologians in New England a half century ago, was attending a conference, and some assertions he made in his address were vehemently objected to by a member of the opposition. "Why," he expostulated, "I never heard of such a thing in all my life!"

"Mr. Moderator," rejoined Bacon calmly, "I can not allow my opponent's ignorance, however vast, to offset my knowledge, however small."

MURINE
FOR YOUR EYES
Refreshes Tired Eyes
Write Murine Co., Chicago, for Eye-Care Book

FACE WAS DISFIGURED

With Pimples. Terribly Itchy. Cuticura Healed.

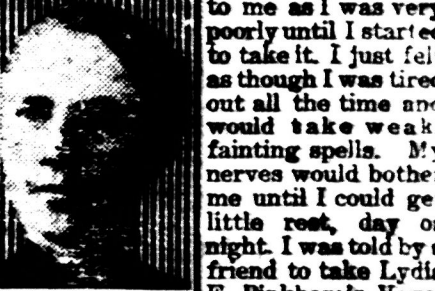
"My trouble began with blackheads and pimples on my face. The pimples were large, hard and very red, and some of them festered. They were terribly itchy, causing me to scratch and the right side of my face was disfigured. The irritation kept me awake, and my face was a sight. I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more and before long I saw a wonderful change. I continued the treatment and now I am healed." (Signed) Miss Louise MacDonald, Box 172, Mary St., Newcastle, N. B.

TIRED OUT ALL THE TIME

Nerves Gave Little Rest

Relieved by Lydia E. Pinkham's Vegetable Compound

Harrowsmith, Ontario.—"I took your medicine before my baby was born and it was a great help to me as I was very poorly until I started to take it. I just felt as though I was tired out all the time and would take weak, fainting spells. My nerves would bother me until I could get little rest, day or night. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to publish this good medicine. I lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will serve to help others."



—Miss HARRVY MILLIGAN, R. R. No. 2, Harrowsmith, Ontario.

In a recent canvass of purchasers of Lydia E. Pinkham's Vegetable Compound over 100,000 replies were received and 98 out of every 100 said they had been helped by its use. This medicine is for sale by all druggists.