

STOMACH TROUBLE DUE TO THIN BLOOD

It Usually Disappears When the Blood is Made Rich and Red.

Thin blood is one of the most common causes of stomach trouble. It affects the digestion very quickly. The glands that furnish the digestive fluids are diminished in their activity, the stomach muscles are weakened and there is a loss of nerve force. In this state of health nothing will more quickly restore the appetite, digestion and normal nutrition than good, rich, red blood.

Dr. Williams' Pink Pills act directly on the blood, making it rich and red, and this enriched blood strengthens weak nerves, stimulates tired muscles and awakens to normal activity the glands that supply the digestive fluids. This is shown by an improved appetite, and soon the effect of these blood-enriching pills is evident throughout the whole system. You find that what you eat does not distress you, and that you are vigorous instead of irritable and listless. If your appetite is fickle, if you have any of the distressing pains and symptoms of indigestion, you should at once take Dr. Williams' Pink Pills and profit by the better condition in which they will put your blood.

These pills are sold by all dealers in medicine, or you can get them by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Cart-Wheel Clue.

Just over one hundred years ago Dr. Peter Mack Roget, who was born in London in 1779, read a paper before the Royal Society which was destined to lead to the invention of the cinematograph.

One day in the summer of 1824 he was looking out of his window at a baker's cart delivering bread at houses opposite. Passing his eye up and down the slots of a Venetian blind he received the impression of a stationary wheel, which he saw was revolving when he kept his eyes still. He discovered the cause and effect, and ultimately gave his findings in his paper to the Royal Society.

The publication of his paper started a new train of thought among the leading scientists of the day, and the writings on the subject were widely read. It is proved by the acknowledgments of Dr. Faraday, Dr. Plateau, of Ghent, and W. Stämpfner, of Vienna, who agree that but for his clearly given data and lucid explanation of the phenomena the invention of the phenakistoscope by Dr. Plateau, and of a similar instrument, the stroboscope, by Dr. Stämpfner, would not have occurred.

Farthest North Surveys.

Six different posts in the Franklin district of northern Canada have now been surveyed for the Royal Canadian Mounted Police or for trading companies, as one of the results of the 1923 and 1924 Arctic Expeditions under the North West Territories and Yukon Branch of the Department of the Interior.

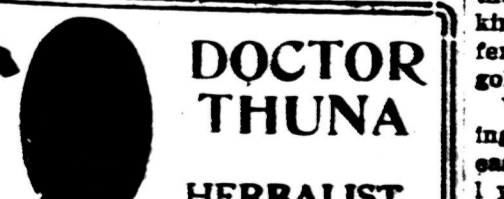
Plans of these surveys are prepared by the Topographical Survey Branch from the surveyor's field notes for filing with the Registrar of the North-west Territories. These surveys were made at Craig Harbor, Dundas Harbor, Strathcona Harbor, Ponds Inlet, Cumberland Sound, and Rice Strait, by F. D. Henderson, D.L.S. The last named post on Ellesmere Island, being only 750 miles from the North Pole, is the most northerly point at which any official survey has ever been made.

Europe's Great Surprise.

Previous to Galileo's telescope in 1609 no European had ever seen or even dreamed of mountains and valleys on the moon. Of course the ancients, the Chinese and surrounding nations, knew of these things, but in its centuries of ignorance all Europeans believed that all the heavenly bodies were specially manufactured to lighten this one earth for man.

Galileo's discovery of hundreds of fixed stars never before seen by any European resulted not only in drawing thousands of supposedly learned men to Italy, but gave a death blow to the time-honored doctrine of the human dignity of the universe, proving for all time that the earth is not the central power of all creation, but merely a tiny dot in illimitable space.

This was one of the greatest shocks ever experienced by Europe.



DOCTOR THUNA HERBALIST

For Removing Tonsils and Adenoids of any form of Gleet without operation call to see Dr. Thuna.

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Gerrard 7276. Call or write.

A Residence of the Great Lakes and the St. Lawrence Rivers.

Cape Trinity, one of the impressive beauty spots on the Saguenay.



Capt. J. P. Dufour and Presentation Clock.

When Captain Joseph Pierre Dufour, as a boy of 15, signed before the mast of the old S.S. Savoy, in the Great Lakes trade, he probably could not foresee what the years had in store for him. That was nineteen years ago to-day we find him Deputy Harbor Master of the Port of Montreal, the second port on the North American continent.

But those nineteen years were crowded with swiftly moving incidents. For the first two of them he learned the stern discipline of ships and proved his mettle as worthy of the traditions of the Great Lakes. In 1910 he got his promotion to mate on the S.S. Canada.

When Captain Joseph Pierre Dufour, in 1911, second mate on the S.S. Donnacona and finally took his master's certificate at the age of 25 in 1916 on the H. E. Packer. Since then he was successively master of the Mapledene, Manola, India, Cape Trinity, Maple-dawn and Manoia, the latter on the Montreal-Newfoundland route. The long line of Canada Steamship masters was worthily continued in Captain Dufour. From the Manoia he was appointed Assistant Superintendent of the Can-

S.S. Noronic, Canada Steamship Flagship on Great Lakes. (Type of vessel commanded by Capt. Dufour).

ada Steamship Lines for the Eastern Passenger Division. Last May he was appointed Deputy Harbor Master of the port of Montreal, the official duties of which he took up June 1. On that date he was presented with a ship's clock in honor of his appointment and services with the C.S.L. There were gathered to honor him at the head offices of the company, the General Manager, T. R. Enderby, who made the presentation, and most of the executives of the company.

Inaugurate a New Trail Trip This Year.

The unexplored regions of Canada's National Parks are more and more proving a loadstone to the out-of-door adventurers, explorers and nature lovers. Every season brings reports of some newly-explored area, attendant on the journeyings of individuals, or parties seeking access to the hidden wonders of remote districts.

The present season will witness the inauguration of an annual "steel-to-steel" trail trip which will serve as a link between Jasper and Yoho National parks, joining by pack pony the transcontinental lines of the Canadian National and Canada Pacific Railways. The journey will also offer a means of opening this interesting and beautiful region, which forms the apex of the Rocky Mountains system in Canada, to a larger number of visitors. Although almost the entire journey is made over primitive trails through a mountain wilderness in all its primeval beauty, no insuperable difficulties are presented, and last year several adventurous women were members of a party which made the trip.

The route covered is about 200 miles and touches the practically unknown Whirlpool group of mountains between the angle of the Whirlpool and Athabasca rivers in Jasper park, the Columbia tcefield and the Fortrasse Lake, Forbes, and Freshfield groups. The pack-train is scheduled to leave Jasper on the first of July, reaching Field in Yoho park, on the 25th of that month. The return trip over a period of 35 days will be commenced from Field the first of August.

Wonderful Rosetta Stone.

Cross-word puzzle solvers have been much bothered with "A sacred stone." The answer is found to be the Rosetta Stone, a piece of black basalt now in the British Museum.

Had it not been for this remarkable stone it is more than likely that the ancient inscriptions of the Egyptians would never have been made known to the modern world.

In 1799 a number of scientists found a big block of black stone near the town of Rosetta. This monument was found to date from the year 196 B.C. and to contain inscriptions to Ptolemy Epiphanes and in three languages, the Greek, the Egyptian vernacular and in the sacred hieroglyphics.

It was a memorial of gratitude from the Egyptian priests to a great Greek king to whom, in return for favors conferred, they erected an image and a golden shrine.

With these three languages, all saying the same thing, it became a very easy matter to translate the previously untranslatable hieroglyphics, a knowledge that has now become a science and has added most wonderfully to the learning of the entire world.

Was Probably Kicked Out.

Farmer's Wife—Dyer has light skin struck El Johnson's sile, jumped to the barn and ran in where there was six males!

Farmer—You don't say! Dyer has light skin struck El Johnson's sile, jumped to the barn and ran in where there was six males!

Fish are artificially reared in some 500 "farms" in the United States.

A Garden.

What a thing a garden is
For sweet dreams and quietness!

Roses and lilies,
Narcissus, daffodilies,
Iris and phlox and stocks,
And the Sultan Hollyhocks,
Love-lies-bleeding—Love in a mist—
Pansies tawny and amethyst.

What a thing a garden is
For medicinal heartease.

Lilac white and lilac blue,
And a bird song in the dew;
Apple blossom white and rose,
Blue forget-me-not, and those
Pinks that have a spicy smell,
Honest lavender as well.

What a thing a garden is
For the birds, for the bees.

Oh, from the dark earth to hale
Tulips and the primrose pale,
Hyacinths, all that run before
The full summer's golden store
For to create, for to bid live
These so sweet, so fugitive!

What a thing a garden is
To bid grow, to increase!

—Katharine Tynan.

The ring sundial, now a curiosity, but in everyday use when watches were owned only by the rich, was suspended by a eyelet at the top, so that the sun shone through a hole in one side, and indicated the time on the opposite inner surface of the ring.

Exports of gold ore, dust, etc., from Canada has risen from \$3,968,989 in 1922 to \$28,858,449 in 1924.

Keep Minard's Liniment in the House.

BABY'S OWN TABLETS ALWAYS IN THE HOME

Once a mother has used Baby's Own Tablets for her little ones she always keeps a supply on hand, for the first trial convinces her there is nothing to equal them in keeping children well. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach, thus driving out constipation and indigestion, colds and simple fevers, and making teething easier. Concerning them, Mrs. Saluste Feilletier, St. Dumas, Que., writes: "I have used Baby's Own Tablets for the past ten years and am never without them in the house. They have always given the greatest satisfaction and I can gladly recommend them to all mothers of little ones." The Tablets are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



When He Failed to Stand Up.
"I want you to understand, sir, I always stand up for women!"
"Except in the street cars, I've noticed a number of times."

Several old newspapers tied together in a bundle make a useful pad to place under the knees when wooding in the garden.



FISHERMAN'S FRIEND BACK TO WORK

Dr. and Mrs. W. T. Grenfell, of Labrador, photographed on the Canadian Pacific S.S. Empress of Canada on their recent arrival in Vancouver en route home from a trip around the world. The famous medical missionary and his wife will return to the Labrador coast immediately, where they will proceed with the erection of an \$80,000 hospital. This will be the first concrete hospital on the coast and will be erected at St. Anthony. They will journey to the coast on the S.S. Strathcona 2, a new hospital ship just out from England which awaits them in St. John's harbor, Newfoundland, and which is manned from commanding officers to deck hands by a staff and crew of volunteer workers.

FARM BOYS! YOUR OPPORTUNITY! Do Not Let It Pass

The Ontario Agricultural College offers you an education that will add you for practical up-to-date business training or professional life. All education to a farmer is a lifetime gain. The youth of youth are short. Come to the O.A.C. on September 20th. Tuition fee for the first year only \$25. Board and room only \$25.00 per week. 700-acre farm, five live cows, modern, well-equipped buildings, living conditions the best. Write for College calendar, descriptive of all courses and practical courses.

J. S. REVUELLO, B.A.,
President

A. M. PORTER, B.A.,
Registrar

ONTARIO AGRICULTURAL COLLEGE
QUEEN'S UNIVERSITY

The Little Park.

Little park that I pass through,
I carry off a piece of you
Every morning hurrying down
To my work day in the town.
Carry you for country there,
To make the city ways more fair,
I take your trees,
And your breezes,
Your greenness,
Your cleanliness,
Some of your shade, some of your sky,
Some of your calm as I go by;
Your flowers to trim
The pavements grim;
Your space for room in the jostled street,
And grass for carpet to my feet.
Your fountains take and sweet bird calls,
To sing me from my office walls.
All that I can see
I carry off with me.
But you never miss my theft,
So much treasure you have left,
As I find you, fresh at morning.
So I find you, home returning,
Nothing lacking from your grace,
All your riches wait in place,
For me to borrow
On the morrow.

Do you hear this praise of you,
Little park that I pass through?
—Helen Hoyt.

To Extend Wireless System in the North.

Arrangements are now under way for the erection by the North West Territories and Yukon Branch of the Department of the Interior of three radio transmitting stations in the territories.

The first of these will be located at Fort Smith, which is just north of the southern boundary of the territories and which is also the administrative headquarters. Another will be erected at Akluvik. These are the standard sets of powerful instruments and will be used for all-year work. The remaining station, which will be on Herschel Island, will contain smaller and less powerful apparatus and will be used for reporting movements of vessels during the season of navigation. During the short season of navigation quite a number of steamers and sailing vessels call at Herschel Island, necessitating a good deal of custom-house, post office, and police work, and this station will keep the proper officers in touch with what is going on. It will be remembered that last year the material for the Arctic station was shipped from Vancouver on the H.B.C. S. Lady Kindersley and that owing to this ship being caught and crushed in the ice this material was lost. This year the apparatus and fittings for the three stations will be sent down the Mackenzie river from Edmonton and it is expected will reach the destination in good time. When these stations are completed messages will be sent out from and received regularly at Dawson, Mayo, Herschel Island, Akluvik, Fort Simpson, and Fort Smith. Edmonton is the southern terminus of the system. This will provide for the transmitting of messages in the Morse telegraph code and thus break up the long period in each year when it is not possible to communicate with this vast region.

For Every Ill—Minard's Liniment.

Sentence Sermons.

When You Have Done—Your best you have done all that is required of you.

A good turn you have made two people happy—yourself and one other.
—An honest day's work you need not fear the inspector.
—Something dishonorable you may expect to pay the costs eventually.
—Nothing to start criticism you have done nothing to get results.
—A foolish thing you have a chance to learn wisdom from it.
—A small trick be big enough to apologise.

Cross Words have now reached Italy, where they are so popular that some firms have posted up notices forbidding the solving of them in business hours.

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 20 per cent. Butter Fat.

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

Classified Advertisements

CLASSIFIED ADVERTISEMENTS

ALICE FRANKLIN, REALTY HOUSE
Will sell cheaply to cash, high credit worth and to vacant as well as to stock. Right party can easily make \$50 a week. Only Mrs. J. H. Moore Park, Ont.

WHY BE LONELY?
Many a happy friendship has been formed through our Correspondence Bureau. Let us introduce you. Send stamp for particulars. Strictly confidential. 71 MacKay Ave., Toronto.

A current of a million volts, the biggest voltage ever produced in England, was generated at Dr. de Ferranti's works at Hollinwood, Lancashire, the other day, the experiment causing a spark nine feet six inches long.

Rain has recently fallen in parts of South America for the first time since 1551.



Wholesome Cleansing Refreshing

FEET ACHE?

Rub them well with
Minard's and know what
real foot comfort means.



Fresh Youthful Skin Maintained By Cuticura

Daily use of Cuticura Soap, with touches of Cuticura Ointment, when required, will do much to prevent pore-clogging, blackheads, pimples, roughness and other unwholesome conditions of the skin.

PAINS IN BACK AND SIDES

Ended by Taking Lydia E. Pinkham's Vegetable Compound

Fueller, Sask.—"For two or three days every so often I would have such pains in my back and sides that I could not do anything—could not even lie quietly in bed, and my head ached, too. I was this way about three years ago, but was worse after I was married. I was on a farm with not a house nearer than five miles and there was not a person to advise me, as my folks live in Manitoba. My sister-in-law told me about Lydia E. Pinkham's Vegetable Compound and told me to try it. I took her advice and have been thankful for it ever since. After taking the medicine for three months I can say it has helped me a lot and I am doing fine. I am glad to recommend the Vegetable Compound to others and you may publish my testimonial." Mrs. HELEN BALANOFF, Fueller, Saskatchewan.

Often some slight trouble will cause a general upset of the system. Such symptoms as nervousness, painful times, irregularity, headache and backache indicate some form of female weakness. Women so bothered should give Lydia E. Pinkham's Vegetable Compound a trial. This dependable medicine has helped thousands of women and it is reasonable to expect that it will help you. Try it today. Your druggist sells this medicine.

ISSUE No. 27-28