

A
Hogg
num foil.
than any
ALADA.

He knew
could have done
the farther
McTaggart
breath.
He added
make you

He could see
her. She
He added
He thought.

His court-
rose as he
little against
There
was gone.

He was living crea-
as she
reached out for
as she darts
stretched arms.
of her hair.
of it as she tore
the door. She
he
back, and now
out in despair for
some miracle
her.

He added
He thought.

I'll buy you
already got

Wrangles.
seems to have
ancient Rome,
landlords and
gent.

of Rome
against his
about 5000 ses-
for a house
at only half
pious for his
of his fortune
let by the
with the courts
man pay 15.
of his apart-

Cesar promul-
which land-
more than 2000
year for villas
5000 sestercies in

Liniment.

He still
\$9,000,000 for
24. On Janu-
were in opera-
\$100,000 pas-en-
and 1,252,000

pers
We pay
in Ontario.
HERS
Toronto

large
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and SMP
and Enam-
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The
and the
de mark
genuine

LE

A GRATEFUL LETTER

From a Lady Made Well by Dr. Williams' Pink Pills.

"I wish from my heart I could per-
suade every person who is run down
in health to give Dr. Williams' Pink
Pills a trial." Thus writes Mrs. Louise
Mitchell, Oak Point, Man., who further
says:—"About a year ago I was a
weak woman, suffering from a run
down system and impoverished blood.
Any little exertion would cause my
legs to tremble and my heart to throb
violently. I could not sweep a room
or walk fifty feet without being ex-
hausted. Then I began taking Dr. Wil-
liams' Pink Pills and after taking only
six boxes I am as well and strong as
ever. I can walk and run without stop-
ping every few seconds gasping for
breath as previously. Dr. Williams' Pink Pills will be my stand-by in the
future if ever my blood needs building
up again, and I shall always find pleasure in recommending them to anyone
needing a tonic.

There are many troubles due to
weak, watery blood which can easily
be overcome by a fair use of Dr. Wil-
liams' Pink Pills. The sole mission of
this medicine is to enrich and purify
the blood, and when that is done all
the varied symptoms of anaemia dis-
appear, and good health returns. You
can get these pills through any dealer
in medicine or by mail at 50 cents a
box by writing The Dr. Williams' Medi-
cine Co., Brockville, Ont.

Sugar From Sunlight

How sugar forms in the beetroot,
sugar cane or maple tree has long been
a mystery. It is known that sunlight
is necessary to enable plants to con-
vert the gases of the atmosphere into
starch and sugar, and recent success-
ful experiments by Professor Baly, of
Liverpool, who has produced sugar
artificially, are likely to open the way
to important developments.

Some time ago he noticed that if the
strong light from an electric lamp,
such as is used in cinema studios, was
allowed to fall upon a stream of car-
bonic acid gas a certain amount of a
well-known disinfectant gas was pro-
duced which turned into sugar when
dissolved in water.

The quantity of sugar formed in this
way was very small, and it was found
that the violet rays given off by the
lamp contained light of differing wave-
lengths, some of which assisted while
others interfered with the formation
of the sugar. Addition of ordinary
powdered chalk to the water, however,
neutralized this action and produced
more sugar.

Experiments were now conducted on
a larger scale in a rectangular glass
tank fifteen inches square and eight
inches deep, with small holes in each
side. Having found that the imitation
sunlight gave the disinfectant gas, Pro-
fessor Baly omitted this step and filled
the tank with a solution of the gas in
water. In the middle of the tank an
electrically driven fan was fitted so
that the powdered chalk, which was
then added, was stirred vigorously.
Lamps were inserted into each of the
holes in the tank and light allowed to
play on the solution.

After fourteen days' continuous ex-
posure to the artificial sunlight a yield
of 8 per cent. of sugar was obtained,
and after the liquid had been purified
and concentrated, a very sweet syrup
was left.

Although the process is expensive,
it is expected that it will be cheapened
in the near future, so that the produc-
tion of artificial sugar in this way will
become a valuable commercial proposi-
tion.

Why the Ocean is Blue.

That the sea should be colored blue
on maps seems obvious. It is claimed,
however, that the convention is not
a hundred years old.

Messrs. W. and A. K. Johnston, the
Edinburgh mapmakers, are celebrat-
ing their centenary, and one of the
original partners, Keith Johnston, is
said to be the man who first made
water blue in our atlases.

This grand old firm was founded on
Christmas Day, 1825, by William
Johnston, a lad of twenty-three. He
started business as an ordinary print-
er, but in 1830, in the course of a walk-
ing tour in the West Highlands, the in-
surrections in the maps then available
suggested the idea of producing better
maps himself; and map production,
therefore, became the main concern
of the firm.

This William Johnston became Lord
Provost of Edinburgh, and, as holder
of that office, was knighted by
Queen Victoria in Holyrood Palace
about the middle of last century.

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.



HEFTY RECRUIT FOR DOMINION POLICE

Mr. Cris Mitchell, late of the Liverpool, England, police, came to Canada recently to join the Royal Canadian Mounted Police, but when he went to his cabin on board the Canadian Pacific S.S. Montrose it was found that he was too lengthy to be able to assume a horizontal position in any of the berths. Consequently an extension had to be made to one of the regular berths, which, when completed, measured six feet eight inches.

Poplar.

The blinding sky's unkind,
The day has dust and glare,
The poplar keeps the wind
In her cage of light and air;
Makes of her leaves a snare
To keep the wind confined;
All in the breathless glare
The poplar holds the wind.

O cool and beautiful
Her leaves of silver gray
Hang in the wind so cool
In the blind and breathless day,
Turn in the win that play,
Fresh as a little pool,
That in the forest gray
Holds silver fins and cool.

All other trees are still,
The oak, the elm, and the beech,
But the poplar hath her fill
Of soft and gracious speech.
The winds are out of reach,
Beyond the sea and the hill
For the oak, the elm, and beech,
But the poplar hath her fill.

—Katherine Tynan.



Used Few Books.

"Does your son use many books at
College?"
"Well, not counting my pocket-book
and my bankbook, I think not."

In most people the hearing of the
left ear is more acute than that of
the right. This is the reason that
most of us almost unconsciously use
the left ear when telephoning.

The world's heaviest liner is the
"Majestic." Fully laden she turns the
scale at 64,000 tons.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario.

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

MARY BROWN.

When Mary Brown was weighed in
school
And measured as to height
The teacher found that for her age
She was exactly right.

And here's the reason why—it seems
The sleep long hours each night,
The windows always open wide
Until the morning light.

When in the morning she arose
She dressed herself with care,
But first she took a nice cool bath
And always brushed her hair.

At breakfast she had fruit and milk
And well-cooked oatmeal too,
With a piece of buttered graham
toast—
Does that sound good to you?

She brushed her teeth most carefully
Before she went to school,
For she knew 'twas most important
To remember this health rule.

At lunch time she had milk to drink,
And went outdoors to play,
She tried to stand up straight and
tall,
To be cheerful, bright and gay.

For dinner she had spinach,
Potato, and some meat,
Some figs or raisins for dessert
They were a special treat.

A rest hour every afternoon,
And plenty of water to drink.
If you will play the health game too,
You'll surely gain, I think.

The Winnipeg Convention.

On June 24, 25 and 26 the Canadian
Weekly Newspapers Association will
hold its annual convention in the City
of Winnipeg. The C.W.N.A. has with-
in its membership over 500 weekly
newspaper editors, including weekly
newspapers as far apart as the Yukon
and Newfoundland, so that every sec-
tion will be represented at the meeting
in Winnipeg.

No one asks the why of conventions.
The Press Association, organized in
1859 by weekly newspaper men, has



Lorne E. Eady

President Canadian Weekly News-
papers Association, 1924-25, proprietor
of Walkerton (Ont.) Telescope.

been meeting every year (usually in
the Month of June) for 65 years, and
the C.W.N.A. is keeping up the splen-
did traditions which brought so many
outstanding newspaper editors to-
gether year in and year out. The
practice of the Association in holding
conventions in different parts of the
country has proved of immense value.
In the past four years conventions
have been held in Vancouver, Halifax,
Ottawa and Toronto, while last year a
further trip was made through Bel-
gium, France and the United Kingdom.
The editors and their ladies who



E. Roy Sayles

Manager and Treasurer of the Cana-
dian Weekly Newspapers Association,
with head offices at Toronto.

accompany them are to be especially
entertained at Winnipeg by the Mani-
toba Government, the City of Winni-
peg, Board of Trade and other civic
bodies. The business sessions of the
convention include some excellent
speakers on various publishing and
printing subjects. Prominent speak-
ers at the social functions will be Pre-
mier Bracken of Manitoba, Premier
Dunning of Saskatchewan and Premier
Greenfield of Alberta.

My Little House.

My little house has a winding stair,
Where the sunbeams dance and
play;
My little house has a little clock
To tell the time o' day.

Its windows, curtained blue, are wide
To the song of wind and sea;
There's a garden, too, with a gate of
green,
And a blossoming almond tree.

My little house holds treasures rare
Of ivory, jade, and gold;
Of gleaming crystal and shining brass,
And china, fragile, old.

My little house is a world apart,
So cool and still it seems;
No troubling thing comes nigh, but
them—
'Tis only a house of dreams!

—M.D.

For Every Ill—Minard's Liniment.

Not Sufficiently Persistent.

"Tell me, old man, what should one
do in order to live to ninety, like you?"
said the tourist.

"Don't drink, don't smoke, keep out
in the fresh air," replied the oldest in-
habitant.

"But my father observed those rules
and he died at sixty."

"Yes, but he didn't do 'em long
enough."

Five-sixths of Britain's fish harvest
is gathered on the East Coast.



You have been intending to try "Red
Rose." Why not now before you forget.

RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. Try it!

Wings of Wisdom.

To-day's neglect means to-morrow's
regret. The man who feels certain of
success, and labors to that end, is sel-
dom mistaken.

The path of success is the path of
common sense. Notwithstanding all
that is said about "lucky hits," the
best kind of success in every man's
life is not that which comes by acci-
dent. The only "good time coming"
we are justified in hoping for is that
which we are capable of making for
ourselves.

Happy is the man who believes in
his fellow, for it is more blessed to be
deceived in some things than to be sus-
picious in all things.

A cheery disposition is like air in a
tyre. There doesn't seem to be much
of it, but it makes the going easier and
happier for everybody. The rougher
the road the more you need it.

Try becoming dissatisfied with your-
self instead of with your job.
The worst brakes on your progress
are self-applied.

Few men travel over the road of suc-
cess without an occasional puncture.
The wolf at the door has started
many a man climbing.

A wise man will make more oppor-
tunities than he finds.
Possessions are all right if you don't
let them possess you.

To escape criticism, do nothing, say
nothing, be nothing.

Candles as Clocks.

The first time-recorder was the sun-
dial. The Chaldeans and Egyptians
had a water clock called a clepsydra.
A stream of water dripped into a jar
and on reaching a certain level moved
what to-day would be called a ball-
clock. This worked a rod along.

Plato introduced the clepsydra, or
water clock, into Greece, and it is sup-
posed that this method of time mea-
surement was used in the Middle East
even before that time (400-500 B.C.).
A specimen of the clepsydra can be
seen at the British Museum.

Sand-glasses, known to the present
generation as egg-timers, were invent-
ed about A.D. 330 by a monk of Char-
tres named Luitprand, and according to
a French prescription the sand was
black marble dust, ground fine and
balled in wine, the processes of grind-
ing and bolting being repeated nine
times. Alfred the Great (871-901) uti-
lized wax candles for recording time.
Marks were placed one inch apart,
each section burning for twenty min-
utes.

Butter From Fish.

The Indians of British Columbia and
Alaska obtain their butter supply from
a fat little fish called the oilchuan.

Every summer this fish comes up
the rivers from the ocean to spawn;
and millions are caught in nets daily.
They are then thrown into rough tubs,
made from tree-logs, in which they lie
exposed to the sun.

When thoroughly softened they are
taken from the tubs and thrown into
great wooden vats of water, which has
been heated by dropping red-hot
stones into it.

As the oil from the fish rises to the
top it is skimmed off. It hardens
quickly, looks like lard, and tastes like
butter. The Indians usually make
enough of this butter during the sum-
mer to last throughout the winter.

A Grave Injustice.

"I don't see why jokes about our
race being so close are continually be-
ing published," remarked a young
Scotchman. "We are not close, just
thirty."

"I think it's a shame, myself," agreed
the Irishman with whom he was walk-
ing.
They proceeded in silence until they
drew near a tobacco shop. "Come in
and have a cigar," invited the Irish-
man.

They stepped inside. The Irishman
put his hand in his pocket, then with-
draw it with an exclamation. "By gor-
ry," said he, "I left my money at
home."

"Well, the day is young," comment-
ed the Scot. "I don't mind walking
back to get it."

Not His Fault If There Was.

A tramp had been admitted to the
casual ward of an English workhouse
late one evening, and the following
morning he duly appeared before the
master.

"Have you taken a bath this morn-
ing?" was the first question he was
asked.

"No, sir," answered the man in as-
tonishment, "is there one missing?"

The "High-Sign."

A Chinese grocer in the old Mexican
quarter of Tucson, Arizona, had this
mystifying card on some fruit:

"No Self for 5 Cents Too High."
If you give up, it means this: Owing
to the high price, the Chinaman re-
fused to sell as small a lot as 5c worth.

Keep Minard's Liniment in the House.

Cheering.

You cheer the man who's gained the
height!
But can't you spare a word for him
Who upward struggles through the
night,
When light of stars is dim?

You praise the hero of good deeds—
The one who's played a noble part!
That other man, half-vanquished, needs
Encouragement of heart.

Go, clash the bells and wave the flag
For victors—yes, 'tis meet you do!
But each brave fighter, though in rage,
Should have ovation too.

—Ian Drag.

Resourceful.

"Now, O'Brien," said the commis-
sioner to the fireman recruit, "suppose
you have discovered a woman at the
third-story window of a dwelling on
fire. What steps would you take?"
"Sure, the steps would be no good,
sor. Old git a ladder!"



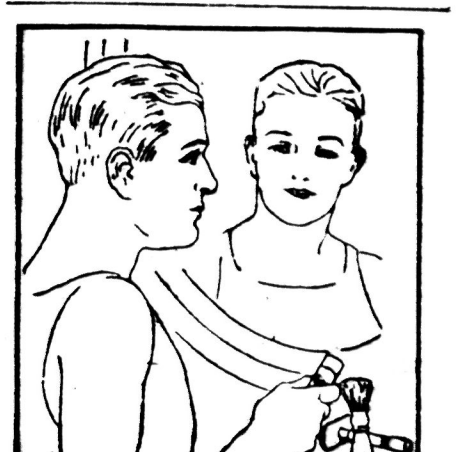
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SUN, WIND, DUST & CINDERS

RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS

Write for FREE 174 CARD BOOK. MURINE CO. CHICAGO

Death on Warts.

Apply Minard's daily. Also relieved
and disappear. Also relieves
bunions.



Shave In Comfort With Cuticura Shaving Stick

This delicately medicated anti-
septic Shaving Stick produces a
creamy lather enabling ten-
der-faced men to shave without any
irritation, even twice daily. It leaves
the skin smooth and fresh and
makes shaving a pleasure. Cuticura
Talcum is an ideal after-shave
powder.

Sample Shave Free by Mail. Address: Canadian
Dept., "Shave Free," Montreal, P.Q. Price, 25c.
Cuticura Shaving Stick 25c.

ABLE TO DO HOUSEWORK NOW

Sick a Year. Got Great Ben-
efit from Lydia E. Pinkham's
Vegetable Compound

Bloomington, N. S.—"I took Lydia
E. Pinkham's Vegetable Compound for
pains and backache, also for nervous-
ness, sick headaches and sleeplessness.
I was troubled in this way for over a
year, and a friend told me about the
Vegetable Compound and induced me to
take it. I must say I have received
great benefit from it and am able to do
my housework now. I recommend the
Vegetable Compound myself and am
willing for you to use this letter as a
testimonial."—Mrs. WILLIAM MORSE,
Bloomington, Annapolis County, N. S.
Do you know that in a recent canvass
among women users of the Vegetable
Compound over 220,000 replies were re-
ceived. To the question, "Have you
received benefit by taking this medi-
cine?" 98 per cent. replied "Yes."
This means that 98 out of every 100
women are in better health because
they have given this medicine a fair
trial.

Mrs. Morse is simply another case of
a woman receiving "great benefit."
Women suffering from the troubles so
common to their sex should listen to
what other women say who have expe-
rienced the same sufferings and found
relief. Give this dependable medicine a
chance—and at once. It is sold at all
drug stores.