

# You Cannot Surpass "SALADA" GREEN TEA

Its luscious freshness & rich strength make it finer than any Gunpowder, Japan or Young Hyson. Sold everywhere. Ask for SALADA to-day.

## The Loose Foot-Brace.

With his gold-rimmed glasses, expensive clothes and carefully polished shoes, the visitor from the city rather looked down on the old fisherman and his boat. He took a wide step into the middle of the boat to avoid the none too clean sides. But his heavy step set the boat rocking, and he took a second unsteady step quickly forward. His foot caught a loose foot-brace, which tripped him, and he fell forward, striking his head against a thwart, knocking his glasses and causing his nose to bleed a little. After expressing his anger with some violence, the man noticed the loose brace, lying in the bottom of the boat.

"It's a stupid piece of business," he exclaimed, "to have loose sticks like that in a boat!"

"That's a pretty useful little piece of wood," said the old boatman calmly. He had sprung forward to help the fallen man, but he was clearly offended by his language and manner. "You'll find how good a thing it is when you want to row yourself anywhere."

"Every stick that's needed in a boat should be firmly fastened," retorted the hurt and angry man.

"If that stick had been solid," said the boatman, "you might have toppled clean overboard into the lake."

The man took his seat with an impatient gesture, thrust out the oars, swung them back and gave a vigorous pull. His feet, having no braces, slid along the bottom of the boat; the man slipped from his seat and fell over backward. The boatman's boy, who had looked on with sympathy when the man first fell, now laughed outright, and even the old boatman grinned a little.

"If you'd put that brace you kicked aside in them cleats at your feet, you'd have come comfort to your rowing and make some progress," said the boatman.

The shamed man now heeded the old boatman, put the brace in the cleats that suited the length of his legs. Now he had a firm support for his feet, and he could throw his weight fully upon his oars.

As with many of the laws of moving about in our ignorance of foolish impatience, they trip us. Hurt and angry, we cry out against them and wonder why they exist. But when we recover our balance, observe life's rules and put these laws in their places, we find in the very power by which real progress is made. "But as for me, my feet were almost gone; my steps had well-nigh slipped," says the Psalmist in the Seventy-third Psalm. This verse and the whole Psalm is a commentary upon this experience of the man with the loose foot-brace.

## SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes: "Baby's Own Tablets are an excellent medicine. They save my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## A Violin's Music.

Gently—softly—  
As the breath of a babe.  
Now like the ripple of brooklet,  
Slipping, gurgling,  
Over tiny pebbles.  
Dawn sky—a rosy hue,  
Vibrating wings of butterflies  
Rising on sweet flowers.  
A thrush's lullaby.  
Dainty touch of a mother's hand.  
Beauty—love—joy—  
God's gift to us.  
—Modestia Bianca Miller.

## Life Span of Bedbugs.

Bedbugs can live a long time without a meal. One experimenter kept several alive in a bottle for a year without food.

## When a Husband Waits.

A fidgety man can wait for his wife on the street corner a hundred years in five minutes.

**REPAIRS** for Panning Mills, Wire & Zinc Screens for Chatham or any other kind of Mill. Repairs for Chatham Iron-rollers. Free Book on Grain Cleaning. **MANSON CAMPBELL**, Chatham, Ont.

## "Leave it to Pink."

The wise cow-boy is a familiar figure in fiction, film and fact; but in Mrs. Mary Roberts Rhinehart's recent account of her participation in a roundup we are able to view him from a new angle, that of a woman rider, new to his duties and here. At six o'clock they were off.

"Underneath me," she recalls, "Pink moved subtly along. He had the air of an old hand at the business, and of being slightly bored at the preliminaries. It was a fine morning; the sun warmed my back, and Pink's dark coat tread was like a rocking chair beneath me. I yawned. And then somehow or other I was riding down a valley with Irving, and Irving was glancing right and left for cattle, and Pink was gathering himself together and getting ready. Ready for what?"

"What am I to do?" I inquired in a thin voice.

"You just sit tight," said Irving comfortably. "And let Pink do it. He knows. Only watch him when he whitts. That's all."

The "whittling" did not come until four hours later, when a bunch of cattle were to be headed off.

In a second Pink started for them, and then and there did I give such an exhibition of pulling leather as I hope not to give again. He whittled and ducked; he flew and leaped; and to his back, helpless, I clung and prayed. And he did the job. He rounded up that stampeding herd and pointed it where it should go. And when it was over I let go the saddle-horn, took my first breath in five minutes and straightened my hat. But the worst was yet to come. It was in a dry creek bed, like a canyon. Pink slid and scrambled down into it, and between his high, unclimbable banks we moved along.

And there, without warning, we came upon an enormous bull. He looked as large as a locomotive, and he was barring the way with his wives and children. The moment he saw me he lowered his head and began to paw the ground. I attempted to turn Pink round, but he refused to turn. Instead he tried to make for the creature, and it pawed the ground again and stared at me with red and horrible eyes. I moistened my lips and spoke to it in a small, faint voice.

"Go on!" I said. "Get along there!" "Just an inch nearer!" said the bull, in effect. "Just an inch!"

"Irving!" I called feebly; but he did not hear, and Pink was tugging at the bit, and the cows had set up a kind of melancholy chorus. I tried other tactics; I spoke gently and kindly.

"Go along!" I said. "Nice old fellow! Go along like a good boy!"

I even whistled—it had no appreciable effect on the bull, but Pink took it as a signal and dashed at him. And the creature instantly threw up his tail and started off! Some few minutes later I rode up out of the creek bed, driving my monster and, his harem before me. And Irving, waiting on the bank, surveyed my catch with approval.

"Made quite a pick-up," said he. "Took a little time," I said easily. "That creek bed's a poor place to work."



Just a Cowboy.

"I understand he is a Knight of the Garter."  
"No! He doesn't wear them any more."

Gen. biliousness, heartburn, dyspepsia, and similar ills will not trouble you if you take Sigmoid's Syrup. Any drug store.

A new breakfast food, containing about 50 per cent. apple and the remainder wheat, is being put on the market by a Nova Scotia concern.

Minard's Liniment for frost-bites.

Failure is only postponed success so long as courage "coaches" ambition. No one can batter down the rocks; it's the eternal pounding away of the surf, that changes the shore line. The habit of persistence is the habit of victory. —Robert Kaufman.



WAS FAMOUS SPY "MADAME X" DURING WAR.

Above is Marie Cosnegracha, perhaps the most famous and beautiful of all allied spies during the great war. Certainly none were more daring. Time after time she outwitted the Germans until she became internationally famous, and headed the Belgian espionage system behind the German lines. Finally, planning one of the biggest coups of the war, she was betrayed, arrested, and subjected to cruelty and indignities. She is starting life anew, with her husband, who was also taken prisoner and wounded during the war, at Cooksville.

## GOOD NEWS FOR RHEUMATIC PEOPLE

Now Known That This Trouble  
Must be Treated Through  
the Blood.

The most a rheumatic sufferer can hope for in rubbing something on the tender, aching point is a little relief. No lotion or liniment ever did or ever can do more than this. The rheumatic poison is rooted in the blood. To get rid of it you must treat it through the blood. Any doctor will tell you that this is true. If you want something that will go right to the root of the trouble in the blood, take Dr. Williams' Pink Pills. The whole mission of this medicine is to purify and enrich the blood, and when they do this all blood troubles, including rheumatism, disappear. Among those who have proved the value of Dr. Williams' Pink Pills is Mrs. Annie Wright, Woolchester, Alta., who says: "I was a sufferer from rheumatism for six years, and during most of that time my life was one of misery. Tried several doctors, and many remedies recommended, but never got more than temporary relief. The trouble seemed to affect my whole system and I was badly rundown and suffered from headaches as well. Finally I was advised to try Dr. Williams' Pink Pills, and through these I found complete relief and to-day I feel like a new person. I can therefore strongly recommend Dr. Williams' Pink Pills to anyone suffering as I did from this trouble."

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

## A Strenuous Baby.

Baby elephants, as circus-goers know them, are such amiable and engaging infants that it is interesting and surprising to view one in a quite different aspect. Mr. Wynant Hubbard, while securing wild animals in Africa for zoos and menageries, had a nearly fatal encounter with a lively six-year-old.

"We had killed one elephant," he records, "and his dying calls had summoned another, a beautiful specimen, six or seven years old, in perfect health. The only way you can catch one of these beasts alive is for some one to grab him by his tiny tail and twist it while the natives jump on him, looping big ropes around all four of his legs."

"I was the one who jumped and grabbed this elephant by the tail. He started jumping, twisting, shaking and kicking, trying to get me. I was like the man who grabbed the bear by the tail. I had to hold on. I went spinning about in the air, bumping against his hide, bounced up in the air like a rubber ball every time he kicked at me, and tearing around generally like a toy balloon in a gale. I owed my life to having a strong grip."

"Finally, the natives got him tied down. I was all in when I let go. They tied him just in time."

Salt water, made of a teaspoonful of ordinary salt in one-third of a tumbler of water, is the best thing for cleansing the teeth, according to Sir Harry Baldwin, surgeon-dentist to the King.

Minard's Liniment relieves headache.

## Oh Mother! What Can I Do?

How many times a day do your babies ask you that question? And how often are you able to suggest some interesting game for them to play, some amusing occupation for a rainy day? If you'd like always to have a practical, helpful suggestion for them, read this snappy new feature.



I've put the mattress from the baby's bed here on the floor. You can turn somersaults and practice falling down to your heart's content.

Minard's Liniment for sore throat.

## Our Remarkable Brains.

The brain is a curious organ. It is almost insensible to pain, for one thing, and it is much less subject to disease than the rest of the body is. Even when there is definite brain trouble, it is often impossible to detect in the brain tissue any alteration of substance. It is also very difficult to exhaust the brain by intellectual work, provided the other organs are in a healthy condition. Finally, the brain does its work on an exceedingly small amount of sustenance. Sir Arthur Keith, the British surgeon, has put the fact very graphically by saying that the energy contained in an ounce of sugar would be enough to produce one of Shakespeare's plays if it should find the way to a brain as gifted as Shakespeare's was.

## Three Crops a Year.

Three crops of corn are obtained from the same field in one year on certain alluvial lands of the Philippine Islands.



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## EASY TRICKS A Forced Choice



A pack of cards is handed to a spectator with the request that he count them, dealing them in a neat heap on the table. He is next to deal the cards into four heaps. He selects one of the heaps and the trickster tells him the name of the card which is uppermost on that heap. This effective trick requires no skill—in fact, the spectator does most of the work.

The performer, at the beginning, notices which card is fourth from the top. When the cards are counted, the order of the cards in the pack is reversed and this card comes fourth from the bottom. When the cards are dealt into four heaps, it is an easy matter for the trickster to observe on which heap the card which was fourth from the bottom falls. He asks the spectator to select any two of the heaps. If one of these includes the selected card, well and good. If it does not, he says: "Now select one of the other, remaining, heaps." If this is the one he desires, the trick is all but completed. If it does not, he says "Only one heap remains"—and completes the trick. This stunt of "forcing a choice" is very useful in many tricks of magic. (Omit this out and paste it, with other of the series, in a scrapbook.)

Minard's Liniment for Grippes.

## Wedding Rings of Old of Agate and Iron.

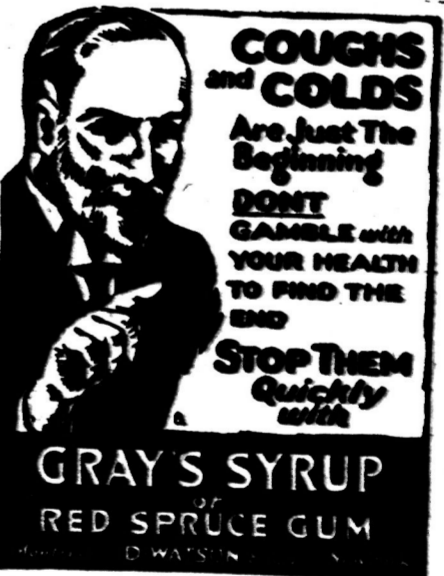
While sentiment has demanded that wedding-rings should be made of the most precious and durable of metals, wives of the ancient Romans sometimes wore bands of iron as a token of ownership or fidelity, and some of the earliest rings were of agate. Since platinum has superseded gold in value, times of this metal are common.

Gold rings were worn by the Egyptians as early as 2000 B.C., but they had no matrimonial significance. The symbols indicated orthodoxy in the households of the early Christians, and finger rings were first used as seals to identify papers.

In America, rings were not always popular. The Puritans believed that they were too suggestive of charms.

Among insects the most intelligent are those of the ant tribe, while next to them rank wasps. Bees come some way lower down the scale.

Every dish from "hors d'oeuvres" to dessert, including the ices, served at a dinner in a London hotel recently, came from Canada.



## Music Engenders Health.

It is never too late to begin to appreciate music. But without doubt the best time to begin is in youth. If the children are disciplined in the higher order of music that is the way they will grow up. It is never wise to rush a child.

The idealistic home is one in which the parents have their own steady and on the beautiful things of life. If the parents are themselves beautiful—loving, patient, generous, sacrificing souls, the children are more apt to be that way, whereas if they are vulgar, selfish individuals, it is more likely that the children will tend in that direction.

And so it is with music. Begin young, show the way, love the art, let the little ones hear lovely music, and that is how they will develop in maturity. If you begin early enough and persist long enough we shall succeed in making Canada a more desirable place to live in.

Music and musicians and music-loving people are a great asset to any community. Music engenders ideals. Ideals are what we need more and more in this young country.

## A Profit Four Ways.

Some people make chicken-raising pay; others find it a losing venture. But hardly any one of whom we have heard ever did so well with them as the boy, Dawkins by name, of whom the Cleveland Plain Dealer tells.

Some one asked his father whether chickens really paid.

"They pay my son," said the old man. "I bought him the chickens; I supply the feed; I buy the eggs from him, and he eats them."

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