#### COMFORT DEPENDS ON GOOD DIGESTION

Weak Stomachs Can be Made Strong Through the Use of Dr. Williams' Pink Pills.

The sufferer from indigestion is sreatly to be pitied. This trouble assumes various forms such as pain after eating, gas on the stomach, sour stomach and often vomiting after meals. The sufferer cannot get relief by cutting down his food to a starvation basis. That only still further weakens. What is needed is better digestion, not a poorer diet. And the way to get a better digestion is to so enrich the blood that the stomach will do the work nature intended. As a tonic for building up the blood nothing else can equal Dr. Williams' Pink Pills. As this new blend courses through the veins strength and tone is given the stomach and the pangs of indigestion. disappear. Not only this, the whole system is strengthened and new life and vim comes to the former sufferer. The value of Dr. Williams' Pink Pills in cases of this kind is proved by the experience of Mr. E. G. Malcolm, Port Malcolm, N.S., who says: -- "For several years I was a great sufferer from indigestion. I could not eat meat or potatoes, and often could not retain the food I did eat. Only those who have been afflicted with this trouble can realize the suffering I endured. I took a lot of doctors' medicine, but it did not give me more than temporary are fast passing from the landscape relief. I also took other remedies reof the Land of Dikes. The Dutch mill: commended, with no better results, ers are modernizing their mills and Then I read in a newspaper the case turning to electricity. They are right, of a woman whose symptoms were like of course; but along with the great Let Baby's Own Tablets Keep my, own, who found new health blades and stubby towers there will through Dr. Williams' Pink Pills. I at vanish much that is quaint and piconce got a supply of these pills and torial in tradition as well as in archihad not taken them very long when I tecture, for the miller has made his began to find relief. Thus encouraged mill, through many generations, show I continued the use of the pills, and I and express his joys and sorrows. can but sum up what they did for me Always the Dutch miller has given by saying that they made me feel like his mill a name and called it by that;

#### Manager of manager at my Bright Scholar.

"Why. Everett," exclaimed the moth- as if in grief over the loss of its own-

Those old enemies, gas, acidity, pain and discomfort are soon knocked for a fare-thee-well by Seigel's Syrup. Any drug store.

British women are turning back to plain black silk stockings as the mode. Over-use of light colored hose by all classes impelled society women to drop that fad.

Economists consider the amount of sugar a nation cats a good key to its prosperity. Last year the average American ate 101 pounds of sugar, the average Russian only nine pounds.

At the present time invention is going on so fast that the mind can scarce y keep pace with it. A child of fifteen or twenty speaks of everyday things which men over forty remember doing without .- I ord Askwith.

Bees can fly faster than pigeons,



leading doctors for

Wingate Chemical Co.

Limited, Montreal,

over 20 years.



Company, is Captain J. C. Townley, of the "Aurania." The photo was taken immediately after the presentation to Captain Townley by the Quebec Harbor Commission, of a gold-headed cane for being captain of the first passenger steamer to enter Quebec Harbor in the year 1926.

#### Windmill Etiquette.

The picturesque Dutch windmills

a new man. Every trace of the trou- never just the "mill." When a daughble has disappeared and I can now eat ter of the household married, the mill and enjoy my meals as well as any was gaily adorned; when a member of the family died, the mill was put into You can get these pills from any mourning, and the degree of that medicine dealer or by mail at 50 cents mourning was governed by fixed rules a box from The Dr. Williams' Medi- of windmill etiquette. If the owner died, all the twenty boards in the arms pily because there is no nasty taste word admiral is a typical English ex- You are giant stillness.

you doing with your shoes and stock. marking the procession of the funeral colds, teething pains, etc., there is no line head. Ings off this cold morning?"

"Studying my lessons," was the result of the boardless blades were turned in unison with the bells. When the wife the board was the result of the board with the bells. When the wife the board with the bells were turned in the board with the bells. When the wife tain's boat, then known as the "cock's Undisturbed by haughty tricks of the captain's boat, then known as the "cock's Undisturbed by haughty tricks of the captain's boat, then known as the "cock's Undisturbed by haughty tricks of the captain's boat, then known as the "cock's Undisturbed by haughty tricks of the captain's boat, then known as the "cock's Undisturbed by haughty tricks of the captain's boat, then known as the "cock's Undisturbed by haughty tricks of the captain to the captain's boat, then known as the "cock's Undisturbed by haughty tricks of the captain to the capt ply. "This book wants to know how unison with the bells. When the wife good. The Tablets are sold by meditain's boat, then known as the "cock's boat," Cock-hoat itself is a cook." Undisturbed by haughty tricks of many 5 times 5 is, and I haven't got of the miller died, nineteen boards of cine dealers or by mail at 25 cents a boat." Cock-boat itself is a corruption of the family, thirteen boards: for the of the family, thirteen boards; for the Co., Brockville, Ont. miller's parents, eleven boards; and so on down the line of relationship to the children of cousins, for whom one oard was removed.



declined our invitation to dinner." Since they heard that hunter say their property; so do eggs. coats were worth at least a thousand! A child whose food is lacking in a piece, they've cut everybody they vitamine A will become hickety.

#### The Common Days.

The course of life is a thousand triffes, then some crisis, and again a B. thousand triffes and a crisis; nothing but green leaves under common sun is essential to life. and a shadow, and then a storm or a rare summer day. And far more than scurvy was the scourge of the high the storm or the perfect day, the com- seas. It made its appearance on long mon sun and common shadow do to voyages when the crews ate nothing make the autumn rich, It is the "every but salted meat and hard-tack. to tell, or the years have failed. W. C. t otell, or the years have failed. W. C. modern ships provide a diet containing

#### The Indulgent Parent.

west of Ireland an American stayed cress; for vitamine B, cod-liver oil, one night at a little inn in County Gal- butter, wholemeal bread; for vitamine way. He was much struck by the C, orange and lemon juice, apples and splendid physique of his host's five grape-fruit. sons and warmly congratulated the. The first physician to stress the imfather on his family.

The innkeeper beamed proudly, regarded as a faddist. "Sure, str," he said, "they're fine boys. I've never had to lift me hand to war of them excipt in self-defince.

#### and the same of the same of the same Care is Price of Safety.

Safety cannot be purchased over the Joy, or anger, or surprise. counter nor measured by the yardstick or scale. It is something which Parson's been to show the way, you can create yourself. You can From this world into the next. make it a very valuable part of your- Doctor, too, has had his sayself. Just be careful at all times and Dan has done with drug and text.

### Can You Solve This? ERFLA

Mentin Development Corp., 110-40th St., Dept. 1200 New York City

# A HAPPY CHILDHOOD

Your Children Well.

Little children very quickly get out of sorts. By prompt treatment they can usually just as quickly be set right again. Most of their troubles arise in the first place from the stomach or bowels; that is why a good cleaningout is the first thing prescribed by the love dogs?" doctor. Formerly castor oil was the Miss Nurich-"Hot with mustard, I means used to bring this about; now- should say! a-days Baby's Own Tablets do the same work, but without trouble to the parent or discomfort to the little one.

#### Vital Vitamines.

lacking in others. In fact, the scien- gro term for the spirit of Jonah. But they have ascertained that this littion of "dodge" watch, the "dodge" he shop. le family of invisible life-givers has ing an arrangement to prevent men three members, each doing a particu- from being on duty every day at the

The vitamine family consists of vitaunseen property in certain foods which of a tin containing health salts, which causes the body to grow and thrive. It she started to taste. Soon it began to is present in greenstuffs. which are fizz, and she called out: "Come quickgrown in fresh air and sunlight. It is ly, mother. I'se boiling over." Mrs. Mink- "The Silver Poxes have in grass, lettuce, cabbage, watercress and so forth. The milk of cows fed on Mr. Mink-"Not at all a surprise, good pasture contains this mysterious and comradeship.-Mr. Ramsay Mac-

Vitamine B helps to fend off certain

diseases. In China, where large num-Choice Large Bulbs. 50c doz. on rice, beri-beri is prevalent. This is

Then there is vitamine C. It, too,

all three vitamines. These vitamines are essential to perfect health. To get vitamine A eat un-While on a motoring tour in the cooked green foods, especially water-

portance of these health givers was

#### Release.

Shave his chin, and bind his jaw-Place the weights on Danny's eyes-They will not show any more

Rough and bent his still hands lie, Long an humble way he trod-Now he's Awe and Majesty Second only to his God.

-C. Ribton.

Beat a carpet on the wrong side first, and then more gently on the right side. Beware of using sticks with sharp points, which may tear the carpet.

# "is good tea" TEA And because you like good things you'll like Red Rose.

Classified Advertisements.

LECTRIC MOTORS BOUGHT AND SOLD

RE-RUBBERING BUGGY WHEELS

N EW RIMS, CHANNEL AND RUBBER, Write Albert Rohn, Neustadt, Ont.

Fine Slitting of Cheese.

which a piece of cheese measuring one

inch in each direction can be cut in

If we saw ourselves as others see us

we might refuse to believe our eyes.

Cash for Old Stamps

Will buy old Canadian or Foreign

Stamps used before 1870. Look

up the old letters in your attic

No Recent Stamps Wanted.

THE CHAS. CHAPMAN CO.

-SHIP US YOUR ---

POULTRY, GAME, EGGS,

BUTTER AND FEATHERS

-WE BUY ALL YEAR ROUND -

ite today for prices - we guarante them for a week ahead

P. POULIN & CO., LIMITED

36-39 Bonsecours Market - Montreal

**IEADACHE!** 

Bathe the head with Minard's

In water. Also heat and inhale

or office. It will pay you!

12,000 slices.

A machine has been invented with

The Procession.

A drear March day A drizzling rain. Puddles of water Everywhere. little rivers running wild Like antics of a naughty child.

A cold March day Flurries of snow. Snow-banks piling Everywhere Over the hills and chasing round Forming mountains ever snow-crown-

A warm March day With gleam of sun, Snow dissolving Everywhere.

The breath of Spring is ever giving To everything, the joy of living.

Then an April day With sudden showers And singing birds Everywhere-

A bright May day

Heralds of spring-time, almost here, Warbling their songs of peace and

With flowers abloom, Budding trees Everywhere. Snow storms are now a memory dim And every raindrop a tuneful hymn.

#### Advice to a Buttercup.

Undistinguished buttercup. Lost among myriads of others, Why, Everett," exclaimed the mothers of in give over the loss of its owner of a bright five-year-old, "what are er. When the church bells tolled, tion, vomiting, constipation, colic, us direct from the Latin caput, meaning head.

As a specific for childhood indiges, the tion, vomiting, constipation, colic, ing head.

-Maxwell Bodenheim.

-L. Belle Perfect.

There is no one so liable to be angry with others as he who is ill at ease

Bananas were first seen in London tists themselves are still mystified. The term "dog watch" is a corrup- in the window of an apothecary

> "DIAMOND DYE" ANY GARMENT, DRAPERY

Just Dip to Tint or Boil to Dye

\$3.50 per 100. \$30 per 1,000 because rice does not contain vitamine America, Augusta, Baron, J. Hulot. Halley, Loveliness, Niagara, Panama,

Peace, Pink Perfection, Prince of Wales, Princeps, Le Marchal Foch, Schwaben, Mrs. Frances King, Mrs. Frank Pendleton, War, Red Emperor, White Giant Feet. We prepay express or mail on all

orders for \$5.00 or over when accompanied by cash. Under \$5.00, add 10 and tell your druggist whether the maper cent. to cover cost of postage.

LONDON, ONT

Each 15-cent package contains directions so simple any woman can tint soft. delicate shades or dye rich, permanent coiers in lingerie.

#### Sample Each Free by Mail. Address Canadi Depot: "Stenhouse, Ltd. Montresi." Price, So. 25c. Olument 25 and 86c. Talcum 25c. Cuticura Shaving Stick 25c. silks, ribbons, skirts, waists, dresses. coats, stockings, sweaters, draperies, coverings, hangings **MOTHERS**

Read Mrs. Menard's Letter. Her Experience May Help Chatham, Ontario. - "I want to tell

**Cuticura Shaving Stick** 

**Medicated And Soothing** 

Keeps The Skin Healthy

It produces a creamy, lasting

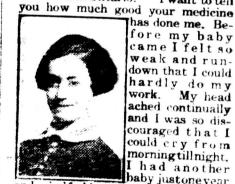
lather which doubles razor efficien-

cy and makes shaving easy for ten-

der faced men, while its delicate

medication keeps the skin clear

and healthy.



has done me. Before my baby came I felt so weak and rundown that I could hardly do my work. My head ached continually and I was so discouraged that I could cry from had another baby justone year

and a half old and it gave me a lot to So I thought I would try Lydia E. Pinkham's Vegetable Compound, as I had read so much about it in the little books. I found a difference right away as my head was relieved and my tired feelings gone. My sister had been doing my washing and she continued doing it, as she said it might set me back if I started to do it again. It sure did help me and I had taken just two bottles when my baby came. He is a fine big boy. now nearly five months old. I am taking your medicine again and I am able to do my work all by myself now. I always recommend the Vegetable Compound to women, and especially to expectant mothers, as I belie /e they need help at those times."-Mrs. OLIVER MEPARD, 54 Center St. Chatham, Ontario.

ISSUE No. 28-126.

She Loves Dogs. Miss Swelle-"And don't you just

#### Lord of the Sea.

Most people would think that the To the red ant eyeing you of the mill were taken out, and the and because no griping after-pains folmill stood motionises for a given time and because no griping after-pains folmill stood motionises for a given time and because no griping after-pains folmill stood motionises for a given time.

used for fishing. Commodore is noth-

ing more than the Italian Commenda- Use Minard's Liniment in the stables. Frequently we hear about "Davy Nowadays everybody talks about Jones." There was, of course, no such vitamines; but few people know any person, but should you speak of "Duffy with himse.f thing at all about these strange pro- Jonah's Locker," you have the original perties possessed by some foods and phrase. Duffy is the West-Indian Ne-

same hours.

mines A, B, and C. Vitamine A is the A small child, aged three, got hold

I hate discipline; I prefer honor

## GLADIOLI





everything! Buy Diamond Dyes-no other kindterial you wish to color is wool or silk, Gammage & Sons, Limited or whether it is linen, cotton or mixed



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