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WOULD WAKE UP TIRED

Stomach Out of Order and Sys-tem Run Down.

"I suffered from stomach trouble for several years," says Mrs. Mary Crouse, of Nenev, N.S. "I would have severe pain after eating, and as a result I ate sparingly, and so ran down in general health. I grew pale and weak, was easily tired, and would wake up in the morning as tired as when I went to bed. Then my nerves began to give out, and my sleep easily disturbed. Naturally I was being treated for the trouble but it did not help me; indeed I was growing worse and could not walk to the nearest neighbor's without stopping to rest. It was at this stage that, as a result of an advertisement I read, that I decided to try Dr. Williams' Pink Pills. I had taken the pills for several weeks before I could notice any improvement in my condition, then I seemed to have a better appetite, and less difficulty after eating, and this encouraged me to continue taking the pills until I had used a dozen boxes, by which time I could eat a hearty meal and enjoy it. My general health had improved so much that I felt I was again a well woman. I have not since had any return of the trouble, and feel that I can with confidence recommend Dr. Williams' Pink Pills to other weak and ailing people."

For indigestion, or any of the numerous troubles due to thin, watery blood, Dr. Williams' Pink Pills are strongly recommended. Sold by all medicine dealers, or will be sent by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.



They Made Him Giddy.
She: "What makes that Mexican friend of yours such a giddy chap?"
He: "The revolutions he's been through, my dear."

Poplars.
The poplars in the fields of France are golden ladies come to dance; But yet to see them there is none But I and the September sun.

The girl who in their shadow sits Can only see the sock she knits; Her dog is watching all the day That not a cow shall go astray.

The leisurely contented cows Can only see the earth they browse; Their pleated bodies through the grass With busy, munching noses pass.

Along the sun and I behold Processions crowned with shining gold
The poplars in the fields of France Like glorious ladies come to dance.
Frances Cornford, in "Spring Morning."

No Use Waiting.
Little Boy: "What stranger standing near Kate? (What you standing there for?)
Stranger: "Oh, I'm just waiting here for a party."
Little Boy: "You just as well go on then, 'cause we ain't going to have no party."

Sousa Began Early.
John Philip Sousa was a teacher of music at the age of fifteen and a conductor at seventeen.

COLOR IT NEW WITH "DIAMOND DYES"
Just Dip to Tint or Boil to Dye

Each recent package contains directions so simple any woman can tint soft delicate shades or dye rich permanent colors in lingerie, silk, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings everything!
Buy Diamond Dyes in other kind and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton or mixed goods.

Rainbow and Mustard Dust.
I am on the wild island of Borneo looking westward into a strangely weird and beautiful sunset. Over everything there is a yellow dust, yellow dust that looks as if all the color and essence of all the mustards in the world had been crushed into dust, and then taken up by the tumultuous hands of the brawny wind and scattered over the whole sky from east to west.

Back of the mustard dust to the extreme west, crimson flashes and deep yellow fissures break through at frequent intervals as if a volcano were in eruption. The sky all over, from horizon to horizon, looks as if millions of tons of dust had been thrown up to the zenith. Upon that dust of mustard flowers the lights of heaven are shining.

A few clouds have been gathering in the east. The sunset is so weird and fascinating that one has not noticed them. Then a slight rain begins to fall. Then—miracle of miracles! for a rainbow is always a miracle; it never grows old; it is always new; a fresh thrill comes each time we look upon such naked grandeur. The weirdness leaves the skies and a soft, diffused, beautiful glow of golden glory pervades the heavens, drips upon the earth, hunts out every leaf of every tree, bathes every man, woman and child in its soft wonder, paints every graceful palm tree, pours molten gold into every stream, crowns every wave with a crest of gold, kisses every mountainside with golden glory. William A. Stidger, in "A Book of Sunsets."

Getting a Name.
Many in this age are preaching the value of publicity. Some have had recourse to desperate expedients in order to obtain it. They do not seem to have paid much heed to conventional notions of morals or taste if only they might break into the headlines frequently and conspicuously. The public sooner or later may make the distinction between fame and mere notoriety.

One sort of name comes by noisy heraldry, the dinned reiteration of merit and service by others or by the man himself. Another kind of reputation comes by the slow growth of the general consciousness that a man has served his community well, has put himself last and has not risen in place or out of season to demand credit and to claim recognition. How refreshing it is to come upon one of these quiet, patient folk, whose philosophy is that time will decide and that it does not make much difference what is said about him or done for him now.

Getting a name is a gradual process; to lose it may be the swift transaction of a moment. In a trice a man may forfeit by his own act all that he has labored so long to rear in an edifice of character and conduct. And yet, if he did his best and was honestly mistaken, the score of his good deeds will not be utterly erased by the blaring offense of omission or commission which blots the record now. The name a man has made for profit is worth so much that the least remainder of it is worth defending to the last, and the charitable historian has no more congenial task than that of restoring a fair reputation to one who no longer can speak for himself and explain his real motivation.

Good Morning.
"Good morning," said in accents cheerful.
Starts the day off with a zest!
Makes the whole world seem less drearful.
Warms the heart in every breast;
Makes the sunshine seem lot brighter,
And the mist to fade away.
Makes the hardest tasks seem lighter.
Lifts the burdens of the day!
Something magic in the greeting.
That just seems to brighten things!
Trouble clouds are swift retreating—
Joy comes in on angel's wings!
It's a certain gloom dispeller;
Makes the whole world seem less drear.
May God bless the sunshine feller.
Whose "Good Morning!" rings with cheer!

Last Wishes.
Last wishes of the dead take on a curiously authoritative quality, a sort of sanctity that appeals to our sense of honor the more powerfully because the wishers have no other resource. They are building a great new bridge across the Delaware River, between Camden and Philadelphia. It will not be opened to traffic until July 4, yet across it the other day passed a funeral procession bearing the body of a woman. She had been the wife of one of the committee-men who are building the bridge and had so looked forward to crossing it that it was almost her last wish. And so, even though she had crossed a greater bridge and a wider river, workmen laid aside their tools for a little while and stood bareheaded while the funeral train passed.

FLOWERING SHRUBS FOR FOUNDATION PLANTING

By Miss Isabella Preston, for the Ontario Horticultural Association.
Foundation planting, or the planting of shrubs and trees close to the base of the house, is one of the best means of improving the looks of the house and enhancing its value. By careful manipulation such planting can be made to accentuate desirable architectural points of the house or to alleviate and soften objectionable features.

On the small city lot basal planting is practically all that should be practiced, leaving the lawn in front entirely free of shrubs and flowers. It is only where a wider expanse of ground is encountered that planting on the lawn in clumps or groups can be safely practised and even here it is desirable to leave large expanses of lawn with frequent vistas to obtain the most effective results.

Fortunately there is a large list of shrubs available for such a purpose, all of which are comparatively hardy, as well as being very effective. In making the planting it is better not to adhere too closely to a straight line, but to rather plant to obtain more of a serpentine effect. This is accomplished by having the corners come forward with recessions, or alcoves along the wall of the house. By keeping the taller growing specimens at the corners and in between windows, with the lower shrubs under the windows and in front of the higher ones a very pleasing variation is obtained, which does not look too mechanical in its presentation.

Some desirable high growing shrubs are tall Mock Orange (*Philadelphus grandiflorus*), which gives a profusion of beautiful white blossoms with yellow centres, resembling closely the orange bloom. Bush Honeysuckle (*Lonicera tatarica*), with its bright pink flowers and later with its red or yellow berries is very desirable. *Syringa villosa*, or Chinese lilac, is another desirable high growing shrub. *Caragana Frutescens*, with its profusion of yellow flowers, is very desirable at the back of the corner clump, as is also *Hydrangea paniculata* grandiflora. For the lower shrubs Japanese barberry is very ornamental and desirable and *Rosa rugosa*, where there is a chance of growing a five-foot shrub, is very effective. *Spiraea arguta*, which grows to four feet, may be very effectively applicable to grace the sides of the front entrance with its profusion of white bloom in early June and its graceful, pendulous habit. Particularly beautiful among the lower shrubs are the dwarf forms of the Mock Orange. Three particularly profuse and handsome bloomers are the following varieties: Mont Blanc, Boquet Blanc and Virginal.

Where there is a high, blank wall space to be improved the use of a specimen or two of the pyramidal cedar is very pleasing. *Hydrangea arborescens* as a summer-blooming shrub of about six feet is useful at the back of a medium-sized clump.

The above constitute the most desirable and effective shrubs available and a selection made from this list will amply repay for time and money expended.

GIVE CONFIDENCE TO YOUNG MOTHERS

By Always Keeping Baby's Own Tablets in the Home.

A simple and safe remedy for the common ills of babyhood and childhood should be kept in every home where there is either a baby or a young child. Often it is necessary to give the little one something to break up a cold, allay fever, correct sour stomach and banish the irritability that accompanies the cutting of teeth.

Experienced mothers always keep Baby's Own Tablets in the home as a safeguard against the troubles that seize their little ones so suddenly and the young mother can feel reasonably safe with a box of these Tablets at hand and ready for emergencies.

Baby's Own Tablets are a mild but thorough laxative that act without griping and they are absolutely guaranteed free from opiates or other harmful drugs. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Pride of Workmanship.
"Why are you so proud of your friends?"
"Why? because I made them, I guess."

Are there going to be any regrets tomorrow about that good meal you're all set to stow away tonight. Better take Seigel's Syrup. Any drug store.

Your Body's Danger-Points.

Which is the weakest external part of the human body? Some people would say the solar plexus; others, the region of the heart. Scientists are inquiring into this little-known subject, and already some important conclusions have been reached.

It has been found that the Adam's apple is man's most vulnerable external part. A slight blow is likely to affect it so seriously that permanent injury may result, the victim's breathing and swallowing being impaired. Even pressure by a thumb at this point can have injurious results. A bad blow may cause death.

One of the chief discoveries made in the course of this particular research is that the Japanese art of Jujitsu is based on expert knowledge of these danger-points. For example, a blow with the edge of the hand above the temples or the ears may fracture the skull or cause concussion of the brain. Sudden pressure behind the ears is temporarily crippling in its effect. Blows on the nape of the neck are dangerous. Other points especially sensitive to pain and injury are the upper lip and the abdomen.

Sure Cure.
Sufferer—"Sal, old man, can you tell me something to cure toothache?"
Friend—"Yes, I can—the sight of a dentist!"

Minard's Liniment King of Pain.

RED ROSE

"is good tea" TEA

Over 30 years a standard wherever good tea is liked.

Some Familiar Sayings.
The old saying, "in spite of your teeth," is very old. It is said to have originated when King John, of England, pulled out a rich man's teeth, one by one, to make him give up his money.

"Hauling over the coals" is of like origin. Six or seven centuries ago, the cruel barons would catch a miser and drag him over hot coals, in order to obtain his riches.

"Brown study" is said to have been originally "brow study," or study with the forehead in the hand. Another familiar saying is, "You can't say 'boo' to a goose." When the famous writer of plays, Ben Jonson, was introduced to a nobleman, the latter was struck with Jonson's common appearance, and said:

"What! You Ben Jonson? Why you look as if you couldn't say 'boo' to a goose!"

"Boo!" exclaimed the witty dramatist, turning to the nobleman and making his bow.

Use Minard's Liniment in the stable.
Distillations.
"But, dear," a fond mother inquired of her newly wedded daughter, "what makes you think your husband would be poor protection?"

"Well," was the naive reply, "the other night I thought I heard a burglar; so I woke Fred up and we both listened. And sure enough we could hear someone prowling around downstairs. So I became frightened and told my husband that I was going to crawl under the bed."

"What did he say, dear?"

"Better stay where you are, darling; I don't think there's room for both of us under here."

The Imposter.
A proud young father telegraphed the news of his happiness to his brother in these words:

"A handsome boy has come to my house and claims to be my nephew. We are doing our best to give him a proper welcome."

The brother, however, failed to see the point, and wired back:

"I have no nephew. The young man is an imposter!"

The "magui," a Mexican tree, supplies from its bark a thread three times as strong as ordinary cotton.

Germany Pays With Radio.
The Japanese treasury has agreed to accept £4,000,000 from Germany in the form of Telefunken radio apparatus to cover reparations due.

SPRAINS.

Apply Minard's at once. It draws out inflammation, soothes the muscles and ligaments.

MINARD'S LINIMENT

"KING OF PAIN"

Cuticura Heals Eczema on Head Arms and Legs
"When baby was two months old a slight touch of eczema broke out on her head, face, arms and legs. It turned to weeping eczema and formed blisters, which broke and the eruptions scaled over. It was very itchy causing loss of sleep and she was very irritable. Her face was disfigured. The trouble lasted eighteen months.

"I tried different remedies but with no results. I began using Cuticura Soap and Ointment and in about six weeks I could see an improvement. I continued the treatment and after using for several months she was healed." (Signed) Mrs. F. Angerman, 9425-122nd Ave., Edmonton, Alberta, Nov. 3, 1925.

These fragrant emollients are all you need for all toilet purposes. Soap to cleanse and purify. Ointment to soothe and heal. Takum to powder and sweeten.

Sample Book Free by Mail. Address: Cuticura, 150 West 17th St., New York City. Price, 50c. Cuticura Shaving Stick 25c.

Colds Are Not Necessary Evils
Observance of One Fundamental Rule of Health Protects Against Them
Whether one catches cold easily is largely a question of physical condition. If the general vitality is low, resistance to disease is weak and at such a time a cold is easy to contract and difficult to check.

Constipation is frequently the cause of such a state of health, with attendant listlessness, biliousness, headaches and a general lack of vitality. Poisons from the waste matter that remains behind after improper, irregular bowel elimination are picked up by the blood and carried to every part of the body. They weaken your resistance to disease.

Thousands of people who have suffered from self-poisoning in this way have found that *Nujol*, the internal lubricant makes bowel elimination sure and easy.

Nujol softens the waste matter and permits thorough and regular elimination without overtaxing the intestinal muscles. *Nujol* can be taken for any length of time with no ill effects.

If you take cold easily, ask your druggist for *Nujol* to-day—and remember, look for the name "*Nujol*" in red on both bottle and package.

RESTORED TO GOOD HEALTH
Mother of Eleven Children Praises Lydia E. Pinkham's Vegetable Compound
Her Interesting Experience
Buckingham, Quebec. "I am the mother of eleven living children, and my baby is five months old. I am only 38 years old, but I have taken Lydia E. Pinkham's Vegetable Compound for weakness and my nerves. I knew of it from my sister, Dame Edouard Bellefleur of Ramsayville. For five years I was in misery and was always ready to cry. Now I am so happy to have good health. My daughter, who is 18 years old, has also taken it and will be happy to recommend it to all young girls."—Dame WILLIAM PARKIN, Box 414, Buckingham, Quebec.

Why suffer for years with backache, nervousness and other ailments common to women from early life to middle age, when Lydia E. Pinkham's Vegetable Compound will give you relief?

In a recent country-wide canvass of purchasers of Lydia E. Pinkham's Vegetable Compound, over 250,000 replies were received, and 98 out of every 100 reported they were benefited by its use.

Genuine ASPIRIN

Proved safe by millions and prescribed by physicians for

Colds Headache Neuritis Lumbago

Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

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 Manufacture of Monacette. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monacette. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monacette. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monacette.

Can You Solve This?

DIERFLAG

The above letters when properly arranged form the name of a late President. Everyone entering in the contest will be awarded a beautiful prize. 20 x 100 lot, FREE and clear of all encumbrances, located in one of our subdivisions between New York and Atlantic City. This offer expires July 15, 1926.

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