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ARE YOU AFRAID OF YOUR MEALS?

Proof That the Stomach is Weak and Needs Toning Up.

Are you one of the many sufferers who dread meal time? Hungry, and yet atrace to eat, because of the pains sad discomforts that follow. When stemach is out of order the whole system suffers, and as the blood becomes thin and watery it becomes increasingly difficult to correct the digestive disorder. There is no tonic for the stomach that is not a tonic for the whole body; thus a blood-building tonic such as Dr. Williams' Pisk Pills, not only relieves indigestion, but adds to the general strength. Mr. D. J. Shaw, Seikirk Road, P.E.I., has proved the value of Dr. Williams' Pink Pills in a severe case of indigestion and relates his experience for the benefit of other sufferers. He says: -"I suffered from indigestion for a number of years. My case was so bad that words fail to describe it. My appetite was gone, constipation was present, and my nerves were all on edge. I could not sleep well at night, and the world was a dark spot for me. I tried s number of remedies, but without any Senefit. Then Dr. Wiffiams' Pink Pills were recommended, but without much faith, after so many failures, I decided to try them. After taking three boxes Inoticed a change for the better. Then I got three more boxes and found I had a genuine remedy. I continued the treatment, took moderate exercise, could take plain food without suffering as formerly, and proved that these pills make good blood, and that this good blood will restore the stomach and nerves. Anyone suffering from stomach or nerve troubles will make no mistake in giving Dr. Williams' Pink Pills a fair trial."

Dr. Williams' Pink Pills are sold by all medicine dealers or will be sent by mail at 50 cents a box by The Dr. Williams' Medfcine Co., Brockville, Ont. Write to-day for a copy of the free booklet "What to Eat and How to Eat."

The Four Friends.

tail

George was a goat, and his beard was vellow.

the wrong one, And James sat down on a brick. Ernest started trumpeting, and

cracked his manger. Leonard started roaring, and shivered his stall.

James gave the hugle of a snail in danger And nobody heard his at all.

James went a journey with the goat's new compass And he reached the end of his brick.

new tail.

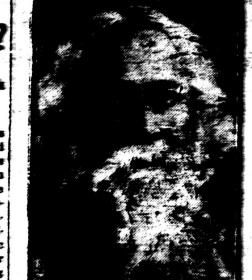
mentioned. But James was only a snail. From "When We Were Very

Young," by A. A. Milne.

Not Staticnary

"Let's see; haven't I seen you somewhere else? "Possibly. I've been other places."





Rabindranath Tagore

Sir Rabindranath Tagore, noted In-

The Morning Joy of Morning Glories.

pomea; others call them convolvulus; but the old country name of "morning THE ONTARIO ight they bring. The potentialities of happiness in a

penny packet of seeds are always Province Wide Public Healt great; but the morning glories seem a little to surpass ail others, especially for those who can have but few flowers to cultivate; whose activities. The Ontario Dental Health Day to movements almost from day to day, gard to the prevention of tooth decay The slender stalks race upward at and pyorrhea. amazing speed, thickening and inter- Many instructive and helpful activitwining until they form veritable rose, ties are being arranged and the lead. Medicine Co., Brockville, Ont. azure blue, and white, and all richly ing health, educational and social wel-Ernest was an elephant, a great big clothed in leaves. Soon the buds be- fare organizations are all co-operating gin to appear, those siender fluted, in a most enthusiastic manner. The At Hildesheim, in Germany, grows Leonard was a lion with a six-foot pointed buds which open out morning dentists of the province will give free by morning into perfect chalice-shaped dental examination and advice to all blooms, violet and rose, azure blue, who request it upon that day. In the the whole of the east side of the and white, and all the delicately flush- larger centres special clinics will be And James was a very small snail. ed and tinted shades between.

Each evening one may see just how dentists will receive the patients in ences are made over a period of fully Leonard had a stall, and a great big many, among the innumerable buds at their own offices. strong one,

different stages, are ready for tomorrow's blooming: each morning if
were thick,

were thick,

eorge found a pen, but I think it was

different stages, are ready for tomorrow's blooming: each morning if
one rise early enough, they will be
public meetings and mass meetings
found still closely folded, but, with
of school children. In order to stime. different stages, are ready for to-George found a pen, but I think it was found still closely folded. the sun, they open before one's very late interest in Oral Hygiene among eyes into perfect flowers; exquisite in the baye and girls the service clubs form, and color, and growth upon the are donating prizes to be given to the parent vine. For a few hours the pupils writing the best essays or prebeauty lasts; then, without any sign paring the most attractive posters on of disorder or decay, the morning's this subject. Through the kindness flowers droop and drop, leaving the and courtesy of the Ontario Motion vine orderly and prepared for the next Picture Bureau and the Toronto Film

And all this delight may be enjoyed. be shown in the leading theatres and Ernest started trumpeting and raised their summers in the country, but by ful information on Dental Health. One park, is one of the best equipped Leonard started roaring and trying rooms, who through many months educational effort will be the window 73 registrations in 1917, the total offering of loveliness.

Military Strategy.

Uncle William stood watching his be brought to the attention of the Ernest was an elephant and very well- nephew and some other boys playing people through newspaper, billboard at soldiers attacking a fort. After a and street car advertisements. Leonard was a lion with a brave moment or two had passed he called

his nephew to him and said: George was a goat, as I think I have "Look here, Fred. If your side can take the fort within half an hour I'll give you half a dollar."

Fred accepted the offer and hastened to his friends with the news.

About two minutes later he returned to his uncle and said: "Uncle. can I have the half a dollar? We've taken the fort all right."

"That was pretty smart," remarked Japanese writers upon marriage statis-Uncle William, as he handed over the tics just issued by the Government. coin. "May I inquire as to how you

out-generalled the enemy?" "Oh," replied nephew Fred, "that now between 25 and 29 years, whitewas quite easy. I just offered the that for girls is between 20 and 24. other side a quarter to give in."

The Purpose of Laws.

more than twenty years ago such "late marriages" would have been consider-For all lawes (saie they) be made ed a menace to the welfare of the and publyshed onely to the intente State, and declare that a revolution of that by them every man should be the family system has occurred in less put in remembrance of his dewtie.— than twenty years. More, in "Utopia."

tury, it is explained, the principal In Jasper National Park, Alberta, social duty in Japan was perpetuation there are about 640 miles of standard of the family, and this presupposed trails by which tourists may visit the early marriage. Girls who waited unoutlying scenic attractions. til they were 20 were rare, and young

High School Boards and Boards of Education Are authorized by law to establish

INDUSTRIAL, TECHNICAL AND ART SCHOOLS

With the approval of the Minister of Education.

DAY AND EVENING CLASSES the Department of Education.

THEORETICAL AND PRACTICAL INSTRUCTION le given in various trades. The schools and classes are un direction of AN ADVISORY COMMITTEE.

emilication for attendance should be made to the Principal of the

COMMERCIAL SUBJECTS, MANUAL TRAINING, HOUSEHOLD SCIENCE AND AGRICULTURE AND HORTICULTURE are provided or in the Courses of Study in Public, Separate, Continuation and High chesis, Collegiate Institutes, Vocational Schools and Departments. of the Regulations leaved by the Minister of E.

which sounds as though there were so doubt about it's being of Anglo-

While the Angle-Saxon erigin is not name go in Hagiand and on the Conunitiely, however, the fact remains timest, is pretty old. that the records point to a Norman In the year 1200 knighthood was French origin in more cases than to "in flawer," and all Europe was cut

dian poet and philosopher, as he ap mens. "Draca" was the Anglo-Saxon tribes had done when they laid the old. With that which thunders where the pears in his latest and most striking form, as also 'Drag" and "Thrag," and, empire of Reme low.

while these might easily have produced the surname of Drake, there is that the Fallons gave up the family or little tangible evidence to show that class name of O'Beirne and became the they actually did so. "Draeger" was ."O'Fallains," adopting the name of the Danish form of the given name "Fallan" the chieftain, as their clan Well-informed people call them and "Dracke" the Flemish.

DENTAL HEALTH DAY SUMMER HEAT Effort Promises to be a

Great Success. must be confined to the pots or boxes be held on Wednesday, October 20th, the little stomach out of order so on a roof terrace or window sill will be something new in so far as this quickly that unless prompt aid is at hand, the baby may be beyond all anywhere and for anyone; just as in special days of various kinds but we human help before the mother realizes the country they will fling themselves have never had one set aside for the he is ill. Summer is the season when over a fence, a porch, or a chicken purpose of informing the public how distributed and colic are most prevalent. Any of window frame, a chimney or an ugly ages of Dental diseases. The import these troubles may prove deadly if bit of city wall. And they are delight ance of the movement and the neces not promptly treated. During the ful in all their doings from first to sity for some such activity cannot be summer the mothers' best friend is last, behaving with a companionable gainsaid and the Ontario Department Baby's Own Tablets. They regulate precision which enables one to count of Health deserves credit for initiating the bowels, sweeten the stomach and But always through the deep solitudes

World's Oldest Rose Tree.

what is believed to be the oldest rose parish church arranged and in the smaller places the

"Spring in the air, Mr. Crotchet."

"I said, 'Spring in the air!"

Board a short motion picture film will not only by the fortunate who spend the Radio stations wil broadcast use- Banff, Alberta, in Banff National the world. those in town offices and narrow of the most attractive features of this motor camps in Western Canada. From each day may partake of the flowers' displays arranged by the druggists and number of permits issued increased to many of the merchants who carry 4,186 in 1925. fruit, vegetables and other wholesome foods. The programme for the pre-

Perfect

Write or wire for

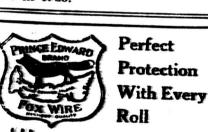
delivered prices.

most as old as that of O'Beirne; that old, which, as the ages of family

up into petty principalities and baron-The family name in its older form ies, and the sway of kings was merely was "Fitz Draco" and sometimes "Fitz nominal. Countries, as we conceive of them to-day, can hardly be said to Incidentally, it has nothing to do have existed. France, Germany and with ducks. The given name of "Drs. Italy were merely geographical terms. The and its other forms, "Drego," The old East Roman Empire, lineal "Draca," "Drag," "Thrag," "Dracger" heir of the civilization of ancient and "Dracke," had a meaning of Rome, was hardly yet in its grave. "etrength' or "force." The forms end The Mohammedans were threatening ing in "o" were those used by the Nor- to sweep over Europe as the Teutonic

No season of the year is so danger ous to the life of little ones as is the er he died unt left \$450 for a stone. Unt summer. The excessive heat throws sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams'

"Why should I? eh, why should I?"



Every roll of Prince Edward Brand Fox Netting opens out as a 150 foot long wall of perfect protection for your foxes. "Prince Edward" does not bag nor sag and has 10% more meshes than any other brand of fox netting.

Holmans Summerside

Special Ontario Agents W. H. C. Ruthven, J. M. McGillivray Priceville

Colds

Pain

"is good ten" TE

Order your grocer's best and hell usually send Red Rose.

One See.

wave which murmurs b Eastern skies And feels the hot kiss of a copper

Perchance has known the ice-fields

boulders rise Around the Cornish coast; or has run

race on Southern pools, where coral -J. E. McKnight, in "The Sea Anthology," edited by A. H. Bartlett.

His Stone. Two gentlemen stopped on the street to talk. One was wearing a large diamond tie pin.

"Isaacs," said the other, "dot is a fine diamont you have it. Vare you

"Vell," explained Isaacs, "my brothdis is d' stone."

My heart is a dark forest where no voice is heard. Nor sound of foot by day or nightnor echo horne

Down the long aisles and shadowy arches, of a horn. Trembling-nor cry of beast, nor call

a grieving wind Moves like the voice of a vast pray er; it is your love

Lifting and bending leaf and bough while, far above. One though soars like a hawk in the heaven of my mind. -John Hall Wheelock.

Every Day You Live-

-Can be bankrupted if you borrow trouble from to-morrow. Begins life all over again if you start new with the morning. -Has more pleasant things in it than disagreeable.

-Is a product of all of your yester -Is fill I with just as many responsibilities as opportunities.

-Will run smoother if you start it with a prayer. -You can find a hundred reasons for being happy if you look for them.

Granite is the lowest rock in the earth's crust. It is the bed-rock of



Lumbago

Rheumatism

Classified Advertis

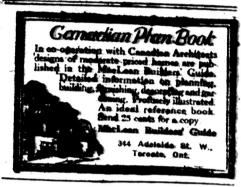
TALL OR PART TIME TAKE OF

Knight in Armor.

Whenever I'm a shiming Knight buckle on my armor tight; And then I look about for things. Like Rashings Out, and Reschings. And Savings from the Deagon's Lair. And fighting all the Dangons there. And sometimes, when our Fights be

I think I'll let the Dragone win. And then I think perhaps I won't, Because they're Dragons, and I don't.

Purely personal attack is a low and emeaning game, whoever plays it. -Ramsay MacDonald

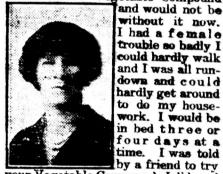


Always keep Minard's handy for burns, sprains, bruises and fiesh



Mrs. Horn Tells how Lydia E. Pinkham's Vegetable Compound Restored Her Health

Hamilton,Ont.-"I have taken Lydia E. Pinkham's Vegetable Compound and would not be without it now. I had a female trouble so badly I



time. I was told by a friend to try your Vegetable Compound. I did, and by the time I took two bettles I was beginning to get around again. I took ten bottles in all, and now I am all right again and doing my own work. have six grown-ups to work for, se I have plenty to do. I also used Lydia E. Pinkham's Sanative Wash, and I think it is good. But I owe my health to the Vegetable Compound, and I think if more of it was used women would be better off. I would not be without it if it cost much more. Mrs. NELLIE HORN, 28 St. Matthews

Do you feel broken down, nervous and weak sometimes? Lydia E. Pinkham's Vegetable Compound is excellent to take at such a time. It always elps, and if taken regularly and persistently, will relieve this condition. @

Avenue, Hamilton, Ontario.



For Daily Use This pure, delicately medicated, antiseptic powder does much to overcome excessive perspiration. It soothes and cools, is convenient and economical and is an ideal face, skin, baby and

dusting powder. mple Each Free by Mail. Addre mot: "Munhouse, Etd. Menterel."

ISSUE No. 38-26.

Headache

Neuralgia

Accept only "Bayer" package which contains proven directions. Hamly "Bayer" boxes of 12 tablets Also bottles of 24 and 100 Draggists.

DOES NOT AFFECT THE HEART

Neuritis

Toothache

"Late" Marriages Worry

the Japanese.

That the Japanese family system,

upon which the whole social structure

of the country has been built, has been

almost completely broken down with-

out the knowledge of the country is

A survey has shown that the aver-

age age of marriage for young men is

Japanese observers point out that not

Even in the early days of this cen-

men were married at 21 years or earlier. But economic force has destroy-

The head of most families can no

longer assure support to young married couples while they are getting a

start in life. Ambitious young men

must attend unversities, from which

they do not graduate before they are

25, and after that often obtain a bare

living salary for years. Late marriage has been the inevitable result.

Conservative writers regard these

statistics with alarm. They declare

that Japan's strength has come from

the family system and that social

chaos impends. But other writers re-

gard the prompt overthrow of the old

system as a healthy sign. They point

with pride to the fact that Japan has

taken her place with other progressive

nations in this as in other respects.

ed this system