Mrs. Leo. Bedard, Quebec City, tells stored through the use of that great own. blood-building tonic, Dr. Williams' Pink Pills. Mrs. Bedard says: "Some ed his face. three years ago, after the birth of my little boy, I was left very weak and pale. I did not seem to have any strength, and at times I was so dizzy I would nearly fall down. A friend man that gave it to me." advised me to try Dr. Williams Pink Pills and I did so. In a few weeks I was surprised to notice the difference tively cheap. Stopping it is what in my condition—I .elt like a new wo- costs big money. man. I continued taking the pills until I had used ten boxes, by which time I had completely regained my like a book." former health and strength. I feet Phyllis-"You mustn't take Jack too Williams' Pink Pills for what they that you are a very plain type." have done for me."

To the woman in the home—the A kiss, a sigh, a fond good-bye, woman closely confined through And she is gone. household duties-Dr. Williams' Pink A smile, a curl, another girl; Pills are a positive blessing. So if - The world moves on. you are suffering from any condition due to poor, watery blood, or weak! nerves, begin taking Dr. Williams for anyone who knows how to play Pink Pills now, and note how quickly the market, and Beethoven's sonatas your health will improve and your are on any piano if you just happen strength return. The pills are sold to hit the right notes. by all medicine dealers, or will be sent by mail at 5 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.

a rea!

WPTA

indges

TO-DAY

"Every day is a little life," was an old thinker's wise epigram. If each day gets the better of us, how are we going to conquer in life as a whole? ous battle ground where selfishness not innocent of the smell of spirits. and shirking and disobedience and discontent are overcome, can we make life a victory in the end. Lavater, the old philosopher, laid down the rule that "each day should be distinguished by at least one particular act of love." It is a rule which makes life dolphin and its habits. happier for the doer, and for everybody else.

INDOLENCE

The cause of all evils of the world may be traced to that natural, but most deadly error of human indolence and corruption—that our business is to preserve ar i not to improve. It is the ruin of us all alike, individuals, schools, and nations.-Dr. Arnold.

Erich Maria Remarque.

ANY SEASON

is Vacation Time

In Atlantic City

ANY VACATION Is An Assured Success If You Stay at the

With the Finest Location and the Longest Porch on the Boa dwalk Offering the ultimate in Service with Unexcelled Cuisine

2% of Total to CANADA **ADVANCED**

RRITISHERS

in Canada may now bring forward their Families. Relatives and Friends on Easy Terms.

For full details apply:-

BRITISH RE-UNION ASSOCIATION

Do You Get Up Tired, Cross?

Look out: It may be kidneys. Try Warner's Safe Kidney and: Liver Remedy

the law to preserve your most precious assets, your health. Gently it etherwise ed over the U.S.A.? No, Canada is cleaning out look polycome. With your blood-stream cleanayed, and all organs dealth, you swater from a sound night's steep refreshed, invigorated, strong. Life takes out a second control of the polycome. We read that a New Zealander, who played the plane for one hundred and twelve hours without stopping, is compounds.

Every dramplet known pleasant testing Warner's field Edney and Elver Every it come little, but it is worth until amounts to anyone the recip the vip it gives. Buy your bottles today, it inside to formation to formation field Every Co., Toronto, Chinais.

Owl Laffs

Smith-"I have less dread of influenza than of its consequences." Cooper-"Yes. I haven't my last dector's bill, either."

My rose," he whispered tenderly as how her health and strength were re- he pressed her velvet cheek to his

"My cactus," she said, as she touc's

Mike-" Why are ye wearin' a black eye, Hinnessy?" Pat-"Sure, it's mourning for the

Starting married life is compara-

Kitty-"Jack says he can read me

that I cannot praise too highly Dr. literally, dear. He probably means

There is big money in Wail Street

Wife-"One thing a woman expects when she marries is sympathy." Husband-"Well, haven't you got it since you married me?"

"Yes-from the whole town."

Patrick Hogan arrive home in a pitiful condition. His face was hidden in bandages, his clothes were A SHIPLE TREATMENT Only as we make each day a vistori- torn and dusty, and his breath was "Me darlint," said Patrick, "Of've had me nose br-roken in three places." "Weil," said Mrs. Hogan, "that'll

The teacher was talking about the

larn ye to keep out of thim places."

'And children," she said, impres sively, "just think! A single dolphin will have two thousand dolphins!" "Goodness!" exclaimed the little

girl at the foot of the class; "and how many do the married ones have?"

He-"Kisses are the language of love." She-"Well, why don't you say something?"

"The recognition of a danger is the which had dealt with the hardest and make the dreaded teething period for the wedding.

"Why," said one. "I remember once when Buster of the Rangers shot from penalty and the puck hit me-"

"Yes, and what happened?" "I had to pay a quarter to get back into the rink."

The after-dinner speaker had talked for fifteen minutes. "After partaking of such an excel-

lent meal," he continued, "I feel that if I had eaten any more I would be unable to talk."

From the far end of the table came an order to the waiter: "Bring him a

Schoolboy (to his mother)-"First teacher told me not to talk so loud and then he kept me in for whisper

"Many a good fellow has been brought up at a public school. And many another at a police court.

Earth tremors slightly shocked Los Angeles, about the only thing remaining that can.

Maid-"There's a man singin' outside the door, ma'am. He wants to know if you'd assist him." Mistress-"Tell him I don't sing."

Export of Alcohol

Chicago Tribune: Canada is talking very seriously about shutting down on the exportation of "likker" to the United States. It would be a good that likes champagne or beer would have to go up to Canada to get it and what they pay for their drinks. . . . and pastry. About the only way to scare Canada into having a heart is to talk about

played the piano for one hundred and ultra-fashionable, must now weigh 118 ach and intestines sour. twelve hours without stopping, is com- to 120 pounds. ing to England. This country is always very good to refugees.

"Conscience is the unsafest guide Rodman. any theologian ever talked.-Clarence





Western air mail service between Winnipeg and Calgary-over 800 miles in distance—has been inaugurated recently and the Canadian Pacific Express Company has renewed its contract made in 1928 to carry express packages in addition to the regular mail. This allows of a saving of more than 24 hours between the two cities. The package which pilot W. J. Buchanan is shown delivering to a Canadian Pacific Expressman, was mailed eight hours previously at Calgary and had therefore travelled at the rate of more than culum of Ontario public schools. 100 miles an hour to reach Winnipeg, its destination.

Kindly Kings

For Italian Engineer's

Father

Now Albert, King of the Belgians,

is something of a mechanic himself.

took the throttle for a time, and then

"You're a good engineer," said the

Belgian monarch, at the end of their

conversation. "If there is anything

could do for you, I should be glad

Then the engineer told him the sad

story of his family; how his father

had tried time after time to have his

trial reviewed, but without success,

and how after all those years of con-

finement, most of it in "solitary," he

wanted to see his aged wife, his two

sons and two daughters and grand-

"I think," said King Albert, "that I

might say a word to my 'cousin' of

Italy." True to his word, he did.

and the elder Sasselli is finally at

TIME

We err in speaking of Time as

"passing," Time is stationary; it is

Eternity, which is never still. Time

is but the fixed standpoint from which

we mortals see the swift stream of

Awful thought. Suppose the mil-

Fifty million powder-puffs were sold

in this country last year. Some lucky

manufacturers are making hay while

"Death, pain and poverty are to me

very real evils, except when I am in

lennium, when at last it comes, is held

up until ratified by the U.S.S Senate.

children before he died.

Eternity sweep past.

the nose shires .- Punch.

talked to Sasselli.

FOR CHILDREN'S COLDS King of Belgians Get Pardon

Cold in the head is very common at this time of year, especially in the very young. Neglect of a cold is prone ness, relieve its suffering and ensure

convalencence. Baby's Own Tablets are without an hoea; break up colds and simple the younger Sasselli had the honor of those that love God. Two goalkeepers were arguing as to fevers; promote health-giving sleep taking the regal convoy on to Rome cine that a mother can give her little ones with perfect safety as they are and can run a locomotice with the guaranteed to be free from injurious best of them, as he proved on his drugs. They are sold by all medicine tour of the United States some ten dealers or by mail at 25 cents a box yars ago. He climbed into the cab. from The Dr. Williams' Medicine Co., Brockville, Ont.



"Did Mrs. Swift take her husband's failure in the right spirit "

"Oh, yes. Just as soon as she knew liberty. he was going to fail she went out and bought her entire spring outfit."

Models Striving For Natural Waists

Doctors Prescribes Heavy Food to Meet Current Vogue

Paris.-Doctors and cooks, called into consultation by the leading dressthing for Canada, for then everybody makers in an effort to fatten the mannikins of the Rue de la Paix to meet the requirements of the new spend a lot of money on railroads, styles, have prescribed liberal doses hotel bills, and post cards, besides of potatoes and macaroni, dumplings

The new modes upset the life of an armchair reading a book of philomost women. For several years they sophy."-Robert Lynd. annexing it. The one big bugaboo have gone hungry and wrestled medithat stalks around Canada day and cine balls to grow thin and reveal night and all the year around is and the svelte line of the prevailing fasnexation by the United States. Start hion. Now almost overnight, they a lot of talk about annexing Canada if have to be fatter, for the newer styles. she shuts down on letting us have with normal waistlines look much bet-"likker" and the Canadians will rush ter on a woman with good poundage. down to the boundary line with a Where they formerly lunched on a quart bottle in one hand and a tin bit of salad, sprinkled with lemon, dipper in the other and pour us out and munched mints during the day, all we want. Not that we want to and they now sit down to a four course "Yes," says the kindly doctor, "you nex Canada—far from such. Where meal at noon and drop three or four than 50 years the best knows remedy in wanted to be free from snoopers and tors are elated for there are many say and Liver Remedy, originally a reformers and bandits and hijackers who contend that France's increasing and enforcement officers with their death rate among women and small nex Canada-far from such. Where meal at noon and drop three or four shystetam's prescription, made of Ma-and enforcement officers with their death rate among women and small fasts, of course. But better than that, roaring shotguns if Canada was under children, and decreasing birth rate and enforcement officers with their death rate among women and small

> opinion that a healthy woman of five indigestion usually mean excess acid. unhappy condition will probably end feet six inches, who should have The stomach nerves are over-stimm in five minutes. Then you will always We read that a New Zealander, who weighed 110 pounds last year to be lated. Too much acid makes the stom- know what to do. Crude and harmful

> > "A second best navy is like a secoud best poker hand."-Admiral Hugh

Minard's Kille Dandryff.

visitors from other countires. · For years there has been a widespread belief that Canadian history is duller than other history. British history gets first place in the Ontario schools and did until recently through the West. After first year in high school Canadian history becomes an optional subject, but every Canadian must matriculate in British history to

The discovery turned attention to the teaching of Canadian history, with the result that new texts are now being perpared and a more voluminous, and perhaps a more interesting one. will replace the sketchy books now in use in the country.

But still Canadian history retains its secondary position in the curri-New York Herald Tribune.

Minard's Will Kill Corns. HAPPY FAILURES

blessing. If Peter and the others had had a reasonably good catch, the larger draught would not have impressed Verona. Italy-Carlo Sasselli, sevthem so much, or led to their followto lead to serious consequences. To enty-six years old, now restored to ing Christ. It is well for us to fail relieve all congestion of the system his family here after serving thirty. When we have been depending on our is the first step in treating a cold, four ears in prison for murder, has own strength and knowledge, for then whether in infants or adults. For the King Albert of the Belgians to thank we may be thrown upon God and revery young, Baby's Own Tablets are as well as his own King, Victor Em. ceive the greater blessing. The failthe ideal means of doing this. Con- manuel of Italy, for the royal pardon ure was not from lack of industry or taining no narcotics or other harmful that set him free. One of Sasselli's from fauit, but proved to be preparadrugs they soothe the child's fretful- sons is an expert locomotive engineer tion for a wonderful lesson, which on the State Railways, with Milan as benefited not only those who were his headquarters. When the royal witnesses, but all who have since read train bearing the then Princess Marie, the narrative. Do not be discourage Jose of the Belgians, her parents and ed at failure. Resist despondency, equal for relieving indigestion, con-brothers came through Milan in Jan-and rest upon the promise that all uary the engines were changed, and things work together for the good of

> 'We have single purpose machinery hoping you will publish it for others to see. and we want general purpose men.

TO GIVE IT HEALTH AND LUSTRE ASK YOUR BARBER





Canada Writes Own Histor to Replace Those from United States

Of all nations Canada, it is asserted, is the least nationalistic. No other country subordinates the teaching of its own history in its own schools to the history of another country. No the history of another country. No other country authorizes for use in public schools historical texts prepared in a neighboring nation. The mane resulting general ignorance of dominion history surprises no one except

enter a university.

It was only a year or so ago that some one made the discovery that supplemental historical texts authorized in the maritimes and British Columbia were United States texts and preached in Canadian schools ardent American nationalism.

Failures are frequently a source of

YOUR HAIR NEEDS

ChildrenCry Hetchers. APPROVED BY DOCTORS





Reduce the Acid

form is Phillips' Milk of Magnesia, be- save a great many disagreeable hours. cause one harmless, tasteless dose. He sure to get the genuine Phillips' neutralizes many times its volume in Milk of Magnesia prescribed by physiacid. Since its invention, 50 years clans for 50 years in correcting excess ago, it has remained the standard with acids. Each bottle contains full direcphysicians everywhere.

Sick stomachs, sour stomachs and. Take a spoonful in water and your methods will never appeal to you. Go Alkait kills acid instantly. The best prove this for your own sake. It may tions any drugstore.

AT BABY CHICKS—WE HATCHEN 215,000 last year in four varie ties. Write for free catalogue. A. H Switzer. Grantos. Ont.

Stenographer, distons Examiner, Customs and Immigration Guard, etc. Permanent positions with pension, Prepare now for next examinations. Booklet sent free on request. Write M.C.C. Civil Service School (Park A. Propare) vice School (Deet. A.), Toronto 10, Ont

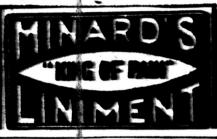
The London Conference has at least succeeded in ducing aims.



Rheumatism

Try it.

Massaging he aching parts with Minard's brings comforting relief.





Gipple now works well thanks to Kruschen "For over eight months I was laid up, with rhoumation, unable to move, when I was advised to try Kruschen Saltz. It is almost a miracle, but without a work of a lie I was able to be taken to the front door in less than a weekel im a few days I was but with the help of crutches; and in a short time I was walking well. This is not a measure restinguish but four years. "I have taken gever since, and I never feel a

Original letter on file for inspect Kruschen Saits is obtainable at drug and department stores in Canada at 75c, a bottle.

A bottle contains enough to last for 4 or 5 months - good health for half-a-cent a day. FREE TRIAL OFFER

If you have never tried Kruschen—try it now at our expense. We have distributed a great many special "GLANT" packages which make it easy for you to prove our claim for yourself. Ask your druggist for the new "GLANT" 75c. Ask your druggist for the new "GIANT" 75c, pacings,
This consists of our regular 75c, bettle together with a separate trial bottle—sufficient for about one week. Open the trial bottle first, put it to the test, and then, if not entirely convinced that Kruschen does everything we claim it to do, the regular bottle is still as good as new. Take it back. Your druggist is authorised to return your 75c, immediately and without question. You have tried Kruschen free, at our expense. What could be fairer? Manufactured by E. Griffiths Husbes, Ltd., Manchester, Eng. (Estab. 1756). Importers: McGillivray Broa. Ltd., Toronto.

SUFFER FROM

Countless remedies are advertised for constinution. Many relieve for the moment but they are habit forming and must be continued. Others contain calomel and dangerous mineral drugs, which remain in the system, settle in the joints and cause aches and pains. Some are harsh purgatives which cramp and gripe and leave a depressed after effect.

Avoid lubricating oils which only grease the intestines and encourage

nature's machinery to become lazy. A purely vegetable laxative such as Carter's Little Liver Pills, gently touches the liver, bile starts to flow. the bowels move gently, the intestines are thoroughly cleansed and constipation poisons pass away. The stomach, liver and bowels are now active and the system enjoys a real tonic effect. All druggists 25c and 75c red pkgs.

Praises Vegetable Compound, Blood Medicine and Liver Pills

Birchtown Quebec-"I live 13 miles from town on a farm, with all my home duties and churning to attend to. At the Change of Life, I became ner-



vous and rundown. The Vegetable Compound helped my whole system.My nerves are better, my appetite is good and I am able to do my work. I have also taken the

d Medicine and the Liver Pills and they helped me. I will answer letters from women asking about your medi-cines."—Miss. RICHARD CRASETOR.

ISSUE No. 13-30