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Pale People Are In Peril

Some Form of Nervous Break-down Always Threatens Them

Pale people are almost always nervous. Pale denotes lack of blood and too little blood usually results in faded nerves, sleeplessness, headaches or neuralgia.
Dr. Williams' Pink Pills are different from most other medicines—it is impossible to take them and not feel better. Their whole mission is to make rich, red blood. This new blood strengthens the nerves and gives vitality to the whole body. Concerning them Mrs. G. Cook, Bloor Street, Toronto, says: "Two years ago I used Dr. Williams' Pink Pills for a nervous breakdown with the result that I have been well and strong ever since."
You can get these Pills from any dealer in medicine or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Soul of Cities

Cities are influenced by climate, scenery, geology, site, occupation, by the style, color, and employment of materials and thus acquire a degree of personality, emphasized by the character of a dominant style, and to a less palpable extent by the sentiment of their inhabitants, says Lord Crawford of Balcarres. Often indeed towns are too incoherent to be personified, because like their inhabitants they lack countenance and defy characterization.
Towns like people are vivid, neutral or colorless, jumbles of contradiction and aimlessness; but even so they may be typical of a race. And a town is a very secretive personage. At first we may think its character is easily defined; but be cautious. There are contradictions and diversities which may lead us astray in our assessment of man or city; and the city seldom reveals its character to the first impression.
Bruges may sleep. Stirling may frown. Venice may enchant. Paris may smile; but one must search diligently, analyse a sequence of competing elements, and even then it is often difficult to detect fundamentals.
The soul of a city may be imprisoned, lying concealed below the surface, yet so near it; ever striving to arise and grasp the full measure of its hopefulness and endeavor. The Soul will always be there, varying from one generation to another; at one moment thrilled by success and shining in the virtues of accomplished good; at another darkened by affliction when the victim of pestilence or the invader; or else when shackled by the worst of all its enemies, apathy.
There are only 928 people receiving unemployment pay in France; of these 738 are in Paris.

WELCOME TO NEW YORK and the Home of the GOVERNOR OLIVION
31st St. - 7th Ave.
Special PENNA. R.R. STATION
200 Rooms
Each with Bath and Servidor
ROOM - BATH - 3rd UR

WHEN PAIN COMES...

Two hours after eating

WHAT many call "indigestion" is very often nothing but excess acid in the stomach. The stomach nerves have been over-stimulated, and food sours. The corrective is an alkali which neutralizes acids instantly. The best alkali known to medical science is Phillips' Milk of Magnesia. It has remained the standard anti-acid with physicians in the 50 years since its invention.
One spoonful of this harmless, tasteless alkali will neutralize instantly many times as much acid, and the symptoms disappear at once. You will never use crude methods when once you learn the efficiency of this more pleasant way. A small bottle is sufficient to show its merit.
Be sure to get genuine Phillips' Milk of Magnesia prescribed by physicians for more than 50 years in correcting excess acid. 50c a bottle; any drugstore. Complete directions for its many uses are enclosed with every bottle.

Lemon May Prove To Be Big Industry

Australians Find Latest Importation to Be Highly Profitable

Fruit farmers in Australia are now finding that lemons are one of the most profitable lines which they can take up. The trees bear all the year round, and the fruit is in constant demand. Profits work out at about \$1,000 an acre.
There has been much publicity given to "pests," like the prickly pear and the blackberry, which have laid waste vast areas in the Antipodes, that it is as well to consider the other side of the picture occasionally. For the time being, like the two "nuisances" mentioned above, is an importation.
On balance, the Australians have benefited enormously by the experience made in introducing new trees and plants. Oranges, like lemons, have proved a very profitable crop—and apple-growing is one of the great industries "down under." Yet when apple trees were first planted in Australia most people thought the venture was simply silly.

MAKING A PEST USEFUL

They changed their minds later on when the fruit began to appear, and the pioneers reaped the harvest they deserved. The apples grown in Western Australia sold for \$5 each.
Accidental importations may also turn out well, though, naturally, we hear more about those that don't. A case of the first kind was the strawberry clover, which obtained a footing in Australia in rather a curious way. A piano had been sent out from Ireland. It was duly unpacked, and the packing was thrown out. But this packing contained seeds of the strawberry clover. They germinated, and the plants appeared. They found Australian conditions suitable, and the Australians, on their side, found the new arrival useful. So today strawberry clover is cultivated in Victoria.
Even a plant importation which has been condemned as a pest may be of some value. Prickly pear is cultivated in Corsica and California, and some experts believe that it may yet prove useful even in Queensland, where its spread has caused great losses.
Already a vegetable alcohol on which cars can be run has been obtained from it, while the leaves yield a size which will stand up against tropical rain.

Year-Round School Seen in Future

New York—That vastly more of childhood will be spent within the four walls of the school of tomorrow, is a prediction made on the basis of present trends by the research division of the U.S. National Education Association. Schooling, in its opinion, will in the future begin earlier and will become also a year-round function.
Schools for babies, "co-operating with the home in establishing basic habits and emotional patterns which underlie a happy, useful life," are foreseen as a permanent and general feature of the educational landscape. Already in the last ten years, it is pointed out, nursery schools in the United States have multiplied almost fifty times over.

Baffled Erudition

Carolyn Wells, "dean of American detective-story writers," tells why she never had any higher education: "I went to high school in Rahway, New Jersey, and wanted to go to Vassar, until I found out they had to make their own beds there. Then that was all off. I thought of Wellesley next, but I discovered that they had to make their beds there, too. So I decided not to go to college at all."
"The world becomes too much a slave of the present mode, forgetting that there ever was any other."—Winston Churchill.

KEEP THEM HAPPY BY KEEPING THEM WELL

The Most Satisfying Sport

It is natural for children to be happy, active and full of life. When they are fretful, fussy and disinclined to play you may be sure something is wrong. "Almost invariably, that something lies in the digestive tract.
It is to meet the need for an absolutely safe corrective of childhood ailments that Baby's Own Tablets have been designed. They gently regulate the stomach and bowels and drive out constipation and indigestion; break up colds and simple fevers and allay teething pains. Concerning them Mrs. W. E. Forsyth, Dover, N.H., writes:—"I would not be without Baby's Own Tablets as I know of nothing to equal them for fretful, fussy babies who are troubled with colic or sour stomach."
Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Cycle

By Amy Campbell.
The year has always seemed to be slowly climbing a snow-hushed hill. A brooding dream upon its heart Where beauty has its will.
Then, hedged about with violets, Before the summit, is the Spring. Overarched with apple bloom And birds' young welcoming.
And at the cresting summer holds The swirling foam of flower and leaf To break in fragrant petal-fall Beautiful past belief.

Gradually down the smouldering way

Of hovering gold in plumes of grain, There waits the old magnificence Of Autumn's goal again.
On down the path that never waits Is leaf mosaic held in place By windlaid nuts and frequenting Of little wildfoot pace.
And then the valley pause again Of Christmas stars above the snow, Before the endless soft ascent The year again must know.

Travels 4,000,000 Miles

Jim McKenna, travelling passenger agent of the Canadian Pacific Railway since 1883, has just completed his 130th return trip from Montreal to Vancouver—which he figures totals a distance of more than four million miles. "Jim," as he is known all along the line, is 77 years old, is chiefly in charge of oriental transportation, and is sometimes called the "C.P.R.'s Chinese Ambassador." He gets along quite well with his celestial friends, speaks their language, and, if called upon, wields a wicked pair of chopsticks.

A Difficult Point

We all want our children to grow up into persons whose word can be believed. We know that truthfulness is the foundation of all honorable conduct. Incidentally, it is ultimately the only condition of real success in business. So we are careful to be truthful with our little ones, and to keep faith with them whenever we make them a promise.
But we need not on that account be terribly upset when we first find out a child in some little variation of the truth. A great deal of unconscious cruelty may be perpetrated if we fail to realize that a child's intelligence is limited, and that it is incapable of thinking along grown-up lines, although it will imitate.
Here is a case in point. Molly, aged six, was passionately fond of a Teddy-bear that had shared her joys and sorrows from babyhood. He was very shabby and had lost one of his eyes, while one ear hung by a thread. Failing to understand that he was the more endeared to his owner by these accidents, an aunt presented Molly with a new and gorgeously colored monkey. Molly, as she had been taught to do, thanked the donor prettily; but the moment her aunt's back was turned she put the smart newcomer on the top of a bureau and hugged Teddy.
Noticing that the new toy never accompanied the child for a walk, the aunt was told "he was tired, and had to rest," or that "he had a cold." On being asked the straight question, "Don't you like your new monkey?" Molly raised blue eyes in perfect innocence and said, "Oh, yes. He's perfectly lovely . . . but he isn't very well today."
"An absolute lie, for she hates the thing," said her mother, worriedly, "and I can't decide whether to scold her for being deceitful or not."
Most parents will praise Molly for the delicate way she tried to avoid giving pain, rather than blame her for the deceit. But is a hint to aunts to ascertain a small recipient's wishes before presenting gifts. For children, like ourselves, have decided preferences.

CHILDREN CRY FOR IT—

CHILDREN hate to take medicine as a rule, but every child loves the taste of Castoria. And this pure vegetable preparation is just as good as it tastes; just as bland and just as harmless as the recipe reads.
When Baby's cry warns of colic, a few drops of Castoria has him soothed, asleep again in a jiffy. Nothing is more valuable in diarrhea. When coated tongue or bad breath tell of constipation, invoke its gentle aid to cleanse and regulate a child's bowels. In colds or children's diseases, you should use it to keep the system from clogging.
Castoria is sold in every drugstore; the genuine always bears Chas. H. Fletcher's signature.

Fletcher's CASTORIA
"Love is making sacrifices and thinking it fun."—Dr. Will Durant.
Minard's Liniment aids tired feet.

Early Songs and Sounds

To hear the lark begin his flight

And singing starts the dull night From his watchtower in the skies Till the dappled dawn doth rise; Then to come, in spite of sorrow, And at my window bide good mornin' Through the sweet brier, or the vine, Or the twisted eglantine; While the cock, with lively din Scatters the rear of darkness thin; And to the rack or the barn door, Off listening how the hounds and horn Cheerily rouse the slumbering morn From the side of some hoar hill, Through the high wood echoing shrill.
—John Milton.

British Officers Leave On Hop to Australia

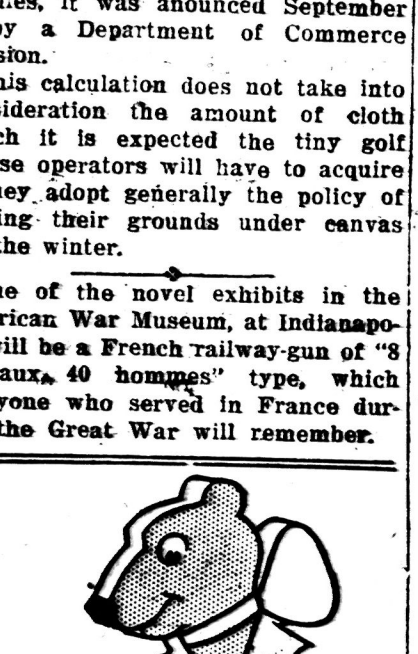
Croydon, Eng.—Flying Officer C. J. Chabot and Major C. E. M. Pickthorne started at dawn, Oct. 6th, in a De Havilland pass-mach plan for a flight to Australia. They hope to reach there in seven days by alternately taking the controls.
Their first stop they expected to be Belgrade, after which they expect to make seven other hops. The plane has no wireless, but carries a collapsible fabric boat which can be inflated with a hand pump.

Safety Fir—rst, Mon!

The easterly wind had dried the land, and the crops were suffering from the drought, so the agriculturists of the parish waited on the minister with a request to "put up a word or two for rain."
The minister, who had a reputation for the efficacy of his supplications on previous occasions, heard the deputation gravely, and, after a silence, during which he carefully scanned the horizon, replied: "A will, but I'll bide a wee till the win's mair of the west!"—London Humorist.

Abbreviated Golf Boosts Cotton Use

Washington—The rising industry of establishing miniature golf courses has used 1,500,000 yards of cotton textiles, it was announced September 16 by a Department of Commerce division.
This calculation does not take into consideration the amount of cloth which it is expected the tiny golf course operators will have to acquire if they adopt generally the policy of putting their grounds under canvas for the winter.
One of the novel exhibits in the American War Museum, at Indianapolis will be a French railway-gun of "3 chevaux, 40 hommes" type, which everyone who served in France during the Great War will remember.



DO YOU SUFFER FROM CONSTIPATION?

Countless remedies are advertised for constipation. 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 grip 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.

HOW ONE WOMAN LOST 47 POUNDS OF FAT
"I have been taking Kruschen Salts for nearly 3 months. I have continued taking one teaspoonful in warm water every morning. I then weighed 217 pounds, was always bothered with pains in my back and lower part of abdomen and sides.
"Now I am glad to say I am a well woman, feel much stronger, years younger and my weight is 170 pounds. I do not only feel better but I look better, so all my friends say.
"I shall never be without Kruschen Salts, will never cease taking my daily dose and more than glad to highly recommend it for the great good that is in it."
—Mrs. S. A. Solomon.
"P.S.—You may think I am exaggerating by writing such a long letter but truly I feel so indebted to you for putting out such wonderful salts that I cannot say enough."

Please Teacher—

Only teachers know how tiring it is at times to deal with a handful of children. What a relief, sometimes, when doing home comes. Take time then, to make a cup of tea. Nothing so soothing for tired nerves.

RED ROSE TEA
"is good tea"
Two Qualities -- Red Label & Orange Package

Classified Advertising

LADIES WANTED—TO DO PLAIN sewing at home, whole or spare charges paid, work sent any distance, National Manufacturing Co., Montreal.
MARRY RELIABLE MATRIMONIAL paper mailed free. Address Friendship Magazine, Medina, New York.
The world's largest fortune belongs to John D. Rockefeller, the famous American millionaire, and is estimated at over \$2,000,000,000.

PATENTS

List of "Wanted Inventions" and Full Information Sent Free on Request.
THE HANLEY CO., Dept. W, 273 Bank St., Ottawa, Ont.

Against Grippe

Having a bottle of Minard's handy at the right time will often save a doctor's fee. For colds, sore throat, bronchitis.

MINARD'S "KING OF PAIN" LINIMENT

Take one TONIGHT Wake up RIGHT

Cascarets
"THEY WORK WHILE YOU SLEEP"
Quick Sure Relief
For CONSTIPATION BILIOUSNESS SLUGGISHNESS 10c

DO NOT HESITATE TO TRY IT

"Your Vegetable Compound is a good medicine. Anyone who is in poor health should not hesitate to try it. When I was taking the Vegetable Compound I tried the sample Liver Pills I found in the package. I have taken them every night since and I can feel myself improving. I am so thankful for the good they do me that I have told several women about it."
Mrs. G. W. Posliff, 263 Huron St., Stratford, Ontario.

VEGETABLE COMPOUND

MINARD'S LINIMENT

Minard's Liniment has a hundred uses. "It is better to wait till people are dead before one says anything unkind about them."—George Bernard Shaw.

MINARD'S LINIMENT

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