

The Value of Good Manners.

Of course you made some resolutions for the new year and, of course, you included among the things listed on your new leaf some of those little courtesies of everyday life that we call "good manners."

Few persons want to have good manners just for the sake of having them, or for the satisfaction of knowing that they are better bred than their neighbors. What we do want to have good manners for is so that we may be more successful, so that we may have better and more friends, and so that we may make others happier in knowing us.

Recently I asked some acquaintances of mine, each of whom has achieved some measure of success, as to how great extent he or she ascribed this success to good manners—that is to doing the right thing at the right time. All of them—though some rather reluctantly—admitted that a rather large measure of success had come as a result of the conscious study of good manners. The successful doctor has to do more than to master the science of medicine and surgery. He must have a manner that inspires confidence and love in his patients, and often the difference between a successful and an unsuccessful doctor is more a matter of difference in manner than difference in actual skill.

Well, I asked each of my successful friends to give me briefly a resolution in good manners, to which they themselves owed some of their success and which might be helpful to others. Here are the resolutions:

This was from the politician: Master the art of making introductions and of meeting persons introduced to you by others. Let the correct form in this matter become second nature to you. Never fail to recognize persons who have been introduced—admit to remember their names. Here are others:

To remember that one of the quickest ways of revealing good or bad breeding is in table manners. Never to be so engrossed in the conversation as to lapse into careless manners of eating.

To remember that you often make a lifelong impression by your manner to a stranger over the telephone. Therefore to master the etiquette of the telephone and to show invariable courtesy when using that instrument.

To be punctilious in the acknowledgment of all gifts, invitations and other courtesies.

Never to let a social letter go more than a week unanswered.

You Can Never Tell.

You never can tell when you sent a word—
Like an arrow shot from a bow
By an archer blind—he it crouched or kind,
Just where it will chance to go.
It may pierce the breast of your dearest friend,
Tipped with its poison of balm;
To a stranger's heart in life's great mart
It may carry its pain or its calm.

You never can tell when you do an act,
Just what the result will be;
But with every deed you are sowing a seed,
Though its harvest you may not see.
Each kindly act is an acorn dropped
In God's productive soil;
Though you may not know, yet the tree shall grow
And shelter the brows that toil.

You never can tell what your thoughts will do
In bringing you hate or love;
For thoughts are things, and their airy wings
Are swifter than carrier doves.
They follow the law of the universe—
Each thing must create its kind;
And they speed o'er the track to bring you back
Whatever went out from your mind.

Finsen's Cat Aids Science.

To Newton's apple and Watt's tea kettle now is to be added Finsen's cat as a humble conditor in the work of benefiting mankind, says a Copenhagen despatch. It has just been revealed in connection with a Finsen celebration at the Institute here that the discoverer of the famous curative ray got his first idea from watching his cat warm herself in the sun. He observed that as the shadow crept up the cat moved on, so as to always keep as much as possible in the direct sunlight.

Believing that the animal's instinct must be felt that the rays were beneficial, Dr. Finsen decided to study the question scientifically, and his discovery was the result.

Dr. Niels Ryberg Finsen was a Danish physician famous for his application of solar and electric rays to the cure of diseases of the skin, especially of lupus. He published many works on the subject of light cures. In 1903 he received the Nobel prize in medicine. He was born at Thorslev, Faroe Islands, on December 15, 1860, and died at Copenhagen on September 24, 1904.

Thoughtlessness Checked.

"Out after hours again, hey?" said the father.

"Only ten minutes late," replied the son.

"Well, go at once to your room, sir, lock yourself in and bring me the key. This thoughtlessness must be checked."

Perspiration stains can be removed from garments by rubbing with ammonia and water.

THIN, WATERY BLOOD MEANS ILL HEALTH

Rich, Red Blood Brings Bright Eyes and Rosy Cheeks.

The girl who returns home from school or from work thoroughly tired out will be fortunate if she escapes a physical breakdown, because this getting tired so easily is probably the first warning symptom of a thinning blood that must not be disregarded if her health is to be preserved.

When the blood becomes thin and impure the patient becomes pale. She not only tires out easily but often suffers from headaches, palpitation of the heart, dizzy spells and a loss of appetite.

In this condition Dr. Williams' Pink Pills will be found to have a beneficial action on the blood. Miss Delima LaFrore, St. Ambrose, Man., has proved this in her own case and advises others to use these pills. She says: "Before I began the use of Dr. Williams' Pink Pills I felt like a complete wreck of my former self. My blood was poor and thin. I suffered from faint and dizzy spells, and had backaches and headaches almost every day. I decided to give Dr. Williams' Pink Pills a trial, and by the time I had used three boxes I felt much better and I continued taking the pills until I felt as well as I ever did. For what they did in my case I cannot recommend these pills too highly."

Dr. Williams' Pink Pills can be obtained from any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Five Pairs of Brothers.

Among the 42 names on the roll of honor unveiled at Busbridge Church, near Godalming, England, are five pairs of brothers, including two sons of Lady Victoria Rowe and two brothers of Regimental Sergeant-Major Grover, M.C., who jointly performed the unveiling ceremony.

Hard-boiled eggs will peel easily if dropped into cold water.

Minard's Liniment for Distemper.

KEEPING FIT A TASK FOR PRINCE OF WALES

PRESERVING HEALTH FOR HIS STRENUOUS DUTIES.

How He Spent a Brighton Holiday Before Setting Out on the Trip to India.

News despatches tell of the strenuous official visit to India of the Prince of Wales. They do not tell, however, of the strain under which the Prince labors on trips of state. Nor do they inform the public of the rigid training he must undergo to keep fit. A royal visit to India always is trying. The present trip is probably the most trying yet undertaken by the imperial family.

For this reason the aura of romance which surrounds the young man who is bravely seeing it through is intensified rather than diminished by this great ambassadorial adventure. Even the ordinary person who in ordinary circumstances visits India can hardly return from that land of princes, pagodas and purple skies without being invested in the mind of the stay at home with a suspicion of its glamor. When the Prince of Wales returns he will be to the popular mind in Britain a more romantic figure than ever.

Preparing for India.

But although he is not obsessed with the notion of keeping fit, the subject certainly has a comfortable share of his thoughts. This was demonstrated during his recent seaside vacation, which unexpectedly afforded him an opportunity of studying his habits. Released from the cares of state, he went down to Brighton, the metropolis of the south coast, where, in a quaint and quiet old Georgian mansion house, he found welcome freedom from the worries incidental to the solemn business of understudying a king.

Royalties often choose severely

practical ways of spending their leisure, enforced or otherwise. By standing in a back room of one of the half dozen or so villas that overlook the manor house garden one could watch a blue-shirted, belted figure bent to the task of lawn mowing, occasionally stopping to wipe a glistening face with a blue handkerchief. That was the Prince of Wales getting fit for India. One heard the clatter of the machine every morning and most afternoons. There was no doubt about his taking the job seriously.

His daily regimen was that of the sensible holiday maker rather than that of the get fit quick enthusiast. Relaxation was its keynote, a small balance of strenuousness being supplied by the mowing.

In the morning, garbed in rough tweeds, he motored to the golf links. Published reports had it that he consistently carried off all the honors. As a golfer, however, the Prince did not and does not distinguish himself. Unlike some other royalties one could name, he does not expect to win because he is who he is. He was several times soundly beaten at Hove, and cheerfully admitted the fact.

Returning at noon, he would shed his coat and get to work on the lawn. In this connection he said jocularly to the gardener: "I'll send you my bill when I get back. It'll be pretty stiff—labor's gone up, you know!" He further observed on another occasion that "a man must persevere if he's to keep fit." A prince who believes in perspiration must surely be an inspiration!

Following lunch came another spell of mowing, and then a series of games of clock golf, of which the Prince never tired. Sea bathing figured in his programme on two occasions, a hundred yards' sprint preceding them. The contestants were the Prince, the Duke of York and their two equerries, and the Prince won by a matter of yards each time. He shapes better in running events than in almost any other form of athletics, except those involving horsemanship.

Free from Cares of State.

A favorite evening diversion was a walk along the promenade, when the well known young man in Europe mingled as freely with his father's subjects as any holiday making clerk or shop assistant. Outside the grounds of the house he enjoyed, paradoxically enough, his greatest freedom among the crowds that packed the promenade and piers, where no one would have mistaken him for any one but an ordinary holiday making young man, enjoying the heat and the crush and his solitude, particularly his solitude, to the full.

Bedtime was rarely after 11 o'clock, the hour before which was mostly passed in listening to the gramophone. The Prince read no books and very few newspapers during his vacation. The only volumes I saw in the house were of military and historical interest; I saw no signs of a novel anywhere.

Britain's Young Man has, it seems, a lively interest in music. He can play the piano moderately well, but is a better audience than executant. Even street music interests him, as witness the following:

One morning, a barrel organist brought his instrument to a standstill near the house and began his repertoire of sadly hackneyed refrains. Except for a sun-tanned young man in a blue shirt, open at the throat, leaning over some rusty railings close to the road, and someurchins playing noisily on the pavement, the scene was deserted. In fact, from the business point of view a worse pitch for a street musician could hardly be found.

Presently the instrumentalist came to his last air—"Bubbles." The tune set the urchins laughing lustily, while the blue-shirted young fellow started to whistle gayly. When the last note sounded with a thump and a rumble, the organ grinder, who had thus achieved distinction without knowing it, paused expectantly a moment, then swung away up the road and so out of sight, while Edward Prince of Wales, still whistling blithely, sauntered back to resume his mowing.

The result of my quizzing has left me with the distinct and possibly satisfying impression that here is a young man who, having found that the Fates have cheated him of the ordinary young man's heritage, has, nevertheless, resolved to face his destiny cheerfully and dutifully.

An average young man, born Prince of Wales and bearing the responsibility more manfully than most of us would bear it—this is how I would sum up the heir to Britain's kingship.

Plant Sense.

Something like intelligence is often exhibited by plants. If, during a dry season, a bucket of water be placed near a growing pumpkin or melon, in the course of a few days it will turn from its course, and get at least one of its leaves in the water.

Fun is the cheapest and best medicine in the world for your children as well as for yourself. Give it to them in good large doses. It will not only save you doctors' bills, but it will also help to make your children happier, and will improve their chances in life. We should not need half so many prisons, insane asylums, and almshouses if all children had a happy childhood.

WINTER HARD-ON-BABY

The winter season is a hard one on the baby. He is more or less confined to study, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Got Him to Sleep.

It was time for baby-girl to be put to bed, but no amount of coaxing could take her. At last her father offered to lie on the bed until she fell asleep.

Off she went, "pick-a-back," and the tired mother leaned back in her chair with a sigh of content, ready for a hard-earned rest.

Ten minutes, twenty, half an hour, and she was wondering when father would be down, when all at once she heard a soft, stealthy "pick-a-pat."

Nearer came the steps, and then a little white-robed figure, with a tiny finger on her lip, stood in the doorway.

"Hush, hush, muvver," she said. "It's got fatter to sleep."

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

Obliging.

A customer (after the shop assistant has pulled down everything, even to the last package of hairpins)—"You don't appear to have any gumption at all, my man."

The assistant (politely)—"No, ma'am. But we shall be pleased to procure it for you, ma'am."

Minard's Liniment for Garget in Cows.

Bavaria has a suspension bridge with but one tower, the cables at the other end being anchored in a high rock bluff.

America's Pioneer Dog Remedies
Book
DOG DISEASES
and How to Feed
and How to Cure
Mailed Free to any Address by the Author.
E. C. GAY, GLOVER CO., INC.,
115 West 21st Street
New York, U.S.A.

Mother! Clean Child's Bowels With California Fig Syrup

Even a sick child loves the "fruit" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation, poison, sour bile and waste out of the bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

FOR the prevention of pain after eating, flatulency, heartburn, biliousness, constipation and other disagreeable forms of
INDIGESTION
no remedy is so justly famed as
Mother Seigel's Syrup,
a stomach and liver tonic with
50 years' reputation.
MOTHER'S SYRUP
SEIGEL'S SYRUP

Genuine
ASPIRIN
WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances? Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for
Colds Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain
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 Monoclonal-acetic acid of Salicylic acid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

BITS OF HUMOR FROM HERE & THERE

Very Unlucky.

"Why don't you marry?"
"I'm very unlucky! Every time I meet a family I would like to marry into I find they have no daughter."

Gracefully Pleased.

A British railway official tells of a tourist in Ireland who left the train at every station and went ahead to the luggage van to ask if his trunk was safe. After the sixth time the exasperated guard replied:
"Bogorra, I wish the Lord had made you an elephant instead of an ass, and then you'd always have your trunk in front of you."

Certainly Not.

Two neighbors were chatting over the fence when Mrs. Bailey passed. "Pretty woman, Mrs. Bailey!" remarked one. "Who was she?"
"I'll ask him. Frank, who was your mother before she was married?"
Frank regarded his questioner gravely. "She wasn't my mother before she was married," he replied severely.

The Ruling Passion.

A number of darkeys were unloading a boat with a cargo of anvils, for which they received two cents for each anvil carried ashore.

Jose—"Cap'n, if I carry two anvils at a time how much do I get?"

Cap'n—"Two cents each, boy."

Jose started down the plank when it broke and he fell in to the river with the two heavy anvils. When he came to the surface he cried: "Cap'tain! if you'll don't throw me a rope I'll swim 'til I drop these here anvils an' lose mah fo' cents!"

Classified Advertisements.

BELTING FOR SALE
ALL KINDS OF LEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK STREET, TORONTO.

"Cascarets" if Sick Bilious, Headachy From the Bowels

Get a 10-cent box now.
You men and women who can't get feeling right—who have "headache, coated tongue, bad taste and foul breath, dizziness, can't sleep, are bilious, nervous and upset, bothered with a sick, gassy, disordered stomach, or have a bad cold. Are you keeping your bowels clean with Cascarets, or merely forcing a passageway every few days with sales, cathartic pills or castor oil? Cascarets work while you sleep; cleanse the stomach of sour, fermenting food and foul gases; take the excess bile from liver and carry out of the system all the constipated poison in the bowels. A Cascaret physic tonight will straighten you out by morning.

SLOAN'S RELIEVES NEURALGIC ACHES

FOR forty years Sloan's Liniment has been the quickest relief for neuralgia, sciatica and rheumatism, tired muscles, lame backs, sprains and strains, aches and pains. Keep Sloan's handy and apply freely, without rubbing, at the first twinge. It eases and brings comfort surely and readily. You'll find it clean and non-skin-staining. Sloan's Liniment is pain's enemy. Ask your neighbor. At all druggists—35c, 70c, \$1.40. Made in Canada.

Sloan's Liniment



MISS FRANCES NEWMAN, Chicago, Ill.

"Only a medicine of truly wonderful merit could have done what Tanlac did for me and there is nothing half good enough for me to say about it," said Miss Frances Newman, 2629 Hirsch St., Chicago.

"I don't think anybody ever suffered any more from indigestion than I did and for over a year I was in wretched health. I had smothering spells and my heart palpitated so violently I thought I had heart trouble, but I know now it was all caused from my stomach."

"Since taking Tanlac I feel and look like a different person. I have a splendid appetite and my digestion is just perfect. I sleep eight or nine hours every night and get up in the morning feeling fresh and happy. My friends tell me I'm always smiling now and I certainly ought to be, for I'm enjoying life again."

Tanlac is sold by leading druggists everywhere. Adv.

Why is it that when the holidays come around, most city folk are mighty glad to go into the country?

COARSE SALT LAND SALT
Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

Lumberman's Friend, The Original and Only Genuine

MINARD'S
"KING OF PAIN"
LINIMENT
YARMOUTH, N.S.

THIN, FLAT HAIR GROWS LONG, THICK AND ABUNDANT

"Danderine" costs only 35 cents a bottle. One application ends all dandruff, stops itching and falling hair, and in a few moments, you have doubled the beauty of your hair. It will appear a mass, so soft, lustrous, and easy to do up. But what will please you most will be after a few weeks use, when you see new hair—fine and downy at first—yes, over night new hair growing all over the scalp. "Danderine" is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. This delightful, stimulating tonic helps thin, lifeless, faded hair to grow long, thick, heavy and luxuriant.



Cuticura For All Skin Irritations

Bathe with Cuticura Soap and hot water to free the pores of the skin. Then apply Cuticura Ointment to soothe and heal. They are identical for the toilet, as is also Cuticura Talcum for perfuming.
Sole U.S. Mfrs., Cuticura Soap Co., Inc., 150 N. 2nd St., St. Paul, Minn.
Sole Canadian Mfrs., Canadian Depot, 1000, 1001, 1002, 1003, 1004, 1005, 1006, 1007, 1008, 1009, 1010, 1011, 1012, 1013, 1014, 1015, 1016, 1017, 1018, 1019, 1020, 1021, 1022, 1023, 1024, 1025, 1026, 1027, 1028, 1029, 1030, 1031, 1032, 1033, 1034, 1035, 1036, 1037, 1038, 1039, 1040, 1041, 1042, 1043, 1044, 1045, 1046, 1047, 1048, 1049, 1050, 1051, 1052, 1053, 1054, 1055, 1056, 1057, 1058, 1059, 1060, 1061, 1062, 1063, 1064, 1065, 1066, 1067, 1068, 1069, 1070, 1071, 1072, 1073, 1074, 1075, 1076, 1077, 1078, 1079, 1080, 1081, 1082, 1083, 1084, 1085, 1086, 1087, 1088, 1089, 1090, 1091, 1092, 1093, 1094, 1095, 1096, 1097, 1098, 1099, 1100, 1101, 1102, 1103, 1104, 1105, 1106, 1107, 1108, 1109, 1110, 1111, 1112, 1113, 1114, 1115, 1116, 1117, 1118, 1119, 1120, 1121, 1122, 1123, 1124, 1125, 1126, 1127, 1128, 1129, 1130, 1131, 1132, 1133, 1134, 1135, 1136, 1137, 1138, 1139, 1140, 1141, 1142, 1143, 1144, 1145, 1146, 1147, 1148, 1149, 1150, 1151, 1152, 1153, 1154, 1155, 1156, 1157, 1158, 1159, 1160, 1161, 1162, 1163, 1164, 1165, 1166, 1167, 1168, 1169, 1170, 1171, 1172, 1173, 1174, 1175, 1176, 1177, 1178, 1179, 1180, 1181, 1182, 1183, 1184, 1185, 1186, 1187, 1188, 1189, 1190, 1191, 1192, 1193, 1194, 1195, 1196, 1197, 1198, 1199, 1200, 1201, 1202, 1203, 1204, 1205, 1206, 1207, 1208, 1209, 1210, 1211, 1212, 1213, 1214, 1215, 1216, 1217, 1218, 1219, 1220, 1221, 1222, 1223, 1224, 1225, 1226, 1227, 1228, 1229, 1230, 1231, 1232, 1233, 1234, 1235, 1236, 1237, 1238, 1239, 1240, 1241, 1242, 1243, 1244, 1245, 1246, 1247, 1248, 1249, 1250, 1251, 1252, 1253, 1254, 1255, 1256, 1257, 1258, 1259, 1260, 1261, 1262, 1263, 1264, 1265, 1266, 1267, 1268, 1269, 1270, 1271, 1272, 1273, 1274, 1275, 1276, 1277, 1278, 1279, 1280, 1281, 1282, 1283, 1284, 1285, 1286, 1287, 1288, 1289, 1290, 1291, 1292, 1293, 1294, 1295, 1296, 1297, 1298, 1299, 1300, 1301, 1302, 1303, 1304, 1305, 1306, 1307, 1308, 1309, 1310, 1311, 1312, 1313, 1314, 1315, 1316, 1317, 1318, 1319, 1320, 1321, 1322, 1323, 1324, 1325, 1326, 1327, 1328, 1329, 1330, 1331, 1332, 1333, 1334, 1335, 1336, 1337, 1338, 1339, 1340, 1341, 1342, 1343, 1344, 1345, 1346, 1347, 1348, 1349, 1350, 1351, 1352, 1353, 1354, 1355, 1356, 1357, 1358, 1359, 1360, 1361, 1362, 1363, 1364, 1365, 1366, 1367, 1368, 1369, 1370, 1371, 1372, 1373, 1374, 1375, 1376, 1377, 1378, 1379, 1380, 1381, 1382, 1383, 1384, 1385, 1386, 1387, 1388, 1389, 1390, 1391, 1392, 1393, 1394, 1395, 1396, 1397, 1398, 1399, 1400, 1401, 1402, 1403, 1404, 1405, 1406, 1407, 1408, 1409, 1410, 1411, 1412, 1413, 1414, 1415, 1416, 1417, 1418, 1419, 1420, 1421, 1422, 1423, 1424, 1425, 1426, 1427, 1428, 1429, 1430, 1431, 1432, 1433, 1434, 1435, 1436, 1437, 1438, 1439, 1440, 1441, 1442, 1443, 1444, 1445, 1446, 1447, 1448, 1449, 1450, 1451, 1452, 1453, 1454, 1455, 1456, 1457, 1458, 1459, 1460, 1461, 1462, 1463, 1464, 1465, 1466, 1467, 1468, 1469, 1470, 1471, 1472, 1473, 1474, 1475, 1476, 1477, 1478, 1479, 1480, 1481, 1482, 1483, 1484, 1485, 1486, 1487, 1488, 1489, 1490, 1491, 1492, 1493, 1494, 1495, 1496, 1497, 1498, 1499, 1500, 1501, 1502, 1503, 1504, 1505, 1506, 1507, 1508, 1509, 1510, 1511, 1