

TONIC TREATMENT FOR INDIGESTION

The Surest Way to Relieve Stomach Trouble is Through Dr. Williams' Pink Pills.

When the stomach is feeble and food lies in it undigested, the poisonous gases distend the walls of the stomach and cause serious interference with the other organs, especially with the action of the heart and lungs. These poisonous gases have other ill effects. They are absorbed by the blood and so weaken and corrupt it: as a result, aches in remote parts of the body and the formation of unhealthy tissue everywhere. Experience shows that these troubles vanish just as soon as the stomach is made strong enough to digest the food. In other words, it needs a tonic that will enable it to do the work of changing the food into nourishment. The tonic used ought to be one that will agree with the most delicate stomach and this is exactly what Dr. Williams' Pink Pills do.

Here is a bit of convincing proof given by Mrs. Chas. Leiner, Ellerslie, P.E.I., who says:—"For some years I was a sufferer from stomach trouble. Everything I ate caused distress, sour stomach, and belching. I could not eat meat or potatoes, and I grew weak and very nervous. No medicine seemed to help me until I was persuaded to take Dr. Williams' Pink Pills, and these simply worked wonders. I took the pills faithfully for a couple of months, by which time every symptom of the trouble had disappeared, and there has not since been the slightest symptom of stomach trouble. No wonder I praise Dr. Williams' Pink Pills."

You can get these Pills from any medicine dealer, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Crossing the Atlantic seventy-six times is the record held by a retired American doctor, aged eighty-three. His first trip was in 1864, in the last wooden paddle steamer.

WE WANT CHURNING CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge. To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat.

Bowes Company Limited, Toronto

For references—Head Office, Toronto, Bank of Montreal, or your local banker. Established for over thirty years.

FISH CULTURE IN THE DOMINION

Fisheries operations in Canada yield an annual revenue of approximately \$50,000,000 and provide employment to about 100,000 people, and while the importance of this industry has been somewhat overshadowed by other activities, it has always been looked upon as one of the basic industries of the Dominion. Even before settlement was carried on by the English and French, and from the middle of the sixteenth century to the present day, a period of nearly four hundred years, continuous operations have been carried on in the inland and coastal waters of the Dominion.

Although Canada's fishing waters are the most extensive and most bountiful of any nation in the world, it has always been realized that they are not inexhaustible, and to perpetuate the fishing industry certain protective measures were essential. To this end the Federal Government has forced a policy of conservative and controlled exploitation. This has been of immense benefit in replenishing stocks, but not wholly satisfied, the Dominion authorities have been active for many years in restocking the streams, lakes and coastal waters by artificial means.

First Artificial Propagation.
The first record of artificial propagation of fish in Canada dates back over seventy years, when Richard Netter in 1844 interested himself in the restoration of the salmon fisheries of Quebec. Three years later he was appointed Superintendent of Fisheries for Lower Canada, now the Province of Quebec. His first experiment was with trout eggs secured in the Jacques River, and these were the first artificially fertilized eggs successfully hatched in North or South America. No new development along these lines took place until 1867—the year of Confederation—when fish cultural operations became a recognized part of the work of the Federal Department of Marine and Fisheries.

Patient Penmen.
"World's champion miniature calligraphist" is the title claimed by an Englishman living at Vancouver. He recently sent a postcard to London on which he had written 12,000 words, the equivalent of sixteen columns of newspaper matter.

Some years ago a Derby man managed to write 9,000 words on a postcard. Then an Italian appeared on the scene with one on which he had written 11,000 words.

This roused to activity a University student, who wrote 600 words on the back of an ordinary postage stamp. One of the stiffest tests in miniature penmanship was the engraving in perfect calligraphy of the complete history of the discovery of America on the surface of a hen's egg. The Lord's Prayer has been in turn written on a grain of wheat split lengthwise and a

In that year, Newcastle, Ontario, hatchery was built by the Dominion Government. So far as is known, this is the first regular hatchery in the New World built and equipped at Government expense. From then on the service rapidly expanded. In 1876 there were seven hatcheries in operation and the total distribution of fry amounted to \$500,000. Last year over 41 establishments were actively engaged in distributing 885,000,000 fry and older fish of all species.

Era of Stability and Prosperity.
While the major portion of the labor and expense involved in fish culture is carried by the Federal Government, in which control of coastal waters is vested, many of the Provincial Governments also are keenly alive to the importance of this work and bear their share of the cost. Whatever the expense, there is no doubt but that the effort has been worth while. Many fishing areas that had been ruthlessly exploited have been replenished, and as long as this work continues, the fishing industry of Canada will be protected with ample scope for development and expansion.

At the opening session of the Canadian Fisheries Association held recently at Halifax, Mr. J. A. Jaulhus, retiring president, summed up the situation as follows:—"According to statistics, the production of fish from all quarters is well maintained. The consumption as a food is also on the increase. There has been a general improvement both in demand and in production, which augurs well for the future. The foreign markets have lately shown a better feeling, and taken all round, it seems that the fish industry is entering upon an area of stability and prosperity."

"If the prospects of keeping up the publicity campaign which was inaugurated two years ago can materialize, I feel confident that in a very short time the yield of the fish resources of this country will run into \$100,000,000 yearly."

three-penny-piece. There is also a signet ring on the inside of which the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery, colic and stomach troubles are rife at this time and often a precious little life is lost after only a few hours' illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevent stomach and bowel troubles, or if trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by all druggists or will be mailed on receipt of price, 25 cents per box, by The Dr. Williams' Medicine Co., Brockville, Ont. A little booklet, "Care of the Baby in Health and Sickness," will be sent free to any mother on request.

Making Friends on Road.
Sharing the road with others makes friends. Blocking the road makes an unnecessary enemy. You can't afford to make enemies—they may prove expensive.

Sleep.
"Napoleon could sleep peacefully on the battlefield."
"It can't be done in our apartment house."

"Father of the Fleet."

Possibly the best of all books for casual reading, Peppy's Diary, was given to the world one hundred years ago, 122 years after the death of its author. The first edition was entered at Stationers' Hall, on August 9th, 1825, and that date may, therefore, be taken as the centenary of the Diary.

The Diary was discovered in the Pepsian Library at Magdalen College, Cambridge. It was written in shorthand, and extended to six volumes. The members of the Braybrooke family, who were hereditary visitors of Magdalen, became interested in these mysterious volumes, and showed them to their relation, Lord Granville. On examining them, this peer, who had made a hobby of shorthand, was able to prepare a key. The key and the six volumes were then placed in the hands of John Smith, an undergraduate.

Smith took three years to transcribe the Diary, and then placed the complete manuscript in the hands of Lord Braybrooke, who made the selection which formed the first edition. The quality of the Diary was recognized immediately on its publication, and it has been a source of unending delight to succeeding generations. Peppy gives himself away so completely. He was a man of very considerable abilities, who was Secretary to the Admiralty in the reigns of Charles II. and James II. and James III., and who did such valuable work in that capacity that he has claims to be regarded as the father of the British Navy. But he constantly exhibits himself in the most ludicrous positions.

Even in a diary intended for no eyes but their own, few men would make the admissions that he makes. He receives a present of venison, which he is to eat, and at once sends it to his mother. He accepts a bribe without looking at it "that I might say that I did not know what there was in the bag."

KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery, colic and stomach troubles are rife at this time and often a precious little life is lost after only a few hours' illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevent stomach and bowel troubles, or if trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by all druggists or will be mailed on receipt of price, 25 cents per box, by The Dr. Williams' Medicine Co., Brockville, Ont. A little booklet, "Care of the Baby in Health and Sickness," will be sent free to any mother on request.



A Question.
Friend—"Well, I guess you're glad the children have their vacations now?"
Mother—"That's a question—when theirs begins, mine ends."

Making Monkeys Work.

In Pattani, a southern province of Siam, and in Kelantan, one of the unfederated Malay States, monkeys are trained by the natives to pick coconuts and edible seed pods for their masters. The romantic notion, says a writer in "Science," that monkeys naturally climb coco-nut palms and throw down the nuts out of mischief or from a desire to oblige is pure fiction. The monkeys must be caught young and carefully trained to their jobs by attaching them to a long pole, on the top of which is fastened a bunch of fruit. The animals quickly learn to run up to the fruit and throw it down for their own food. Having once mastered the main idea, as it were, they can then be perfected in their profession in the palm trees.

Only the larger monkeys are successful with the coco-nuts. The smaller monkeys can manage the pods which grow in small clusters on the ends of the branches of the sataw tree, and which provide the natives with an important food item. The seeds resemble a broad bean and are eaten as a vegetable, both raw and cooked. It is said that a well-trained monkey can pick as many pods in a day as a man, thus enabling his fortunate owner to earn a full day's wages with a minimum amount of effort.

Procrastinating Man.
It is curious that during the half-million or more years that man has inhabited the earth, he has learned to cultivate only about 300 species of plants out of more than 100,000 that are known to exist.

A vast new forest is being laid out in East Anglia. When completed it will stretch for sixteen miles in an unbroken line through Norfolk and Suffolk over what was formerly derelict land.

Ask for Minard's and take no other.

Order from your grocer his best tea and he'll usually send "Red Rose."

RED ROSE TEA "is good tea"

The same good tea for 30 years. Try it!

With the Flying Mail.

In a recent article in McClure's Magazine Mr. Howard Mingo has related some of the deeds and dangers of the flying mail service from coast to coast of the United States. Something of the variety of perilous adventures these men are called to encounter after they have crashed or made a forced landing and escaped with life and limb from immediate disaster is indicated by the odd addition to their flying equipment that experience has prompted. Flying over the snow country, they now carry snowshoes lashed to the side of the plane; army canteens are carried in crossing the waterless Nevada desert, six-shooters and rifles to protect them where wolf packs range. In the air their worst enemy is fog or blinding snow, especially in the neighborhood of mountains.

One flyer, Clair Vance, came down in a snowstorm in the Sierra Nevada a few weeks ago, and, though his brother pilots aided by men from the army sought him for days, they had given him up for lost by the time he made his way back to civilization, half-starved and with his clothes in rags and his shoes worn through.

Another, Jack Knight, started one day in bad weather for Rock Springs, and on reaching the first mountain range found the peaks covered with mist and snow. At that moment his engine began coughing. With most of his power lost Knight looked over the side for a possible landing. He was unable to see the earth through the murk. Glancing ahead at that instant, he was startled to find a cliff looming up in front of him. His plane was almost on the rocks.

Knight worked swiftly at the controls; but he was helpless, for a terrific downgust swirling over the mountain peak beat upon the wings of his machine. It kept on out of control. The next moment it had crashed against the ledge high up on the side of Telephone Canon. The impact tore off the nose of the plane and knocked Knight unconscious. The engine and the propeller lay there in the ice and snow. The rest of the machine, with Knight in it, was whirled out into space again, where it fluttered about like a falling leaf, still in the grip of that downward blast.

Hours later Knight recovered consciousness and dug himself out of the snow and splinters at the bottom of the canon. His nose was broken, and he was almost frozen. From his path in the sky he had observed a ranch house some ten miles back, and with this as his objective he staggered painfully and by slow degrees through the drifts.

He reached the house. The people there carried him into Laramie, where he was put to bed. Three days in the hospital and Knight was flying again. Bob Ellis, caught in a downdraft, crashed against the side of a precipice, where the plane clung to the snow like a fly on the wall. Ellis could do nothing but sit there and wait for help. Another pilot found him a few hours later and spread the alarm. A rescue party worked its way to the top of the mountain and lowered ropes. Ellis tied one of them round his waist, and they hoisted him a hundred feet or more up and over the top. It was many weeks before the plane could be salvaged.

Minard's Liniment for Distemper.

He Was "Moon Struck."

After he slept under the full moon one night, the face of a miner in Kalgoorlie, Australia, was twisted curiously, and it was several days before he recovered. Persons who have been sun-struck often will shiver in the hottest sun, doctors here say.



Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians for 25 years.

Safe Accept only a 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 Manufacturing Co. of Monach, Germany.

Wavelets of Wisdom.

Never trust the man who won't trust others.

Every man has his price, but they are not all worth it.

Good-bye is quite the longest word in any language.

It doesn't need a large compliment to swell a man's head.

A little kissing's lots of fun if you kiss the proper one.

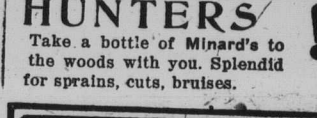
Anyone can talk, but it takes a really clever person to understand.

Some people are so mean that grudges are the only things they ever pay.

The hardest things in the world to keep are your money and your temper.

Some men are so absent-minded that they are constantly forgetting themselves.

Weighing only three pounds, a baby in a Bath hospital was placed at once in an incubator and fed each hour with a teaspoonful of whey.



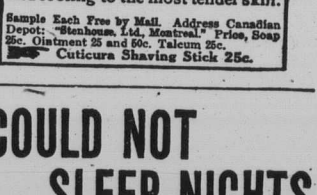
MURINE NIGHT & MORNING
KEEP YOUR EYES CLEAN CLEAR AND HEALTHY
TREATS FOR PALE EYE, CATARRH, MURINE CO. CHICAGO, ILL.

HUNTERS!

Take a bottle of Minard's to the woods with you. Splendid for sprains, cuts, bruises.



MINARD'S "KING OF PAIN" LINIMENT



Cuticura Talcum
is cooling and refreshing after shaving
Men who have tender, sensitive skins, easily irritated by shaving, will find Cuticura Preparations ideal. The new freely-lathering Cuticura Soap Shaving Stick permits shaving twice daily without irritation of the skin. Cuticura Talcum, an antiseptic powder, is soothing and cooling to the most tender skin.

Sample Each Free by Mail. Address Canadian Dept., Minard's, Montreal. Price, Soap 25c, Ointment 25c and 50c. Talcum 25c. Cuticura Shaving Stick 25c.

COULD NOT SLEEP NIGHTS

Pains and Headaches Relieved by Taking Lydia E. Pinkham's Vegetable Compound

Dublin, Ontario.—"I was weak and irregular, with pains and headaches, and could not sleep nights. I learned about Lydia E. Pinkham's Vegetable Compound by reading the letters in the newspapers and tried it because I wanted to get better. I have got good results from it as I feel a lot stronger and am not troubled with such bad headaches as I used to be and am more regular. I am gaining in weight all the time and I tell my friends what kind of medicine I am taking. You may use my letter as a help to others."—Mrs. JAMES RACHO, Box 12, Dublin, Ontario.

Halifax Nurse Recommends

Halifax, N. S.—"I am a maternity nurse and have recommended Lydia E. Pinkham's Vegetable Compound to many women who were childless, also to women who need a good tonic. I am English and my husband is American, and he told me of Lydia E. Pinkham while in England. I would appreciate a copy or two of your little books on women's ailments. I have one which I keep to lend. I will willingly answer letters from any woman asking about the Vegetable Compound."—Mrs. S. M. COLEMAN, 24 Uniacke Street, Halifax, Nova Scotia.

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"TELEGRAM"—Toronto's Favorite

—a feast of entertainment every night

THERE are a score of good reasons why The Evening Telegram has more readers in Toronto than any other newspaper. It is the brightest, cheeriest and newest of them all.

Every evening in The Telegram you enjoy a feast of the best features—six comic strips, crossword puzzles for children and grown-ups, serial and short story, fashions, recipes, fairy tales, radio news and hosts of additional front rank magazine material.

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The Evening TELEGRAM

Toronto, Ontario

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Cleverest Comics

Andy Gump missing!



Uncle Wiggily
The Sidekick
Flapper Fanny
The Hundredth Woman
Golf