

IN HEALTH

Men and Women Are

Handicapped.

To run down in health is to lose the efficiency of your body. You should begin at once to get your blood rich and red with Dr. Williams' Pink Pills. Notice the difference in your appetite and the reason is that Dr. Williams' Pink Pills stimulates all the organs of the body to healthy activity. If you are weak or out of health, Dr. Williams' Pink Pills will give you new strength. When I began using Dr. Williams' Pink Pills, I strongly recommend them to all weak people.

Dr. Williams' Pink Pills are sold by all dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Mont Blanc.

Used of an intellect and imagination of the very first order, Samuel Coleridge might have stood side by side with Milton and Shakespeare. His literary work had his characteristic as his genius. He was a man of great will, and his genius was aggravated by his habit of opium. Nevertheless, he is the very front rank of lyrical poets.

Shore Effects.

A man went to the shore to rest his nerves. In his mind's eye he saw the mighty billows rolling in and spreading their blue and their foam in placid splendor on the outstretched sands and then turning again to the bosom of the deep. "There I will find strength and calm," he said. So he went to a sandy beach and stood beside the churning waters. But the rolling billows were all far out from shore. What he saw at his feet was a tantalizing triviality of ceaseless struggle. The sea rushed upon the sands in frantic surf and foam and back again, but neither gained an inch nor paused in the breathless effort.

Still Has Shell.

"What happened?" came a voice from the kitchen. "I just dropped an egg," said the man. "I just dropped an egg," said the man.

FLIT DESTROYS Mosquitoes, Roaches, Bedbugs.

STANDARD OIL CO. (NEW JERSEY)

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

may be conducted in accordance with the regulations issued by the Department of Education.

THEORETICAL AND PRACTICAL INSTRUCTION

is given in various trades. The schools and classes are under the direction of an ADVISORY COMMITTEE.

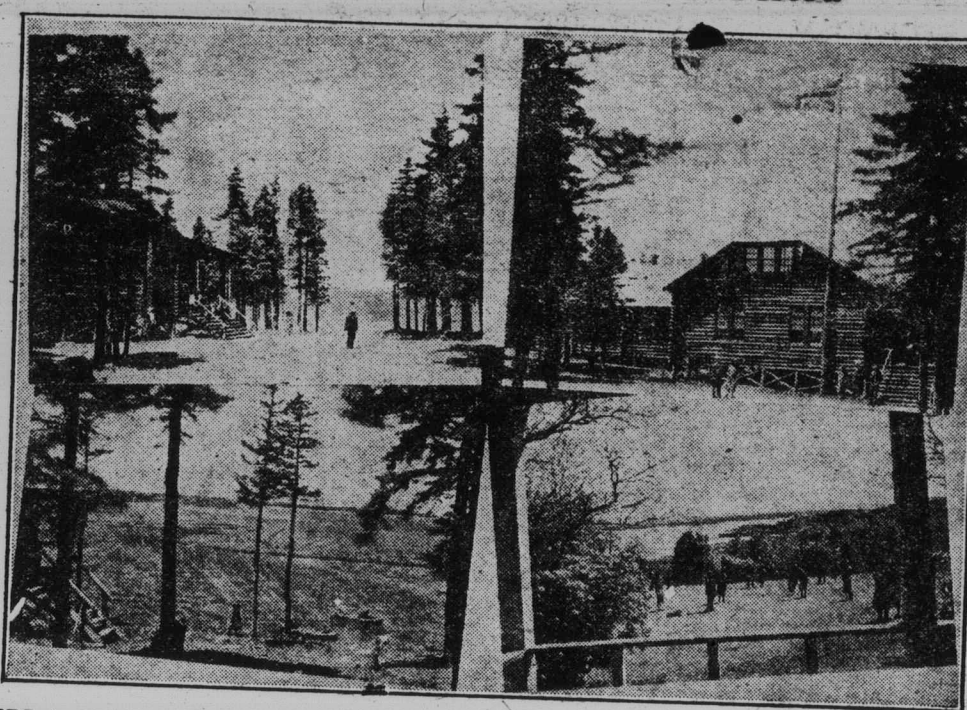
Application for attendance should be made to the Principal of the school.

COMMERCIAL SUBJECTS, MANUAL TRAINING, HOUSEHOLD SCIENCE AND AGRICULTURE AND HORTICULTURE

are provided for in the Courses of Study in Public, Separate, Continuation and High Schools, Collegiate Institutes, Vocational Schools and Departments.

Copies of the Regulations issued by the Minister of Education may be obtained from the Deputy Minister, Parliament Buildings, Toronto.

New Lodge Delights Visitors to Pictou



Wentworth Park Lodge, near Pictou, N.S., which was recently opened by the Canadian National Railway, has already proved its popularity with Canadian and American holiday-makers. The lodge is located on Northumberland Street, near Pictou, N.S., and consists of a group of rustic bungalows surrounded by a central lodge. Guests have the advantage of both fresh water and sea bathing, boating and fishing, while the Pictou Golf Club, only a short distance away, is open to those who are lovers of the Royal and Ancient Game.

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Instead of finding strength and calm, the man with the raveled nerves found only a visible materialization of all the little nagging frets and cares which had driven him to distraction. But another time he went again to the same shore. For some reason his eyes did not fall upon the ruffled seam where the sea and sands meet in perpetual, teasing conflict. His head was lifted and he gazed far out over the waters. And now he was surprised and felt a grand exhilaration in the slow breathing motion of the long swells that grew out of the distance and swept majestically shoreward.

And yet in both cases the man found exactly what was there; for there are both littleness and bigness where the two empires of land and water meet—the nag and tease and fret of endless conflict and the slow majesty of the vast tides and currents which take their controls from sun and moon and the mighty gravitations between the earth and stars.

The two effects were all a matter of the man's moods and the angle of his gaze. With eyes downcast and bent upon the scent at his feet, he saw only the ocean's fringe and fragments of interrupted motion. With eyes lifted and fixed upon the horizon, he saw those same motions in their uninterrupted swing over vaster spaces. And all of life is that way. The close inshore gaze sees the fuss and furor of things. The lifted gaze sees them in their immensity. The one tears the nerves to pieces, the other puts them together again. Fret and fear and confusion come of seeing things at too short range. There is strength and calm—and also patience—in the long off-shore view.

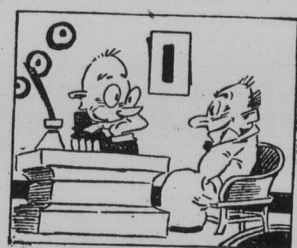
The pride of intellect is more vulgar than the pride of the nouveau riche. For the new rich man has made his money himself, whereas your intellect is a gift of God.—Stanley Baldwin.

TORONTO OFFERS BEST MARKET FOR Poultry, Butter, Eggs We Offer Toronto's Best Prices. LINES, LIMITED St. Lawrence Market Toronto 2

SAVE THE CHILDREN

In Summer When Childhood Ailments Are Most Dangerous.

Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonably safe during the hot weather. Stomach troubles, cholera infantum and diarrhoea carry off thousands of little ones every summer. In most cases because the mother does not have a safe medicine at hand to give promptly. Baby's Own Tablets relieve these troubles, or if given occasionally to the well child they will prevent their coming on. The Tablets are guaranteed by a government analyst to be absolutely harmless even to the newborn babe. They are especially good in summer because they regulate the bowels and keep the stomach sweet and pure. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Can't Be Counted Now.

"What marvels education has accomplished since the time of Balaam, the prophet." "Just what do you mean?" "Well, in his day only one ass could talk."

Educational Value of Music.

In speaking to a group of musicians with reference to providing increased facilities for instrumental instruction in the schools throughout our country, a well-known figure in the musical world recently went on to say:

"Music has usually been advocated purely as a cultural subject, but there are other phases which have a strong appeal to the public in general. One is the value of music as a social and moral force. In these days, when it is such a problem with many parents what to do to place the proper influences around their growing children, I believe that the musical organization, both bands and orchestra, can be made to be a powerful influence, and that if this idea can be properly sold to the parents of this country, they will not only be willing to have instrumental instruction introduced in the school, but will demand that it be introduced. Another point which I think should be investigated is the educational value of music in creating alertness of mind and in aiding general mental development. Some preliminary investigations have already been made which tend to show that children who had taken music for a reasonable length of time averaged higher in their school standing than those children who had not. If further investigation bears this out, this will furnish an additional very strong argument for including musical instrumental instruction in the schools of our country."

Restoring Twin Falls. The restoration of Twin Falls in Yoho National park in British Columbia, was carried out last year. The obstruction which interfered with the action of one of the falls was removed, and a continuous flow of water over both falls is now assured.

Few visitors to London miss going to the Zoo. Last year 1,823,613 people passed through the turnstiles.

Minard's Liniment for Cuts and Warts

Motorcycle Runs Twelve Days Without Motor Stop.

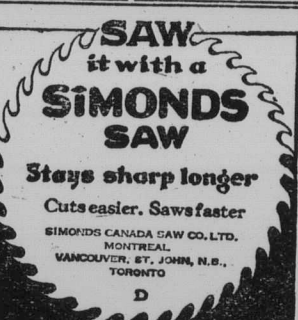
The Toronto Motorcycle Club, of Toronto, Canada, recently conducted an unique test, and in doing so broke two world's records. In co-operation with a Toronto motorcycle dealer that Club furnished three riders who piloted a Harley-Davidson single-cylinder motorcycle, in relays for twelve days and nights without stopping the motor. The object of the test was to establish the efficiency of this new type of motorcycle.

Walter Andrews, Limited, local Harley-Davidson dealer, reports that in the Toronto test the new single traveled a total of 7,344 miles without stopping the motor and averaged exactly 85 miles per gallon of gasoline. Although the riders were forced to drive through heavy rains for seven days and experienced a heavy hail storm, never once did the motor falter or was it permitted to stop. There was no attempt to make record time in this test, the drivers being held down to an average of twenty-five miles per hour. The previous world's record for a test of this sort was made at Amsterdam, Holland, establishing a mark of 6,213.7 miles and an average of 82.02 miles per gallon of gasoline.

The Golden Orchids.

In the snow-born waterfalls we found the golden orchids. Nodding in the moss beneath the thunder. Though many a snowstorm there had come and gone, Though many a wind had deeply snowed them under, They noted there, and slept in spite of thunder, In delicate, serene and golden wonder. —Vachel Lindsay, in "Poetry."

The Bishop of Calcutta recently made use of an airplane in an episcopal visitation journey from Peshawar to Quetta.



Genuine ASPIRIN

Proved safe by millions and prescribed by physicians for Colds, Headache, Neuritis, Lumbago, Pain, Neuralgia, Toothache, Rheumatism

DOES NOT AFFECT THE HEART

Safe Accept only "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 Manufacture of Monroville, Scotland. Bayer is a registered trademark of Bayer Manufacture of Monroville, Scotland. Bayer is a registered trademark of Bayer Manufacture of Monroville, Scotland. Bayer is a registered trademark of Bayer Manufacture of Monroville, Scotland.

RED ROSE TEA

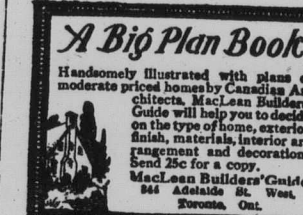
"is good tea" TEA People who want the very best use Red Rose Orange Pekoe Tea.

Hay Fever.

Can we hope to rid the Province of Hay Fever? The ideal would be to exterminate the irritating plants. Since pollen is scattered 100 miles, no local effort would avail—it must be a concentrated movement throughout each and every district. This may be too much to expect, but in certain localities which have prided themselves on their health resort advantages, a real effort is being made to pull all ragweed before it pollinates. Prises are given for the largest number of uprooted plants and contests are keen between groups of children and grown-ups in the various school sections. If ragweed and other irritating plants cannot be totally destroyed, and if it is true that large numbers of our people in Ontario are suffering from this distressing condition, let us hope the treatment for Hay Fever will very soon be readily available throughout the Province, and at a price which even the poorest of us can pay.

Dawn.

When Dawn slips on her negligee Of cloud chiffon in rose and grey, To greet the sun's first gladdening ray, She shows me many lovely things: The silver beaten lamp that swings In morning's corridor and brings Her down dim stairs blue-carpeted; The silken web-spun dollies spread On lilac bush and lily bed; The poplar trees that lift their arms In green and silver ruffled charms. When she descends to little farms; With diamond gems distilled from dew, Like jewel cases spread to view. But like a startled woodland fawn When Dawn draws nigh capricious Dawn Without adieu to me is gone! —Hazel Harper Harris, in Christian Science Monitor.



PAIN

Minard's relieves pains and aches, is highly beneficial for stiff joints, sore muscles.



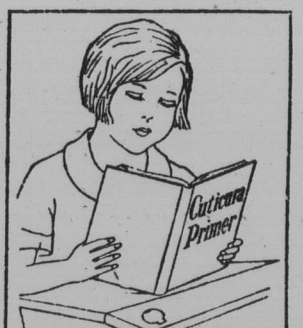
THEY SUFFER NO MORE

Two Women Owe Health to Lydia E. Pinkham's Vegetable Compound

St. Adolphe, Manitoba.—"I was very weak and had great pains during my periods so that I could not sweep the floor. The pains were in the right side and extended to the left and then down wards. It seemed as if the body was heavy and upside down. It is for these troubles I took the Vegetable Compound. I saw about it in a paper and one woman prevailed on me to take it. It has helped me in every way, the pains are less, and I have more appetite. It is a pleasure to recommend Lydia E. Pinkham's Vegetable Compound to other women."—LEA DE LOERME, St. Adolphe, Manitoba.

Found Great Relief

Toronto, Ont.—"I am at the Change of Life with hot flashes, dizziness, weakness and nervousness. I had head noises and was short of breath. I was this way about six months when I read about Lydia E. Pinkham's Vegetable Compound in the newspapers. I have taken eight bottles so far and found great relief."—Mrs. R.J. SALMON, 112 Lawlor Ave., Toronto, Ont.



Childhood's Lessons Affect The Whole Life

Teach your children to use Cuticura Soap daily to keep the skin clear. Soothe and heal rashes, eczema and other irritations with Cuticura Ointment. Shampoo with Cuticura Soap to keep the scalp in a healthy, hair-growing condition. Sample each free by Mail. Address: Canadian Depot: "Minard's, Ltd., Montreal." Price, Soap 25c, Ointment 15c and 50c, Tablets 25c. Cuticura Shaving Stick 25c.