in this Sabbath

trees. Intolerable peace, that mocks the heart With unfair images of all it lacks, And sets the discords of the mind at

I had far rather that the elements Should match my spirit's unrest with

That in the fury of conflicting force, I might escape my mind's more bitter

strife.
I would invite the winds to buffet me, And seek exposure to the whipping

Plunge in the sea and hurl each leap Back in the ar the arms of his advancing

Until, exhaustion mastering all else should be reconciled with myself.

Long-Life Records.

Members of the vegetable kingdom easily beat those of the animal king-dom where length of life is concerned. The life of the great forest trees may vary from 100 to 4,000 or 5,000

Charles Walter RUNSWICK AVE. - TORONTO 4, ON

A "Painted Ship."

paratively low, are penetrated in vari-

at the head of these the Huguenots,

who were the first settlers, placed

their houses, quite within the land, in rural and sheltered places, in leafy re-

Giving.

Give, though thy gifts be small,

Still be a giver

Out of the little founts

Proceeds the river.

Out of the river's gifts

Gulfs soon will be Pouring their waters out

Out of the sea again,

All its new powers.

Thus in a cycle borne, Gifts roll around,

lessing is found.

Heaven draws its showers

in the blessing given

GENTS WANTED

And to the fount imparts

Pike and carp have been known to live from 60 to 150 years; eagles, crows, and parrots from 50 to It reminded me of the homesteads of

the Huguenots on Staten Island, off the coast of New Jersey. The hills in the interior of this island, though com-A Shropshire farm laborer, Thomas Parr, is credited with one of the longest lives on record. He is said to have been 152 years old at the time of his ous directions by similar sloping val-Teys on a humble scale, gradually narsecond time, and for many years con sowing and rising to the centre, and

WEAK AND NERVOUS

cesses where the breeze played with the poplar and the gum tree, from A Condition Always Due to Thin, Watery Blood.

which, with equal security in calm and storm, they looked out through a widning vista, over miles of forest and Thin blood and weak nerves generstretching salt marsh, to the Hugueally are found together. Red blooded nots' Tree, an old elm on the shore at whose root they had landed, and people seldom complain of nervous-ness. The reason is that the blood ands of Neversink, and thence over eagues of the Atlantic, perchance to ome faint vessel in the horizontal state of the blood is the control of the blood is the blood Across the spacious outer bay of New York to Sandy Hook and the Highest a day's sail on her voyage to that nervous troubles follow. The follow-rope whence they had come. When rope whence they had come. When his case will interest those who head long, liking in the interior there, in the a tonic for the blood and nerves. Mrs. The milk has soured and everything is addst of rural scenery, where there D. Veno, Union Square, N.S., says:s as little to remind me of the ocean as amid the New Hampshire hills, I have suddenly, through a gap, a cleft or "clove road," as the Dutch settlers called it, caught sight of a ship under called it, caught sight of a ship under called it, or a field of corn twenty or not only weak but my nevers seemed in the stage when I could not do my housework. I was their parts.

With a feeling of gratitude I write to tell you what Dr. Williams' Pink Pills to those with deepest hurts and heaviest hearts

Smile back at life and bravely play their parts.

"There are many in the medical profession who will at once refuse to ilsten to or attempt any form of treatment other than that recognized and smiled on by the "experts" in cancer, or rather cancer as it has hitherto by a method of spraying. "With a feeling of gratitude I write to full sail, over a field of corn, twenty or not only weak, but my nerves seemed thirty miles at sea. The effect was completely shattered. The least noise would startle me and I was subject to suring distances to seeing a painted nervous headaches. Worse still, I could not sleep at night. Perhaps I would get an hour or two sleep, and ship passed backwards through a magic lantern.—Thoreau's "Week." then lie awake for the rest of night. I had reached a stage when I actually feared I would lose my mind. Up to the time I decided to take Dr. taken seemed to do me any good. I And wonder what it is from life they'd ask. there was no doubt they were the night, and now I am as well and strong as a woman could wish to be. I hope some other weak, nervous person will be benefitted by my experience."

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

Hooked Again.

Payne—"Is it true that poor old Bill has married again?" Pound—"Yes, he's under entirely ew management."

"One woman is worth five men," said a well-known clergyman recently, in praising women for their church work.



BACK TO BONNIE SCOTLAND

This fine looking group are the children of Scottish parents born in Canada, who are on their way to visit for the first time the homeland of their parents. The picture was taken on board the Anchor Donaldson liner Letitia on her last trip from Montreal.

ciled with myself. —Winifred Goodall. A PERFECT MEDICINE FOR LITTLE ONES

Baby's Own Tablets Should be in Every Home Where There

simple fevers and promote healthful stituents of such drug or nostrum refreshing sleep. It is impossible for Baby's Own Tablets to harm even the "Violet-leaf cure," or the "willow-in-

The Grumblers.

It seems in life there is too much of

One mutters that his trade is very

A woman whimpers that the day in

years give laughter, love and

to friendships true,
I Days of delight and skies of summer

Uncounted pleasures strew the humb Yet few remember joys of yesterday.

Williams' Pink Pills, nothing I had I hear the grumblers, fretted by a task

medicine to help me. As I continued the use of the pills I gradually grew bestow bestow bothered and who don't care."

to know?

Some things are wrong, and here on earth is care, now much joy should be a grumb. misrepresenting affairs and other per-

-Edgar A. Guest. Prizes Offered for Essays on "Saving & Spending."

Primes aggregating \$1,500.00 are beof Fitchburg, Mass., for the best essays on "Saving & Spending" as factors of prosperity.

\$1,000.00 will go to the writer of the spending on the writer of the spending of the writer of

dians and intending competitors are invited to address for information, stricken with this terrible disease of "The Contest Editor," Simonds Saw the blood will do well if they satisfy & Steel Co., 470 Main Street, Fitch. themselves as to which of the above burg. Mass.

involved.

Smallest Town in World.

Ant, an old Armenian city near Mount
Ararat, has a population of one. Data
gathered there shows that an aged

Curiou Armenian monk is the sole inhabitant of what was once a flourishing community numbering 10,000 people. His companions are an Angora cat and a few owls, which live in a ruined church near the monk's hut. Ani was once the residence of the Bagratide kings of Armenia and has some biblical associations.

Cancer Without Operation.

"It is a strange thing that concerning almost every "cure" for cancer which has been advanced by either the medical profession, or by the greatest quack or imposter that ever existed, if that so-called "cure" could be shown in any way to benefit a case of cancer, or in any way to modify the solution. Fortunately, the first deck shown in any way to modify the solution one. Fortunately, the first deck shown in any way to modify the solution of the solution of the solution of the solution of the solution in the solution in the solution is concentrated. The life of the great forest trees may vary from 100 to 4,000 or 5,000 years. The cypress, it is said, may live for 350 years the livy 450, the chestnut 600, the ceder 800, the oak 1,000 to 1,500, the yew 2,500, and the baobab tree 5,000 years.

A hundred years are attained by some of the longest-lived animals, such as the elephant, the crocodile, and the tortoise. Pike and carp have been like in the stomach; drive out constipation and indigestion; break up colds and simple fevers and promote healthful stitute of the stomach; drive out constipation and indigestion; break up colds and simple fevers and promote healthful stitute on the stomach; drive out constipation and indigestion; break up colds and simple fevers and promote healthful stitute of such drug or nostrum.

Every Home Where There cancer, or in any way to benefit a case of cancer, or in any way to modify the course of the disease favorably, or even be suspected of prolonging life, that on examination, it will be found that, if the drug or nostrum which is the background. The whole sky lauded be carefully examined and look ed into, potassium, in varying quantities and proportions, will be found to drip into the gold in strange formations. It is as if old, worn-out drop-curtains were being lowered from the Baby's Own Tablets to narm even the new-born babe, as they are absolutely guaranteed free from opiates or any "cures" are made by procuring violet For instance, directions of the control of the cure opshire farm laborer, Thomas credited with one of the long on record. He is said to have 2 years old at the time of his At 120 years he married a time, and for many years composed work on the farm.

"Cures" are made by procuring violet leaves in large quantities and boiling the down and then drinking the water in which they were boiled. Will water in which they were boiled. Will low bark and willow leaves have been like leaves to an hourglass. To the right of this hourglass formation there drops a curtain on which are the ruins of an water in which they have been boiled in the path of the dropping golden sun is a formation of curtain-clouds whose beautiful low bark and willow leaves have been like leaves to an hourglass. To the right of this hourglass formation there drops a curtain on which are the ruins of an water in which they have been boiled like lones." Baby's Own Tablets are sold by Medicine dealers or by mail at 25 benefit. The above claims, put forcents a box from The Dr. Williams' ward for both "cures," have been supported by members of the profession back of

on many occasions." the infusion of any herbs can be shown I hear the grumblers fitfully complain, to contain, all of them, one common against the background of gold. It is a oduct of nature present in all vege-

table life—potassium salts.

"No method of treatment yet practised by the "Ultra-orthodox" among the members of the medical profession by the archive the members of the medical profession by the archive the salt of the medical profession is table to the medical profession in the members of the medical profession is the salt of the members of the medical profession is the salt of the members of the medical profession is the salt of the members of the medical profession is the salt of the members of the medical profession is the salt of the members of the medical profession is the salt of the members of the medical profession is the salt of the members of the medical profession is the salt of the members of the medical profession is the salt of the members of the medical profession is the salt of the members of the medical profession is the salt of the members of the medical profession is the salt of the members of the medical profession is the salt of the members of the medical profession is the salt of the members of the medical profession is the salt of the members of the medical profession is the salt of the members of the medical profession is the salt of but can be shown scientifically to ow its method of action to influencing directly or indirectly the potassiu and perhaps, also conomy of the earthy salts of the

"There are many in the medical pro-

"There are those in the profession salts and is then s earnest request and pressure of a dying man or woman, and only half-hearted mixed with various substances such as ly carry it out.

"There are those in the profession machinery in a layer on the canvas who are of an introspective and pessimistic turn of mind who will start lowed to dry. by saying it is no good, will honestly

God has given for all mankind in proving everyone else

selves to be quite wrong."

"There are those in the profession who, with the best of intentions and otherwise, spend their time in eagerly

"There are others, very many, whose name is legion, who will strive hard,

and worry, and fret, and eagerly watch and become over anxious, and earnestly try and give the method a fair and just application, not trial." The late Dr. F. W. Forbes Ross, M.D.,

\$1,000.00 will go to the writer of the best essay—and \$250.00 each to the best essay—and \$250.00 each to the December 31, 1926, and is open to everybody—everywhere.

This is the fifth yearly competition on political economy subjects which Mr. Simonds has offered prizes for, in an endeavor to arouse a more general interest in the subject of economics as related to individual and sometimes to the force the Press generously. as related to individual and general welfare.

The competition is open to Canations are related to individual and general directions before the Press generously published them, I have yet to hear from the first who has not been beneclasses, ably defined by Dr. Forbes No entrance fee or other expense is Ross, their own doctor belongs. so doing, many a sufferer may avert antequated and unsatisfactory methods of treatment in vogue prior to the doctor's priceless discovery. Reports have just reached Paris that Charles Walter, 51 Brunswick Avenue,

> Curious Tramp. "Will you beat some rugs for your

"What's going to be served, mum?" There are about 9,000 cells in a

square foot of honeycomb. Minard's Liniment King of Pain.

"is good tea" TEA Perhaps you use good tea. We think Red Rose extra good.

The Lighthouse Sunset. The ship is sailing out of Singapore ound for Pontianak on the Island of Borneo. It is sunset time. I am sitting on the upper deck under the awn ing of a clean white Dutch steame We have passed customs and have our "clearance" for Borneo and are sailing out through the straits lined with in numerable little islands. Nothing but a glorious sunset back of us could take my eyes away from this beautiful "In-

For instance, directly in the path of has been drunk with the assertion that old temple with Doric columns plainly As we sail eastward, along the very

ward for both "cures," have been sup-ported by members of the profession back of us at the entrance to the "Every quack nostrum prepared by light out against the sunset. It flashes striking thing.
Flash, flash, flash, flash, flash, flash,

Use Minard's Liniment in the stables. Why is "Oilcloth" So Called? Originally, oilcloth meant a cloth or

rough canvas oiled over on both sides

or rather cancer as it has hitherto by a method of spraying.

The oil is first bolled with certain the oil is first bolled with the oil salts and is then sprayed into a cur resin. The whole is then spread by

The material carled linoleum-from believe it is no good, and will ultimate the Latin words linum for flax and ly prove themselves to be quite right." oleum for oil-contains ground cork, There are those in the profession, which is mixed with the oil to provide very few thankfully, who won't be a covering far thicker and more durbothered and who don't care."

"There are these who takes a delight stitute for carpeting.

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m one of the Islands of the Georgian Bay
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Nahlag — Tunnis — Bowling — Dancing
High class in every respect.

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Write for Booklet and terms.

The Malcolmison, Midland. Out.

AN INTERNAL RECOMMENDED

A prominent physician made the remark recently that if people were half as particular in regard to in-ternal cleanliness as they are about ternal cleanliness as they are about external appearance three quarters of our ordinary aliments would be eliminated. This medical man said people did not stop to think of the importance of keeping the system just as clean as one is careful to keep hands, face and body. The result is that the intestinal tract becomes clogged and waste material which should leave the body daily stays there for an indefinite period doing a harm few people realize. So many ills are traceable to these clogging poisons! An internal bath sounds novel, but it is much easier to take than any other kind! A spoonful of Sal Lithofos before breakfast (or any other meal), dissolved in a glass of tepid water acts as a gentle cleanser of the bowls—provides a soothser of the bowls—provides a south-ing internal bath that rids the body of dangerous toxic poisons and gives one that feeling of freshness, vigor and well-being. A further advantage of, the internal bath lies in the fact that a healthy body ensures an alert and active mind which makes for greater efficiency and happiness in one's daily work. ser of the bowls—provides a sooth-ing internal bath that rids the body

Classified Advertisem

SILVER FOXES.

PARM WANTED—I WANT PARMS FOR CAR buyers. Describe and sive price. H. Webste 514 Royal, New Westminster, B.C. How Golden Bright.

How golden bright from earth and heaven

heaven
The summer day declines!
How gloriously o'er land and sea
The parting sunbeam shines.
There is a voice in the wind that

When the annual census of the when the annual census of the homeless in London was taken during a recent night, only three persons, all women, were found sheltering under arches or on staircases, while 76 men and 24 women were found wandering to the state. in the streets

FLEECE WOO! Harris Abattoir Co., Limited Strachan Ave., Toronto

Bathe the face with Minard's and water. Place a piece of cotton wool saturated with Minard's in the

cavity of the tooth

CHILD'S HANDS

Eczema on Head Itched Badly. Cuticura Healed.

"Ecsema broke out in pimples on my little girl's head. It itched badly and she scratched causing sore eruptions. Her hair fell out and she was very fretful. We had to the her hands to keep her from scratching, and she could not sleep. We had her treated but the trouble kept setting worses.

we had her treated but the trouble kept getting worse.

"We began using Cuticura Soap and Ointment and in a short time could see an improvement. We continued the treatment and in less than six weeks she was healed." (Signed) Mrs. A. G. Awcock, 706 Notre Dame Ave., Winnipeg, Man. Cuticura Talcum is coolir toothing and comforting to tend ching, burning feet.

Sample Each Free by Mail. Address Canadia. Depot: "Steahouse, Ltd., Mentreal." Frice, Son Sc. Ointment 28 and 50c. Talcum 28c. Cuticura Shaving Stick 25c.

STRATFORD WOMAN

Restored to Health by Lydia E. Pinkham's Vegetable Compound

Stratford, Ontario. — "After my first baby was born I started to work on the tenth day and did a big weshing on the twelfth day. Being so young (I was married at 19) I did not know what was the matter, so let it go until I was all run-down, weak and nervous, and had a bad displacement. For nearly two years I could not sleep and I would always complain of having 'not a head-ache, but a brain-ache.' My mother is taking Lydia E. Pinkham's Vegetable Compound during the Change of Life and she recommended it to me. After taking two bottles I began to get a little sleep and to feel better and I have never left off since then, except for about three months. I can safely say I have taken thirty bottles sincemy second baby was born. I think it makes child-birth easier as I had terrible pains with my first three children and very few with my fourth as I was so much stronger. I am now able to do my work alone, but I am still taking the Vegetable Compound as I am nursing baby.'—Mrs. OMER PAUL, 49 Cherry Street, Stratford, Ontario.

If you are suffering from any weakness which causes such symptoms as pains in the side and back and nervous feelings, give Lydia E. Pinkham's Vegetable Compound a trial now.

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