

1926
24 JUN.

...in this Sabbath
...is a cloistered nun,
...desire, waiting on God.
...is a colored photograph
...about one flying bird to give it life,
...and smoke from innumerable chim-
...neys hangs
In a blue haze above the black-etched
trees.
Intolerable peace, that mocks the heart
With unfair images of all it lacks,
And sets the discords of the mind at
war.
Till there be nothing good or beautiful.
I had far rather that the elements
Should match my spirit's unrest with
their own.
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
rain.
Plunge in the sea and hurl each leap-
ing wave
Back in the arms of his advancing
ranks,
Until, exhaustion mastering all else,
I should be reconciled with myself.
—Winifred Goodall.

The Real Cause of Cancer

A remarkable book has been specially written.
This book will be sent free to patients or
any one who is interested in the most successful
method of fighting "THE CANCER BOSS."
The following is a list of the chapters:
1. The Limitations of Surgery; 2. Some Doctors
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Dieting Methods; 6. Common Errors in Diet;
7. Vital Elements of Food; 8. Medical Endorse-
ment of Our Claims; 9. The Chief Minerals of
the Body; 10. The Thyroid Gland; 11. How When
Lives Begin to Accumulate; 12. Potassium Cause
Lives Accumulate; 13. Great Value of Potassium;
14. Parts of Body Liable to Cancer; 15. Parts
Which Are Seldom Affected; 16. How a Doctor
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With this book are a number of interesting
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is simple and inexpensive, and can be easily
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A "Painted Ship."

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-
paratively low, are penetrated in vari-
ous directions by similar sloping val-
leys on a humble scale, gradually nar-
rowing and rising to the centre, and
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-
cesses where the breeze played with
the poplar and the gum tree, from
which, with equal security in calm and
storm, they looked out through a wild-
flower vista, over miles of forest and
stretching salt marsh, to the Hugu-
enots' Tree, an old elm on the shore at
whose root they had landed, and
across the spacious outer bay of New
York to Sandy Hook and the High-
lands of Neversink, and thence over
leagues of the Atlantic, perchance to
some faint vessel in the horizon, al-
most a day's sail on her voyage to that
Europe whence they had come. When
King in the interior there, in the
midst of rural scenery, where there
was 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
full sail, over a field of corn, twenty or
thirty miles at sea. The effect was
similar, since I had no means of mea-
suring distances to seeing a painted
ship backed backwards through a
magic lantern.—Thoreau's "Week."

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,
Making a sea.
Out of the sea again,
Heaven draws its showers,
And to the fount imparts
All its new powers.
Thus in a cycle borne,
Gifts roll around,
In the blessing given
Blessing is found.

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full or part time, wanted, to sell
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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.

A PERFECT MEDICINE FOR LITTLE ONES

Baby's Own Tablets Should be in Every Home Where There Are Children.
The perfect medicine for little ones is found in Baby's Own Tablets. They are a gentle but thorough laxative which regulate the bowels, sweeten the stomach; drive out constipation and indigestion; break up colds and simple fevers and promote healthful refreshing sleep. It is impossible for Baby's Own Tablets to harm even the new-born babe, as they are absolutely guaranteed free from opiates or any other injurious drug.
Concerning the Tablets, Mrs. Alex. J. Perry, Atlantic, N.S., writes:—"I always keep Baby's Own Tablets in the house for the children, as I have found them a perfect medicine for little ones."
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.

The Grumblers.

I hear the grumblers fitfully complain,
It seems in life there is too much of rain.
One mutters that his trade is very slow,
Business is worse than 'twas a year ago.
A woman whimpers that the day is long,
The milk has soured and everything is wrong.
Yet those with deepest hurts and heaviest hearts
Smile back at life and bravely play their parts.
The years give laughter, love and friendships true,
Days of delight and skies of summer blue.
Uncounted pleasures strew the humblest way,
Yet few remember joys of yesterday.
I hear the grumblers, fretted by a task
And wonder what it is from life they'd ask.
What more of splendor could the years bestow
Than God has given for all mankind to know?
Some things are wrong, and here on earth is care,
But how much joy should be a grumbler's share?
—Edgar A. Guest.

Prizes Offered for Essays on "Saving & Spending"

Prizes aggregating \$1,500.00 are being offered by Mr. Alvan T. Simonds of Pittsburg, Mass., for the best essays on "Saving & Spending" as factors of prosperity.
\$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 best essay—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 economic welfare.
The competition is open to Canadians and intending competitors are invited to address for information, "The Contest Editor," Simonds Saw & Steel Co., 470 Main Street, Pittsburg, Mass.
No entrance fee or other expense is involved.
Smallest Town in World.
Reports have just reached Paris that Ani, an old Armenian city near Mount Ararat, has a population of one. Data gathered there shows that an aged Armenian monk is the sole inhabitant of what was once a flourishing community numbering 10,000 people. His only 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.

RED ROSE TEA
"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 bound for Pontianak on the Island of Borneo. It is sunset time. I am sitting on the upper deck under the awning of a clean white Dutch steamer. We have passed customs and have our "clearance" for Borneo and are sailing out through the straits lined with innumerable little islands. Nothing but a glorious sunset back of us could take my eye away from this beautiful "Inland Sea," with its coconut-palm-lined shores. But the sunset tonight is impelling.
I have frequently called directly to a sunset, but seldom directly away from one. Fortunately, the first deck is "aft" on this ship and I have a superb viewpoint. The sunset is a gold mass just merging into a russet-gold, a mere suggestion of russet which falls to mature. That is the background. The whole sky seems gold. But, suddenly, a bank of blank clouds, above the gold, begins to drip into the gold in strange formations. It is as if old, worn-out drop-curtains were being lowered from the ceiling of the sky over that gold stage, and the curtains are seemingly painted in strange devices.
For instance, directly in the path of the dropping golden sun is a formation of curtain-clouds whose beautiful curves startle one with their exact likeness to an hourglass. To the right of this hourglass formation there drops a curtain on which are the ruins of an old temple with Doric columns plainly showing.
As we sail eastward, along the very line of the equator itself, a lighthouse back of us at the entrance to the "Straits" begins to flash its white light out against the sunset. It flashes in the direct path of the hourglass against the background of gold. It is a striking thing.
Flash, flash, flash, flash, flash, flash, flash—seven times and darkness.—William L. Stidger, in "A Book of Sunsets."

Why is "Oilcloth" So Called?
Originally, oilcloth meant a cloth or rough canvas oiler over both sides to make it water-resisting. In the earlier processes the oil, generally a thick linseed, was just painted on in several coats, but as time went on a better method was found by spreading the oil by a method of spraying.
The oil is first boiled with certain salts and is then sprayed into a current of air the chemical result being a semi-solid material, which again is mixed with various substances such as wood shavings, or other material, spread by machinery in a layer on the canvas base, which is then hung up and allowed to dry.
The material called linoleum—from the Latin words linum for flax and oleum for oil—contains ground cork, which is mixed with the oil to provide a covering far thicker and more durable for the base. It is this that nowadays we find generally used as a substitute for carpeting.

"MINNICOG HOTEL"
On one of the Islands of the Georgian Bay
OPEN JUNE 24th, 1926
Fishing - Tennis - Bowling - Dancing
High class in every respect.
Excellent table. Ideally situated.
High altitude. Daily steamers from Midland.
Direct connection from Toronto.
Write for Booklet and Terms.
Capt. J. MACCOLLUMSON, Midland, Ont.

AN INTERNAL BATH DAILY RECOMMENDED

A prominent physician made the remark recently that if people were half as particular in regard to internal cleanliness as they are about external appearance three quarters of our ordinary ailments would be eliminated. This medical man said 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 since my 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.

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 washing 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 since my 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.
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Classified Advertisements.
SILVER FOXES.
W. HOLBROOK, LARGES, SUMMERSIDE, Canada.
FARM WANTED.
FARM WANTED—1 WANT FARM FOR CARE of horses. Describe and give location. R. Webster, 815 Royal, New Westminster, B.C.

How Golden Bright.
How golden bright from earth and heaven
The summer day declines!
How gloriously o'er land and sea
The parting sunbeam shines.
There is a voice in the wind that waves
Those bright, rejoicing trees.
—Emily Bronfo.
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 in the streets.

WE BUY FLEECE WOOL
Harris Abattoir Co., Limited
Strachan Ave., Toronto

TOOTHACHE
Bathe the face with Minard's and water. Place a piece of cotton wool saturated with Minard's in the cavity of the tooth.
MINARD'S "KING OF PAIN" LINIMENT

HAD TO TIE CHILD'S HANDS
Eczema on Head Itched Badly. Cuticura Healed.
"Eczema 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 tie her hands to keep her from scratching, and she could not sleep. 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. Ancock, 706 Notre Dame Ave., Winnipeg, Man.
Cuticura Talcum is cooling, soothing and comforting to tender, aching, burning feet.

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