

A Quick Relief for Headache

A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Selge's Syrup will correct faulty digestion and afford relief.

The Countess of Landon.

CHAPTER V.
"You did not know," she murmured, with compressed lips.
"I was a fool-hardy imbecile," he said, penitently. "Have I been ill long?"
"Five days," she said, simply.
"And you?" he stopped and put out his hand—"you have nursed me through it?"
She disregarded the hand, and instead of taking it, smoothed the narrow bed-clothes. He held the hand up and looked at it. It was ridiculously white and thin.
"I must have been very bad," he said, almost to himself.
"Yes," she said.
"And all the time you have been here? I can remember seeing your face now and again through a kind of mist. You have been awfully kind and good to me. You must have used yourself up. Well, I can't thank you, even if I tried. Will you tell me your name?"
"Madge," she said—"Madge Lee."
"And you are a gypsy?" he said, thoughtfully.
She raised her eyes.
"I am a gypsy," she replied, with a kind of suppressed pride.
"I shall think gratefully of your people for the future," he said.
"And yet it was one of us who—" "Yes," he said. "I remember. One was a gypsy, the other was that big fellow I wrestled with. Where are they? Have they been caught?"
She shook her head.
"No," she said, concisely; "they are not here, and they have not been caught."
Royce looked rather relieved than otherwise.
"Perhaps it's as well," he said "I'll wait until I chance to meet them, and then settle old scores."
She moved from his side and went to a small cupboard, painted so exactly like the panels and ribs of the caravan as to be a secret receptacle, and took something from it.
"These are yours," she said, and held out the watch and the locket and a few shillings.
"His eyes brightened at sight of the locket—Trene's parting gift—and he took it from her hand, and was about to put them under the pillow; then he changed his mind and held them out to her.
"Keep them for me, please," he said. She looked as if she were about to refuse; but after a second's hesitation she returned them to the cupboard.
He watched her graceful movements

HEALTH FOR WORKING WOMEN

Let Lydia E. Pinkham's Vegetable Compound Help You to Become Well.

Thousands of girls have to work in homes, offices, stores, mills or factories who are physically unfit for work, with often an aged or invalid father or mother dependent upon them for support. Standing all day weak in and weak out, or sitting in cramped positions a girl often contracts some disagreeable ailment of her organic system, which calls a halt to her progress and demands restoration to health before she can be of use to herself or any one else.
For these distressing weaknesses and ailments, these girls have found a better way to do their work in Lydia E. Pinkham's Vegetable Compound.
Toronto, Ont.—"My work is to run a power-machine which is very heavy, and I had a pain in my left side and a weakness caused by getting my feet wet. It was only a few days later when I saw your advertisement in the paper and began taking Lydia E. Pinkham's Vegetable Compound and used the Sensitive Wash. The pain left my side and the weakness disappeared after I took the first bottle of Vegetable Compound, but I took five in all and used two of the Wash. I didn't have a physician and I didn't take any other medicine. If this letter will help you you may use it."—Mrs. KARY EGGLEY, 21 Sullivan St., Toronto, Ont.

Nova Scotia Woman Helped
Scottdun, N. S.—"I have been bothered for over three years with a weak side caused by female illness. At times it has bothered me so that my side ached so I could feel it way to my toes. I took two bottles of Lydia E. Pinkham's Vegetable Compound and found it helped me considerably, and I intend taking more as I know the results will be good. I saw the medicine advertised in the newspapers, and before I had finished the first bottle of it, noticed a difference in my health. I hope every woman who has female troubles will try it."—Mrs. JOHN R. McLEOD, R.R. 1, Scottdun, N. S.

Pains in Side
Portreeve, Sask.—"My sides would get so sore and painful that I would be unable to move around. I felt just as if there was a weight bearing the abdomen down. I learned about Lydia E. Pinkham's Vegetable Compound from a neighbor who took it, and that soreness has left me. I live on a farm and have housework to do. If this letter will help any woman who suffers from female troubles you can use it. I know of no better medicine than the Vegetable Compound."—Mrs. W. C. MERRICK, Portreeve, Sask.

Famous Old Recipe for Cough Syrup

Easily and cheaply made at home, but it beats them all for quick results.
Thousands of housewives have found that they can save two-thirds of the money usually spent for cough preparations, by using this well-known old recipe for making cough syrup at home. It is simple and cheap but it has no equal for prompt results. It takes right hold of a cough and gives immediate relief, usually stopping an ordinary cough in 24 hours or less.
Get 2½ ounces of Pinex from any drugist, pour it into a 16-oz. bottle and add plain granulated sugar syrup to make 16 ounces. If you prefer, use clarified molasses, honey or corn syrup, instead of sugar syrup. Either way, it tastes good, keeps perfectly, and lasts a family a long time.
It's truly astonishing how quickly it acts, penetrating through every air-passage of the throat and lungs—loosens and raises the phlegm, soothes and heals the membranes, and gradually but surely the annoying throat irritation and dreaded cough disappear entirely. Nothing better for bronchitis, spasmodic croup, hoarseness or bronchial asthma.
Pinex is a special and highly concentrated compound of genuine Norway pine extract, known the world over for its healing effect on the membranes.
Avoid disappointment by asking your drugist for "2½ ounces of Pinex" with full directions and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Toronto, Ont.

Just Folks.

By EDGAR A. GUEST

THE WEATHER

The weather is a thing which we could never do without. It's something all society can safely talk about.
It has no friend to answer back or even wear a scowl. No one your judgment will attack if you will call it foul.
If of the weather you shall tell The very worst you know, And prove your dreadful tale as well, No farther would it go.
No eager gossip, hearing you, Would hasten to repeat. The scandal you had started to The neighbours down the street.
No little woman's face would pale, No wounded man reply That you had crushed him with your tale Or stabbed him with a lie.
So when to gossip you're inclined, When something you'd abuse, The weather, not your fellow kind, Is always safe to use.

Tit-Bits From Professor Thomson

"EVERYDAY BIOLOGY."

Professor J. Arthur Thomson's new book, "Everyday Biology" (Hodder and Stoughton, 2s. 6d.), is a collection of essays, some of which have appeared in these columns, collected "as an unconventional" introduction to a biological way of thinking. As our readers well know, Professor Thomson has a genius for making science interesting. The following are a few of the striking statements that appear on every page:—
Energy.
No living creature can produce energy; it can only change it from one form to another. The green plant changes the energy of the sunlight into chemical energy of its food into locomotion and heat. A living creature, like an engine, is an energy-transformer. But it is also an accumulator; it can absorb energy acceleratively. Its secret is capitalization.
Walking.
When we are walking at the rate of four miles an hour, only half a second elapses from the time the heel is raised until the limb is swung forward and the foot is again planted on the ground. "Yet in that half-second fifty-four engines have been started and stopped, speeded up and slowed down a countless number of times."
Vegetables and Meat.
Dr. Erasmus Darwin, Charles Darwin's grandfather, said that he preferred to take his vegetable food in the form of beef and mutton, for it was more digestible. This was his jocular way of expressing the fact that all flesh is grass; the material of grass is reincarnated at a higher level as flesh.
Sense of Smell.
To an ordinary animal, like a wolf, the sense-organs are indispensable as the receptors of signals from the outside world; their ability to produce sensations and supply materials from which the mental life is built up is a secondary and subsequent use. But as man is mainly eye-minded and ear-minded, and hardly at all nose-minded, he tends to depreciate his nose. For it does not feed his mind as his eyes and ears do.
The Most Intelligent Animals.
Birds and mammals are, of course, the cleverest. Among birds, we should place highest the rooks, the cranes, and the parrots—all social. Among the mammals the palm must be given to the gregarious carnivores, gregarious elephants, gregarious horses, and so on. There is no doubt that social organization favours the development of wits, and there is no argument in a circle in saying that the growth of wits often favours sociality. Another important factor is a vocabulary, such as we find in rook and dog. A great advance was made by monkeys and apes, which use signified with a restless experimental brain at a higher level than in other mammals. "Until at last arose the man."

Sense of Taste.
A mouth-wash of potassium chlorate so changes the taste-buds on the tongue that even distilled water seems sweet. Connoisseurs are agreed that certain fruits, enjoyable enough in themselves, spoil the flavour of wine, and there is probably a gustatory as well as a digestive justification for many familiar mixtures, such as strawberries and cream, or liver and bacon.
Warm-Blooded and Cold-Blooded.
Warm-bloodedness is the power of sustaining a constant body temperature. If the bird or mammal is becoming too cold, the lowered temperature of the blood pulls the trigger of a heat-regulating centre in the brain, and orders are sent out to the muscles to produce more heat, and to the blood-vessels in the skin to contract. To counteract too high a temperature, the animal may remain quiet, or it may increase its breathing movements like the panting dog, or it may sweat profusely, which also brings down the temperature.
Old Habits.
The drowsy dog turns round and round, making itself comfortable in the imaginary herbage of the hearth-rug. What its wild ancestors did many thousand years ago it is doing to-night. The past is not dead—it is

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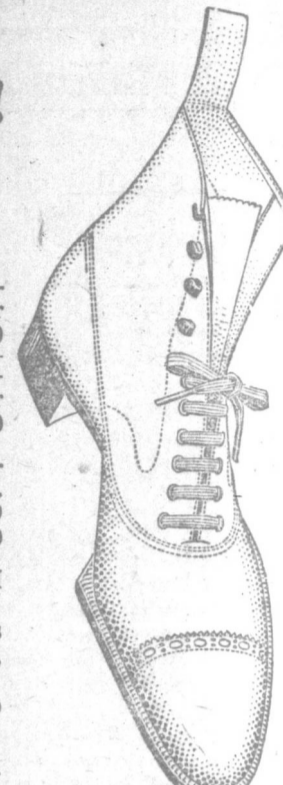
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Men's Tan Pointed Toe Boots—With fancy perforations, rubber heels at \$5.00, \$5.50, \$6.00, \$6.50 up

Men's Brown Army Boots—\$3.00 the pair.

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For Infants

Infants' Lace Boots—Shades of Black and Brown, good quality. \$1.10 the pair.

Infants' Boots—"Turn sole" button and lace, Black and Brown; sizes 3 to 6, \$1.40, \$1.50.

These are just a few suggestions from our many lines.

For School Children

Children's Shoes

Child's Black Kid Boots—Heavy soles and heels; sizes 6 to 10 . . . \$2.50

Misses' Kid Boots, 11 to 2 \$3.00.

Child's Box Calf Boots, 6 to 10 . . . \$2.75

Misses' Box Calf Boots, 11 to 2 . . . \$2.90

SKUFFER BOOTS—Made in Nature's own shape, to fit growing feet, fitted with strap and buckle. 6 to 8, \$2.90; 8½ to 11, \$3.40; 11½ to 2, \$3.90 the pair; (rubbers to fit).

PARKER & MONROE, Ltd., The Shoe Men

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living still. And the horse that shies at a sudden movement in the hedge-row is reacting to the suggestion of a snake that bit its ancestor's heel. And does not the fond mother, in reproaching her boy for the wear and tear of his jacket in the course of arboral excursions, call him "You little monkey"? That is proof positive; the past lingers and lives in the present.
Compromises.
In certain respects the history of a living creature shows compromise after compromise. The first compromise is between material and eternal contributions to the inheritance, and between what are called dominant and recessive hereditary factors. The offspring of a black and white Andalusian fowl is a Blue Andalusian. Then there is a compromise between the hereditary "nature" and the available "nurture," the first including all the possibilities or latencies of the germ-cells, the latter including all manner of influences from surroundings, food, habits. Then there is a compromise between "hunger" and "love," caring for self and caring for others. There is also a compromise between saving and spending, storing and expending, feeding up and running down—in technical language, anabolic and katabolic processes. Of great importance, too, is the compromise between the vital changes that tend towards ageing and those which tend to keep the creature young—the compromise between senescence and rejuvenescence.

SIDE TALKS.

By Ruth Cameron.

"TEAM, TEAM!"
One day last fall at a football game, a ten-year-old boy sat in front of me with whom I had been talking for some time. He was explaining to me how the other ten fellows keep the path clear for the one who has the ball," he said. Again and again he pointed out to the lad the determined way in which the players blocked the opposing players who were trying to tackle the runner with the ball.
"Ah, that's great team work," he would say, and the youngsters would cheer lustily, "Team! Team!"
A Fine Lesson.
I couldn't help thinking what a splendid thing it was for that boy to have the desirability of "team work" emphasized for him at this impressionable period of his life.
It is one of the crying lacks in all organization work to-day.
We are first, foremost, and all the time individualists, and it is so hard for us to repress that excessive love and thought of self, called egotism, for the furtherance of any cause where we must play the game as just one of the team, instead of making grandstand plays.
If She Can't Be Chairman—
The club woman gets peeved because

cause she wasn't asked to head a committee, "not that she was looking for the job, certainly not bat in and she's sure if there's some front of me with whom they felt was better fitted for the job why all right, but please ask her to do anything else for me. He laid special stress on the "I" reference."
"I" reference."
And the woman in the political party who wasn't asked to be secretary of the ward committee, "guilty she'll get out of politics. It's no place for women anyway."
And the man who wasn't chosen delegate to that Chicago convention says that crowd makes him uncomfortable. They're an ungrateful, unappreciative bunch of snobs and he's been thinking for some time of getting out of the lodge and now's as good a time as any.
All Captains, No Team.
To be sure there may be cause for real grievance back of some of these points, but more often it is the vanity of the green-eyed monster.
To keep before oneself the "team" in capital letters, to work for the good of that cause with no thought of self-aggrandisement is one of the hardest things for many people to accomplish. We can't all be leaders, can a cause be furthered by lone glories. It's the team that does the work and wins the victory.
My little neighbor at the game has a wise father. He has learned a valuable lesson at the

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