

30 MAY 1926

COMFORT DEPENDS ON GOOD DIGESTION

Weak Stomachs Can be Made Strong Through the Use of Dr. Williams' Pink Pills.

The sufferer from indigestion is greatly to be pitied. This trouble assumes various forms such as pain after eating, gas on the stomach, sour stomach and often vomiting after meals. The sufferer cannot get relief by cutting down his food to a starvation basis. What is needed is better digestion, not a poorer diet. And the way to get a better digestion is to enrich the blood that the stomach will do the work nature intended. As a tonic for building up the blood nothing else can equal Dr. Williams' Pink Pills. As this new blood courses through the veins strength and tone is given the stomach and the pangs of indigestion disappear. Not only this, the whole system is strengthened and new life and vim comes to the former sufferer. The value of Dr. Williams' Pink Pills in cases of this kind is proved by the experience of Mr. E. G. Malcolm, Port Malcom, N.S., who says:—"For several years I was a great sufferer from indigestion. I could not eat meat or potatoes, and often could not retain the food I did eat. Only those who have been afflicted with this trouble can realize the suffering I endured. I took a lot of doctors' medicine, but it did not give me more than temporary relief. I also took other remedies recommended, with no better results. Then I read in a newspaper the case of a woman whose symptoms were like my own, who found new health through Dr. Williams' Pink Pills. I at once got a supply of these pills and had not taken them very long when I began to feel relief. Thus encouraged I continued the use of the pills, and I can but say that they did for me like a new man. Every trace of the trouble has disappeared and I can now eat and enjoy my meals as well as any one."

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.

Sentence Sermons.

You Are in Luck—If your father or mother taught you to work.
—If you have learned to give as much to the world as you expect to get from it.
—If you never look for any favors from life that you do not earn.
—If you know how to take defeat cheerfully and success modestly.
—If you have the courage to face the facts and go ahead.
—If you have no one to assist you when you begin playing yourself.
—If you have a talent for sticking to your task.

These old enemies, gas, acidity, pain and discomfort are soon banished for a free—the well-known Seigel's Syrup. Any drug store.

The Causes.

There are two causes of infant mortality—poverty and ignorance. In the infant welfare movement, the anti-tuberculosis campaign and every other field of public health, we come sooner or later to a realization of the fact that education and medical and nursing service, while they can accomplish much, cannot cope successfully with the evil effects of standards of living too low to permit the maintenance of normal physical health.



SALINE LAXATIVE
Sal. Lithofos

Take it daily. A spoonful in a glass of water before meals and at bedtime will do you a world of good if you feel out of sorts, dull and heavy. A pleasant, effervescent, saline laxative prescribed by leading doctors for over 20 years.

The Wingate Chemical Co. Limited, Montreal.

Can You Solve This?

DIRFLAG

The above letters when properly arranged form the name of a late President. Everyone sending in the correct solution will be awarded a beautiful lot, size 20 x 100 feet. FREE and clear of all encumbrances, located in one of our subdivisions between New York and Atlantic City. This offer expires July 15, 1926.

Maxim Development Corp., 110-40th St., Dept. 1200 New York City



AMBASSADOR SAYS LEAGUE OF NATIONS NECESSARY

"The question of European peace is the most urgent and immediate problem of all at present, even overshadowing the stupendous Asiatic Pacific problem," stated Sir Esme Howard, British Ambassador to Washington, on his arrival in Toronto recently on a Canadian Pacific Railway train from the American capital. "In order to assist in maintaining peace in Europe," Sir Esme continued, "we must continue to be intimately connected with all its affairs. Great Britain cannot profess indifference to European politics as the inhabitants of the North American continent can. For this reason Britain is practically compelled in every way to support the League of Nations. If the League should disappear to-morrow we would be compelled once again against any country which threatened to dominate the continent."

TEN EASIEST GROWN ANNUAL FLOWERS

By Miss Isabella Preston, for the Ontario Horticultural Association.

For the novice in gardening who wants quick results for the least trouble and expense a dollar spent on seeds of suitable annual flowers will give the most satisfaction. They will grow in any kind of soil which has been well dug and is kept clear of weeds, though a fairly rich medium loam is the best for most species. Calendula and Nasturtium flower best in poor soil and tend to grow leaves instead of flowers if the soil is very rich.

Early in spring when the frost has gone and the soil has dried, dig the ground and break up the soil so as to have the surface very fine before sowing the seeds. The time to sow seeds outdoors varies in different districts from the last week in April to the second week in May. The depth to sow them depends on their size; very small ones are best scattered on the surface of the soil and pressed in with a flat piece of wood, whilst larger ones need about one-quarter of an inch of fine soil sifted over them. This should be pressed down firmly. When the seedlings are large enough so that they can be distinguished from weeds thin them out to about four inches apart. Do this when the ground is damp. To prevent waste it is advisable to sow seeds very thinly and if gaps are found later to fill them by seedlings taken from a place where they are too thick.

Annuals can be grown in rows or in beds or borders, according to the space available. The varieties described can all be sown where they are required to flower and if treated as stated will give flowers from June until frost.

Alyssum—Sweet Alyssum is one of the best dwarf edging plants. It soon forms a carpet covered with small, white, fragrant flowers. If they begin to run to seed and look untidy it is a good plan to clip off the flower stalks, then in a week or ten days it will form a compact white carpet again.

Calendula, often called Pot Marigold, is like a double daisy with orange or lemon-colored flowers. They flower well in quite poor soil. Height about 18 inches.

Cosmos is an excellent plant for a low hedge. If given space enough they form quite large bushes which are very ornamental with their finely cut, dark green leaves and showy flowers. Care must be taken to buy seeds of the ear-

ly flowering type, as the others take too long to come into bloom for Ontario conditions. Height 4 feet.

Eschscholtzia—California poppy grows well in a sunny position and blooms until very severe frost. The finely cut foliage is greyish green in color and the flowers are orange, lemon and rose. Height 1 to 1½ feet.

Kochia, sometimes called Summer Cypress, or Firebush, is grown for its foliage. It resembles a dwarf, compact, light green bush in summer, but colors brilliantly in fall. They can be used for a hedge and grow about 2 feet high.

Nasturtium—This well-known plant needs no description. Few flowers are more showy in the garden or need less but need a sunny position. The dwarf varieties make good border plants whilst the tall ones are excellent for covering unsightly fences. Unfortunately they are very sensitive to frost.

Phlox Drummondii—Annual phlox is a very showy flower and comes in a great variety of colors. The habit of the plant is spreading and a few seeds will make a border a foot or more wide, which will be covered with bright, star-shaped flowers all season.

Poppy—Everyone knows annual poppies, which can be obtained in beautiful delicate pinks, as well as the scarlet of the European fields. The Shirley strain has the greatest variety of colors. To get the best results the plants should be thinned out to about a foot apart. If the flowers are cut just as the calyx is breaking the bloom will open indoors and will last a few days in water, but if the blooms are left until open before cutting they drop very quickly.

Poppy makes a good ground cover in a very hot, dry situation. The leaves are fleshy but not conspicuous, but the flowers are quite large and very ornamental. This plant is very sensitive to frost.

Sunflower—There are several types of this useful flower. Tall with large flowers, height 6 to 7 feet, medium with smaller flowers, height 4 to 5 feet, and dwarf with small flowers, height 3 feet. The tall varieties make excellent screens and also can be used to provide shade for smaller plants. The seeds of sunflowers are much sought after by birds and worth growing for that reason alone.

Stop Snoring.

Do you snore? If you do, why not stop it? It's really quite easy to do so. Snoring is the result of sleeping with the mouth open, and breathing through it instead of through the nose.

At the back of our mouths is a tissue curtain called the "soft palate." When in drawn air comes against this it vibrates and makes the "music" known as snoring. The volume of sound depends on the age of the snorer—neither the young nor the very old snore and on whether some air is also being taken through the nostrils.

Subsidiary causes of snoring are—sleeping on one's back, or an obstruction of the nasal passages by adenoids or other growths. "Back sleeping," by depriving the chin of support, causes it to fall, and that induces mouth-breathing and snoring.

The cure is simple—the chin should be tied up! Snoring is then an impossibility.

There is no word in any language in the world any more destructive of enterprise than the word impossible.

British Looking for Traces of Harefoot, Son of Canute

Search has been begun in London for a trace of Old King Harold, nicknamed "Harold Harefoot," who died in 1040.

In Tooley Street, near London Bridge, under the shadow of a great railway station, and with the modern traffic of road and river sweeping past, workmen have started digging deep into English history. For it is the old graveyard of St. Olave's Church, nearby, that is being turned up by pick and shovel to remove the caskets which have rested there hundreds of years. Authorities say it is quite likely that what remains of one of England's early Kings may be buried there. The original of St. Olave's was built more than 900 years ago.

The Harold whom tradition links with the old cemetery of St. Olave's was the younger son of Canute, the Danish King of England, who is chiefly remembered by the legend that when he sat on the edge of the seashore and commanded the incoming tide to stop the tide ignored the royal order and proceeded to wet the royal feet.

The Proof.

She—"I showed father the verses you sent me! He was pleased with them!"

He—"Indeed! What did he say?"

She—"He said he was delighted to find that I wasn't going to marry a poet!"

Minard's Liniment King of Pain.

A HAPPY CHILDHOOD A MATTER OF HEALTH

Let Baby's Own Tablets Keep Your Children Well.

Little children very quickly get out of sorts. By prompt treatment they can usually just as quickly be set right again. Most of their troubles arise in the first place from the stomach or bowels; that is why a good cleaning-out is the first thing prescribed by the doctor. Formerly castor oil was the means used to bring this about; now-a-days Baby's Own Tablets do the same work, but without trouble to the parent or discomfort to the little one. Children take Baby's Own Tablets happily because there is no nasty taste and because no gripping after-pains follow their use.

As a specific for childhood indigestion, vomiting, constipation, colic, colds, teething pains, etc., there is nothing to equal Baby's Own Tablets. They never do harm and always do good. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Juvenile Diplomat.

Tommy, the diminutive office boy, had worked hard on a "salary" of \$5 a week. He was a subdued little chap, faithful and quiet. Finally he plucked up courage to ask for an increase.

"How much more would you like?" inquired his employer.

"Well," answered Tommy, "I don't think that \$3 a week more would be too much."

"You are rather a small boy to be earning \$3 a week," said Tommy. "I suppose I am," said Tommy. "I know I am small for my age, but to tell the truth since I've been working here I've been so busy I haven't had time to grow."

He got the raise.

It takes a brainy woman to make and keep a man happy and contented.

GLADIOLI

Choice Large Bulbs. 50c doz.
\$3.50 per 100. \$30 per 1,000

America, Augusta, Baron, J. Hulst, Hatley, Loveliness, Niagara, Panama, Pease, Pink Perfection, Prince of Wales, Princes, Le Marchal Foch, Schwaben, Mrs. Frances King, Mrs. Frank Pendleton, War, Red Emperor, White Giant Feet.

We prepay express or mail on all orders for \$5.00 or over when accompanied by cash. Under \$5.00, add 10 per cent. to cover cost of postage.

J. Gammage & Sons, Limited
LONDON, ONT.



BAYER

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 Monoacetic-salicylic acid of Salicylic acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

RED ROSE TEA

"is good tea" TEA

And because you like good things you'll like Red Rose.

Meaning of "Detour"

"Detour." This is a word that is decidedly unpopular to touring motorists, for it never means exactly the same thing twice. One detour may be over a semi-improved road and be a pleasant diversion while the very next one encountered will be over treacherous roads full of rocks, ruts and holes.

The gigantic road building programmes which are being carried on and which are to be inaugurated this year interest motorists because they will provide better highways. But during the process of construction there will be many detours encountered by tourists and others.

Because many detours are rough and rutty and unpleasant, many drivers seek to alleviate the discomfort of poor road conditions by driving with less than the usual amount of air pressure. By so doing they subject their tires to extremely severe punishment, which often causes permanent injuries. The life of balloon tires and others too, would be increased if motorists about to start over a detour, particularly winding over stones and dropping into holes should be done with great care. Tires are built to withstand the normal natural wear of normal road conditions but they will not stand continual blows with a sledge hammer any more than a car will, and this is just what happens when the tires drop in a hole at a high rate of speed.

After an unusually rough detour wheel alignments should be checked as often as one deep rut is sufficient to throw them out of alignment with consequent increased tire wear.

Classified Advertisements.

ELECTRIC MOTORS BOUGHT AND SOLD.
MILAN, Frederick St., Toronto.

RE-RUBBERING BUDDY WHEELS

NEW RIMS, CHANNEL AND RUBBER.
Write Albert Ross, Neustadt, Ont.

Organ of Paper.
An organ made entirely of paper is a unique feature of a church in Belgium. The pipes are rolls of cardboard and the sound is said to be sweet and powerful.

A loose, clammy handshake leaves a loose, clammy impression.

Cash for Old Stamps

Will buy old Canadian or Foreign Stamps used before 1870. Look up the old letters in your attic or office. It will pay you!
No Recent Stamps Wanted.
THE CHAS. CHAPMAN CO.
London Canada

SHIP US YOUR POULTRY, GAME, EGGS, BUTTER AND FEATHERS
—We Buy All Year Round—
Write today for prices—we guarantee them for a week ahead.
P. POULIN & CO. LIMITED
36-39 Bonsecours Market - Montreal

HEADACHE!

Bathe the head with Minard's in water. Also heat and inhale Minard's.



MINARD'S LINIMENT

"KING OF PAIN"

Use Minard's Liniment in the stables.

Queer Material.
A little fellow, about ten years of age, was reciting his catechism.
Teacher—"Of what was Adam made?"
Willie—"Of the dust of the earth."
Teacher—"Of what was Eve made?"
Willie—"Of one of Adam's ribbons."

Area of Superior.
Lake Superior, the largest expanse of fresh water in the world, has an area of 31,800 square miles.

"DIAMOND DYE" ANY GARMENT, DRAPERY

Just Dip to Tint or Boil to Dye

Each 15-cent package contains directions so simple any woman can tint soft, delicate shades or dye rich, permanent colors in lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings—everything!

Buy Diamond Dyes—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton or mixed goods.

Cuticura Shaving Stick
Medicated And Soothing
Keeps The Skin Healthy

It produces a creamy, lasting lather which doubles razor efficiency and makes shaving easy for tender faced men, while its delicate medication keeps the skin clear and healthy.

Sample Each Free by Mail. Address Canadian Dept., "Shubert's Ltd., Montreal." Price, Soap Box, Cuticura Shaving Stick 25c.

EXPECTANT MOTHERS

Read Mrs. Menard's Letter. Her Experience May Help

Chatham Ontario.—"I want to tell you how much good your medicine has done me. Before my baby came I felt so weak and run-down that I could hardly do my work. My head ached continually and I was so discouraged that I could cry from morning till night. I had another baby just one year and a half old and it gave me a lot to do. So I thought I would try Lydia E. Pinkham's Vegetable Compound, as I had heard so much about it in the little books. I found a difference right away as my head was relieved and my tired feelings gone. My sister had been doing my washing and she continued doing it, as she said it might set me back if I started to do it again. It sure did help me and I had taken just two bottles when my baby came. He is a fine big boy, now nearly five months old. I am taking your medicine again and I am able to do my work all by myself now. I always recommend the Vegetable Compound to women, and especially to expectant mothers, as I believe they need help at those times. Mrs. OLIVER MENARD, 64 Center St., Chatham, Ontario.