

WOULD WAKE UP TIRED

Smack Out of Order and System Run Down.

"I suffered from stomach trouble for several years," says Mrs. Mary Crowe, of Nenevch, N.S. "I would have severe pain after eating, and as a result I ate sparingly, and so ran down in general health. I grew pale and weak, was easily tired, and would wake up in the morning as tired as when I went to bed. Then my nerves began to give out, and my sleep easily disturbed. Naturally I was being treated for the trouble but it did not help me; indeed I was growing worse and could not walk to the nearest neighbor's without stopping to rest. It was at this stage that, as a result of an advertisement I read, that I decided to try Dr. Williams' Pink Pills. I had taken the pills for several weeks before I could notice any improvement in my condition, then I seemed to have a better appetite, and less difficulty after eating, and this encouraged me to continue taking the pills until I had used a dozen boxes, by which time I could eat a hearty meal and enjoy it. My general health had improved so much that I felt I was again a well woman. I have not since had any return of the trouble, and feel that I can with confidence recommend Dr. Williams' Pink Pills to other weak and ailing people."

For indigestion, or any of the numerous troubles due to thin, watery blood, Dr. Williams' Pink Pills are strongly recommended. Sold by all medicine dealers, or will be sent by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.

English Woman Writes as Dual Personality.

One of the strangest phenomena in the British literary world is that of the dual writing personality of one of its feminine members who writes under two names, one, her own, L. Adams Beck, picturing the intricate mysteries of the Orient, and again as E. Barrington, the author of popular romantic tales such as "The Glorious Apollo."

According to "One Who Knows Her," writing anonymously in the current International Book Review, this unusual author is unable to explain her peculiar talents and states that the thoughts flow from some hidden spring whose source she has been unable to locate.

"I sit down, pen in hand, and I cannot tell whether it will be Beck or Barrington who will write," she says. "It comes as—how shall I describe it?—as a memory comes, clear and undisputed—things that we know have been, and describe as we have seen them."

"Therefore, whether it be L. Adams Beck describing the life and thought of India two thousand years ago, or E. Barrington at home in the French or English saloons of the eighteenth century, there is no effort; it is only, as it were, to remember and relate."

It is reported that she writes as swiftly as the pen can move, scarcely correcting afterward. "The Divine Lady" was written in six weeks. "Glorious Apollo" about the same time. And it is hinted obscurely that there is a third personality creeping into notice, and quite unlike the other two.

Kicking Up a Dust.

The well-known novelist, Mr. Edgar Wallace, tells an amusing story of a fellow writer who, at a dinner party held in his honor, sat by the side of a fair maiden who professed a great admiration for his books.

"There is, however, just one question I would like to ask you," she said coyly. "In that new novel of yours there was a phrase I couldn't quite understand. You said a 'blush creep slowly'."

"Well," said the novelist, "if a blush tried to run nowadays it would kick up too much dust."

COLOR IT NEW WITH

"DIAMOND DYES"

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, hats, ribbons, skirts, coats, dresses, sweaters, stockings, 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.

Can You Solve This? DIERFLAG

The above letters when properly arranged form the name of a late President. Everyone sending in the correct solution will be awarded a beautiful box, 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

THE SECRET OF SUCCESS

Getting the Best Out of Life and Business.

By Dr. Bernard Hollander.

The first essential to success is that you should know yourself, your innate capacities, and what you are capable of doing. Most of us study our friends more than we do ourselves, and could pass a better examination on their qualities than we could on our own.

We are all born with definite abilities which want drawing out and training. In many men, and especially in many women, they remain latent and hidden, simply because the circumstances have never arisen which would have drawn out the native ability.

The man who is engaged in work suited to his natural capacity will learn that work readily, without effort; it will be a pleasure to him, he will be happy doing it, and he will be more likely to achieve success than if he is a square peg in a round hole. Even overwork will not fatigue him.

Use the Brains You Have.

The cry is for more brains by people who have never made full use of the brain they possess. Now, a good sound brain is always active. If you do not stock it with information, if you do not employ it in all its capacities, it will be active all the same. But, instead of you controlling the machinery, the machinery will control you. You cannot always help your thoughts, but you need not dwell on them. You can exercise choice in the thoughts you wish to entertain. If your interests are sufficiently wide and you focus your attention on one subject at a time, you will become master of your brain and of your thoughts and feelings.

Another method of acquiring mental discipline is to practise observation. With observation you collect facts. They are important to you in every walk of life, and you can take your time for reflecting on them.

Another condition of success is having a fixed aim. If you read the biographies of men who have achieved wealth or fame, you will find that all of them had a certain aim, a definite goal in view; and this unity of object enabled them to gather up all their mental powers into one special channel. Even their amusements were chosen with the view of furthering their personal interests; either to promote their health, or to bring them in contact with men who could be useful to them in word or deed.

"Killing" Time. Further, methodical employment of time is essential to success. One man will accomplish in a day as much as another in a week. If you are ever so poor, you have always got "time." The indolent literally "kill" time. We cannot all be geniuses; indeed, most men achieve success only by steady methodical plodding.

Have you ever taken stock of your dispositions to enable you to develop the weak and to curb the over-active ones?

You may have tendencies which hinder your success. Thus, some men lack self-confidence and self-reliance, are timid and shy, and afraid of responsibility, which raises the more enterprising man to wealth, power, and influential position. The man lacking in self-confidence persuades himself that he is inferior to others, and he reiterates his failings from day to day. Such self-hypnotization is very common and disastrous. If you suggest to yourself beforehand that a particular task is difficult or beyond you, you are sure to fail. If you cannot make positive suggestions, do the best you can with your work; but beware of negative suggestions! They are paralyzing you.

Some men are obsessed by fear. They anticipate evil and never venture. Fear is given us to produce forethought, caution, and prudence; not for worry. Worry is thought plus an unpleasant feeling of anxiety. You may have what thoughts you like; they come and go. But your fears stick to you and increase in energy the longer they persist.

Some men lack ambition to get on in the world. Ambition is the greatest motive power to industry and achievement. But ambition must not go beyond capacity, otherwise disappointment will follow. Nor should ambition destroy your general contentment. Rightful ambition brings out the good qualities in a man; for he must earn the goodwill of others by tact and agreeableness of manner.

Be Healthy.

Some men desire power, influence, fame. All men desire money, though not necessarily riches. Contempt for money is commonly found to be only a fine name for being too indolent to earn it, or too extravagant to keep it. The main advantage of sufficient money is that it gives one confidence, a sense of independence and power. In order to make money, one man is diligent, another speculates. The latter wants to get rich quickly without doing any work for it.

Some men are too suggestible. They

believe A—B, because C said so. They have no opinions of their own, but are influenced by what they hear and read. Such dependence on others is fatal to success.

Another of the conditions necessary to success is good health. Robust health gives self-confidence and personal magnetism. The vigorous man is not disappointed by rebuffs; on the contrary, he draws lessons from them for his ultimate victory. Abundance of vitality causes us to be up and doing; deficient vitality makes us afraid to venture.

The man lacking in vitality gets readily fatigued and is apt to think only of his troubles. When a man becomes so self-centred, he should train himself to think of others and what he can do for them. The delight you give to others will react on yourself and make you happy and cheerful, so that you are better fitted for your work.

Be True to Yourself.

To sum up: To get on and succeed in life, you should ascertain your individual mental capacities and make the most of them. You should cultivate your positive forces: self-confidence, assurance, hopefulness, cheerfulness, courage, and determination. They improve the circulation and aid the general nutrition of the body.

You should avoid anxiety, fear, dissatisfaction, despondency, hatred, and resentment. They affect the heart, slacken muscular energy, and produce wasting of the body. In conclusion let me advise you: Be true to yourself, act up to the best of your capacity, so that you may be able to seize opportunities when they come your way.

GIVE CONFIDENCE TO YOUNG MOTHERS

By Always Keeping Baby's Own Tablets in the Home.

A simple and safe remedy for the common ills of babyhood and childhood should be kept in every home where there is either a baby or a young child. Often it is necessary to give the little one something to break up a cold, a slight fever, correct sour stomach and banish the irritability that accompanies the cutting of teeth.

Experienced mothers always keep Baby's Own Tablets in the home as a safeguard against the troubles that seize their little ones so suddenly and the young mother can feel reasonably safe with a box of these Tablets at hand and ready for emergencies.

Baby's Own Tablets are a mild but thorough laxative that act without griping and they are absolutely guaranteed free from opiates or other harmful drugs. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Using the Dumbbells.

Reggie—"My word, but you are keeping Algy and me busy with your errands, Miss Sharpe."

Miss Sharpe—"My doctor has advised the regular use of dumbbells, you know."

Are there going to be any regrets tomorrow about that good meal you're all set to stow away tonight. Better take Seigel's Syrup. Any drug store.

Sad Story of the Salmon.

The little story of the King Salmon is really a sad one, even for a fisherman. The male and female of this species travel thousands of miles to go up a river and spawn.

Arriving on the grounds the female lays the eggs on the bed of the stream and the male swishes around until they are covered with sand and gravel. The moment this operation is ended the two salmons go into the middle of the stream, turn their tails down the river and float away with the current; so die long before they get back to their old home in the ocean.

It is said by the scientists who have studied these fishes for years that not one salmon of the species ever returns alive to the ocean after having spawned.

They are like many insects including the silkworm moths, which lay their eggs and immediately die.

Wall.

My friend and I have built a wall Between us thick and wide; The stones of it are laid in scorn And plastered high with pride.

We talk across the stubborn stones So arrogantly tall— Only we cannot touch our hands Since we have built the wall.

—Elizabeth Morrow.

It is not much good having "We come" on the door-mat if you haven't got it on your face.—C. F.

Minard's Liniment King of Pain.

Nature's Orchestras.

A French scientist has invented an organ from which music is produced by means of tiny jets of flame instead of by air. The idea was anticipated some years ago by the late Professor Wheatstone, who made an organ of fourteen notes operated by a series of gas jets.

We are so accustomed to man-made music that we seldom realize that the elements have ways of producing music of their own. In the Malay States there are fields of bamboo that in certain conditions make a volume of sound that from afar strikes the ear like a huge orchestra of flutes. The effect is caused by a small worm which bores holes in the bamboo stems; the wind, blowing through the holes, produces an astonishing variety of notes that sometimes blend in one great open-air symphony.

In China there is a river whose banks are lined at intervals with stretches of a certain kind of pebble. When the river waters are turbulent the sound made by these masses of pebbles is often curiously weird and beautiful, and at certain seasons the natives flock from all parts to hear it. A somewhat similar phenomenon has been noted in northern latitudes, where ice floes have been heard to produce musical sounds peculiarly their own.

Another form of outdoor orchestra is to be found on the Scottish coast, where the sand, in some districts, produces distinct musical notes when walked on or struck by a stick.

Water, in certain circumstances, is capable of yielding extremely pleasing musical effects, a fact realized by the ancient Greeks, who had a number of musical instruments operated solely by water. Certain North American tribes of Indians make music by filling buffalo hides with water and beating them with sticks.



A Stinging Vine.

Longard—"Justed says his wife is a true clinging vine."

Neverard—"She sure is. And pole on ivy, at that."

Those "Northern Lights."

Recent unusually brilliant displays of the Aurora Borealis—the "Northern Lights"—have caused many people to ask what causes this phenomenon.

Astronomers tell us that an aurora is due to electric discharges taking place in the upper atmosphere sixty miles above the surface of the earth. The displays are intimately connected with magnetic storms, and they are always followed by a disturbance of magnetic needles. Occasionally the disturbance is so great that ordinary telegraphic work is completely interrupted for the time being.

The interesting discovery has been made that the Aurora Borealis always coincides with the appearance of sunspots. The number of recorded sunspots waxes and wanes in a cycle of about eleven years, and it has been noticed that the variations of the aurora seem to extend over a similar period.

Horses Bred to Utilize

Tails for Violin Bows

A farm has been started near Elma, Wash., for breeding of white horses for the long, smooth tail hairs used exclusively in the manufacture of violin bows. There has been an acute shortage of this material in Siberia and Manchuria whence the bulk of the long hairs formerly was obtained.

White hairs are used because the bleaching of black or colored ones weakens the structure cells. The horses' tails are clipped in spring and autumn, six months being required for the full switch to grow again.

RED ROSE TEA

"is good tea" TEA

Over 30 years a standard wherever good tea is liked.

By Cornish Seas.

It is pleasant to think that there is nothing between England and Canada but the never-resting waters of the sea. The breakers leaving the wild Cornish coast race across the Atlantic, finding no hindrance to lap the Nova Scotia shore. Many a Cornishman has followed them to make his way to the New World, and many a Canadian has lingered on the Cornish cliffs gazing out toward his home. So many a year before America was found, stood silent on the high castle of Tintagel looking for Treltram. On the dark sand beach below stood Merlin once, and caught up the babe Arthur from the waves. There was a mighty castle and a fortress once upon a time, so long ago that even history does not know the date of its beginning. It was a ruin in the fifteenth century; now nothing left but a wall or two, and legends innumerable. Here, where a rugged wall makes a room, was King Arthur's chapel, open to the sun and sky, further on his banquet hall. Where is the Siege Perilous, and the Round Table? Nothing is left but a rim of stones, the winds and storms have taken all the rest. Yet in its bareness, with its walls fallen away, its beauty endures. The winds blow across the sea over the green tableland where the castle was, and the sea murmurs round it as of old.

Use Minard's Liniment in the stables.

If Only Kindness Ruled.

If each of us would try to do some kind and thoughtful act each day,

Just step aside to do in love One deed out of the common way—

To say some word of cheer, perhaps, Or honest praise to those that live Oppressed by doubt; some message write

That might fresh inspiration give

To flaming spirits weak and spent; 'E'en to the humblest and the least Of all God's creatures minister In tenderness—or man or beast;

Oh, what a different place would be This world of ours! How great the sum Of joy 't would know, could kindness Mere habit in this way become!

—Louella C. Poole.

Colds Are Not Necessary Evils

Observance of One Fundamental Rule of Health Protects Against Them

Whether one catches cold easily is largely a question of physical condition. If the general vitality is low, resistance to disease is weak and at such a time a cold is easy to contract and difficult to check.

Constipation is frequently the cause of such a state of health, with its attendant listlessness, biliousness, headaches and a general lack of vitality. Poisons from the waste matter that remains behind after improper, irregular bowel elimination are picked up by the blood and carried to every part of the body. They weaken your resistance to disease. Thousands of people who have suffered from self-poisoning in this way have found that *Nujol*, the internal lubricant makes bowel elimination sure and easy.

Nujol softens the waste matter and permits thorough and regular elimination without overtaxing the intestinal muscles. *Nujol* can be taken for any length of time with no ill effects.

If you take cold easily, ask your druggist for *Nujol* to-day—and remember, look for the name "*Nujol*" in red on both bottle and package.

Classified Advertisements.

STRAWBERRY PLANTS

SENATOR DUNLOP, \$2.00 PER THOUSAND; Brandywine, \$4.00; Neerfall, \$3.00. Thea Walling, Peterboro, Ont.

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

RE-BUBBERING BUGGY WHEELS

NEW BIRMINGHAM AND RUBBER. Write Albert Robt. Kenastad, Ont.

Age of the Earth.

Of all the ancient religions, the Bramins came nearer the age of the earth. Practically every religion except that of Brahma always placed the creation of the world back only a few thousand years. According to the Bramins the world has four ages, the first being the Golden Age, which lasted 1,748,000 years and men lived to the age of 400 and were all giants. Brahma was born in that era. The second age lasted 1,296,000, when the rajahs were born and men lived 300 years. The third age lasted 864,000 years and human life was reduced to 200. We are now in the last age and of it 4,027,213 years have already passed and man has sunk to one-quarter of his original duration.

People always quarrel about things that do not matter.—Rev. G. A. Studert-Kennedy.

SPRAINS.

Apply Minard's at once. It draws out inflammation, soothes the muscles and ligaments.



MINARD'S "KING OF PAIN" LINIMENT

Cuticura Heals Eczema on Head Arms and Legs

"When baby was two months old a slight touch of eczema broke out on her head, face, arms and legs. It turned to weeping eczema and formed blisters, which broke and the eruptions scaled over. It was very itchy causing loss of sleep and she was very irritable. Her face was disfigured. The trouble lasted eighteen months.

"I tried different remedies but with no results. I began using Cuticura Soap and Ointment and in about six weeks I could see an improvement. I continued the treatment and after using for several months she was healed." (Signed) Mrs. F. Angerman, 9425-122nd Ave., Edmonton, Alberta, Nov. 3, 1925.

These fragrant emollients are all you need for all toilet purposes. Soap to cleanse and purify, Ointment to soothe and heal, Talcum to powder and sweeten.

RESTORED TO GOOD HEALTH

Mother of Eleven Children Praises Lydia E. Pinkham's Vegetable Compound

Her Interesting Experience

Buckingham, Quebec.—"I am the mother of eleven living children, and my baby is five months old. I am only 38 years old and I have taken Lydia E. Pinkham's Vegetable Compound for weakness and my nerves. I knew of it from my sister, Dame Elouard Bellefleur of Ramsayville.

For five years I was in misery and was always ready to cry. Now I am so happy to have good health. My daughter, who is 18 years old, has also taken it and will be happy to recommend it to all young girls."—Dame WILLIAM PARENT, Box 414, Buckingham, Quebec.

Why suffer for years with headache, nervousness and other ailments common to women from early life to middle age, when Lydia E. Pinkham's Vegetable Compound will give you relief?

In a recent country-wide canvass of purchasers of Lydia E. Pinkham's Vegetable Compound, over 250,000 replies were received, and 98 out of every 100 reported they were benefited by its use.

ISSUE No. 51-21

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