WOULD WAKE UP TIRED mach Out of Order and Sys tem Run Down.

"I suffered from stomach trouble for several years," says Mrs. Mary Crouse, of Neneveh, N.S. "I would have severe nain after eating and as a result I ate sparsely, and so ran down in general health. I grew pale and weak, was easily tired, and would wake up in the orning as tired as when I went to Then my nerves began to give

and my sleep easily disturb Naturally I was being treated for the but it did not help me; indeed

a dozen boxes, by which time I could

eat a hearty meal and enjoy it. My ple who have never made full use of trouble, and feel that I can with con- you do not employ it in all its capaci-Pills to other weak and Liling people.

For indigestion, or any of the num-rous troubles due to thin, watery blood, Dr. Williams' Pink Pills are thoughts, but you need not dwell on strongly recommended. Sold by all them. You can exercise choice in the medicine dealers, or will be sent by thoughts you wish to entertain. If mail at 50 cents a box by The Dr. Wi liams' Medicine Co., Brockville, Ont.

English Woman Writes as **Dual Personality.**

discipline is to practise observation. One of the strangest phenomenon in the British literary world is that of the dual writing personality of one of They are important to you in every its feminine members who writes un- walk of life, and you can take you time for reflecting on them. der 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 goal in view; and this unity of objec writing anonymously in the cur enabled them to gather up all their rent International Book Review, this mental powers into one special chanunusual author is unable to explain her peculiar talents and states that nel. Even their amusements were the thoughts flow from chosen with the view of furthering the thoughts flow from some hidden chosen with the view of furthering spring whose source she has been unmote their health, or to bring them in able to locate contact with men who could be useful

"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 undis them

'Therefore, whether it be L. Adams Beck describing the life and thought not all be geniuses; indeed, most men hand and ready for emergencies of India two thousand years ago, or achieve success E. Barrington at home in the French odical plodding. or achieve success only by steady meth-F. Barrington at nome in the relation outer products of the stock of your griping and they are absolutely the entury, there is no effort; it is only, dispositions to enable you to develop anteed free from opiates or they are solution of the stock of th

as it were, to remember and relate." the weak and to curb the over-active harmful drugs. is reported that she writes as ones? You may have tendencies which hin- a box from The Dr. Williams' Mediswiftly as the pen can move, scarcely

feelings

to them in word or deed.

"Killing" Time.

in self-confidence persuades himsel

that he is inferior to others, and he

correcting afterward. "The Divine der your success. Thus, some men cine Co., Brockville, Ont. Lady" was written in six weeks. lack self-confidence and self-reliance, 'Glorious Apol'o'' about the same time. are timid and shy, and afraid of re-And it is hinted obscurely that there sponsibility, which raises the more en is a third personality creeping into no terprising man to wealth, power, and tice, and quite unlike the other two. influential position. The man lacking

Kicking Up a Dust.

The well-known novelist, Mr. Edgar reiterates his failings from day to day. Wallace, tells an amusing story of a Such self-hypnotization is very com mon and disastrous. If you suggest to Wallace, tells an amusing story of a fellow writer who, at a dinner party mon and disastrous. If you suggest to yourself beforehand that a particular tak is difficult or beyond you, you are amiration for his books. "There is, however, just one ques-tion I would like to ask you." she said coyly. "In that new novel of yours than was a phrase L could't anite with yourself beforehand that a particular tak is difficult or beyond you, you are sure to fall. If you cannot make posi-tive suggestions. They are paralyzing you.

Getting the Best Out of Life and Business. By Dr. Bernard Hollander. The first essential to success is that believe A-B, because C said so. They

1926

THE SECRET OF SUCCESS

VE MMY7

The man who is engaged in work is encoded not is starces have never arisen which would of vitality causes us to the nearest neighbor's without stopping to rest. It was at this starce that a decided to trry is sement I read, that I decided to trry is withed to his natural capacity will is sement I read, that I decided to trry is will be appendix of the man who is engaged in work is the pills for several weeks before is will be happy doing it, and he will be comes so sencentred, to should that stretches of a certain kind of people. In hindrance, to hap the hove a Stotal can do for them. The delight you give the sound made by these masses of lowed them to make his way to the beautiful, and this encouraged me to conbetter fitted for your work. The cry is for more brains by peo-

Be True to Yourself.

To sum up: To get on and succeed commend Dr. Williams' Pink ties, it will be active all the same. dence, assurance, hopefulness, cheer-But, instead of you controlling the ma-gestion, or any of the num, chinery, the mechanism of the number of the same. fulness. courage, and determination. They improve the circulation and aid chinery, the machinery will control you. You cannot always help your the general nutrition of the body. You should avoid anxiety, fear, dis

satisfaction, despondency, hatred, and capable of yielding extremely pleas-resentment. They affect the heart, ing musical effects, a fact realized by 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 Another method of acquiring mental

GIVE CONFIDENCE TO YOUNG MOTHERS Another condition of success is hav-ing a fixed aim. If you read the blog-

raphies of men who have achieved wealth or fame, you will find that all By Always Keeping Baby's Own of them had a certain aim, a definite 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, allay fever, correct sour stomach and banish the irritability that accompanies the cutting of teeth.

Further, methodical employment of time is essential to success. One man Baby's Own Tablets in the home as a puted—things that we know have will accomplish in a day as much as been, and describe as we have seen another in a week. If you are ever so seize their little ones so suddenly and on ivy, at that." poor, you have always got "time." The indolent literally "kill" time. We can-safe with a box of these Tablets at

Baby's Own Tablets are a mild but

dical plodding. Have you ever taken stock of your griping and they are absolutely guar-Lights"—have caused many people to They are sold by

bows.

Nature's Orchestras. A French scientist has invented an A French scientist has invented an organ from which music is produced 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

The first essential to success is that believe A - B, because C said so. They fourteen notes operated by a series of yon should know yourself, your innate have no opinions of their own, but are gas jets. We are so accustomed to man-made of doing. Most of us study our friends, read. Such dependence on others is more than we do ourselves, and could fatal to success. Another of the conditions necessary of their own. In the Malay States to success is good health. Robust there are fields of bamboo that in certain conditions make a volume of sonal magnetism. The vigcous man their field with the field the field to success.

natives flock from all parts to hear it. A somewhat similar phenomenon has

duces distinct musical notes walked on or struck by a stick.

slacken muscular energy, and produce the ancient Greeks, who had a number wasting of the body. In conclusion let of musical instruments operated, solely



Oppressed by doubt; some message A Stinging Vine. Longwed-"Justwed says his wife a true clinging vine.

To flaming spirits weak and spent: "She sure is. E'en to the humblest and the least Of all God's creatures minister In tenderness-or man or beast;

Those "Northern Lights." Recent unusually brilliant displays

other ask what causes this phen Astronomers tell us that an aurora medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medi-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 dis turbance is so great that ordinary telegraphic work is completely inter rupted for the time being.

The interesting discovery has been made that the Aurora Borealis always coincides with the appearance of sun spots. 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.



STRAWBERRY PLANTS S ENATOR DUNLOP, \$5.00 PER THOUSAND Brandywine, \$6.00; Neverfail, \$3.00, Those Walling, Peterboro, Ont.

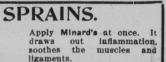
E LECTRIC MOTORS BOUGHT AND SOLD Milton. Frederick St., Toronte. RE-RUBBERING BUGGY WHEELS

N Write Albert Rohn, Neustadt, Ont.

Age of the Earth.

their own. Another form of outdoor orchestra is to be found on the Scottish coast, where the sand, in some districts, pro-duces distinct musical notes who when know the date of its beginning. It was first being the Golden Age, which lasta ruin in the fifteenth century; now nothing left but a wall or two, and age of 400 and were all giants. Brahwalked on or struck by a stark. Water, in certain circumstances, is capable of yielding extremely pleas ing musical effects, a fact realized by Arthur's chapel, open to the sun and sky, further on his banqueting hall. The third age lasted \$96,400 years and washing of the body. In conclusion let of musical instruments operated solely sky, further on his banqueting hall. In the tiltu age lasted cost, to years and the human life was reduced to 200. We up to the best of your capacity, so that tribes of Indians make music by filling huffalo hides with water and beating when they come your way. rim of stones, the white and storms have taken all the rest. Yet in its bareness, with its walls fallen away, duration. its beauty endures. The winds blow

> People always quarrel about things that do not matter.-Rev. G. A. Studdert-Kennedy.





Cuticura Heals Eczema on Head Arms and Legs

"When baby was two months "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 cichten months. eighteen months. "I tried different remedies bu

with no results. I began using Cuti-cura Soap and Ointment and in about six weeks I could see an im-provement. I continued the treat-ment 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 al

RESTORED TO

GOOD HEALTH

there was a phrase I couldn't quite un- you.

there was a phrase I couldn't quite un-derstand. You said a 'blush crept slowly!'' "Well." said the navelist. "if a blush tried to run nowadays it would kick tried to run nowadays it would kick tried to run nowadays it would kick

COLOR IT NEW WITH

"DIAMOND DYES"

Non and

they persist.

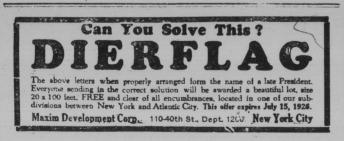
agreeableness of manner

Be Healthy.

Just Dip to Tint or Boil to Dye

Each 15-cent paca age contains direc-tions so simple any woman can tint soft. delicate shades or dye rich, permanent colors in lingerie, (lks, ribbons, skirts, aists, dresses, bats, stockings, sweaters, draperies, coverings, hangings

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, wants to get rich quick'y without door whether it is linen, cotton or mixed ing any work for it goods.



ou. Same men are obsessed by fear. Miss Sharpe."

vised the regular use of dumbells, you - 0-----

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. unpleasant feeling of anxiety. You may have what thoughts you like; they - ----

Sad Story of the Salmon.

come and go. But your fears stick to you and increase in energy the longer hey persist. Some men lack ambition to get on in is really a sad one, even for a fisherthe world. Ambition is the greatest man. The male and female of this bleaching of black or colored motive pow r to industry and achieve species travel thousands of miles to weakens the structure cells. ment. But ambition must not go be- go up a river and spawn.

yond capacity, otherwise disappointment will follow. Nor should ambition destroy your general contentment. Rightful ambition brings out the good medition in a man for her good the stream the full switch to grow again. qualities in a man; for he must earn the good will of others by tact and the two salmons go into the middle of

the stream, turn their tails down the river and float away with the current;

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 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 The main advantage of sufficient

They are like many insects including

Wall

My friend and I have built a wall Some usen are too suggestible. They 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 hading "We.

come" on the door-mat if you haven't got it on your face.--C. F.

Minard's Liniment King of Fain.

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 ex-clusively in the manufacture of violin There has been an acute short-

age 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 The horses' tails are clipped in spring and

Arriving on the grounds the female autumn, six months being required for

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 atten-dant 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 suf-fered from self-poisoning in this way have found that Nujal, the internal lubricant makes bowel elimination sure and easy. Soap to cleanse and purify, Oint-ment to soothe and heal, Talcun to powder and sweeten Sample Each Free by Mail. Address Canadia Depot: "Stanhouse, Ltd., Montreal." Price, Sos 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Shaving Stick 25c.

lubricant makes bowel elimination sure and easy. Nujol softens the waste matter and permits thorough and regular elimina-tion 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 remem-ber, look for the name"Nujol" in red on both bottle and package. on both bottle and package

onuine

across the sea over the green table-

land where the castle was, and the sea

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

One deed out of the common way

Or honest praise to those that live

That might fresh inspiration give

Oh, what a different place would be

This world of ours! How great the

Of joy 't would know. could kindliness

Mere habit in this way become! --Louella C. Poole

Observance of One Funda

mental Rule of Health Pro-

tects Against Them

largely a question of physical condi-tion. 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.

Whether one catches cold easily is

Necessary Evils

Colds Are Not

To say some word of cheer. perhaps,

murmurs round it as of old.

day, Just step aside to do in love

write

sum



will be happy to recommend it to an young girls." — Dame WULLIAM PAR-ENT, Box 414, Buckingham, Quebec. Why suffer for years with back-ache, nervousness and other aliments common to women from early his to middle age, when Lydia E. Pinkham's Vegetable Compound w.!! 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 bene-fited by its use.

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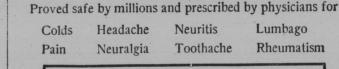
Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100—Druggists.

1

Lumbago

(registered in Canada) of Bayer Manufacture of Monacetic-cetyl Salicylic Acid, "A. S. A."). While it is well known inuffacture, to assist the public against imitations, the Tablets stamped with their general trade mark, the "Bayer Cross."





YER

Toothache Rheumatism