GETTING SKINNIER EVERY DAY

SOMETHING MUST BE DONE AND DONE RIGHT NOW— QUICK

Hollows in Cheeks and Neck Growing Deeper Every Week

Tens of thousands of thin, rundown mey—yes, and women too—are string discouraged—are giving up all hope of ever being able to take on flesh and look healthy and strong. All such people can stop worrying and start to smile and enjoy life right now for McCoy's Cod Liver Extract Tablets which any druggist will tell you all about are putting flesh on hosts of skinny folks every day.

One woman, tired, weak and discouraged, gained 15 pounds in five weeks and now feels fine.

We all know that the livers of Cod Fish are full of vitalizing flesh producing vitamines and these same vitamines of the highest class are found in McCoy's Cod Liver Extract Tablets—sugar coated and as easy to take as candy.

take as candy.

And this shows what faith the makers have in McCoy's for they say, if any thin person don't ain at least 5 pounds in 30 days your druggist is horized to give you your money k—and only 60 cents for 60 tab-Ask any live pharmacist any-ere in North or South America. But be sure to get McCoy's, the ginal and genuine.

Freshen Up! Nicest Lative, "Cascarets" 10c



Don't stay headachy bilious, constipated, sick! Take one or two "Cascarets" any time to mildly stimu-late your liver and start your bowels. Then you will feel fine, your head be-comes clear, stomach sweet tongen nink

sweet, tongue pink and skin rosy. cleans, sweetens and refreshes the entire system like pleas-ant, harmless candy-like "Cascarets". They never gripe, overact, or sicken. Directions for men, women, children on each box—drugstores.

Healthy Hair

Gleamy, Thick, Wavy -Full of Life

The constant curling and ed by style dress, modern in hair slowly burns the color, lustre and very life from the hair, leaving it dry, faded, and orittle, streaked



wth gray; then the hair roots shrink and the hair falls out fast Try this for one week! While combing and dressing your hair, moisten your hair brush with a little "Danderine" and brush it through your hair—the effect is startling! Your hair immediately takes on new life and that healthy, youthful lustre becomes incomparably soft, wavy, and appears twice as thick and abundant. "Danderine" costs only 35 cents a bottle at any drug store.

COLOR IT NEW WITH "DIAMOND DYES"

Just Dip to Tint or Boil

to Dye Each 15-cent package contains direc-

so simple any woman can tint soft, delicate shades or dye rich, permanent color in lingerie, silks, riboons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings—everything!

Buy Diamond Dress

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

For

when a well meaning retired clergyman and mis wife established a home for little arphan children gathered from the slums a the city. The clergyman died, and his wife, broken down in health and spirits, went home to her parents. It was then that Ads in duced her father to donate a thousand dollars to the charity to bridge over the reconstruction of the same. She interested local church societies, she won upon grasping, hard hearted Joel Bliss to give a free lease for tenyears of a large building that had been abandoned as an unprobable suburban hotel.

From that time forward Ads was all heart and soul in the project, and within a year had be systematized the same that comfort and happiness were assured for the children under her charge. It seemed to fill her lift completely, and the circle of girl assistants she grouped about her came to share her interest and philanthropy.

Joel Bliss was away for his health when there came an election of new officers. Quite casually he was sucmeening retired clergy-wife established a home

when there came an election of new officers. Quite casually he was succeeded in the governorship by a local politician who aspired to publicity. When Bliss returned he was wroth and disgruntled. It was said that he had at once canceled his will. Before Ada, with her gentle, persuasive way, could gain an interview and convince him that no disrespect had been intended, he died. She was dismayed when, a month later, his lawyer inti-mated to her that the prospective legacy had been annulled and that Ran-dal Bliss, a nephew residing in a distant city, was the beneficiary of his

The future prospects of the children's home looked gloomy. There had been a deficit the year previous, and Ada had counted on Mr. Bliss making it up. The institution faced a debt of seven hundred dollars. A part of this she induced her father to provide and she solicited contributions for the residue, but the building required repairs and the furniture needed replacement and she feared for the permanency of the charity.

One day Ada was seated in the office of the home puzzling her tired brain over some provision for pressing bills for fuel and food, when a young man entered the room. She noted at a glance that he was of superior mold. His dignity and courtesy attracted her. He introduced himself without preface.

"I am Randal Bliss," he said. "Of course you have heard my name men-tioned as the heir of my dead uncle, Joel Bliss."

Ada nodded, paled, then a quick concern came to her lovely eyes. Did this mean dispossession? If so, why should she demur? She asked her visitor politely to be seated. A fire burned in the grate and he gazed into the gloomy embers thoughtfully. He looked up abruptly.

"Miss Dayton," he said in a clear, kindly tone that somehow encouraged her, "I have just come from my uncle's attorney. I find that he has the original will my uncle made, and that only. He recalls, however, that my uncle told him that he had made a later will. This is true. My uncle sent this later will to me. There it is."

Randal Bliss took from his pocket a folded document. "This instrument only," he proceeded, "stands in the way of the dear little ones under your charge receiving ownership to this building and ten thousand dollars. I have been inquiring about your noble charity-and you. They need the ben-

efaction; they deserve it more than I.' "Oh! what would you do!" cried Ada with a vivid start, for Randal Bliss had cast the document into the grate and it was reduced to nothingness. He arose and bowed courteously. "A tribute," he said with earnest tone, "to your noble life work," and

was gone.

Ah! for the heart of ice. If noth-

GUIDE-ADVOCAT

netted it away. Sun zerot hature, glorified, shone gold, and then to her thrilling prayer of grati-

it in that pure, thankful, until she had sought out, a who had conferred inestiblessings upon her beloved. She mer him on the street, oken words and terrs mingled, ssion at Brookville was combut he lingered. Her gentle did him do so. Her sweet lips epeated the request, and with repeated the request, and with st June roses Ada had a partner great work for others.

> SHANGHAI, CHINA. Governed City In the

Gove. World.

really a European or dern as Baltimore, stores, huge idences, clubs, ses and daily Dewspapers. for the New other it is per-usly governed jointly owned t China. He ly years ago ap the Yang-

In the free hit by three ench settlement, the French; the governed by all except France, governed by nocities in governe foreign , governed by no-b who ventured to hops within either and the Ch body. The Ch live or establish live or established hops within either of the foreign lements are subject to foreign laws and must obtain liceness to show that they have complied with the sanitary laws. Despite its apparent security, however, there is one figure in Shanghal that is suggestive. gestive of trouble. It is the figure of the Sikh, a fat, broad-shouldered, phlegmatic, taciturn East Indian, with black whiskers on his bronzed face, a turban surmounting his head and a big club in his hand. He stands at every street corner and, apparently by way of exercise, occasionally raps a coolie 'rikisha driver over the head. The coolie dodges the thrust as best he can, but if he happens to receive the thwack on the head he only smiles and runs a little faster. The Sikh is a British importation from India, and by general agreement among the powers he is the police man in Shanghai, Hankow and other

large cities, with the exception of Peking, where native policemen pre-vail. Naturally, the Chinese resent the appearance of the Sikhs as the guardians of order on Chinese soil, and every bank of a Sikh's club on a native head tends to increase the smouldering resentment. To be struck by a European is one thing; to be struck by an Asiatic is another.

In Shanghai and other Chinese cities where the foreigners really

run affairs and administer their own justice to the Chinese through foreign courts, there has been for a long time an uneasy feeling that some of the conditions in which the Chinese labor are atroctous. They work for little, and they force their children of tender years to work for little, too. Humane organizations have tried to improve these conditions and have had the support of foreign manufacturers. But they have encountered the bitter hostility of those they sought to protect.

The Sailor's Signpost.

The mariner's compass seems to have been known to the Chinese from very early times. It is reported that in 2,600 B.C. an action was fought in which the Emperor of China suc-cessfully navigated his fleet through a fog by the aid of an instrument

which was probably a compass.

The early Greeks knew that a mineral called loadstone would attract iron. Iron rubbed with loadstone al so became able to attract other pieces of iron. About the year 1450 an Italian, named Flavis Gioja, found that the magnetized iron, when suspended, pointed north and south. Using a circular card upon which the magnetized iron, when the magnetized iron, when suspended, pointed north and south. netized needle was fixed. Gioia made his compass by attaching the card to a cork placed in a basin of water. This arrangement was, however, soon

improved upon.

The invention of the compass was of great importance since many voyages of discovery could now be undertaken with greater prospect of suc-

cast. Thus, snorry arterwards, Co-jumbus discovered America, and Vasco da Gama succeeded in sailing round the Cape of Good Hope, not-ing incidentally that the constella-tions appearing at night over the southern sear were different from those he had seen from Portugal.

Star and Stripes.

There has been a great deal of controversy concerning the origin of the flag of the United States, which the flag of the United States, which is generally supposed to have grown gradually out of the Union Jack, the red field being split into thirteen stripes of alternate red and white to represent the thirteen original states.

As long ago as 1704 the East India Company used a flag almost identical. But it is at least a remarkable coincidence that both stars and stripes appear on George Washington's

appear on George Washington's shield in Brington Church, North-amptonshire, where several genera-tions of Washingtons are burted. On this shield are three five-point-ed stars, and the stripes are alter-nately red and blach, as in the fiag. Many believe this to be the true origin of the stars and stripes of the United States.

The British House of Commons could be cleared in seven minutes in the event of an outbreak of fire.

Wordsworth's Sister.

Had William Wordsworth, one of our greatest poets, written only the following three stanzas, lovers and critics of poetry would have been able to discern in them all the qualities associate with his genuis.

A levotion of his sister Dorothy, and the appiness of his married life, and their reflection in his transvarent respection to the bigh praise of the bigh pr

dwelt among the untrodden ways side the springs of Dove, Maid whom there were none to

praise, And very few to love. violet by a mossy stone Half-hidden from the eyel Fair as a star, when only one Is shining in the sky.

She lived unknown, and few could

When Lucy ceased to be; But she is in her grave, and, oh, The difference to me! Father of Mail Service. Mail coaches were introduced into England in the year 1784 by one John Palmer, of Bath. This worthy gentleman suffered much inconven-ience from the mail leaving London on Monday and not reaching Bath until Wednesday. He travelled the country advocating reform, and was set down as a bore. But the system of flying mails he was able to in-augurate lasted until the days of railways. Still, it was not much bet-

ter than the system of the Roman mails, as established in the third cen-

tury, by which it seems possible that letters might have reached Rome from England in three or four days

if relays of galloping chariots could cover a thousand miles at fourteen miles an hour. To Keep Pests From Small Fruits. No good excuse can be given anyone as a reason for losing a crop of currants or gooseberries because of mildew or worms. Limesulphur at summer strength as for apples or at summer strength as for apples or Bordeaux applied when the leaves first appear and at intervals of two weeks thereafter until the fruit is half grown will control mildew. Add nair grown will control miles. Add two pounds of dry lead arsenate to 100 gallons of spray and you can control the current worms at the same time. If plant lice or aphids show up give them a dose of nicotine

grown use fresh white hellebore in-stead of lead arsenate. Burning by Paris Green Spray. Each year considerable injury results to tender plants through leaf scorching following the application of

sulphate at the usual strength on the

first appearance of the pests. If worms appear after the fruit is half

Paris Green.
This injury can be avoided by using a double quantity of freshly-slaked or hydrated lime in a mixture with the Paris Green and then adding sufficient water to make a paste.
Allow this to stand for an hour and then dilute to the strength desired for spraying. The lime combines with the free arsenious oxide and removes its leaf scorohing property.

Reation of Crops.

It is highly important that the be given a rest, oats following oats, or corn following corn is not good farming, it is soil mining. If the soil is rich the evil day will be delayed, but the time will surely come when those who do not give the soil a chance must pay the price and suffer in reduced crops, plant diseases, insect injury, and weeds.

No one rotation is the best under

all conditions, but to all accepted crop rotations, certain principles can be applied, so that each particular farm can be fitted with a definite plan suited to its peculiarities. Give the matter of crop rotation some consideration, it will pay you. The staff of the Ontario Agricultural College will be glad to help you with any farm problem.—L. Stevenson, Dept. of Extension, O. A. College, A.

Why Rheumatism Often Comes Back

PAGE THREE

The Usual Treatment Data Not Reach the Root of the Trouble

Most treatments for rheumatism

Most treatments for rheumatism do no more than aim to keep down the poison in the blood and enable nature to beercome that particular attack. Then when the system becomes run-down from any cause the disease again gets the upper hand and it all has to be done over.

Sufferers from rheumatism who have found their condition unrelieved or actually growing worse while using other remedies, would do well to try Dr. Williams' Pink Pills. The tonic treatment with this medicine has proved in thousands of cases that it builds up the blood to a point that enables it to cast out the rheumatic poisons through the regular channels, it builds up the blood to a point that enables it to cast out the rheumatic poisons through the regular channels, the bowels, kidneys, and the skin. When this is done rheumatism is banished, and as long as the blood is kept pure and rich the patient will be immune from attack. This is fully proved by the case of Mr. Samuel Zinck. Upper Blandford, N.S., who says:—"For a long time I was a great sufferer from rheumatism which settled in my hip and down my leg to the knee. At times the pain was so great that I could not walk. I tried liniments and medicines but without getting more than mere temporary relief. Then one day a friend called who said that he had been afflicted with this trouble which was banished by Dr. Williams' Pink Pills, and urged me to try them. I did as advised and after using a few boxes there was no doubt they were helping me. Not only was the rheumatism disappearing, but my general health was improving. I continued the pills until I had taken about a dozen boxes when every trace of the trouble had disappeared, and I have not felt a twinge of it since. I may add that my wife used these pills for a rundown condition with equally good results."

You can get these pills from any

sults."
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.

NERVOUS BREAK-DOWN

Pains in Back and Legs Relieved by Lydia E. Pinkham's Vegetable Compound

Ford, Ontario.—"I had a nervous break-down, as it is called, with severe pains in my back and legs, and with fainting spells which left me very weak. I was nervous and could not sleep nor eat as I should and spent much time in bed. I was in this state, more or less, for over two years before Lydis E. Pinkham's Vegetable Compound was recommended to me by my neighbor. Before I had taken five doses I was sitting up in bed, and when the first bottle was taken I was out of bed and able to walk around the house. During bottle was taken I was out of bed and able to walk around the house. During my sickness I had been obliged to get some one to look after my home for me, but thanks to the Vegetable Compound I am now able to look after it myself. I have taken Lydia E. Pinkham's Blood Medicine in turn with the Vegetable Compound, and I certainly recommend these medicines to any one who is not enjoying good health. I am quite willing for you to use these facts as a testmonial."—Mrs. J. SHEPHERD, 130 Jos. Janisse Avenue, Ford, Ontario.

Nervousness, irritability, painful

Nervousness, irritability, painful times, run-down feelings and weakness- are symptoms to be noted. Women suffering from these troubles, which they so often have, should give Lydis E. Pinkham's Vegetable Compound a fair trial. All druggists sell this medicine.

PROVED SAFE Take without Fear as Told in "Bayer" Package

GENUINE ASPIRIN



the Heart

Unless you see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Tablets of Aspirin proved safe by millions and prescribed by physicians over twenty-five years for Colds Headache Neuritis Lumbago Toothache Rheumatism Pain Each unbroken "Bayer" package contains proven directions. Handy boves of twelve tablets cost few cents. Druggists also sell hottles of 2 and 100.