

Health and Happiness



Women of today seem to listen to every call of duty except the supreme one that tells them to guard their health. Home duties, church duties, war activities, and the hundred-and-one calls for charitable enterprises soon lead women to overdo. Nervousness, headaches, backaches and female troubles are the inevitable result.

Philadelphia, Pa.—"I was very weak, always tired, my back ached, and I felt sickly most of the time. I went to a doctor and he said I had nervous indigestion, which, added to my weak condition, kept me worrying most of the time—and he said if I could not stop that, I could not get well. I heard so much about Lydia E. Pinkham's Vegetable Compound my husband wanted me to try it. I took it for a week and felt a little better. I kept it up for three months, and I feel fine and can eat anything now without distress or nervousness. Health and happiness? Yes, I have both now."—Mrs. J. W. WOODMAN, 2843 North Taylor Street, Philadelphia, Pa.

The majority of women nowadays overdo, there are so many demands upon their time and strength; the result is invariably a weakened, run-down nervous condition with headaches, backache, irritability and depression—and soon more serious ailments develop. Avoid them by taking in time

Lydia E. Pinkham's Vegetable Compound

SUMMER SCHOOL opens July 5 and 12

Parnia Business College

and merges into the Fall Term which commences September 7th.

COOL CLASS ROOMS

HOURS 8 a.m. to 1 p.m.

Rapid advancement assured all students in Book-keeping, Shorthand, Typewriting, Penmanship, English, etc.

Children Cry FOR FLETCHER'S CASTORIA

Small but Potent.—Parnie's Vegetable Pills are small, but they are effective in action. Their fine qualities as a corrector of stomach troubles are known to thousands and they are in constant demand everywhere by those who know what a safe and simple remedy they are. They need no introduction to those acquainted with them, but to those who may not know them they are presented as the best preparation on the market for disorders of the stomach.

WILL ROAR TOWARD GERMANY

Position of Sculptured Lion on Famous Battlefield of Waterloo Is to Be Reversed.

The lion on the battlefield of Waterloo is to face the other way, and before long it will stand with open, ponderous paws roaring silently, after the manner of your fierce but considerate sculptured lions, toward Germany instead of France. Fortunately for the quiet of the countryside the roar is imaginary or the lion would long ago have become a nuisance whichever way he faced. The lion was set up by Belgium after the battle of Waterloo, and stood as a warning to France not to engage in any more Napoleonic dreams of conquest; and year after year it looked toward France, while behind it Germany prepared for the next effort to dominate other nations. It maintained its attitude while Germany carried through the program that separated Alsace-Lorraine from France; but presently behind the lion's back Belgium began to fortify, and eventually left him in the ridiculous position of looking in one direction while the Belgian fortifications looked in another. A tame lion, one might say, roaring for the edification of tourists and with no personal feeling about it. But now Belgium decides to turn him round and let him roar toward Germany as a solemn reminder of the unwisdom of dreams of world conquest.

THINK TERM IS EFFEMINATE

Some Tennis Players Object to Word "Love" as at Present Employed in Scoring System.

There is talk among the overfords of tennis of finding another word than "love" to mean "nothing" in the scoring system, for, although it may surprise many to hear it, the game is sometimes spoken of as effeminate, and this bit of terminology is held responsible. Nobody has ever explained why "love" means "nothing" in tennis, but there is a footnote in an old and rare book about card-playing which refers to an old Scottish word "luff," which meant "nothing," and this, perhaps, may have been somehow transferred into the game of tennis. Or, again, the term may be of far eastern origin, where a word sounding like "love" was used in the old form of tennis that was once popular in the orient. Whether or not the terminology undergoes change, the game is in no immediate danger of falling off in popularity, and the repeated shouting of these seeming endearments across the tennis net has occasioned much innocent merriment.—Christian Science Monitor.

Honor Cuban Generals.

Cuba is to pay honor to the memory of General Maximo Gomez, the island republic's military hero, by erecting a costly monument. A first prize of \$25,000 was awarded recently to Aldo Gaba, an Italian sculptor, for a model of the memorial, which is to cost \$200,000. Second and third prizes went respectively to Huertas Cabarrocas, a Spanish-Cuban, and Gutson Borglum, an American. General Gomez became popular as the leader of the Cuban forces in the war for independence from Spain, from 1895 to 1898. He also took a prominent part in the Ten Years' war, a revolt which began in 1898. On the day of his death, June 18, 1905, the general's family was presented with a gift of \$100,000 by the government of Cuba. At the conclusion of the Spanish-American war, General Gomez was honored in a public reception given by the American forces occupying Havana at that time. —Popular Mechanics Magazine.

Wheat Weevil Hard to Kill.

Although special methods that proved successful to a large extent, were used in treating Australian wheat stored during the war, for the destruction of weevil, much of the Australian grain, when it arrived in California, was found to contain not only weevil but many other insects.

Culture of Fruits Favored.

A more general culture for fruits in gardens and home orchards would contribute substantially to the health and pleasure of the average family besides furnishing a supply of valuable food products at a relatively small outlay of money.

Feed often means more than breed. A cow with a pedigree a yard long cannot produce milk with her stomach empty.

For Asthma and Catarrh.—It is one of the chief recommendations of Dr. Thomas' Electric Oil that it can be used internally with as much success as it can outwardly. Sufferers from asthma and catarrh will find that the Oil when used according to directions will give immediate relief. Many sufferers from these ailments have found relief in the Oil and have sent testimonials.

Wedding Stationery of the finest quality at The Guide-Advocate.

Helium Gas Cheap Now.

Up to 1915 the total output of helium gas in all the world was probably less than 100 cubic feet, and it was worth about \$4,000 a cubic foot. But just before the war was signed a shipment of 1,000 cubic feet of helium gas was sent to America, and it costs less than 10 cents a cubic foot.

Helium gas was first discovered in the sun, by spectroscopy. It is the best gas for use in balloons, for it is not inflammable. It is now extracted from the natural gas of Texas and Kansas.

The method is delicate and complex, but is based upon the fact that the principal constituents of natural gas liquefy when cooled to about minus 329 degrees F., but that helium remains a gas at that temperature, and hence is easily separated.

Surveyors Use Airplanes.

Four airplanes are being used to survey the extensive forests of Labrador to determine the value of the wood pulp represented by the growing trees. Aerial photographs will be taken of many parts of the peninsula for use in compiling statistics. The surveying party, which left the United States recently for Nova Scotia, is composed of 40 persons and is headed by a man who served two years as a captain in the British air forces.—Popular Mechanics Magazine.

Rich Gift to Museum.

Field museum, in Chicago, has just been given a rare treasure trove, consisting of a collection of gold ornaments excavated from the basin of the Nechi river in Colombia, South America, last June, consisting of breastplates, aprons, elaborate earrings, bells and necklaces, all in pure gold, forming the most valuable collection in the world of art of Colombia's ancient inhabitants.

The Return of the Sword.

The British army order requiring all "field marshals, generals and colonels, when dismounted," to wear the sword on all ceremonial parades and at official ceremonies, has provided material for the humorists. The sword, having been superseded by other weapons for those who actually come in contact with the enemy, and being therefore doubly useless to officers of exalted rank who must remain at a considerable distance from the hand-to-hand engagements, had been discarded during the war. But now it returns with all its faded glory for times of peace and its formidable "clank" will once more accompany its wearer's martial stride. However ludicrous this may seem, it is apparently to some extent unavoidable owing to the forbidding ugliness of modern engines of war—bombs, trench periscopes, portable machine guns and the like, which are obviously less desirable as emblems of authority than the graceful lines of the sword, the scimitar and the halberd of other times.

Atlantis' Effort in 1873.

Although the first successful passage of a dirigible across the Atlantic easily called to mind the attempted journey in 1910 of Walter Wellman in the dirigible American, considerable time seems to have elapsed before anybody remembered the old-fashioned balloon Atlantis and its effort nearly fifty years ago to cross the ocean. The Atlantis started from Brooklyn N. Y., at nine in the morning of October 6, 1873, carrying as passengers Prof. Washington H. Donaldson, who was chiefly responsible for the enterprise, and two companions—Alfred Ford and George A. Lunt. The travelers were carried in a regular ocean lifeboat, suspended beneath the balloon, and to answer the purpose of modern wireless apparatus the expedition was equipped with homing pigeons. The effort was short-lived, for the balloon came down the same afternoon in New Canaan, Conn., about 100 miles from the starting point, having made no progress toward Europe.

Work Counts.

"Recommendations are all right in their way," declares Mayor Snyder, "but nowadays they are too lightly given to be of any real value. Like that of a cook that once applied at my home. When told that her recommendation was really a very poor one, she replied:

"Well, sir, 'twas this way. The missus was too busy to write it so she had the maid do it and the maid had only been to night school three times sir."—Los Angeles Times.

Hint Proved Effective.

Peggy was allowed as a special favor to accompany her parents to a dinner party given at a friend's house one evening. Jelly of the kind made with gelatine and fruit juice was a dessert. In some way Peggy was overlooked when this was passed, but being a polite little girl she did not ask for any, but at the conclusion of the meal she turned to her neighbor and said: "What flavor was the jelly?" Needless to say, she was helped to a generous portion.

Ford Plain Facts about Milk Routes

A team of horses costs about \$400, double harness \$100, a wagon \$75, making a total of \$575. A Ford Truck costs \$750 at Ford, Ont.

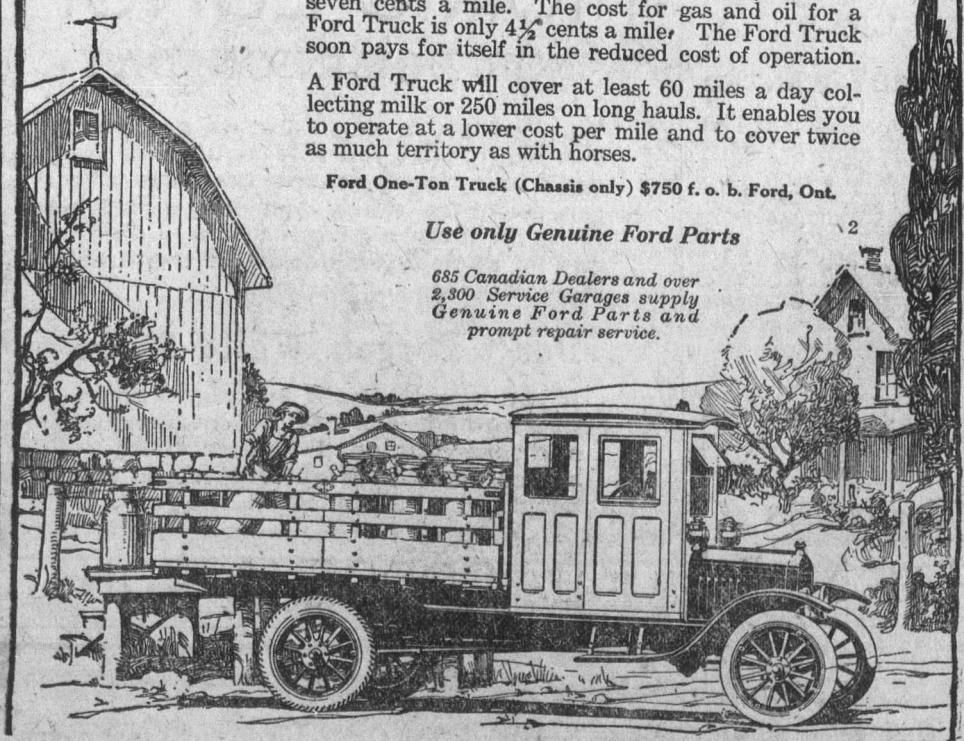
Government experiments have proved that the cost of feeding a horse is 8.7 cents per working hour, or 17.4 cents per team per hour. One team, if collecting milk, could not cover more than 30 miles a day. The cost for twelve hours would be \$2.09, or about seven cents a mile. The cost for gas and oil for a Ford Truck is only 4½ cents a mile. The Ford Truck soon pays for itself in the reduced cost of operation.

A Ford Truck will cover at least 60 miles a day collecting milk or 250 miles on long hauls. It enables you to operate at a lower cost per mile and to cover twice as much territory as with horses.

Ford One-Ton Truck (Chassis only) \$750 f. o. b. Ford, Ont.

Use only Genuine Ford Parts

685 Canadian Dealers and over 2,300 Service Garages supply Genuine Ford Parts and prompt repair service.



Ray Morningstar

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WATFORD