

Amateurs Attention!
Introductory Offer good for ten days
FILMS FINISHED BY MAIL
Any Size Roll and One Print from each negative for
25 CENTS PER ROLL
Expert attention, and 24-hour Service.

ALEX. J. McLEAN
435 SPADINA AVE. TORONTO

Man is a Queer Mixture.

What are you worth? Even if you have not a penny in your pockets you are always worth a certain amount of cash

Just you, yourself. The human body is a bundle of chemicals, and chemicals have their cash value.

Three quarters of your physical make-up is water, which does not fetch much. You have, however, enough albuminoids to make a couple of dozen eggs. You contain enough salt to fill an ordinary salt-cellar, enough grease to make seven bars of soap, and enough iron to make a respectable paper-weight.

You are quite correct in referring to your own sweet self, for the human body contains quite an egg-cupful of sugar.

The Woolworth Building, New York City, 792 feet, is the second highest structure on earth. The Eiffel Tower, Paris, 1,000 feet, is the only thing that tops it.

Ask for Minard's and take no other.

Success.
We gather the gold and store it. And the whisper is heard, "Success." But tell me, ye cold white sleepers, is that achievement the best?

We struggle for power and win it. But lo! like a fleeting breath it is lost in the realms of silence. Whose ruler and king is death.

The glory is most in the doing. And not in the trophy that is won. The house that is built in the shadows May shine in the rays of the sun.

Perhaps in the ultimate judgment The effort alone will avail; Carry on, weary, exhausted pilgrim The faint-hearted only will fail.

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Mrs. W. Beesley, Mille Roche, Ont., writes: "I have used Baby's Own Tablets for the past eight months and would not be without them. I used them for indigestion and teething and my baby is cutting his teeth without any trouble whatever. I can highly recommend the Tablets to other mothers." What Mrs. Beesley says thousands of other mothers say. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach, thus driving out constipation and indigestion and making teething easy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Feels Like One.
"Ma, I wish you wouldn't call me your lamb when folks are around."
"Why not, Eddie?"
"It makes me feel so sheepish."

Perfect Explanation.
Mother—"How was it that you didn't win the spelling prize, after all, darling?"
Darling—"Oh, just because I put too many z's in scissors."

A Woman's Way.
"Oh, Harry!" sighed Phil, the other day. "It is a hard, hard thing to please a woman!"
"What has happened now?" inquired Harry, sympathetically.

"My wife!" moaned Phil. "My Margaret has told me so repeatedly that men pay more attention to women before marriage that I had a big bunch of roses sent up to her, and I took home a big box of chocolates when I returned from the office last night."
"And wasn't she pleased?"
"Oh, I don't know! But she's been talking ever since about how much more sensible it would have been if I'd sent home a ham, and brought home a new doormat."

Really Useful.
The happy couple, just married, were off on their honeymoon. They left London with their little hearts beating as one as they say in the love-books.

They had to change trains at Clapham Junction, and an obliging porter, whilst struggling with their luggage, made mental note of the fact that the young woman's hair was combed with rice.

Presently he approached the glad young man, and pulling a folded paper from his pocket, said:
"Here's a present for you, sir, with the company's compliments."
"Indeed!" said the traveller. "What is it?"

"A railway map, sir."
"Oh, thank you! But what are these marks in blue pencil?"
"There's the beauty of that map, sir," answered the porter. "Those marks show just where the tunnels are, and their length."
"Oh, George, give the porter half-a-crown!" cooed the bride.

A SPLENDID TONIC FOR WEAK PEOPLE

Dr. Williams' Pink Pills Act on the Blood and Nerves.

Food is as important to the sick person as medicine, more so in many cases. A badly chosen diet may retard recovery. In health the natural appetite is the best guide to follow; in sickness the appetite is often fickle and depraved.

Proper food and a good tonic will keep most people in good health. Dr. Williams' Pink Pills are a fine tonic medicine, harmless and certain in their action, which is to build up the blood and restore vitality to the run-down system. For growing girls who are thin and pale, for tired women, and for old people who fall in strength, Dr. Williams' Pink Pills are an ideal tonic. Thousands have testified to the benefit derived from the use of this medicine, among them is Mrs. William Gallie, Hantsport, N.S., who says: "Before I began the use of Dr. Williams' Pink Pills I was so weak and run down that I could hardly do my own work. I often suffered from headaches, and was very nervous. I then began the use of Dr. Williams' Pink Pills and I can truthfully say I have found them the best medicine I have ever taken. You may depend upon it I will advise other sufferers to take these pills."
You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

June Song.
June and roses, every petal Bathed in sunshine and exhaling Scents to put the strong on mettle. Spiced elixirs for the ailing. No time for prosaic things. Yet how we would miss our noses When the summer solstice brings June—and roses!

June and roses, crimson, yellow, Pink and miracles of whiteness. Each more lovely than its fellow. Each a sweeter sphere of brightness. Walls are builded all for naught. When my garden's book uncloses And the year at prime has brought June and roses.

Do Not Think of Self.
When men get to thinking of "hard times" and their personal "hard luck," they forget to think of anything else. If their work goes badly, they can always fall back on the excuse that they "can't do any better until business is set on its feet again." But who is going to set business on its feet if every one waits for normal times before he starts to work in earnest?

If you can't learn to smile, you can't learn to sell.

Advertising is News

Without advertisements, this paper would not be as interesting to you, because the information about goods for sale in the stores is news—just that.

Many people read newspapers as much for their advertising columns as they do for other news.

This is particularly true at this time of the year.

Stores are now advertising Spring Wearing Apparel and a host of things that are bought for household use incident to spring cleaning.

Think of the money that will be spent by women for spring clothing. The new frocks, hats, shoes, lingerie, corsets, gloves, sweaters, neckwear, light wraps and blouses that will be bought.

The same is true of men's buying. Think of the suits, light top coats, hats, shirts, collars, ties, gloves, socks, shoes—the sporting goods and the incidental wearing apparel bought for golf, tennis, and so on.

Think of the new things that will be bought for spring cleaning and home convenience at this time. The vacuum cleaners, carpet sweepers, brooms, gas and electric heaters, ranges, washing machines, paints, varnishes, floor wax, cleansing fluids, curtains, upholstery, garden and porch furniture, lawn mowers, garden tools, etc.

Think of the lighter foods coming into use. Cereals, fruits, salads.

All these new demands are incident to the changing season, and they all are Trade Stimulating.

People feel livelier at this time and consequently loosen up their purse strings.

The opportunity for local merchants to get over effective Local Advertising News at this time is so evident that it needs no emphasis.

The Match Box.

I am a boat upon a stormy sea,
My shortened sail still bellies to the wind
I have a hundred tars aboard of me,
My holds are full of whispered mystery,
I carry hidden guns of deadliest kind.

Sealed orders has my captain—whither bound
Only the Emperor who sealed 'em knows,
The waters hereabout in rocks abound,
And storms are frequent; I may run aground,
Little my captain cares what weather blows.

Before my launching—not so long before—
A surly owner cast me empty down
And pocketed his reeky pipe and swore,
But urchins roving on the river shore
Found me and rigged and launched me as their own.

Twice have I been submerged, once overset;
The urchins haled down stones and
righted me,
Till one of them fell in, and all got wet,
And they in terror of the scold they'd get
Went off and left me to the open sea.

I am a match box on a river now,
A spent match in my mast, a leaf my sail,
The sport of all the veering gusts that blow,
Had I once gold and spices below?
Or was it all a sweet and idle tale?

Minard's Liniment Relieves Neuralgia

Coming to George's Defense.
The outbound car, says a London newspaper, was crowded to the doors. The woman had a child in her arms, and it was either whining or bawling all the time. She was doing her best to quiet it but without success; and the audible comments of the other passengers regarding babies in general and that baby in particular did not help to soothe the mother's growing irritation. Finally the car reached George's Cross, and the conductor, putting his head in at the door, loudly cried out the name of the place. "George's Cross! George's Cross!" "Of course he's cross," cried the mother with flashing eyes, "and so would you be if you were cutting your back teeth."

Many men, with bravery and a spade, start the job that the neighborhood gardener is called in to finish.

AUTO REPAIR PARTS
for most makes and models of cars. Your old, broken or worn-out parts replaced. Write or wire us describing what you want. We carry the largest and most complete stock in Canada of slightly used or new parts and automobile equipment. We ship C.O.D. anywhere in Canada. Satisfaction or refund in full our motto. Shaw's Auto Salvage Part Supply, 923-931 Dufferin St., Toronto, Ont.

Good Advice to Boy Scouts.

Recently Dr. Charles D. Hart, Chairman of the Boy Scouts of Philadelphia, gave some good advice to the boy on having a definite purpose to achieve, and then bending every effort to win the goal. He pointed out that the boys who, by their own efforts, learn the things that come into their possession, are more appreciative of them than are those who obtain them too easily from indulgent parents. In the course of his address Dr. Hart said:

"The boy who gains a coveted thing in the same position as a man in later life who wins honors. It will be really enjoyed only if honestly earned by real personal effort.

"The boy who can obtain any article, such as a baseball outfit or a bicycle, merely by asking for it, soon tires of it. There is no enjoyment in its possession. His toys are broken, his athletic goods forsaken, and he is always ready with the cry 'What can I do now?' The boy who goes out and through an effort becomes the possessor of some article, realizes its value in the terms of the energy spent. It may not be a monetary value, but there soon is a joy in the possession and he takes great care of the article so gained.

"It is one of the especial rules of the Boy Scouts that they shall be duly entitled to what they receive. They take no tips and rewards for services, but when, by good, honest effort they can obtain something that is beyond their ordinary reach, it amounts to an upbuilding of their character. They begin to find their place in the world and feel that they are the possessors of personal property gained through their own efforts."

The Boy Scout movement, properly carried on under competent and trustworthy officers, is one of the most wholesome agencies in the upbuilding of robust and manly virtues among boys. The boys who undertake the obligations of the Boy Scouts, and faithfully carry them out until they become competent masters of the craft, are better fitted for playing the great game of life, honorably and efficiently, than those who neglect such a course of training. The Boy Scout movement is designed to develop honorable and manly boys, and deserves every encouragement.

Illuminated Darning Egg.

A "illuminated darning egg" is the novel and clever idea of a New Yorker, John B. Warren, its most important object being to relieve the eye-strain which ordinarily attends the job of mending socks and stockings. The egg is of translucent china, and is screwed upon the end of a hollow handle which contains an electric battery. The handle, at the point where it enters the egg, carries a tiny electric lamp. A push with the thumb on a switch at one side of the handle starts the lamp to glowing.

When the egg has been inserted into a stocking, the fabric of the latter is brightly illuminated. For the lamp inside is provided with a reflector, supplemented with a diffusing lens. Thus the threads of the stocking are shown up conspicuously, to the special advantage of a mender whose eyesight is poor.

The darning, indeed, may operate on the stocking in a light that is otherwise poor; and it is claimed that much better work may be done when the illuminated egg is employed.

If desired, the battery may be dispensed with, and the lamp connected with the ordinary house circuit.

MONEY ORDERS.
Buy your out-of-town supplies with Dominion Express Money Orders. Five Dollars costs three cents.

A Little Wisdom.

Choose your wife by ear as well as eye.
The power that often wins is simple patience.

Those who are true to themselves are never false to others.

In the company of strangers don't introduce your tongue.

A promise should be given with caution and kept with care.

When one door sticks, look around for another that will open.

Water, smoke, and a nagging woman, drive men out of the house.

Consult your purse, and not your inclination, as to what you should buy.

To be seventy years young is sometimes far more cheerful and hopeful than to be forty years old.—Oliver Wendel Holmes.

Classified Advertisements.

COMPOSITORS AND PRESSMEN wanted for open shops. Highest wages 48-hour week, permanent positions guaranteed. Apply the Reid Press Limited, Hamilton, Ontario.

O. McPherson, Furniture Dealer, Undertaker, 100 Armstrong, B.C. Yarmouth, N.S.

Dear Sirs—Since the start of the Baseball season we have been hindered with sore muscles, sprained ankles, etc., but just as soon as we started using Minard's Liniment our troubles ended. Every baseball player should keep a bottle of your liniment handy. Yours truly, W. E. McPHERSON, Secretary Armstrong High School Baseball Team.

America's Pioneer Dog Remedies
Book on **DOG DISEASES** and How to Feed Mailed Free to any Address by the Author, E. Gray Glover Co., Inc., 115 West 31st Street, New York, U.S.A.

FRED ROBERTS, of Vancouver, B.C., says he knows what it is to enjoy good health for first time in six years—Rheumatism relieved and gained ten pounds.



"For the first time in six years I know what it is to enjoy good health, and since it was Tanlac that got rid of my troubles and put me into such fine shape, I think it is up to me to state the facts for the benefit of others," said Fred Roberts, 1624 Georgia St. East, Vancouver, B.C.

"I suffered for years from biliousness and my appetite varied a lot. Sometimes I would hardly touch a bite and other times I would eat a hearty meal, but, as sure as fate, if I did eat anything, I had to suffer for it afterwards. I would get nauseated and bloat up with gas so bad I'd have palpitation of the heart and almost choke for breath. I had violent headaches that left me weak and lifeless and suffered with such awful pains in the back that it was agony to stoop over. I also had rheumatism in my right leg which gave me a lot of trouble and which kept me awake so much at night that I was tired most of the time.

"I've only taken four bottles of Tanlac so far, but already I have gotten wonderful results from it. I have a good appetite, can eat anything I fancy and never have a sign of biliousness or gas or pain afterwards. My food seems to do me good too, for I feel much stronger and have gained ten pounds in weight. I'm not bothered with pains in the back any more and the rheumatism has entirely disappeared. I now sleep well at night and get up feeling fine. My wife also has been taking Tanlac with wonderful results and she joins me in expressing our thanks for the great good we have gotten from it."
Tanlac is sold by leading druggists everywhere. Adv.

Cheerful looks make every dish a feast.

Egg whites are often slightly yellowish or greenish. But high-class restaurants and hotels demand eggs whose albumen shall be when cooked



Keep Your Skin Clear By Using Cuticura

The Soap for daily use in the toilet, cleanses and purifies, the Ointment soothes and heals little irritations, roughness, or pimples. Cuticura Talcum soothes and cools the skin and overcomes heavy perspiration. Delicate, delightful, distingué.

Soap 25c, Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lysons, Limited, 344 St. Paul St., Montreal.

ASPIRIN

"Bayer" is only Genuine



Warning! Take no chances with substitutes for genuine "Bayer Tablets of Aspirin." Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacturing of Monoaceticacidester of Salicylicacid.

You Always Get full food value for your money when you eat Grape-Nuts

Each golden granule of this attractive wheat and malted barley food is rich in nutriment for body and brain. Serve Grape-Nuts direct from the air-tight packet for breakfast or lunch.

Crisp-Delicious-No Waste
"There's a Reason" for Grape-Nuts