

SPEAKS HIGHLY OF BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she is always pleased to speak highly of them to other mothers. She knows the good they have done her children and realizes that her experience should be of benefit to others. Concerning the Tablets Mrs. Fred Murphy, Charlotte-town, P.E.I., writes: "I have used Baby's Own Tablets for the past eight months for my baby. I cannot speak too highly of them for they have been of great assistance to me in my first experience of motherhood." Baby's Own Tablets are a mild but thorough laxative which are absolutely harmless and may be given to even the newborn babe with perfect safety. They are sold by medicine dealers or direct at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Automobilists, attention! Before you drive on, after lurching beside the road, gather up every scrap of rubbish and either carry it home to be burned, or find a place to deposit it, where it will surely remain hidden.

Minard's Liniment for Dandruff.

The Man Who Quits

The man who quits has a brain and hand. As good as the next; but he lacks sand. That would make him stick with a courage stout. To whatever he tackles and fights it out. He starts with a rush and a solemn vow. That he'll soon be showing the others how. Then something new strikes his roving eye, and his task is left for the by and by. No man is beaten till he gives in; Hard luck can't stand 'gainst a cheerful grin; The man who fails needs a better excuse. Than the quitter's whining, "What's the use?" For the man who quits lets his chances slip, Just because he's too lazy to keep his grip. The man who sticks goes ahead with a shout, While the man who quits joins the "down and out." Warships to the number of 638 have been scrapped since the Armistice.

BITS OF HUMOR FROM HERE & THERE

Why He Voted.

"I voted for you," said a working man the day after a municipal election. "Thank you, my man!" and the successful candidate beamed. "Twas he did it," said the man, pointing to a goat grazing nearby. "I did not intend to do at first, but the other afternoon you were passing, and you patted my goat Billy and gave 'im an apple, and, says I, if the gentleman's so sociable as all that, he must have my vote."

The Sporting Instinct.

Johnny liked ice-cream, but he drew the line at turning the freezer. One day when his mother returned home she was agreeably surprised to find him working away at the crank as though his life depended on it. "I don't see how you get him to turn the freezer," she said to her husband; "I offered him a dime to do it." "You didn't go to it in the right way, my dear," replied the husband. "I bet him a nickel he couldn't turn it for half an hour."

Locomotive Cookery.

A young woman, says an exchange, was visiting some locomotive works and was much interested in what she saw and apparently got some extraordinary information. "What is that thing over there?" she asked of the young man from the office who was showing her about. "That's a locomotive boiler," he replied. "And what do they boil locomotives for?" "To make the locomotive tender," said the young man from the office.

Making Sure That He Still Lived.

A certain professor of rhetoric in a Western college has the reputation of having a rather sharp tongue. One of his pupils, a star at football but not at rhetoric, once spent most of the hour looking at his watch, yawning and sighing noisily. At the close of the lecture the professor spoke. "Mr. Smith, why have you looked at your watch every few minutes during the last hour?" Smith managed to stammer out that he had wanted to make sure that it was still running. "I suppose," retorted the professor, "that you have been sighing every few minutes to make sure that you are still breathing."

A SPRING TONIC FOR WEAK PEOPLE

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

Food is so 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 fail 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 Galle, 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.

Why Ship is "She."

Here are some answers to the question: "Why do they call a ship she?" If you ever tried to steer one you wouldn't ask. Because it takes so long to get them ready to go anywhere. They need almost as much dolling up and painting as any woman you ever saw. A ship's got to have its own way or it won't go. Ships always come off the ways backwards like the members of a certain sex alighting from street cars. It costs so much to keep one in operation. Why, they are always calling at some place or another. Because shipbuilders can't live without them. Who ever won an argument from them? There's plenty of scandal connected with their building. Because they were held together with steel. Because they were forever blowing off steam. Because they frequently tossed their noses in the air.

KING SOLOMON'S MINE UNCOVERED

DISCLOSING SPLENDORS OF AN AGE LONG PAST.

British Archaeologists Exploring This Most Interesting of All Relics of Antiquity.

Explorers backed by British money are digging up the ruins of King Solomon's ancient citadel in South Africa, the centre of the mining district from which his huge stores of gold were derived. They are the most mysterious, as well as the most interesting of all memorials of antiquity, and are known to-day, in the native language, as the Great Zimbabwe—meaning "Here is the Great Kraal."

The Great Zimbabwe was in Solomon's time a large and populous city, as may be judged by the fact that its recognizable ruins cover an area of more than three square miles. Doubtless its extent was much greater, inasmuch as outside of this area are scattered remains of many important structures, and mounds hundreds of yards in circumference which have been found to contain conical towers, traces of walls, etc.

The city was formidably fortified, and must have been garrisoned by regiments of troops. In the middle of it rose an isolated granite "kopje" two hundred and fifty feet high, which was crowned by a fortress. The latter was probably in its day the mightiest stronghold in the world, an unassailable citadel, its south side being defended by ninety feet of sheer precipice, while massive labyrinthine walls rendered approach to the summit possible only through narrow passages easily blocked.

The mines of King Solomon were worked by a multitude of captive Negro slaves, and all of the gold output was brought to the Great Zimbabwe to be converted into ingots for shipment. It was thence that caravans departed eastward for the seaport now called Sofala, a journey of two hundred miles, carrying, under armed guard, gold, ivory, and other precious merchandise destined for Palestine and Arabia.

Jewellery of Olden Days.

In the Great Zimbabwe are found extensive workshops for the handling of gold, in which objects of that metal (as discovered by excavation) were strewn over the cement floors "as thick as nails in a carpenter's shop." There were also furnaces for melting the gold, soapstone molds into which it was poured to make ingots, burnishing tools, etc. The manufacture of gold jewellery seems to have been pursued on a considerable scale, judging from the number of bangles and other ornaments recovered from the ruins.

The region here described is now believed to be the Havilah of Scripture, which speaks of "the whole land of Havilah, where there is gold." The seaport of Sofala (on the East African coast, close to the twentieth parallel of south latitude) is almost undoubtedly the Tarshish of the Bible. When the latter mentions Solomon's "ships of Tarshish," it refers to his fleet of sailing vessels which voyaged southward through the Red Sea and down the African shore to Sofala.

Mining engineers, as a result of careful study of the ancient workings, have estimated that at least \$400,000,000 worth of gold must have been taken out there before—rather suddenly, it would appear—they were abandoned. Solomon's share was doubtless large, judging from the plentifulness of the precious metal in Jerusalem, as described in the Bible, where, as we are told, "silver was nothing accounted in the days of Solomon," and was "made to be as stones." Very likely he obtained much additional gold through trade with the Himyarites and Sabaeans.

It is thought entirely possible that some of the workings date back to a period before the birth of Moses, and it may be that the Great Zimbabwe itself is as much as 4,000 years old.

Trading Forty Centuries Ago.

One may easily picture to himself the scene when a crowd was assembled on the hilltop, or on the lower slopes of the kopje, to watch the departure of a caravan eastward for the sea coast—a long train of Negroes carrying gold, ivory, and other export products of the region. The Bible tells us that Solomon obtained from Tarshish apes, parrots and quantities of spices. Thence also came slaves in large numbers. Doubtless ostrich feathers and the plumes of other birds were included in the consignments bound for Palestine.

The people in the crowd were dressed in short armless tunics, and wore on their arms, legs, wrists and ankles massive gold bangles, exquisitely made and chased in Zimbabwe designs, with chains of heavy gold beads around their necks. Some of the men bore in their hands rods of office, with beaten gold sun images at the tops, while others held battle-axes of gilded

copper and spears with heads thickly plated with gold.

It was all so very long ago! But the story is always of gold. In the temples of the Great Zimbabwe have been found considerable quantities of gold dust, just as it came from the mines. Also crucibles, in which the precious stuff was melted, gold cake and bar gold. Among the most curious objects recovered from the ruins are large numbers of tiny gold tacks, which were used for fastening a thin gold sheathing upon sheets of copper.

The glories of the Great Zimbabwe—the wonderful city of Solomon and the Arabian kings—have long passed away. Its ruins are literally the haunt of the snake and the owl. The Rhodesian natives of to-day believe them to be infested by ghosts. But enough of them remain to furnish for many years to come an invitation to further exploration by archeologists. About them lingers an atmosphere of mystery, and of them it may be said that none other of the important relics of antiquity, not even the Great Pyramid, possesses for us moderns an interest so romantic and picturesque.

Boy Scout Notes.

It has just been announced from Provincial Boy Scout headquarters in Toronto that September 3rd will be the date of this year's big Ontario Boy Scout Rally. It will be held in connection with the Canadian National Exhibition in Toronto and it is expected that thousands of Scouts from all parts of the province will attend. A special feature of this year's rally will be a "Boy Scout Achievement Exhibition" devoted to a display of the many things made and collected by Boy Scouts in connection with their proficiency badge work. These will include model bridges, bird houses, model aeroplanes, collections of leaves, woods and other nature specimens, Pathfinder and surveyor maps, fire-making outfits, knot boards, etc. The Toronto Boy Scouts Association will conduct a model camp during the first ten days of the exhibition and will also operate a camp for the convenience of visiting troops which desire to remain in Toronto for a longer period than the Saturday of the rally. Aside from the conveniences provided, however, visiting scouts will be entirely at their own expense.

Three new appointments of provincial interest were sanctioned at the May meeting of the Provincial executive committee. They were the appointment of Mr. John G. Kent, General Manager of Toronto Exhibition and formerly President of the Toronto Boy Scouts Association, as Scout Commissioner for Toronto, and the appointment of Mr. Geo. M. Pool of Welland and of Mr. Harold Motson of Brampton as Honorary Field Secretaries attached to provincial headquarters.

Foxboro and Cannington Scouts have planned big field days for the 24th of May. Toronto Scouts are holding their spring celebration four days later on the 28th, with a city-wide rally and "Jamboree."

At the end of April Boy Scout Troops were organized in 174 cities, towns and villages in Ontario.

His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York City. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated, or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Avenue, New York City, will be given a prompt reply. advt

Sickroom Clock.

A sickroom clock invented in Switzerland has an electric lamp beside a translucent dial, so that when an invalid in bed presses a button the dial throws the shadow of the hour and hands magnified upon the ceiling.

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

The forests of British Columbia in 1920 yielded products to the value of \$92,628,807, an increase of \$22,000,000 over 1919.

Minard's Liniment Relieves Distemper

A howling success—the first baby. Out of 6,445 schools destroyed in the devastated area, 5,345 have now been re-established.

The man who exclusively minds his own business is never in an overcrowded profession.

FREEZONE Corns Lift Off With Fingers

Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. It doesn't hurt a bit. Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the caluses, without a particle of pain.

Classified Advertisements.

AGENTS WANTED.

NEAT APPEARING LADY TO ACT as our representative introducing useful line of fast-selling articles. Write Anderson Manufacturing Company, London, Ontario.

MOTOR CYCLES.

PLENDID COLLECTION OF USED Motor Cycles, mostly Indian. Prices from \$125.00 upwards. State amount you expect to invest and we will mail list. R. M. Kipp Co., Limited, 447 Yonge St., Toronto.

Musicians Live Long.

Usually the clergy are supposed to live longer, on an average, than the members of any other profession. Certainly doctors do not take a foremost place. The dangers of their work lower their average life. Men in the higher ranks of the law, judges particularly, are proverbially long-lived, but many fall by the way in the lawyer's busy calling.

A claim is now being made for those who obtain a comfortable position in the world of music, and instances are given. Sir Walter Parratt, the organist of St. George's Chapel, Windsor, has been at his work for sixty-nine years, beginning as a boy of eleven, and he varies music with the most trying of all games, chess.

Sir George Elvey, the organist at Windsor before Sir Walter, held the post for forty-seven years. Sir Frederick Bridge, late organist at Westminster Abbey, retired when he had held his post forty-four years, and he followed an organist, James Turle, who had served the Abbey fifty-six years.

Weight of a Crowd.

Interesting experiments were made some time ago at Harvard University which seem to demonstrate that engineers usually underestimate the maximum loading caused by dense crowds on bridges, floors and platforms. Forty men averaging 163 pounds in weight placed in a box six feet square caused an average pressure of 181 pounds to the square foot on the floor.

An engineer has estimated the weight per square foot of the densest crowds on the New York elevated railways at only 45 pounds, but since the Harvard experiments the opinion has been expressed that the maximum loading on the elevated cars and platforms may be nearer 181 than 45 pounds. This applies to other close packed crowds.

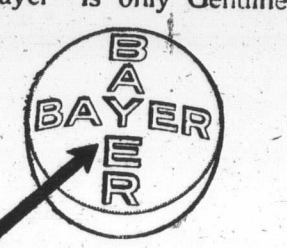
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MINARD'S "KING OF PAIN" LINIMENT

THE OLD RELIABLE. TRY IT!
Minard's Liniment Co., Ltd.
Yarmouth, N.S.

ASPIRIN

"Bayer" is only Genuine



Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine 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 Manufacture of Monoaceticacidester of Salicylicacid.



Beauty of Skin Enhanced by Cuticura

When used for every-day toilet purposes Cuticura keeps the complexion fresh and clear, hands soft and white and hair live and glossy. The Soap to cleanse and purify, the Ointment to soothe and heal and the Talcum to powder and perfume.

Sole U.S. Distributors: The Cuticura Soap Co., New York, N.Y.

There's a Reason Why Grape-Nuts

makes a helpful breakfast and a profitable lunch for the worker who must be awake and alert during the day.

Grape-Nuts is the perfected goodness of wheat and malted barley, and is exceptionally rich in nourishment. It feeds body and brain without tax upon the digestion.

"There's a Reason"