

LEARN TO RELAX

You Are Troubled With Insomnia Rest Your Brain

Sleep is a habit. It is a very natural and beneficial habit, but one that can be easily broken through injudicious eating and thinking.

Insomnia cannot be cured by drugs. It is always dangerous to use drugs to produce sleep, and they should seldom be resorted to except in serious illness.

If you cannot sleep, and find that your sleeplessness is becoming a habit, begin immediately to go slower. Curb your ambition, leave off all unnecessary work and learn how to rest.

There is one exercise, which, properly practised, will be found beneficial in more ways than one. Stand erect, but without stiffness, arms hanging easily at the sides.

A SMART FISHERMAN

He Baited His Line With Scientific Knowledge

Baiting one's hook with science and catching fish by the wholesale is a fairly good occupation, provided the game wardens do not find it out.

He came upon the fisherman seated comfortably on an embankment beside the river along which a trolley line ran.

Closer investigation showed that the end of the pole touched the trolley wire, and an examination of what



appeared to be the line brought out the fact that this was in reality stout copper wire. The trolley wire was charged with 500 volts of electricity.

A MERRY OLD SOUL WITH A DIM PAST

Formation of Coal Seams Explained For Young Readers by the Monarch Himself

In very early days "coal" was spelled "cole" and was applied to any substance used as fuel. Wood was known as "cole" and charred wood, as charred cole, now called charcoal.

Going back to the time when animal life had not yet arrived and long before old Father Adam appeared, the earth had what the scientific people call the carboniferous era.



Old King Cole Tells the Story of His Life

lived and died, falling to the ground, where they lay in a tangled mass of vegetation, many feet deep.

For other centuries the water remained there. Clay and sand carried by numerous streams were deposited upon the bottom, gradually filling in over the forests until even the biggest trees were covered.

Then passed long centuries, of which man to-day knows nothing. Tiny weeds were carried by water and wind to this barren waste of mud and sand, and a new vegetation sprang up, and in time gigantic trees reared aloft their green heads.

As each layer of vegetation was covered with clay and sand it underwent strange changes. Some of the constituents of the vegetation was oxidized or burnt away, leaving in the end nothing but carbon or mostly carbon, which could not escape through the cover of sand, which had become sandstone and clay.

WHAT THE TONGUE TELLS

The latest "scientific" whim, a substitute for palmistry, hailing from Germany, is the pastime of reading character and telling fortunes by the tongue.

A sensitive, quivering tongue denotes the artistic temperament. A tongue of a brilliant carmine hue denotes long life; a pale, pink tongue, delicacy and weakness of character.

The man with a short tongue usually is of a secretive nature, and likely to succeed in life either as a lawyer or as a detective; but, although he may acquire money by economy and cunning, he has not the largeness of mind necessary to the amassing of a great fortune.

Long tongues suggest generosity and openhandedness. But the man with a long, broad tongue is apt to be a dangerous gossip; just as the man with a short, broad tongue is addicted to craft, and even deceptiveness.

Yea, this pointed tongue may be

found in people of all temperaments, and are indications of failure. The man with such a tongue, it is said, will never make a success of life.

JOT DOWN YOUR IDEAS

They Are Worth Money and May Quickly Slip the Mind

You've had ideas, of course? Brilliant ones, maybe? What's become of them? You will remember them, with a gnash of the teeth, when you read that the idea you let slip went on to someone else—someone who nursed it, developed it, and cashed it!

Next time, make a record—and make it at once! Wherever you are—and ideas come anywhere, at any time—make a record of that fleeting thought.

The pneumatic tire. Dunlop watched his boy at play, and suddenly the great idea came to him.

The screw bottle-stopper. Another brilliant idea.

Boots will wear down at the heel. Hence the boot protector—a new idea, and a fortune.

The perforations in the stamp sheets. Just an idea!

Many a workman who has slipped his "idea" into the idea-box in the works has his own house to-day, and draws a royalty larger than his wages, because he had an idea and did not let it go until he had cashed it!

There's always a market for ideas.

Trooper and Financier

Trooper Thos. Duffy, of the Royal Canadian Dragoons, St. Johns, Que., expert sign writer, champion fancy handwriter of the Dominion, is a man of purpose.

When he found that he could not get his land grant without proving that he was a soldier he re-enlisted, and, after getting his grant, watched the price go up from \$100 to \$1,250.

When the Prince of Wales was at the Jubilee Tercentenary, Pte. Duffy was his groom, and the now King rode Pte. Duffy's big black horse, "B" Batley.

READY FOR A FIGHT AT MINUTE'S NOTICE

The Tommy Atkins of South America's Birdland is a Warrior Who Fears Nothing

Let us introduce you to General Helmet Crest. Perhaps he would hesitate to tackle single-handed an entrenched German position, but down in the valley of the Amazon everything that flutters in a tree top or camps in the branch of a rubber plant knows him as the best and bravest fighter in birdland.

The Helmet Crest isn't as big as the hammer of an old-fashioned Winchester, but his execution on the battlefield is just as effective as if he were a whole cannon. When trouble in the shape of a hawk or an unfriendly rattlesnake comes along the little brigadier doesn't call on the enlisted men to do the fighting. Not he. That's a game to his own liking.



HELMETCRESTED HUMMING BIRD

and with his helmet at its cockiest angle and his sword-like bill ready for action he jumps into the thick of things. When the session is over, the brigadier is sure to be holding the fort, and, if humming birds could sing, for our military friend is none other than the humming bird's South American cousin, war songs would echo round the Andes, but, as you know, Old Dame Nature never put a hum in a humming bird. There are four hundred different kinds of them, but only the good old warrior Helmet Crest has any war record.

Examine Your

Printing Supply

Letter Heads

Note Heads

Bill Heads

Statements

Envelopes

Tags

Business Cards

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Wedding Invitations

and Announcements

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