

## Shock Left Her Weak and Nervous

COULD NOT SLEEP.

When the system receives a shock of any kind, the heart becomes weakened, the nerves unstrung, the appetite poor, and weak feelings come over you, you can't sleep at night, and you wonder if life is worth living.

To all those who suffer from nervous shock we would recommend Milburn's Heart and Nerve Pills as the best remedy to tone up the entire system and strengthen the weakened organs.

Mrs. J. J. Bunyan, Pilot Butte, Sask writes: "I have used Milburn's Heart and Nerve Pills, after having suffered from a terrible shock to my whole system. I was so utterly weak and nervous I could not sleep at night, and my appetite was very poor. I could not walk across the floor without trembling all over."

I had hot flushes and fainting spells. When I was on the second box of your Heart and Nerve Pills, I began to feel that they were doing me good, so I kept on until I had used six boxes, when I felt like a different person.

I am never without them in the house, and highly recommend them to all who suffer with their heart."

50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

## HUN SEAMAN MUST PAY FOR HIS CRIMES

(From the New York Tribune)

The penalty which German seamen will pay for the crimes of the submarines is bound to be a heavy one. Possibly not all of them were so lost to all sense of sea honor that they approved the Admiralty campaign of murder. The former commander of the Baiserin Auguste Victoria, who is credited with having said at Spithead, "I am leaving my ship like a dirty boot-black," was no doubt, as good an example as any of the traditional sailor virtues in the days before the war. Indeed, the German mercantile marine has many courageous exploits to its credit. Nor in the early days of the conflict was the German navy devoid of chivalry. The memory of von Spee testifies to this fact. But the German seamen are now in the position of men who have bartered their good names and sold their souls. They cannot escape collective responsibility for deeds that have made the very word German smell to heaven. Captain Kopff, comparing himself to a "dirty boot-black," may conceivably realize the degradation of the position to which he and his mates have sunk. That the acts of the U-boat commander were repellent to him may be believed. But would he, would any German seaman have refused to obey an order to send women and children to death? Are they of different metal than the German seamen who launched the deadly torpedo against the unwarned ship, who fired upon the helpless victims trying perilously to escape in open boats? Perhaps some of them were. Perhaps some of them never would have allowed nature to be subdued to what it works in, like the dyer's hand. Perhaps some of them ordered to forget that they were seamen, would have refused. But such compunctious visitings cannot redeem them from the greater damnation. The British seamen who said that never again can they take in friendship the hands of their false brethren speak a verdict not less just than bitter.

There is always a doctor that some doctor believes in.

## SOME VALUABLE RULES FOR STENOGRAPHERS

Chicago Girl Who Followed Them Received a \$10,000 Bequest

—Stick to One Firm and Earn More Than Your Salary—

No Credit to a Girl to be a Job Trotter—Hard Counsel to

Follow at Times, but Not Impossible.

(Pittsburg Gazette-Times)

Of ten rules for success given stenographers and secretaries by one who did so well in Chicago that she received a \$25,000 bequest, numbers five and six are worth special consideration. The defect of most formulas for progress in the business world is that they are elementary; they deal with details which every young person should master before taking the first job. It should be assumed that every girl interested in rules for success at all knows what's what about dressing for the office and the unwisdom of encouraging the personal equation with handsome male employees, especially if they happen to be wed. Something stronger in the way of counsel would be welcomed by sensible women who wish to move up, but it is not often seen. That is why Mrs. Lyon's fifth and sixth tenets stand out:

Constantly apply yourself to your work only.

Stick to one firm and earn more than they pay you.

Thousands of words could be written to develop the theme of that first rule without exhausting the subject. If the women workers would take that and study it, considering all that it implies, and talking about it to those equally ambitious, she would find not only the solution of many of the perplexities incident to her situation but she would be led to put into practice this cardinal principle of progress. To obey this rule a stenographer—if that is to be our example—must be the stern mistress of herself. She must shut herself off from the social distractions of the less earnest members of the force if they tend to lead her away from the most important thing to her in the building—her job. She must look on outside affairs not as they affect her pleasure but as they raise or lower her value as a business factor. In short, to apply herself only to her work she must first conquer self. It may seem not worth while nine out of ten, but these thoughts are directed to the tenth girl, the one who wants to succeed in everything life may bring her.

### Rainbow Chasing

As for sticking to one firm and earning more than it pays, that rule is predicated on the girl's finding the right firm in the first place. It means don't stay in a place that is obviously of no promise or that has disadvantages that are likely to be permanently hurtful but find the place that pleases the instinct for what is right and good and then stay in it. Don't be always chasing rainbows. It is no credit to a girl to be a job trotter. And earn more than the salary that goes with a job. That is the hardest of all counsel for inexperienced workers to follow, but it is the one that pays the highest dividends in the long run.

In the outer office of a busy specialist presides a quiet, soft-spoken woman who is earning twice whatever sum he may be paying her. She has mastered her job; she literally manages the business, setting the specialist free to concentrate on the actual

work of his profession. She makes the appointments, keeps card index records of the cases, marshals the patients when they arrive, renders the bills, receives the money, keeps the books. Now she does nothing of a mechanical nature that any ordinary high school stenographer could not do. Her value lies in this: she stands between the public and her scientist employer, managing his affairs for him, and not only conserving all the business he brings by his skill but expanding it by the force of her own attractive personality. That is, he never loses a patient by discourtesy or inattention in the reception room and he often gains one through her skillful employment of all the periods in the office hours. The man who would "call again when the doctor isn't so busy" usually waits.

Probably there are hundreds of specialists who would not quibble about salary if they could find secretaries such as this to relieve them of all routine. And certainly there are big business men in numerous lines who would give almost anything in reason for such a jewel. Yet thousands of girls with the elementary training for such work are content to go along in minor positions, unwilling to make the effort that brings ultimate success. The truth probably is that they do not want success, except in their day dreams, they want other things more.

"Constantly apply yourself to your work and earn more than they pay you. It is a hard rule if one values the unimportant trifles of life above the substantial rewards, but it invariably guides its followers upward."

Only a few Germans will reach Paris—and they won't parade.

After all, Budapest is only one of the pests in Hungary.

An ideal that looks good in print may become all muddled up in practice.

The comfort some women find in prayer other women find in a cup of tea.

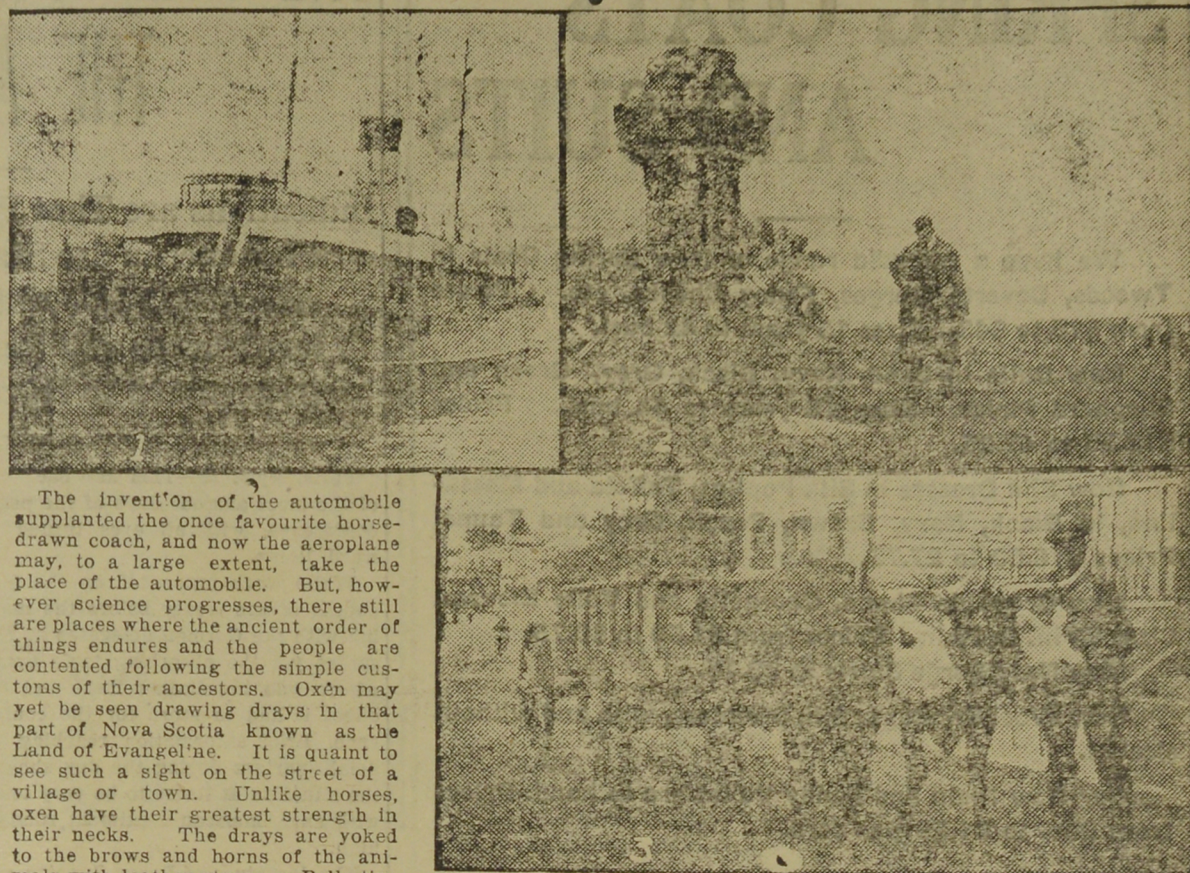
It's all right to give free advice, but don't lose your temper if it isn't followed.

## LOYD GEORGE AND CLEMENCEAU NOT IN ACCORD WITH WILSON

Paris, April 26.—Premiers Lloyd George and Clemenceau did not approve of the statement issued by President Wilson on the Adriatic problem. This was announced today in an official statement. The report that Premiers Clemenceau and Lloyd George approved of President Wilson's statement on the Adriatic problem was declared to be inaccurate, an announcement made here today says.

The text of the statement reads: "The report that Premier Clemenceau and Premier Lloyd George approved of President Wilson's statement is inaccurate. The statement was read to M. Clemenceau and to Mr. Lloyd George, and President Wilson informed them that he intended to issue it. M. Clemenceau and Mr. Lloyd George were anxious that Mr. Wilson should postpone publication in the hope that an arrangement may be arrived at."

## ANCIENT CUSTOMS IN ACADIA



(1) The C.P.R. steamer Empress, docked in Digby Harbor.  
(2) At Grand Pre. The Willows, a memorial cross and a pilgrim.  
(3) An old-fashioned freight car on a Digby street.

The invention of the automobile supplanted the once favourite horse-drawn coach, and now the aeroplane may, to a large extent, take the place of the automobile. But, however science progresses, there still are places where the ancient order of things endures and the people are contented following the simple customs of their ancestors. Oxen may yet be seen drawing drays in that part of Nova Scotia known as the Land of Evangeline. It is quaint to see such a sight on the street of a village or town. Unlike horses, oxen have their greatest strength in their necks. The drays are yoked to the brows and horns of the animals with leather straps. Bells tinkle on their breasts as they move along. The tips of the horns are nearly always decorated with brass knobs. A pair of oxen will walk along leisurely drawing a load of four tons. If you interview the driver he will tell you that they are easily trained and do their work just as well as horses, and you can use them in places where horses would be difficult to manage. They plough and draw logs with the same docile temper as they show when yoked to the drays.

There are other old customs still surviving in the Land of Evangeline, and these add to the attractiveness of one of the most picturesque, romantic and historic regions in America. Silvery bays and rivers, shores of golden sand, hills and vales covered with fragrant meadows or towering pines or fruitful apple trees, sunny skies and freshening sea and land breezes give health and pleasure to thousands of tourists every year.

Across the Bay of Fundy from St. John, New Brunswick, to Digby, Nova Scotia, is a delightful trip occupying a few hours. Approaching Digby Gap the Bay is dotted with the craft of hardy Nova Scotian fishermen. Passing through the Gap the homes of the people, amidst the woods on either side, look so pretty that one might

fancy they were the dwellings of the fairies. Digby Gap leads into Annapolis Basin, whose deep and sheltered waters cover an area of sixty square miles. The Basin is unsurpassed for bathing, fishing, boating, and canoeing. Good roads and walks radiate from Digby amongst enchanting scenes. There are some good hotels in this prosperous little town, and tennis, croquet and golf are amongst the games provided.

Tourists to Evangeline's Land generally make a tour of all the beauty spots of the region. Yarmouth, beside the sea, offers many allurements to the visitor. A colony of French-Canadians, whose ancestors were expelled from Grand Pre, resides in the vicinity of Yarmouth, and still retains the traditions of the Acadians.

Kentville is the headquarters of the Dominion Atlantic Railway which serves the entire district. Grand Pre was the site of the village from which the Acadians were banished in 1755. The well where Evangeline was wont to go for water and the willows under which she rested are still there; Blomidon mountain and the Basin of Minas near by are just as they were of old, the meadows are green on the dykelands and the dykes keep out the sea, and a little inland the gentle hills are patched with luxurious orchards. Wolfville, the headquarters for tourists to Grand Pre, is built in the midst of one of the greatest apple growing localities in the world. The late King Edward was amongst those who visited and loved this spot. It is only a short walk from Wolfville to Grand Pre, and the marshlands extend from one place to the other.

The Dominion Atlantic Railway has purchased the "big field" where the Acadians made their village, which was their capital, and this has become a public park. A memorial cross now stands there on the site of the ancient burial ground, and a statue of Evangeline sculptured by Philippe Hebert and his son Henri, descendants of an Acadia family, will soon add the grace of art to attractions of a haunt where nature has lavished her rarest charms.

Seems to be quite a fluss over Fiume.

Nobody who advocates a law to prohibit kissing needs it for self-protection.

Some of the Huns act as if they had invited the army of occupation to come over and visit them.

Another notion of a halcyon time is a time when nobody tags anybody for anything.

## GIRLS MOAN WITH ENVY AT GAUDY MALE STYLES

Loudest Color Combinations Available Found Among Sartorial Surprises Demanded by Men Returning from Overseas Service—Tailors and Haberdashers, However, are Prepared to Meet the Demand.

Philadelphia, April 25—Giddy Scotch plaids, silk shirts that resemble the insignia of the Rainbow Division, socks that are like Easter eggs, and other sartorial surprises are to be laid in by the tailors and haberdashers here.

Recovering from the first shock administered in a cablegram from London, the purveyors of men's apparel are determined that the English shall have nothing on Philadelphia in gaudy displays.

The cablegram told how the American doughboy, planning to discard his uniform for "civies," is systematically going in for the loudest color combinations he can find. Instead of the quiet blue serge suit and black socks that were to his taste before he went to war, he demands green and red stripes in his suits, while his hosiery makes chorus girls moan with envy and his "high yaller" low cut shoes are of the most extravagant pattern.

Not all of the firms in Philadelphia are prepared at the moment to meet the new demands of former soldiers. Some of them had supposed that the returned soldier would seek quiet, not to say funeral garments, in keeping with the soul that has been tried by fire and steel; but the soul, it would appear far from being sobered, has been exhilarated and returning troopers, by way of giving expression to their "pep," hunt the nearest thing to a minstrel outfit that it to be found on sale.

One doughboy who still walks with a cane, said today that as soon as he leaves the hospital he is going to get "dolled up" in a manner that would astonish the late P. T. Barnum.

"The war is over," he added, "Why should I go around like an undertaker because I served in the army? Me for the glad clothes as soon as I shake the uniform."

It is the haberdashers and tailors who are depressed.

"We have already felt the demand for striped shirts," said one haberdasher as he pointed to a pile of garments that looked like a futurist painting of the eruption of Mt. Vesuvius. "We are selling many shirts with broad varicolored stripes. This is also true of socks. We are carrying colored socks in green, blue, gray and yellow, and there is a demand for them which is surprising."

And he might have added that the chief concern is whether he will not be left, for the time being at least, with a lot of conservatively colored clothes on his hands.

"If our soldiers are buying plaids and multi-colored striped suits in England," said one tailor, "and they want more of them when they get over here we will see that they are supplied. But I am surprised—yes, I am surprised."

And his eye wandered toward a pile of unornamental blue cloth which used to find favor before 1917.

More Than Ever  
**INSTANT  
POSTUM**  
appeals to tea & coffee drinkers.

Its rich flavor, healthfulness, convenience and Economy are among the reasons why.



SCHOOL GARDEN AT ST. STEPHEN