

New Health and Strength for Weak and Ailing Girls

Can Be Had Through the Rich, Red Blood Made by Dr. Williams' Pink Pills for Pale People.

There comes a time in the life of almost every girl when sickness attacks her. The strain upon her blood supply is too great, and there comes headaches and backaches, loss of appetite, attacks of dizziness and heart palpitation, and a general tendency to a decline. The only thing that can promptly and speedily cure these troubles is Dr. Williams' Pink Pills. This is the only medicine that actually makes new, rich, red blood, and a plentiful supply of rich blood is the one thing needed to maintain the health of growing girls and women of mature years. The truth of this statement is proved in the case of Miss Esther E. Sproule, Truemanville, N. S., who says: "At the age of sixteen years I left my country home to attend high school. The close confinement and long hours of study nearly broke me down. My blood supply seemed to be deficient, and I grew pale and depressed. I was dizzy nearly all the time, and pimples broke out on my face. I was altogether in a miserable condition and it seemed impossible for me to continue my studies unless I found a speedy cure. I tried several tonics prescribed by the doctor, but they proved useless. My mother urged me to try Dr. Williams' Pink Pills, and I finally consented to do so. I had hardly finished the second box before a change for the better took place, and the use of a few boxes more fully restored my health, and I have since been well and strong. I feel that I cannot say too much in favor of Dr. Williams' Pink Pills and I strongly recommend them to other ailing girls."

You can get these Pills from any medicine dealer or by mail at 50c. a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

WESTERN ASSURANCE CO.

Substantial Advances Made in Fire and Marine Departments.

Profits of \$383,596.27 were made by the Western Assurance Company of Toronto during the past year. The company was incorporated in 1857 and since that time losses of \$52,441,172.44 have been paid. From an inspection of the annual statement given elsewhere in this issue the fire premiums amounted to \$2,111,879.94. The fire losses and other expenses combined made \$1,864,997.47, leaving a profit in the fire department of \$246,882.47. The marine premiums amounted to \$698,426.61. The marine losses were \$490,896.16 and marine expenses, \$155,694.55, a total of \$646,590.71, leaving a net profit of \$51,835.90. Hon. George A. Cox was re-elected President and Messrs W. R. Brock, John Hoskin, K.C., LL.D., Vice-Presidents.

HUSBAND'S CLOTHES.

Remove Shine—Cover a small piece of wood with emery paper, not sand paper, and gently rub over shiny places.

If you will add a tablespoonful of blueing to half a cupful of water and sponge shiny places it will remove the shine.

Hang Pressed Trousers—Fit a broom handle under shelf of closet. Cover with several layers of batting and then with cambric. Fasten so that broom handle will hang at least four inches from wall. Fold trousers and hang over stick. Keep them new looking.

Greasy Coat Collars—Sponge with alcohol and salt. Will clean them thoroughly.

Clean a Suit—Spread a sheet on table and rub as much block magnesia on suit as it will take. Wrap in sheet and hang away for several days. Brush thoroughly and press with a moderate iron and damp cloth.

COUGHING BURST BLOOD VESSEL.

Says Danger Avoided and Cures Coughs in 5 Hours.

A writer for the medical press states that coughing is responsible for the bursting of blood vessels quite frequently. A cough or cold means inflammation (fever) and congestion, and these in turn indicate that the body is full of poisons and waste matter. Simple relief, as found in patent cough medicines, and whiskey, often result in more harm than good; as they cause more congestion. A tonic-laxative cough syrup will work marvels and here follows a prescription which is becoming famous for its prompt relief and thorough cures. It rids the system of the cause, except it be consumption. Don't wait for consumption to grasp its victim, but begin this treatment, which cures some in five hours. Mix in a bottle one-half ounce fluid wild cherry bark, one ounce compound essence cardiol and three ounces syrup white pine compound. Take twenty drops every half hour for four hours. Then one-half to one teaspoonful three or four times a day. Give children less according to age.

USEFUL HINTS.

Button Help.—Pin the button-holed edge of the garment in place. Take a needleful of thread, begin at one end and take a single stitch in every buttonhole, carrying the thread to the opposite end. Cut the thread half way between the buttonholes, lift off the cloth, and there will be a bit of thread where each buttonhole should be sewed.

Broken Plaster.—To mend broken plastering—When plaster of Paris is not at hand, use this excellent substitute. Use equal parts of sifted coal ashes and fine sand with one of sifted wheat flour. Mix to a stiff paste with cold water. This will set hard in a few hours, and any one can apply it.

Instead of a collar button—A small button sewed to the back of the collar band will be found to be much more comfortable than a collar button, and has the merit of not getting lost. Hubby need no longer hunt for his collar button.

HEALTH FOR BABY COMFORT FOR MOTHER.

The mother who has once used Baby's Own Tablets for her children will always use them for the minor ailments that come to all little ones. The Tablets give a guarantee of health to the child and ease and comfort to the mother. They cure all stomach and bowel troubles, destroy worms, break up colds, and make teething easy. Mrs. H. Lavoie, St. Felicie, Que., says: "I have used Baby's Own Tablets for indigestion, constipation and other troubles with perfect results. I think so much of the Tablets that I use no other medicine for my children." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

CANDY.

Divinity.—Three cupfuls of granulated sugar, two-thirds of a cupful of water, one-third cupful corn syrup. Let cook until when tried in water it hits hard against glass. Pour this gradually in the whites of two eggs beaten stiff. Add one cupful nuts; beat until it begins to thicken, pour in buttered tins. When cool cut in squares.

Fruit Roll.—One pound of dates stoned and chopped, one pound of English walnut meats chopped; mix well together, roll out in shape of large sausage, and roll in granulated sugar; slice into quarter inch slices.

Puffed Rice Fudge.—One cupful of milk, two cupfuls of sugar, one square of chocolate. Boil fifteen or twenty minutes, then take off the stove and put two cupfuls of puffed rice and a piece of butter as large as an egg, and flavoring, then beat and pour in buttered pans, and cut in squares.

Fudge.—Two cupfuls of sugar to one cupful of milk, three squares of bitter chocolate, a piece of butter the size of a walnut, one cupful of walnuts chopped fine, a teaspoonful of vanilla extract; boil fifteen or twenty minutes, pour in a greased pan when hard, and cut in squares.

HOPEFUL.

And all that most of us hope is that we may have the coal man paid up before the ice man starts to collect from us again.

THE SUNDAY SCHOOL

INTERNATIONAL LESSON,
MARCH 13.

Lesson XI. Two Mighty Works.
Matt. 8. 23-34. Golden Text,
Matt. 8. 27.

Verse 23. He was entered into a boat—Literally, "the boat." Because of the multitude, Jesus had asked for a boat, "to wait on him" (Mark. 3. 9), and subsequently it is referred to as the boat, as if the one placed at his disposal (Mark 4. 33; 6. 32).

His disciples followed him—The boat must, therefore, have been of fairly large dimensions, although not as large as the "vessel" (Acts 27. 41) in which Paul suffered shipwreck. Mark says (4. 36): "Other boats were with him," as if they were loath to part with him.

24. There arose a great tempest—A common occurrence, inevitably connected with the situation of the lake. The storms were sudden and violent, due to the fact that the lake lay so low in its hill-encircled valley. Through the deep gorges of the watercourses, which the winds were sucked down with terrific violence from the massive plateaus.

He was asleep—the days in Capernaum had been strenuous ones. Jesus lay down in the stern of the boat, with a rough headrest (Mark 4. 38) for his single comfort.

25. Save, Lord; we perish—A cry inspired, as the next verse shows, by fear rather than faith. Still, there was something in Jesus which inspired in the disciples hope, if only a forlorn one, and their cry unconsciously pays tribute to the wonderful influence he had gained over them.

26. Ye of little faith—Note, in Matt. 6. 30; 14. 31; 16. 8, how often this word was upon the lips of Jesus. Even after many other miracles, Jesus had to chide his disciples: "Are ye even yet without understanding?"

Rebuked the winds and the sea—By addressing to them the words found in Mark's account, "Be muzzled," as if speaking to mad beasts. A striking proof that Jesus considered himself Sovereign of the physical world.

There was a great calm—Not the ordinary gradual subsidence, marked by the long, rolling swell, but a sudden abatement of the disturbance.

27. The men—No wonder those in the other boats marveled, when even the bosom friends of Jesus were so cowardly. "The sleep and the outward appearance," said Chrysostom, "showed man, the sea and calm declared him God."

28. To the other side—The eastern shore, opposite Capernaum. See verse 18 of the chapter.

Country of the Gadarenes—This cannot have been the neighborhood of Gadara, which lay several miles southeast of the lake; for then the swine must have been compelled to race over mountain, river, and plain a long distance before reaching the Sea of Galilee. The best suggestion is that popular usage gave the name of the chief town to all the east-shore country. Modern Khersa has been accurately identified as the scene of the city (verse 34) near which the miracle took place. Trace a line directly across from Tiberias, and somewhat to the north stand the ruins of Khersa, close to the seashore.

Two possessed with demons—The belief of the Gospels about demon-possession includes these points: (1) There is a kingdom of demons of which Satan is the head; (2) they are incorporeal and generally invisible; (3) they are the cause of mental and physical disease; (4) more than one can take possession of a man at the same time; (5) Christ cast them out in his own name; (6) he never treated those possessed as wilful sinners; (7) he saw in every case a result of sin. Those possessed are, some deaf and dumb, some blind, some savage, some abnormally strong, some given to convulsions, raving, or foam-

Doomed to Suffering

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CHARLES BARRETT, Esq.
Harbor au Bouche, March 24, 1909.
"I suffered terribly from Biliousness and Dyspepsia for fifteen years, was treated by physicians and took many remedies but got no relief. Then I took 'Fruit-a-tives', and this medicine completely cured me when everything else failed. To all sufferers from Indigestion, Biliousness and Constipation, I strongly advise them to try this fruit medicine." Charles Barrett.
50c a box, 6 for \$2.50—or trial box, 25c. At all dealers or from Fruit-a-tives Limited, Ottawa.

ing at the mouth. All these are signs of epilepsy. (See Hasting's Dictionary of Christ and the Gospels; article, "Demon").

Coming . . . out of the tombs—Near the ruins of Khersa are remains of ancient tombs carved out of the face of the mountain. Christianity had not yet come to found asylums for such unfortunates, and they were allowed to roam like beasts. Burial places were their favorite haunts. These two had terrorized the vicinity, so that no man could pass by that way.

29. A reasonable explanation of their recognition of Jesus, and of his Messianism and consequent right to be their final Judge, is this: In Capernaum, with the crowds, they had heard Jesus preach and beheld his wonder-working. But they had not yielded to him, and now, to their diseased minds, he appears to have come as the Messia-Judge to execute vengeance before the time; that is before the last judgment.

30. Many swine—Mark, whose fuller account must be compared with this, says there were two thousand. They were feeding, afar off on the mountains above Khersa.

31. The demons besought him—They feared their doom was at hand, and that he was to consign them to the abyss of hell (Luke 8. 31). As a compromise they entreated him to send them into the herd of swine.

32. Go—More forcibly, "Away with you."

Went into the swine—See note above on demon-possession (2).

Rushed down the steep into the sea—What made Khersa easy of identification as the scene of the miracle was the fact that at only this point on the eastern shore do the mountains come at all near the beach, and here "the incline is such

that one rushing down would be precipitated at once by the impetus into the water."

The whole herd . . . perished—Are not two men of more value converged at the head of the lake, than two thousand swine? The demons would spare the swine and destroy the men. Not so Christ.

33. They that fed them fled—Partly because of dread, partly because of their excitement that made them want to tell the news. These madmen had been the talk of the town, and had foiled every attempt to restrain them.

34. They besought him that he would depart—The destruction of so many swine would be a great commercial loss, and, perhaps, they feared more. In that case they would seem to care more for their possessions than for the presence of Jesus. Perhaps, however, they were moved by feelings of reverential awe.

DEADLY TO RATS AND RABBITS.

A new rat and rabbit exterminator is being tested out in India and Australia. It consists of an outer and inner metal shell, like one small egg in a larger one. In the outer shell is sulphuric acid, in the inner metal egg is dry cyanide of potassium. The outer shell is filled with the acid and placed in the rat hole or burrow and all rat holes are tightly sealed. After an hour or so the acid eats into the cyanide and turns loose a lot of most deadly prussic acid gas.

"Who is that big man" asked the stranger. "That," replied the native, "is Mr. Pompos." "Only plain 'mister'?" Why, he has the bearing of a major-general." "Yes, and the over-bearing of a lieutenant."



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Kendall's Spavin Cure

It cures without leaving a scar, blemish or white hairs—because it does not blister.

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GEORGE GORDON.

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These Engines are the same as the Standard Horizontal Evaporator Engines, except that they are mounted on skids with gasoline tank placed in base of the engine, where it is well protected, making a very neat, compact, self-contained outfit, as can be seen from the illustration above of the 8 h.p. Gasoline Engine. Please cut out this complete advertisement and send for catalog W.P.C. THE CANADIAN FAIRBANKS COMPANY, Limited, MONTREAL, ST. JOHN, N. B., VANCOUVER, WINNIPEG.

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