

THE AVERAGE WOMAN NEEDS MORE BLOOD

Nerves Easily Irritated, She Worries Over Little Things

To the woman in the home—the woman closely confined to the house either through household duties or the care of children, or both—Dr. Williams' Pink Pills are a positive blessing. The average woman has too little blood. Her nerves are easily irritated, she worries over little things, has severe headaches and backaches and is sick most of the time. With the woman who uses Dr. Williams' Pink Pills the condition is different. She is always well and the care of her children, or her household duties, is a real pleasure. This is because Dr. Williams' Pink Pills enrich the blood supply and bring bounteous health and strength. Here is proof. Mrs. Fanny Shepherd, Girvin, Sask., says: "I am the mother of a large family and was worn out, weak and irritable. I kept going to my doctor about every six weeks, and he would give me something 'to keep me going a little longer.' But it was like winding up a clock, I soon got run down again, and although life seemed hardly worth living, I did not wish to die because of leaving my little children. I continued like this for some years, but at last summoned up enough energy to strike out a new departure and got a supply of Dr. Williams' Pink Pills. I barely hoped they would help me, but to my surprise, before I had been taking them long I began to feel like a different woman. I still continued taking the Pills for some time, and they made me as well and strong as any woman need wish to be. Once more I would enjoy life thoroughly, and have done so ever since. I never need the doctor now, and everything seems bright and cheerful. I shall always recommend Dr. Williams' Pink Pills to anyone who in my opinion needs a tonic of any kind." Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

CLOTHES MADE FROM WOOD. Will Bring Reduction in Price of Various Articles.

Clothes made literally from wood are the latest sartorial venture in England. A beginning is being made with the making of waistcoats. The discovery of this new process is largely due to the fact that bleached cotton is known to be composed of nearly pure cellulose. Working on this basis scientists have discovered a method of manufacturing a thread of cellulose extracted from spruce wood. Cotton spinners are optimistic about the discovery, it is asserted, and with the material manufactured from this latest process they expect to produce clothing at prices lower than those now charged. The finest product will, it is said, be cheaper than cotton in the bale. In addition to this cardinal advantage the new material can be dyed any color and—an important point—the dye will not fade. Lastly, the material is not inflammable. "This new process should bring the best up to date attire within the reach of almost all," says an expert on clothing matters. "Also since waistcoats are to be manufactured of this cellulose thread extracted from spruce wood, I can see no reason why all the rest of one's suit should not be made from a similar material. In fact, the discovery should revolutionize the price of all cotton goods."

Hypocrisy makes fewer people uncomfortable than brutal frankness does.

"TOLL FOR THE BRAVE"

HOW THE ROYAL GEORGE FILLED AND SANK.

The Disaster Which Occurred to the Namesake of the New Battleship.

The fact that one of the new battleships is to be named the "Royal George" reminds one of that former "Royal George" and the disaster which occurred to her, well known by reason of Cowper's poem, "Toll for the brave." The story of the terrible calamity will probably interest readers. In 1782 Britain was in a more humbled state than she had been for a century. The wars with America, and France, Spain and Holland, had exhausted her resources, and there was seen the unusual spectacle of a French fleet menacing the coasts. It was at this period that a calamity occurred which resulted in the loss of the

FIRST SHIP IN THE NAVY.
At Portsmouth a fleet was being prepared for the relief of Gibraltar, then besieged by Spain, and one of the ships destined for this expedition was the "Royal George" of 108 guns. She was the oldest first rate class in the service, having been laid down in 1751. Lord Anson, Lord Rodney, and Admiral Boscawen had commanded in her often, and Lord Hawke commanded in her the squadron which fought the French under Conflans. Before she could sail it was deemed necessary that the "Royal George" should undergo a careening—that is, an inspection and repair of those parts under water. If time had not pressed she would have been towed into dock for this purpose. As the case was, it was resolved that she should be land over on her side, as usual when a slight careening was required, in calm weather and smooth water. So little was any difficulty or danger apprehended that the Admiral, Captain, officers and crew, amounting to about 900, remained on board, and in addition there were about 300 women and children, relations of the seamen. Neither guns, provisions, nor water were removed.

THE CATASTROPHE.
Early in the morning of Aug. 29 the work was begun. The ship was made to incline in the water so as to expose her lower timbers, but as a leak was discovered it was necessary to heel her over still further, in order to get at it. About ten o'clock a.m., while Admiral Kempenfelt was in his cabin writing, and the larger number of the people were between decks, a sudden squall threw the ship clean over on her side, and as her portholes were open she filled and sank at once. The Admiral, several officers, and, in fact, about a thousand people were drowned altogether, some three hundred being saved, among them being Captain Waghorne. The calamity was universally lamented, not so much for the ship as for the number of lives lost, more especially Kempenfelt, as he was one of the first naval officers of the world. A large sum of money was publicly subscribed for the relief of the families and relatives of those who perished. Captain Waghorne was court-martialled, but was honorably acquitted.

NOT AMBITIOUS.
"If you want to be strong and healthy, Millie," advised Aunt Jemima, "eat a raw onion every morning before breakfast."
"I'd rather not do that, auntie," said Miss Millicent; "I shall be satisfied with being merely healthy."

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THE SUNDAY SCHOOL

INTERNATIONAL LESSON,
JAN. 29.

Lesson V.—Jehoshaphat's Good Reign in Judah, 2 Chron. 17.
1-13. Golden Text,
Matt. 6. 33.

Verses 1-6—The pity and prosperity of the king. These verses, and those which follow, are additional material to the record of Jehoshaphat found in Kings.

1. In his stead—that is, in place of Asa.

Strengthened himself against Israel—Although he later made a firm alliance with Ahab, the relations between the two kingdoms had been troubled, and it must have taken some time to establish peace.

2. Which Asa his father had taken—See Word Studies for January 15, with comment on verse 8.

3. The first ways of his father—As David is wanting in the Septuagint, this seems to refer rather to Asa, whose early reign was characterized by devotion to Jehovah, in contrast with the faithlessness and cruelty of his last years.

The Baalim—A term for the various false deities, especially those of Canaan, each one of which was given the title of Baal, or lord.

4. The doings of Israel—A reference either to the calf-worship, or to the introduction of Baal-worship by Jezebel.

5. Tribute—To be distinguished from that paid over by the Arabians and Philistines (verse 11). In this case the money was probably a free offering and not an exaction.

6. High places—The word originally meant "heights," any outstanding elevation; then a place of worship, of Jehovah as well as other gods; later, after the Deuteronomical reform, not only an unlawful place of worship, but one entirely given up to the worship of other gods. In this sense it is frequently used in Chronicles.

Asherim—Wooden poles set up like stone pillars at sanctuaries, perhaps to represent the dwelling place of deity. By the Deuteronomical law they were forbidden (Deut. 16. 22), and commanded to be destroyed (Deut. 12. 3). These symbols had grown up probably during the later and more careless years of Asa's reign.

7-9—The king's provision for the promulgation of the law.

7. Princes—These are, historically, just so many names. It is mentioned that their work was done in the third year of Jehoshaphat's reign, to emphasize the fact that he began his reign with this purpose to instruct the people.

8. With them the Levites—The author himself was partial to the Levitical order, and magnifies them throughout his Chronicles. Hence it is natural for him to single out this fact of their performing the priestly duty of teaching the law.

Jehoram—He is to be distinguished from the king of Judah by the same name. Of this man all that is known is that he was a member of the royal commission. The priests were the guardians of the law, and hence its natural teachers.

9. The book of the law of Jehovah—This is the sole account of the general diffusion of a knowledge of the law through a mission, the other method (mentioned in connection with the reign of Josiah and the return from the Exile) being to read it aloud before popular assemblies.

10-13—The greatness of Jehoshaphat.

10. The fear of Jehovah—The marginal reading, "a terror from Jehovah," is better. The people neighboring upon Judah were visited with a supernatural dread of the growing power of this pious king. Compare 2 Chron. 14. 13, 14. This fear was a reward, the chronic-

ler would have us believe, for Jehoshaphat's zeal for the law.

11. Arabians—"People of the desert." Here, the powerful kingdom of Nabateans south and southeast of Judah. The tribute mentioned is very heavy (compare 2 Kings 3. 4).

13. Works in the cities—Perhaps "property" would be a better rendering, the meaning evidently being military supplies.

Mighty men of valor—The numbering of this vast army is given in the succeeding verses. There seems to be doubt as to the exactness of the chronicler's figures. Throughout he has a special interest in statistics, and his estimates are generally higher than those in the Kings.

MOTHER'S APPROPRIATE BABY'S OWN TABLETS

Because they are the only medicine which gives the guarantee of a Government analyst to contain no opiate, morphine or other harmful narcotic. This means the mother can give this medicine to her youngest baby with absolute safety. Thousands of mothers know this and will give no other medicine to their little ones. The Tablets cannot do harm—they always do good. When the little one has a cold; baby indigestion; colic; when he has worms or his teeth are troubling him, Baby's Own Tablets will prove their worth. Concerning them Mrs. E. Merriam, Shetland, Ont., writes: "I use Baby's Own Tablets for my three little ones—and consider them the very best medicine during the teething period. The Tablets are sold at 25 cents a box by all medicine dealers or direct from The Dr. Williams' Medicine Co., Brockville, Ont."

MESSAGE FOR SOLAR PLEXUS

New Rule of Health is Given by British Authority.

One of the secrets of long life lies in the way in which you treat your solar plexus, according to Robert King, who lectured on the subject recently at the Eustace Miles Normal Physical School, London, England. Massage your solar plexus, is his new rule of health. For the sake of those who might be unacquainted with physiology, Mr. King explained that the solar plexus is the great subbrain of the human body—a mass of nerve substance lying between the stomach and spine, whose function it is to control such unconscious operations as respiration, circulation and digestion.

The special significance of the solar plexus lies in its extreme susceptibility to emotion. Boxers, of course, know that it is very susceptible to something else.

"So soon as the emotion of fear is felt," is Mr. King's theory, "the solar plexus begins to shut up, its capacity for passing on the vital forces becomes limited, and the whole of the nervous system drops. With the emotion of joy or pleasure, the solar plexus expands. When a person is thoroughly enjoying a good laugh it is expanded almost to its utmost capacity, with the result that the whole nerve tone of the body goes up."

It is impossible to apply the massage with the hands, Mr. King explained, but nature has provided a far more efficient instrument in the diaphragm—the great muscle that separates the chest from the abdomen. By deep breathing the diaphragm receives a gentle motion which causes it to rub and press upon the plexus, which, in turn, energizes the entire body.

"Learn to breathe properly," is the sum and substance of Dr. King's doctrine.

It sometimes happens that a man is offered a bribe and pockets the

HIGHEST TOWN IN THE WORLD Cerro de Pasco, Peru, Has Elevation of 14,600 Feet.

Cerro de Pasco, Peru, is the highest town in the world. The remarkable broad-gauge railway by which it is reached passes over a higher altitude—about that of Mont Blanc—and there are mining camps and Indian villages at greater elevations. It is also true that there are higher railway stations, for on the Ariquepa-Puno line the station of Crucero Alto attains the stupendous elevation of 4,660 feet; but at 14,200 feet above the sea level there is no other real town of 8,000 inhabitants with a railway station, telegraph, telephone, churches, shops, clubs, hospitals and vice consuls. It is a wonderful example of South American enterprise.

To get a fair view of Cerro de Pasco it is necessary to go to the top of a high rock near the railway station. The town, with its little thatched houses and narrow streets, lies in a large, undulating basin. It is a mining town. In the distance a large lake can be seen, and all around the horizon is studied with snow-capped heights.

Everything at Cerro de Pasco is "run" by the Americans. There is a spacious club, where bowls are played nightly, and in the hollow below there are baseball grounds. Both these games are characteristically American; they are played at high pressure the whole time. The biggest match can be played in about 1½ hours, and the players are near enough to the spectators to hear the comments, encouraging or otherwise, that are liberally bestowed.

ACHES, PAINS AND RHEUMATISM

Zam-Buk will give You Ease.

Have you a bad attack of "general aching"? You know the feeling. Limbs ache, muscles seem to have become tired out, your back aches, now and again a twinge of rheumatism strikes you here and there. Your chest feels tight, there is a pain between your shoulders, and altogether you need toning up.

Cold is responsible for this condition, and a vigorous application of Zam-Buk will put you right. Take a hot bath, if possible, and then rub your chest and the aching limbs well with Zam-Buk.

Mrs. B. Gorie, 76 Berkley St., Toronto, writes: "A few weeks ago I was suffering from a bad cold, which had settled in my throat, chest and limbs. I tried all kinds of remedies, new and old, and found very little relief until I used Zam-Buk. On applying this to my throat and chest I found such ease and relief from the tightness and soreness I determined to use only Zam-Buk. I also rubbed it on my limbs where I felt the rheumatic pains. In three days from the time I first began applying Zam-Buk I was free from the cold in throat and chest, and also the rheumatism in my limbs."

Zam-Buk will also be found a sure cure for cold sores, chapped hands, frost bite, ulcers, blood-poison, varicose sores, piles, scalp sores, ringworm, inflamed patches, babies' eruptions and chapped places, cuts, burns, bruises and skin injuries generally. All druggists and stores sell at 50c. box, or post free from Zam-Buk Co., Toronto.

NOT PERFECT.

A horse dealer was showing a horse to a prospective buyer. After running him back and forward for a few minutes, he stopped and said to the buyer: "What do you think of his coat? Isn't he a dandy?"

The buyer noticing that the horse had the heaves, replied: "Yes, like his coat all right, but I don't like his pants."

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Fragrant, Delicious and Invigorating.

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