

A MOTHER'S DUTY TO HER DAUGHTER

Is to Guard Her Health by Keeping
Her Blood Supply Pure.

Anxious mothers who see their daughters fail in strength, become pale and languid, can be certain that the cause of their anxiety is the condition of the growing girl's blood. At no time in her life does a girl stand in greater need of pure, red blood and the strength which it alone can give her, than when she is developing into womanhood. It is then that anaemia rapidly develops and the growing girl finds herself in declining health. If your daughter complains of feeling constantly tired, if her appetite is fickle, if she is breathless from slight exertion, or if her heart palpitates violently on going upstairs, it is a certain sign that her blood is failing to meet the demands upon it, because it is thin and watery. It is at such times that Dr. Williams' Pink Pills for Pale People are worth their weight in gold to tired anaemic girls. They actually make the new, red blood, that brings brightness to the eye, the bloom of health to the cheeks, and strength and activity to the whole body. The following is an instance of their value to young girls: Miss Hilda Pearl Snowe, Barrington, N.S., gradually drooped under an attack of anaemia. At first she was pale and listless, suffering from occasional headaches, but as the trouble progressed, a severe cough also attacked her, and her friends feared she was in the grip of consumption. Almost from the outset she was being treated medicinally, but with no apparent benefit. At a critical stage in her illness Miss Snowe wisely decided that she would give Dr. Williams' Pink Pills a trial. After taking them for some time there was a noticeable improvement in her case, and the Pills were gladly continued until she was fully restored to health. Miss Snowe is to-day as healthy and rugged as any girl could wish to be, and her friends believe that Dr. Williams' Pink Pills saved her life.

These Pills not only cure anaemia, but all troubles due to poor blood and weak nerves. 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.

AT BALMORAL.

Old Highland Customs Are Still
Kept Up.

At Balmoral, the beloved Highland home of Queen Victoria, the present King always enjoys seeing his tenantry and dependants happy, and encourages the keeping up of all old Highland customs, such as the torch-light dance of the keepers and ghillies, when the stags are brought home after a good day's stalking. Weirdly picturesque these dances are, held in front of the Castle, with the hills and woods and figures of the men fitfully lit up by the light of the blazing pine torches.

When Royalty is in residence at Balmoral on Halloween the old customs pertaining to that day are always fully carried out. Bonfires blaze on many of the hills, and lighted torches are borne round the bounds of the various farms and homesteads to keep off the evil spirits supposed to be let loose on Halloween. The effect is extremely pretty, when, from some elevated point of view, numbers of these torches can be seen, flitting about the valley, while the fires are burning on the heights. After these ancient ceremonies, a servants' ball is held, at which the Royalties present mingle freely with their humble guests, and a substantial supper brings the festivities to a close.

Death Nearly Claimed New Brunswick Lady

Was Restored to Her Anxious Family
When Hope Had Gone.

St. John, N.B., Dec. 15th.—At one time it was feared that Mrs. J. Grant, of 3 White St., would succumb to the deadly ravages of advanced kidney trouble. "My first attacks of backache and kidney trouble began years ago. For six years that dull gnawing pain has been present. When I exerted myself it was terribly intensified. If I caught cold the pain was unendurable. I used most everything, but nothing gave that certain grateful relief that came from Dr. Hamilton's Pills of Mandrake and Butternut. Instead of being bowed down with pain, to-day I am strong, enjoy splendid appetite, sleep soundly. Lost properties have been instilled into my blood—cheeks are rosy with color, and I think that day that I heard of so grand a medicine as Dr. Hamilton's Pills."

Every woman should use these pills regularly because good health pays, and it's good, vigorous health that comes to all who use Dr. Hamilton's Mandrake and Butternut Pills.

Comment on Events

Dr. Friedmann Again.

A report comes from Germany to the effect that the Friedmann treatment has been placed at the disposal of the medical profession and the result it has received is a new and more favorable hearing. Professor Kraus says that it is evident that "something surprising" is before the medical world and that in the case of experiments already made there was "an unusually rapid decline" of the symptoms. He has "never seen such results with tuberculin," and much more to the same effect. Other testimony is that of Dr. Simon Baruch of New York, who says that "German physicians seem to have withdrawn their opposition," and adds that if Friedmann had not acted in so eccentric a manner while in America he would have made a more favorable impression. This all sounds rather curious since it was understood at the time that full tests had been made of the Friedmann remedy and that it was found to be ineffective. In fact it was said to be positively harmful. Now if Germany and German physicians are amazed at the successful results of this same treatment. Was the investigation too conservative?

What Remains to be Settled?

Major Stewart L. Murray of the Gordon Highlanders and one of the best-known British authorities on the economic side of war asks the British public to realize for themselves the meaning of a conflict with Germany. He says that even with the British fleet in command of the seas the price of food would be at the famine notch. Those who could afford to pay that price would get food and those who could not afford to pay that price would get no food. The latter class will include about 10,000,000 people, and they "will not starve quietly." Here are ten million people who, according to Major Murray, will starve under even the most favorable conditions of war, and there are probably another ten million people in Germany who also would starve in about a week after a declaration of war. It seems that the drawing together of Germany and England is very necessary to the happiness of both peoples. What remains to be settled? Is it on sea or on land? Is it a question of changing a policy? The interest of both peoples is towards peace—what then leads to war? Is it such incidents as have occurred at Zabern which indicate the real policy of Germany?

Agriculture is the Foundation.

Prosperity built upon artificial inflation is worse than precarious. Prosperity built on the development of industry enters prices not only endures but provides the assurance of still greater development. That is the lesson which Sir George Paish has been impressing on the people of Canada when he said that British money must be devoted to the encouragement of land settlement. Agriculture is, and must be, the foundation on which the fabric of the Dominion rests. No endeavor is too great which has for its object the promotion of land production and cheap and easy distribution.

The simple fact is that Canadians have got to get down to hard tasks. They provided transportation machinery much in excess of their immediate requirements. What they have now to do is to increase the volume of legitimate business. No one who knows the natural resources of the Dominion doubts that this can be done to an extent far beyond existing limits. But to do it means much less of the parasitical element in the community and many more real workers and producers. It means too that parliament and the legislature should concern themselves not so much with the game of politics as with the encouragement and expansion of productive effort.

Temperature Ahead.

We closed the year 1913 with 500 degrees of temperature to pay back. That is, during the year the thermometer showed 500 degrees above the normal. Now, if it is paid back in January and February we will not have very much winter. But it will likely work the other way, and we will probably pay for that heat, and if we do before spring dawns we will have a cold time of it. Thus far there has been little demand either way.

If the weather kind does not demand his 500 degrees of heat and replace it with the same amount of cold we shall fear there has been some cosmical commotion somewhere—the sun has become sultry or the earth has twitched about a little on its axis. But in the meantime we have been treated royally and have been favored with weather that has made the heart glad and the appetite leap for joy.

France Will Limit Saloons.

Once again the opponents of alcoholism in France are making an effort to restrict the sale of spirits by placing a limit on the number of saloons. For years bills have been introduced regularly into the Senate, passed and sent down to the Chamber of Deputies. But in the latter body he vested interests have always been able to muster a majority, which has promptly shelved the measure, with the result that saloons have increased at an alarming rate.

At the present time there is no effective way of limiting the number of saloons. According to the most reliable figures there are now about 480,000 such places in France. This works out as one for every 82 inhabitants, equivalent to one for every 25 adults. In Germany there is only one public house for every 246 inhabitants, one for every 360 in the United States, one for every 430 in England, while in Norway 9,000 people on an average have to depend upon every saloon. In Paris alone there are 33,000 establishments where spirits are sold for consumption on the premises, or one for every 34 yards. In the department of Seine Inférieure there is one saloon for every 20 adults, and in the Eure one for every three or four.

The present bill, which hasn't much chance of passing the Chamber, opposed as it is by Deputy Berry, who successfully led the opposition to last year's measure, provides that henceforth the number of saloons shall be limited to one for every 200 inhabitants. No fresh licenses are to be issued until the number of saloons falls to this average. Existing interests are not to be disturbed, but are to become extinct upon the death of the holders.

PEARLS OF TRUTH.

A friend is a person with whom I may be sincere; before him I may think aloud.—Emerson

Friendship closes its eyes rather than see the moon eclipse; while malice denies that it is ever at the full.—Hare

Dream not that any of you will ever obtain Eternal Life unless you have already received it in this life.—Spurgeon

As far as I know the women are as intelligent as the men, and, if given votes, the women could not make a bigger mess of it than the men have done.—Mr. W. Thorne

If a man does not keep pace with his companions perhaps it is because he hears a different drummer. Let him march to the music which he hears, however measured or far away.—Thoreau

Pointed Paragraphs.

It's easier to boast than make good. People who drift with the tide make a poor landing.

One idea of a free thinker is a man who isn't married.

Encourage kindness—even if you have to practice on yourself.

When poverty comes in at the window it is getaway day for love.

Don't expect the world to laugh with you if you are laughing at the world.

If the front parlor is clean a girl is apt to think the whole house is all right.

A married man always says he is glad of it—but he seldom attempts to prove it.

If men had the gift of second sight there would be fewer cases of love at first.

On their wedding day a man will readily agree to gratify his wife's smallest wish. Besides, the smaller the wish the easier it is to gratify.

SAFE AND SURE FOR LITTLE ONES

Baby's Own Tablets are a safe and sure medicine for little ones. They never fail to regulate the bowels, sweeten the stomach and cure all the minor ills of babyhood. Concerning them Mrs. Duncan Joy, Vancouver, B.C., writes: "I always keep Baby's Own Tablets in the house and give them to my little one whenever needed, as I think them the safest and surest remedy a mother can give her children." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brookville, Ont.

FAMILIAR PHRASES.

Terms of Speech the Meaning of
Which Has Passed.

"He's a brick," is an everyday expression, but it is not generally known that it was coined by Lycurgus, the great Spartan lawgiver, 2,800 years ago. When Lycurgus was asked if it would not be advisable to build a brick wall around Sparta, he replied that the city already had a wall of men and every man was a brick.

How many collectors know the origin of the word "dun"? Early in the 19th century an English constable, John Dun, became celebrated as a first-class collector of bad debts. Subsequently a persistent following up of debtors became known as "dunning."

"Take him down a peg" is a familiar expression which dates back to the day of the great Saxon primate, St. Dunstan. To put a stop to hard drinking and brawling, he made a law regulating a man's drinks by means of pegs in the ale tankards. The peg being adjustable, it was so placed as to regulate the size of the drink. When a man began to get too lively or pugnacious, the peg was lowered in his mug. From this grew the expression "taking him down a peg." Everybody has heard or used the familiar expression: "Tell that to the marines," but how many know it was first popularized by Lord Byron? In his poem, "The Island," the following lines appear:

But whatsoever betide, ah, Neuha!
now
Unman me not; the hour will not
allow—
A tear: I'm thine whatever inter-
venes,
"Right," quoth Red, "that will do for
the marines."

FRIENDLY TIP.

Restored Hope and Confidence.

After several years of indigestion and its attendant evil influence on the mind, it is not very surprising that one finally loses faith in things generally.

An Eastern woman writes an interesting letter. She says:

"Three years ago I suffered from an attack of peritonitis which left me in a most miserable condition. For over two years I suffered from nervousness, weak heart, shortness of breath, could not sleep, etc.

"My appetite was ravenous but I felt starved all the time. I had plenty of food but it did not seem to help. I got discouraged, stopped medicine and did not care much whether I lived or died.

"One day a friend asked me why I didn't try Grape-Nuts food, stop drinking coffee and use Postum. I had lost faith in everything, but to please my friend I began to use both, and soon became very fond of them.

"It wasn't very long before I got some strength, felt a decided change in my system, hope sprang up in my heart and slowly but surely I got better. I could sleep very well, the constant craving for food ceased and I have better health now than before the attack of peritonitis.

"My husband and I are still using Grape-Nuts and Postum."

Name given by Canadian Postum Co., Windsor, Ont. Read, "The Road to Wellville," in pkgs.

"There's a Reason."
Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.



ALLOW ME TO PRESENT
MY BEST FRIEND
ROYAL
YEAST
CAKES

IN BUYING
YEAST CAKES
BE CAREFUL TO
SPECIFY
ROYAL
YEAST
CAKES
DECLINE SUBSTITUTES.

E. W. GILLET CO. LTD.
TORONTO.
WINNIPEG. MONTREAL.

How to Keep Young.

Speaking from a text of interest to all women—"How to keep young"—a lady writer on matters of feminine interest said:—"Given a woman of ordinary healthy habits who is not over-worked, the first thing to be considered is her sleep. She should take at least eight hours' rest. Women may accustom themselves to less, but it means a loss of vital force in the long run. Many women take an early morning cup of tea—a pernicious habit. In fact, the less tea or coffee a woman takes the better for her health and good looks. Comfort in dress is another important point. Tight clothing—whether in gloves, boots or corsets—should be avoided. Any annoyance or discomfort in a woman's clothing soon makes its impression on the countenance, and means a tax on the nerves as well. As to her daily fare, it need not be luxurious, but it can be wholesome and sufficient. But ample rest is the chief thing, for it is that which conserves the vital forces."

Wanted.

Wanted.—Twelve well-educated, conscientious young women as pupil nurses in City Hospital, Cleveland, to fill vacancies caused by graduation. Unusual variety of experience. New Nurses' Home soon to be completed. Finest contagious disease building in the State. Children's Ward and Maternity Department. Two months' Visiting Nurses' work. Monthly allowance from time of acceptance. Address Miss Frederika K. Gaiser, Principal.

Why He Wouldn't Contribute.

"Then you won't contribute to support the Plunkville band?"
"No."
"I thought you were a lover of good music."
"I am."

Scared.

"John, I was just reading that the price of a full grown ostrich is \$125."
"Help! Are they using them to trim hats with now?"

Oh, Yes, to be Sure.

"That woman can do anything with figures," remarked the Boob.
"What is she, a bookkeeper," asked the Cheerful Idiot.
"Now," replied the Boob.
"She's a dressmaker."

Turning over a new leaf is often just the same old leaf, with just another turn.

"Do you find people generally pretty civil?" asked a life insurance agent of a debt collector. "Oh, yes, indeed," answered the latter; "they nearly always ask me to call again."

Safe and Sound! New Issue!

5% BONDS @ 85 and Interest,
or, \$850 and Interest per
\$1,000 Bond.

Municipality of Esquimalt, B.C.
(Adjoining Victoria)
British Naval Base on the Pacific.

Write or Wire
**EASTERN SECURITIES CO.
LIMITED**
157 St. James St., MONTREAL, P.Q.

White Vaseline is the purest and best ointment for all family uses. Keeps skin soft and smooth.

Sore throat, cold in chest, toothache, etc., is quickly relieved by Capsicum Vaseline. Apply externally.

On scratches or sores apply Carbolic Vaseline. The simplest, safest antiseptic dressing you can find.

Nothing like Camphor Ice for chapped hands, cracked lips, etc. Just what the outdoor man or girl needs.

Ever suffer from nervous headaches? Rub in Mentholated Vaseline! The relief is magical.

Borated Vaseline—soothing and antiseptic—especially good for nasal catarrh!

Our "Vaseline" booklet is full of interesting "home hints" and practical information. Free, post-paid. Write to-day.

Druggists everywhere sell "Vaseline," made only by the

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(Consolidated)
1860 Chabot Avenue, Montreal



BLACK KNIGHT
STOVE POLISH

A HOUSEWIFE IS JUDGED BY HER KITCHEN.
FOR A BRIGHT STOVE AND A BRIGHT REPUTATION, USE BLACK KNIGHT.

A PASTE
NO WASTE

THE F. F. DALLEY & CO. LTD. | NO DUST
HAMILTON, ONT. | NO RUST