

## DR. WILLIAMS' PINK PILLS MAKE WOMEN WELL

Just because she is a woman, there are times when every woman needs help and strength in the form of a blood-building tonic.

To thousands of girls and women Dr. Williams' Pink Pills have proved a blessing, because they enrich the blood, give strength and restore tone to the aching nerves. The anaemic girl who is languid and pale, the wife whose back feels like breaking; the matron whose health fails as she reaches middle age—for all such sufferers Dr. Williams' Pink Pills are invaluable because ill health in woman is usually caused by poor blood or insufficient blood. These pills have cured thousands of others, why not you? Mrs. D. Morine, Wallbrook, N.S., says:—"It is impossible for me to say too much in praise of Dr. Williams' Pink Pills. I have been a great sufferer from those troubles that make the life of so many women an almost constant misery. Pains in the back and side racked and tortured me. My nerves seemed to give out, and at times I could do no house work, and only women who have similarly suffered know what I endured. I tried medicine after medicine without any benefit, and was finally persuaded to try Dr. Williams' Pink Pills. Soon after starting the pills I found an improvement, and as I continued their use my health and strength returned, and I now feel as well as ever I did in my life, and I am relating my experience merely in the hope that it may lead some other suffering woman to renewed health. I may add that my mother suffered from rheumatism so badly that she had to use a crutch, and Dr. Williams' Pink Pills completely restored her to her usual good health.

Always get the genuine pills with the full name "Dr. Williams' Pink Pills for Pale People," on the wrapper around each box. If your dealer does not keep them, the pills will be sent post paid at 50 cents a box or six boxes for \$2.50, by writing The Dr. Williams' Medicine Co., Brockville, Ont.

### Through the Sand-Glass.

Undoubtedly the ancient sand-glass, apart from marking the course of time, has served many other purposes. The purpose for which it is most utilized to-day is to time the boiling of eggs. A big surgeon, however, has discovered a far more vital use for the article. It was found that some of the younger surgeons of the hospital at which he operated were a trifle lax in the matter of thoroughly cleansing their hands before operations. The regulations prescribe four processes of five minutes each, but rarely was this rule strictly adhered to, the excuse being that it was difficult to estimate the time. The great surgeon settled the matter by installing a sand-glass over each wash-basin. For five minutes the surgeon now washes his hands with soap and hot water, and then cleanses his nails. The sand-glass is turned, and another washing with soap and hot water follows. Another turn, whilst the hands are washed in alcohol; and, for the last five minutes the hands go through another sterilization. Over all the sand-glass stands as arbiter.

When an active mind is deprived of play and exercise the tedium of living soon becomes insupportable; no bodily pleasure makes up for the lack of mental stimulus.

## The World in Review

### The Ice Harvest.

It is with good reason that we point to our harvests as the basis of our prosperity. But there are harvests of winter as well as of summer. According to our present standards of living, ice is hardly less a necessity than wheat or potatoes. It is essential to health and comfort. Without its conserving influence there would be enormous waste and probable shortage in the various provision staples upon which we depend.

This season ice is a bumper crop. All over the North it has formed in excellent quality and almost limitless quantity. Moreover, the conditions have been unusually favorable for harvesting. There can be no excuse for a short supply or for high prices. The average thickness is from ten to fourteen inches and it has formed in a way to make it clear and solid. The snow is but a slight obstruction to gathering and in many sections there was no snow to secure a yield before the snow came. Ice is an important factor in the year's well-doing and well-being and we may felicitate ourselves upon being unusually well provided for.

### Another Grain of Wheat.

We are told that away back in the antiquity of Egypt, which first raised wheat, a stalk grew only two grains and these were as small as hayseed. But since those days the heads and the grains have been getting much larger. This is largely due to care and culture. One more grain to the head of wheat would add much to the resource and glory of the country. And it can be done and will some day when money and business lose their thrones in the hearts of men and peace and plenty take their places. The source is in the ground awaiting the magic touch by which every man, woman and child in the country will have a half-bushel more wheat than they now get.

### The Panama Canal Tolls.

President Wilson and the Senate foreign relations committee of the United States appear to have been discussing the question of the Panama tolls. It is asserted that President Wilson is in favor of the British contention that to exempt United States coastwise traffic will discriminate against foreign vessels, British or others, and thus will be a direct violation of the Hay-Pauncefote treaty, which expressly states that "the canal shall be free and open to the vessels of commerce and of war of all nations on terms of entire equality so that there shall be no discrimination against any such nation or its citizens or subjects in respect of the conditions or charges of commerce." Over this clause a good deal of feeling has been aroused by those in the United States who are anxious to twist the lion's tail, as the pastime is popularly called, on every possible occasion. It was argued, and the argument was backed up in high places, that the clause did not include the United States in the meaning of "all nations."

It was said that the object of the clause was really to exempt the United States from its operation and that the words "except the United States" should have been inserted after "all nations." Sir Edward Grey, on behalf of Great Britain, acting for the other side, protested and there was a hot discussion in the Senate. Sir Edward Grey later suggested arbitration, but this was also refused as the canal tolls were said to be a domestic concern of the United States, and that where arbitration would infringe the sovereign rights of the people.

It was obvious from the first that Sir Edward Grey would await the inauguration of President Wilson before the matter any further. As soon as the new president would find it convenient to take the matter up again Sir Edward was ready. Apparently President Wilson is now ready. There is a hurry, but at the same time it might be well to get the matter out of the way. It is almost certain that President Wilson will take the attitude adopted by Senator Root on the question, and "refuse to sacrifice the honor and good name of the United States" for the sake of its coastwise shipping.

### Banishment of Rebels.

The penalty of banishment for rebellion is old, yet as imposed by the South African government it is surprisingly new. Granting that the Johannesburg labor leaders did rebel, that their movement was really a revolutionary one, and that by means of violence they endeavored to hoist the red flag above the flag of the Union, their expulsion from the country by the simple executive order of representatives of a democracy is a novelty that seems somehow to embody conflicting principles of administration. In our own country there have been instances of the deportation of "undesirable citizens" from towns which they had disturbed, but large and more complex questions are raised when the rulers of one of Great Britain's overseas commonwealths lay hold of British disturbers of the peace and send them back to the mother country.

It may be said that their continued presence in South Africa would not only have endangered its peace and hindered its prosperity, but might have imperilled the lives of the whole white population. No wrong example could be set before the natives than the taking up of arms against the forces whose duty is the preservation of order. Gen. Botha and his colleagues were bound to crush a party that resorted to rifles, barricades and dynamite, with the stoppage of railroad transport and every industry, for the enforcement of its will. And they did the work with a swiftness and thoroughness that commanded approbation. But the strong hand seems to be too strongly exercised in throwing the offenders into exile without their conviction by any legal tribunal. This creates a fresh South African difficulty for the British government, which cannot approve any interference in advance with the action of a self-governing dominion.

### The Hog as a Mortgage Payer.

Mr. Samuel W. Allerton, in a book entitled "The Hog: The Mortgage Payer," lays great stress upon the importance of increasing the output of pork, especially in view of the existing shortage of meat products. He points out that the profit in hogs is great, and "their presence on the farm makes for the benefit of all crops by supplying a natural fertilizer. He says the only serious obstacle to success is in their choice, and this may be avoided by proper feeding. He recommends ground barley as a food, and as this grain can be grown in this Province to perfection, the recommendation is of special interest.

### Taking the Woman's Arm.

And now another great question confronts us:—Is it correct to take a woman's arm when walking with her? This question has been made acute by Kaiser William, who has issued an edict that officers of the German army must not take the arm of a woman companion, not even if she is his wife. This is a simple rule. And a noted authority on these matters is quoted as saying, "Only a boor would take a lady's arm except to hand her to a carriage if her hands were engaged with her gown, or in the event of danger or illness." This doctrine is generally repudiated in society these days. It ought not to be, because it encourages dignity and respect. There is a certain distance between the sexes that should never be forgotten and when it is the natural courtesy between the man and woman easily disappears. It is hard to say it, yet the slight familiarity is a step toward making the woman seem more common than she ought to seem.

## "Nerviline" Cures Cramps Ends Misery Instantly.

### NO REMEDY SO SPEEDY OR EFFICIENT.

A real cramp cure? Yes, a real one—in a twinkling the cramp is a dead one, and the last squirm is over, once you get a stiff dose of Nerviline on the inside.

This isn't mere talk—it's a solid, truthful fact. No other remedy—not a single one—will cure cramps so quickly and harmlessly as Nerviline. It hits the spot in a jiffy and saves a heap of misery.

"Last Saturday night my stomach felt like an infernal machine," writes T. P. Granger from Hartford. "I was awakened from a sound sleep and found myself suffering the worst kind of torture. I was so doubled up I could hardly cross my room. I had used Nerviline before for the same thing and took a real good dose. Once I felt the warm, soothing sensation of Nerviline in my stomach I knew I was all right. It finished the cramps—just one single dose."

Sickness at night is rendered a nightmare of the past if Nerviline is handy. It may be earache, toothache or cramps. Nerviline in every case will cure at once and save calling the doctor. Nerviline is a family physician in itself. The large 50c. family size bottle, of course, is most economical. Small trial size costs a quarter. All dealers sell Nerviline.

## EXPLAINING THE TELEGRAPH

### Great Excitement in a Small Village in Bosnia.

As a general rule, the telegraph no longer arouses the wonder and awe that it did in our grandfathers. In remote countries, however, there are still people who have never heard of it, or who are unable to understand it. Das Echo tells of the perplexity that the telegraph caused in a small village of Bosnia.

The government had installed a telegraph line from Prijedor to Bihatsch.

"What is the meaning of this wire?" asked the astonished inhabitants of a village through which the line happened to pass.

"It is a telegraph," said the headman of the village, who had been in consultation with the officials. "One can send a message along this wire, straight from here to Stamboul."

"The villagers were incredulous. 'That is impossible. How can a message run along a wire?'"

The headman thought awhile; then he hit upon the proper explanation. "Imagine," he said, "a dog that is terribly long, and whose tail is stretched like the wire on these poles; imagine that his tail is so long that he reaches from here to Stamboul. Now, suppose we pinched his tail here. Wouldn't he howl in Stamboul?"

The villagers understood.

## THE WAY OUT

### From Weakness to Power by Food Route.

Getting the right start for the day's work often means the difference between doing things in wholesome comfort, or dragging along half dead all day.

There's more in the use of proper food than many people ever dream of—more's the pity.

"Three years ago I began working in a general store," writes a man, "and between frequent deliveries and more frequent customers, I was kept on my feet from morning till night."

"Indigestion had troubled me for some time, and in fact my slight breakfast was taken more from habit than appetite. At first this insufficient diet was not noticed much, but at work it made me weak and hungry long before noon.

"Yet a breakfast of rolls, fried foods and coffee meant headache, nausea and kindred discomforts. Either way I was losing weight and strength, when one day a friend suggested that I try a 'Grape-Nuts' breakfast."

"So I began with some stewed fruit, Grape-Nuts and cream, a soft boiled egg, toast, and a cup of Postum. By noon I was hungry, but with a healthy, normal appetite. The weak, languid feeling was not there.

"My head was clearer, nerves steadier, than for months. To-day my stomach is strong, my appetite normal, my bodily power splendid, and head always clear."

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.

## Useful Hints.

Buttermilk will insure much softer and lighter hot rolls than plain milk.

If a glass jar refuses to open, set it top down in an inch or two of hot water.

When bacon is good and sweet, the lean is firm and bright, and the fat quite white.

If potatoes are being cooked for salad, boil them with the skins on. They will be less soggy.

Sandwiches made of chopped sweet peppers are delicious for the school lunch basket.

If you want to keep fruit cake moist for a long time, put a piece of bread in the tin box with it.

When making sauce, remember that one ounce of butter and half an ounce of flour will thicken one cup of liquid.

To keep celery crisp for several days, first clean it, then wrap it in a soft cloth and lay it on the ice in the ice box.

Children's patent leather shoes will not break and scar so badly if after wearing they are wiped with vaseline.

Carbonate of soda will remove the most obstinate of mud stains. Rub off with a cloth or flannel dipped in the soda, then press well on the wrong side of the material with a warm iron.

After washing a China silk dress do not hang it out to dry, but roll it up in a towel for half an hour; then iron on the wrong side.

To test linen, moisten the goods with the tip of the tongue. If it is linen, the wet spot will immediately show through the other side.

Keep the medicine closet in apple-pie order, then if you happen to want anything in great haste, you can find it without delay.

To prevent old potatoes from discoloring, put one or two table-spoonfuls of sweet milk into the water in which they are boiled.

## BABY'S OWN TABLETS ARE SAFE AND SURE

Mothers wanting a safe and sure remedy for their little ones can depend upon Baby's Own Tablets. They are absolutely guaranteed by a government analyst to contain neither opiates, narcotics or other injurious drugs. Concerning them Mrs. G. L. Bonham, St. George, Ont., says:—"I can recommend Baby's Own Tablets as a safe and sure medicine for little ones. I have raised four babies with their aid and would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**GILLETT'S PERFUMED LYE**

**CLEANS AND DISINFECTS**

THE CLEANLINESS OF SINKS, CLOSETS, BATHS, DRAINS, ETC. IS OF VITAL IMPORTANCE TO HEALTH.

**GILLETT'S LYE**

EW GILLETT COMPANY LIMITED  
TORONTO, ONT., CANADA

No Talk Lost.  
"So Kate and Alice are not on speaking terms."  
"No; but they more than make up for it by what they say about each other."

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.

A young couple doesn't consider three a crowd—after the honeymoon.

Smell it! The moment you do, you will want it

Bring to your toilet the fragrance of English violets

You will never know how delightful the bathing of your face and hands can be until you bring to it the delicate fragrance of Jergens Violet Glycerine Soap.

Here is the real odor of violets, caught in a soap the color of fresh, violet leaves—a beautiful, translucent green.

Any water, anywhere, releases its delicate perfume

# Jergens VIOLET Glycerine Soap

Hard water or soft—Jergens Violet Glycerine Soap lathers as freely in one as in the other. Its sweet, elusive perfume is left clinging to your face, hands and hair, and the glycerine in it makes your skin soft, smooth and white.

Go to your druggist and get a cake. Many soaps have been made to imitate it—be sure, therefore, that you see the name Jergens on the wrapper and on the cake itself.

Send for a sample cake today. If your dealer hasn't it, send a 2c stamp for a generous trial size cake to the Andrew Jergens Co., Ltd., 6 Sherbrooke Street, Perth, Ontario.

For sale by all Canadian druggists from coast to coast, including Newfoundland  
10c a cake—three for 25c. Get a quarter's worth.

## PRIVATE OFFICE

Some to Lunch Back in Ten minutes

Cramming down ill-chosen food, and rushing back to work, leads straight to dyspepsia, with all it means in misery.

Proper habits of eating, with a Na-Dru-Co Dyspepsia Tablet after each meal, restore good digestion, health and happiness.

A box of Na-Dru-Co Dyspepsia Tablets costs but 50c. at your Druggist's. National Drug and Chemical Co. of Canada, Limited.