

## THIN-BLOODED MEN AND WOMEN

Need the Rich, Red Blood Dr. Williams' Pink Pills Actually Make

Thin-blooded people do not remain so from choice, but from indifference; in some cases from despair. People who are pale, languid, with palpitation of the heart, some difficulty in breathing and a tendency to be easily tired are suffering from thin blood. They need only the resolution to take the right treatment and stick to it until cured. The remedy that can be relied upon is Dr. Williams' Pink Pills for Pale People. With every dose they make new blood, and new blood means health and strength. The red cheeks, good appetite, increasing weight and strength that follow the use of these Pills prove their great value to thin-blooded people. Here is an example: Mrs. R. Steele, Afton Road, P.E.I., says: "Following childbirth I took a pain in my head which grew so bad I had to call in a doctor. He told me that my blood had turned to water and that I was in a serious condition. He treated me four months, but still the pain remained, and my condition was growing pitiable. I lost my appetite, and was so weak and run down that I could no more than walk across a room. I was as pale as a corpse, and the doctor told my friends he had but little hopes of my getting better. A cousin who came to see me urged me to try Dr. Williams' Pink Pills, and I sent and got a supply. In about a month after beginning their use I had much relief, and by the time I had taken six more boxes I was fully cured and felt as well as ever I did in my life. I have never had a twinge of the pain since, and feel that I owe my life to Dr. Williams' Pink Pills, as they cured me after the doctor had failed."

Sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

### CANADA AND SCOTLAND.

This Country Is Most Akin to Land of the Heather.

At a lecture on Canada given in Penicuk recently by the Rev. W. Baird, of Edinburgh, the chairman, Mr. W. Lindsay, F.R.S.G.S., introducing the lecturer, said that Canada was near and very dear to all Scots, for out of the many colonies of the Empire it stood foremost and most akin to us. Why? Because though first discovered by a Genoese trader from Bristol, and afterwards successfully settled by the Norman-French, it was not until that outstanding Scotsman—rather Franco-Scot—John Law, an Edinburgh goldsmith, who found it convenient to transfer his interests to Paris, where he founded a famous bank—turned his attention to colonizing Canada with Scots, that thus

begin the westward trend of our race. Then followed the rush of Scots exiles after the Jacobite Rebellion in 1715, and anew began the interest of the Scots in the St. Lawrence. This exodus was followed later, and especially after 1745, by many Scots to seek fresh fortunes in the West. Previous to this, however, and in the reign of James VI. and I. of England, Sir William Alexander secured a charter to found Nova Scotia, or New Scotland—the territory to be an appanage of the Kingdom of Scotland, and to be erected into two chief districts, viz.:—(1) Caledonia (now Nova Scotia) and (2) Alexandria (now New Brunswick). To further make it homelike for the Scot some of the rivers were renamed, Tweed, Clyde, Forth, etc., but to still further popularize the movement a new order of baronets of Nova Scotia was instituted.

"Then commenced a great movement of Scots to the new Acadia, and from time to time they were followed by other bands of determined Scots, until about the years 1783-4-5, when the clearance of the Highland glens took place, and the Scots surged across the Atlantic to form the well-known settlement of Glengarry, Ontario. Thereafter ship after ship brought its contingent of clansmen from old Scotland's shores. The names of the clans were:—MacDonald, MacDonell, MacMillan, MacDougall, MacRae, MacLeod, Grant, Cameron, MacGillis, Kennedy, MacLennan, Campbell, MacIntosh, MacGillivray, MacKinnon, MacPherson, Fraser, MacPhee, MacIntyre, Ross, Chisholm, MacGregor, Ferguson, MacLaren, MacKenzie, Morrison, MacCormick, MacMartin, MacKay, MacArthur, MacLachlan, Cattanach. In 1852 they numbered 9,965 souls in Glengarry, Ontario. Thus did the Scots win the East, but no less had they since won the West, and at the present time over a million Scots were located in and over the Great Dominion of Canada, and it may be taken for granted as a surety that very few homes in Scotland at the present time but had some relationship with Scots o'er the water."

The lecturer went on to describe the Dominion, and its great possibilities for development and settlement. The present financial crisis experienced all over the Dominion was, he said, already being relieved by the goodly harvest of grain crops, and the money thus brought into the farmer's coffers would naturally benefit the community generally.

### BABY'S OWN TABLETS CURE SICKLY BABIES

If your baby is sickly, if his little stomach is out of order or his bowels need regulating, no other medicine will have such prompt or beneficial effect as Baby's Own Tablets. Thousands of other mothers use no other medicine for their little ones. Concerning them Mrs. John G. Crockett, Glenberrie, N.S., writes: "I have used Baby's Own Tablets for stomach troubles, vomiting and constipation, and in every instance they have proved successful. I would use no other medicine for my little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Improve the Cattle.

The best way for the dairy man to improve his herd is to replace his common cows with their daughters by pure bred sires from advanced registered dams.

The high prices for some of the best dairy animals need not discourage dairymen from improving their herds by the introduction of good blood, for the obstacles can be overcome by the neighborhood co-operation in buying new sires.

In all localities where dairying is a well established industry there is no reason why the best bred dairy bulls should not be available to the small dairyman. What would be a big price for one man to pay for a registered sire could be made a very small investment by joint purchasing.

### GRAINS OF GOLD.

The cynic is one who never sees a good quality in a man, and never fails to see a bad one.—Ward Beecher.

There never was a time when it was more difficult than at present to believe that the powers that be are ordained of God.—Canon Cogswell.

Do not be answerable to tomorrow. Do not weaken and distract yourself by looking forward to things you cannot see and would not understand if you saw them.—Kingsley.

### What Is a Sea Mile?

What is a sea mile is a question that is often asked. The distance varies in different parts of the globe. At the Equator, for instance, a knot would be 6,045.93 feet; at the Poles it would be 6,107.76 feet, and in the latitude of the ocean route from Europe to New York about 6,050 feet. Nautical surveyors take into account these small differences, and the measured nautical mile for speed trials on the Clyde, where the Lusitania was built, is longer than the nautical mile used for the same purposes more southerly. The British Admiralty knot is 6,030 feet, and the recognized knot of the United States Navy 6,030.27 feet. A knot in very general use measures 1,000 fathoms, and a fathom being 6 feet, this knot would be 6,000 feet.

### You May Have Catarrh And Not Know it

HEAD AND THROAT BECOME DISEASED WITH CATARRH FROM NEGLECTING COLDS AND COUGHS.

Catarrh is Treacherous—When Fully Developed is a Horror—Note its Symptoms.

"Is your breath bad?"  
"Is your throat sore?"  
"Do you cough at night?"  
"Is your voice raspy?"  
"Have you nasal discharge?"  
"Do you spit up phlegm?"  
"Has your nose an itchy feeling?"  
"Have you pain across the eyes?"  
"Is your throat irritable, weak?"  
"Do you sleep with mouth open?"  
"Are you subject to sneezing fits?"  
"Do your ears roar and buzz?"  
"Are you hard of hearing?"  
If you have any of these indications of Catarrh, cure the trouble now—stop it before it gets into the lungs or bronchial tubes—then it may be too late. The remedy is "Catarrhazone," a direct breathable cure that places antiseptic balsams and healing medication on every spot that's tainted by catarrhal germs.

There can be no failure with Catarrhazone—for years it has successfully cured cases that resisted other remedies. "No one can know better than I, the enormous benefit one gets from the very first day's use of Catarrhazone," writes T. H. Hopkins, of Westvale, P.Q. "I had for years a stubborn case of Bronchial Catarrh, ear noises, headache, sore eyes, stopped-up nose and throat. It affected my appetite and made my breath rank. Catarrhazone cured quickly."

Get Catarrhazone, use it, and you are sure of cure—beware of imitations and substitutes. Large size Catarrhazone, with hard rubber inhaler, lasts two months, and is guaranteed. Price \$1.00, at all dealers, or the Catarrhazone Co., Buffalo, N.Y., and Kingston, Ont.

### Never Smiled Again.

The clergyman, visiting a hospital, stopped at the bedside of a pale young man swathed in bandages.

"Cheer up, young man," he said unctuously; "keep smiling—it's the best medicine."

"I'll never smile again," replied the young man.

"Nonsense. Yes, you will!"

"No," sadly continued the battered one, "no nonsense about it. I'll never smile again—at least not at another fellow's girl!"

### Obvious.

Miss Caustic: "Your friend, Smythe, brags that he is a self-made man. You never hear a self-made woman boasting about it."

Mr. Critic: "No. They like every one to think it's natural."

When poverty comes in at the door love makes a noise like a flying machine.



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For Chapped Hands and Lips

Vaseline

Camphor Ice

Soothes and heals cracked skin. Keeps it smooth, firm and healthy.

Insist on VASELINE Camphor Ice, in tubes and boxes. 15c. Drug and Department stores everywhere.

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We unhesitatingly recommend Magic Baking Powder as being the best, purest and most healthful baking powder that it is possible to produce. CONTAINS NO ALUM. All ingredients are plainly printed on the label.

**MAGIC BAKING POWDER**

EW. GILLET CO. LTD. TORONTO, ONT. WINNIPEG-MONTREAL

### Comment on Events

#### The Age Limit in Polar Exploration.

One line of work has lately been discovered in which a young man, even if he has not had the luck to get into lock-step at an early age, still has his opportunities. This work is that of polar exploration. "The younger the better" rule has been tried and found wanting. The age of 25 or so, once highly favored, has now become the minimum. From 25 to 40—such are the limits set by Sir Ernest Shackleton for the personnel of his forthcoming expedition to the antarctic.

The younger the age the greater the power of endurance. But polar exploration requires much more than endurance. It demands seasoned judgment. In a polar expedition there is little margin left for mistakes. The ill-considered action of one man may imperil the lives of all. What the man of 35, say, has lost in spring and verve he more than makes up in experience, and that, and staying power, Shackleton himself was 35 when he accomplished his great march. Scott was 33 when he set out for the antarctic and 44 when he died.

There is a similar contraction at the other end of the scale. The man of middle age must also stand aside. Here the rule applies as early as his seat, and was in this field, the effects of a slightly diminished vitality begin to tell. Those outside both these limits may congratulate themselves that few men are required for work at the poles and that, before many years pass, none at all will be needed. They might even go so far as to view the fact that standards tend to establish them—as to hope that such narrow bounds may not continue to exert an influence after the particular line of endeavor calling them into being shall be a thing of the past.

#### Race and Color Distinction.

A gentleman of color who had sent a messenger to purchase a ticket in the orchestra seats of a Calgary theatre, on appearing at that theatre in person was refused admission to his seat, and was informed that he must have his ticket exchanged for a seat in the balcony. Being a British subject and a citizen of Calgary, he resented the insult and sought legal advice as to his rights in the matter, the sequel being that a writ for damages has been entered in the courts. This is a free country, and whether a man be black or white, a British subject or an alien, no one has the right to draw the color or any other line to subject him either in indignity or inconvenience.

#### Gambling on Ocean Liners.

The latest eastward trip of one of the big Atlantic liners was notable for the scale on which gambling was conducted—unusually large profits for the fleecers and unusually shrill squeals from the floored. Everybody knew that a gang of gamblers was aboard, but nobody, seemingly, could tell them the go-by. The smoke lay rolled in the smoking-room and the dazed rabbits came up to be swallowed.

There was formed the customary pool on the day's run. The ship was to leave for repairs and somebody knew it in advance, our old friend, "inside information." The "deep sea fisherman" brought the low end of the pool and made heavy side bets in addition. The winnings, commonly a few hundred dollars, rose to five thousand.

Is an Atlantic trip, despite all recent ameliorations through wireless, daily newspapers and facilities of every kind for entertainment, still so drear a thing that men must piece out their few days by gambling? Is the average passenger still so self-confident and simple-minded as to suppose that he can hold his own against the seasoned professional? Or is the list of sea travel which every new tourist thinks he must indulge in if the savor of his first trip is to be complete? Be all this as it may, warnings have been many, the ship authorities have sometimes shown themselves reluctant to act, and the cautious frequenter of the smoking-room will do well to keep his spare change out of pools and games of chance. He can use it in tips after landing.

#### Should be Printed in School Text Books.

It is mortifying to the newspapers that in spite of all the publicity given, the man who built the boat, and the boy who didn't know it was loaded, and the woman who hides her money in the cook stove or under the parlor grate, keep on doing it. We are surprised that none of the innumerable critics of the public schools arrange our system of education because it doesn't teach that these things must not be done. Neither education nor the press accomplishes the task of the fool killer.

#### Labor Troubles in New Zealand.

For years it has been maintained that New Zealand was a veritable paradise on earth, so far as the relations of labor and capital were concerned. Arbitration was established by law, and it was held that by the operation of these laws all occasion for disputes between employers and employed were eliminated. Strikes were classed as among the impossibilities of life. But the facts of the situation in New Zealand are vastly different. Strikes have been general for several months and have been accompanied by violent rioting. So serious is the situation that at latest accounts farmers were arming themselves and joining the authorities to preserve property and to restore order.

And now it appears that the great trouble in New Zealand is that the laws are not effective and do not apply equally to both sides. According to the testimony of those who have been on the ground, the laws for insuring arbitration between employers and employed do not apply to the organizations of the latter unless they formally agree, in advance, to accept them. Thus, in the absence of informal acceptance, they became useless.

It is evident that much will have to be learned before the relations between employers and employed may be made mutually satisfactory and easily and effectively applicable to the adjustment of

all differences through statute laws. It was long argued that the problem had been solved in New Zealand. Now it is an open question there, as elsewhere.

#### Hints for the Home.

If a pan in which milk is cooked is rinsed out in cold water the milk will not be so apt to stick.

Blankets, after being washed and dried thoroughly, should be well beaten with a carpet beater.

Cut glass will be clear and sparkling if a little bluing is added to the soapsuds in which it is washed.

If you burn the food in a new white enamel dish, put into the dish a tablespoonful of sal soda, fill with water and boil.

If new enameled saucepans are placed in a pan of warm water, allowed to come to a boil, and then cooled, they will be found to last much longer before either cracking or burning.

Paint splattered window glass can be cleaned by melting soda in very hot water and washing the glass with it.

Lacquered brass can be cleaned by washing it in hot water, and a little soap may be added if necessary.

Do not allow the hearth of the range to be blackened, as it will soil your aprons or dresses. Wring a household out of warm water and wipe the hearth clean every morning. Blacking it will not be necessary.

A good way to strengthen the worn places in undergarments is to stitch them with the sewing machine back and forth in parallel lines, and then turn the goods and run stitches at right angles to those already taken.

If turpentine is put on a burn immediately, it will stop the burning and there will be no pain. Saturate a piece of bandage with turpentine, then wrap the burn carefully and saturate again and again, keeping the bandage wet for some time.

A good scouring for boards and tables is this: Work into a paste half a pound of sand, half a pound of soft soap and a quarter of a pound of lime. Put it on the scrubbing brush instead of soap, then wash the wood with plenty of clean water.

### AFRAID TO EAT

Girl Starving on Poorly Selected Food.

"Several years ago I was actually starving," writes a girl, "yet dared not eat for fear of the consequences."

"I had suffered indigestion from overwork, irregular meals and improper food, until at last my stomach became so weak I could eat scarcely any food without great distress."

"Many kinds of food were tried, all with the same discouraging effects. I steadily lost health and strength until I was but a wreck of my former self."

"Having heard of Grape-Nuts and its great merits, I purchased a package, but with little hope that it would help me—I was so discouraged."

"I found it not only appetizing but that I could eat it as I liked and that it satisfied the craving for food without causing distress, and if I may use the expression, 'it filled the bill.'"

"For months Grape-Nuts was my principal article of diet. I felt from the very first that I had found the right way to health and happiness, and my anticipations were fully realized."

"With its continued use I regained my usual health and strength. To-day I am, yet Grape-Nuts food forms a part of my bill of fare."

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.

Smell violets—then smell this soap.

The most appealing of all perfumes

Just smell this soap. We've caught in it the real odor of violets. It imparts to your skin an exquisitely fresh fragrance. It diffuses from your hands and hair a wonderfully lasting perfume.

Ask your druggist for this soap. If he hasn't it, send us a 2c stamp for sample cake. Address the Andrew Jergens Co. Ltd. 6 Sherbrooke St. Perth, Ontario.

**Jergens VIOLET Glycerine Soap**

10c a cake. 3 cakes for 25c. Get a quarter's worth.

For sale by Canadian druggists from coast to coast, including Newfoundland