

## How a Sick Woman Can Regain Health

READ THIS VERY CAREFULLY.

"For years I was thin and delicate. I lost color and was easily tired; a yellow pallor, pimples and blotches on my face were not only mortifying to my feelings, but because I thought my skin would never look nice again I grew despondent. Then my appetite failed. I grew very weak. Various remedies, pills, tonics, and tablets I tried without permanent benefit. A visit to my sister put into my hands a box of Dr. Hamilton's Pills. She placed reliance upon them and now that they have made me a well woman I would not be without them whatever they might cost. I found Dr. Hamilton's Pills by their mild yet searching action very suitable to the delicate character of a woman's nature. They never once gripped me, yet they established regularity. My appetite grew keen—my blood red and pure—heavy rings under my eyes disappeared and to-day my skin is as clear and uncrinkled as when I was a girl. Dr. Hamilton's Pills did it all."

The above straightforward letter from Mrs. J. Y. Todd, wife of a well-known miller in Rogersville, is proof sufficient that Dr. Hamilton's Pills are a wonderful woman's medicine. Use no other pill but Dr. Hamilton's, 25c. per box. All dealers or The Catarrhozone Co., Kingston, Ontario.

## KING GEORGE A BUSY MAN.

Correspondence Keeps Him Busy Several Hours a Day.

The King has impressed everybody at St. James' Palace both by his industry and the businesslike way in which he gets through his work. The amount of correspondence which his Majesty must personally deal with tends ever to increase, and though Lord Stamfordham relieves the King of as much work as possible, there remains after the most exhaustive sifting sufficient to keep the monarch occupied for several hours a day. It is possible that the King, if he liked, could deputize most of his work, but, like his father, the late King Edward, he takes the perfectly correct view that it would be injudicious to put his name or give his assent to any document or plan which he had not himself carefully studied. Besides, to one of his Majesty's clearly defined views, tacit agreement on some matters would be highly repugnant. The "Wake-up-England" King believes in looking into things for himself.

His Majesty is an early riser. Generally breakfast is served upstairs, a light meal over which very few moments are spent. Then, if the King has not a morning engagement, he attends to his private correspondence, which often means dealing with a score of letters daily. Some letters he dictates, others he writes himself, autographed letters mostly being to royal relatives. Then comes the business of dealing with State correspondence, an ordeal which keeps Lord Stamfordham and his staff occupied the whole day.

No letter directed to the King, excepting it be from a crank or a madman, who frequently pick out royalties for their effusions, goes unanswered. It may be a mere formal acknowledgment or it may contain an expression of the King's feelings. Whatever the case, the courtesy of an early reply may always be expected from the Palace.

## CAUSE AND EFFECT

### Good Digestion Follows Right Food

Indigestion and the attendant discomforts of mind and body are certain to follow continued use of improper food.

Those who are still young and robust are likely to overlook the fact that, as dropping water will wear a stone away at last, so will the use of heavy, greasy, rich food, finally cause loss of appetite and indigestion.

Fortunately many are thoughtful enough to study themselves and note the principle of cause and effect in their daily food. A young woman writes her experience thus: "Sometime ago I had a lot of trouble from indigestion, caused by too rich food. I got so I was unable to digest scarcely anything, and medicines seemed useless."

"A friend advised me to try Grape-Nuts food, praising it highly, and as a last resort, I tried it. I am thankful to say that Grape-Nuts not only relieved me of my trouble, but built me up and strengthened my digestive organs so that I can now eat anything I desire. But I stick to Grape-Nuts."

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.

## Comment on Events

### Getting at the Heart.

It is a great gift to be able to sift the wheat from the chaff, and it was a habit of mind with Goldwin Smith always to let the mud settle. He wanted to see clear to the heart of a question after all the irrelevances had blown away, and his was an intellect which could pierce through clouds of rhetoric and seize upon the one little central bit of fact or theory over which rival writers or talkers were beating the air. Says Mr. Arnold Haultain in his book on Goldwin Smith:

Numberless instances spring to my mind of this his faculty of seeing through layers upon layers of misty argument and laying hold of the one small solid fact beneath. Thus when the whole economic world was looking on and wondering whether New Zealand had really solved the problem of strikes by the institution of arbitration courts which should fix the rates of wages, he quietly asked: "Can any Court force an employer to pay what he can't afford to pay, or force an employee to accept a wage lower than he can obtain elsewhere?" So with the whole question of paper money and the right and ability of the state to manufacture dollar bills ad libitum which once so agitated the western continent of America. "People do not see," he said, "that a dollar bill is not money. It is a mere promise to pay. When it changes hands credit passes at the bank of issue from the giver to the receiver." So with the whole question of Socialism. "Socialists," over and over again he has said to me, "tell us that 'the state' should be the sole owner, manufacturer, landlord and what-not. What is 'the state'? Is it not the people themselves? 'The state' is not a person who can put his hand in his pocket and make everybody rich. It is well perhaps now and again to recall these 'small solid facts beneath' the surface of life. The world still goes on the same old way, establishing theories and mistaking them for practice."

### Wheat Harvests of the World.

January—Chili, Australia, and New Zealand, and is the finishing up of harvest in Argentina.

February and March—Upper Egypt and Southern India.

April—India, Asia Minor, Lower Egypt, and Mexico.

May—Northern Africa (excepting Egypt), Central Asia, and Japan. May also ushers in the harvest for the United States, in Texas.

June—Southern Russia, Austria-Hungary, Roumania, Bulgaria, Germany, France, Southern England, and Eastern Canada. In the United States the harvest has worked northward, and is now general in the Central and New England States, and in Nebraska and Iowa. The Pacific States, Oregon and Washington, are harvesting, and even South Dakota is at work. July is the greatest harvest month of the year.

August—Belgium, Holland, Poland, Denmark, and Great Britain. In the United States, the North-West, Western Canada, also is cutting.

September and October—Northern Russia, Norway, Sweden, Scotland, Western Canada.

November—Peru, South Africa. In fact, this month is the beginning of the wheat harvest in the southern hemisphere. Argentina does a little in this month.

December—Argentina. This country finishes in January.

By the distribution of the seasons Nature preserves a balance and prevents the entire harvest from coming on the market at one time.

### Something to Apprehend.

The aged Emperor Francis Josef of Austria-Hungary, eighty-four years old, may expire at any time. His race is nearly run. What will happen to his conglomerate empire when he passes away has long been an anxious query in the chancelleries of Europe. For the unit of the Empire hung on the Emperor's life and that when he should die it would fly apart. German and Magyar, Hungarian, Slav, Croat, Pole, Italian and other races make up a population more curiously mixed than any other in Europe, and no two that are not racially antagonistic.

Emperor Francis Josef has been reported ill, and the cable may at any moment flash the news of his death. When that event occurs Europe will have something to apprehend.

### Must Live Up To Standard.

Henry Ford's foreign-born employees are finding out that when the Detroit motorcar king practically doubled their wages by his profit-sharing plan he did not intend that all the extra money should go into the saving banks. Many of these people in their native lands existed in squalid hovels, bare, dirty and unwholesome. Mr. Ford has served notice upon them that they must clean up their homes and live cleanly, decently and comfortably. There must be no more crowding their abodes with boarders of their own nationalities; no more bathtubs used as duck ponds. American wages must mean American standards of living.

## ARE PLANETS INHABITED.

Scientist Says Venus and Mars Are Seasons Like Ours.

That Venus and Mars, in our own planetary system, are surely inhabited by human beings of some kind is the assertion of T. T. J. See, who writes on that subject in a recent issue of Leslie's Weekly. Continuing, he says that observations show that Mars has a rare atmosphere, a day thirty-seven minutes longer than ours, seasons of the same type, but no longer duration, and snow caps at the poles, and thus water vapor, though the amount is small.

The probability of Venus being inhabited is much greater than that of Mars; for Venus rotates in twenty-one minutes, and in all respects so closely resembles the earth as to be called her twin sister. Venus has an abundance of air, clouds, water and also mountains, and therefore seas, lakes and rivers. The seasons are like ours except they are shorter—the year being 225 days in length.

The maid-of-all-work in the service of a family, the members whereof are not on the most amicable of terms, recently tendered her resignation, much to the distress of the lady of the house. "So you are going to leave us?" asked the mistress, sadly. "What's the matter, Mary? Haven't we always treated you like one of the family?" "Yis, mum," said Mary; "an' I've stood it as long as I'm goin' to!"

## NEW HOPE FOR SUFFERERS FROM PARALYSIS

There are cases of paralysis that cannot be cured. But that is far different from saying that every case of paralysis is incurable. There is absolute proof that many forms of this disease are curable. Of the cases that cannot be cured many can be so benefited that the formerly hopeless sufferer will once more find her life worth living.

Attention is called to the remarkable cures that have been effected in cases of partial paralysis, and other severe nervous disorders, by the use of Dr. Williams' Pink Pills for Pale People. Some of these cures are so wonderful as to challenge belief, but in every case the statements have been carefully verified and may be investigated by anyone interested. In this connection the case of Miss B. Millehan, of St. John, N.B., is worthy of the most careful attention. Miss Millehan says: "Some three years ago I was taken seriously ill with diphtheria. The doctor brought me safely through this dreaded trouble, and I was assumed to be well. But two weeks later I took a relapse, my throat and limbs becoming paralyzed. I could neither speak nor walk. I was under the best of medical care, and after a few weeks was able to sit up in bed, but my throat was still completely paralyzed and I could only utter unintelligible sounds. I was treated by three of St. John's best physicians for this trouble and my case was given up as hopeless. A friend asked me to try Dr. Williams' Pink Pills, but I had spent so much on medicine without help that I thought it would be only a further waste of money. However, I felt myself growing daily weaker and weaker, and I decided as a last chance that I would try the Pills. By the time I had taken a half-dozen boxes I could walk across the floor, something doctors had told me could never happen again, I still continued taking the pills, my speech returned, and I felt myself in perfect health. My friends thought my restoration nothing short of a miracle, and I think myself that I have to thank Dr. Williams' Pink Pills that I am living to-day, and I feel confident they can do quite as much for others as they did for me."

Dr. Williams' Pink Pills effect cures in cases of this kind because they make new, rich, red blood, which feeds and strengthens the nerves, and tones up the whole system. If you are in need of a medicine give these pills a trial. We are confident you will not be disappointed. Sold by medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

furniture, but by using pine and spruce the present uses of excelsior might be extended.

In the little country of Denmark there are 230 pulp or paper mills. In Canada, according to the latest available statistics of the Dominion Forestry Branch, there are only 48 pulp-mills in actual operation. The Canadian mills are, however, many times larger than those of Denmark.

Large game preserves have recently been set aside in Somaliland, Uganda and other British protectorates in Africa, in which the hunting is prohibited of elephants, giraffes, rhinoceroses and other valuable game in danger of extinction. This policy has also proved successful in perpetuating the game supply on certain Dominion Forest Reserves in Western Canada, and as occasion demands the number of these game preserves will be increased.

### Our Debt to Others.

It is a beautiful and salutary arrangement which we seldom reflect on as we ought that, as a rule, men can only become rich and great by supplying some want of their fellow-men, by doing work for others which others need and are willing to pay for, be that work moral guidance or material provision. We cannot rise to command except by stooping to serve; we cannot obtain conspicuous station among men or power over them without in some way or other rendering ourselves useful or necessary to them.—W. Rathbone Greg.

## WAKEFUL BABIES

If your baby does not sleep, if he is cross, cries a great deal, and will not be comforted, that is the time to give him Baby's Own Tablets. They promote sleep—not the drugged unnatural kind obtained through the use of "soothing" mixtures, but that refreshing natural sleep of the healthy child. The Tablets banish all stomach and bowel complaints—the direct cause of crossness and sleeplessness. Concerning them Mrs. E. Medras, Grand Bois, Que., says: "When I began using Baby's Own Tablets my baby was so troubled with constipation he would not sleep day or night. Now all this trouble has vanished and he is a strong healthy child." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### SKATING RINK OF SALT.

No Costly Refrigerating Process Was Necessary.

A skating rink made of salt was recently exhibited and skated upon at the Berlin "Zoo." It was produced by purely chemical means and without the employment of a costly refrigerating process. It resembled ice in every way, was odorless and proof against any heat below 88 degrees Fahrenheit. This salt rink was made after a process invented and patented. It can be applied over wood, cement, or asphalt, or boards can be coated with it and assembled to form floors. It



### MOST PERFECT MADE

THE INCREASED NUTRITIOUS VALUE OF BREAD MADE IN THE HOME WITH ROYAL YEAST CAKES SHOULD BE SUFFICIENT INCENTIVE TO THE CAREFUL HOUSEWIFE TO GIVE THIS IMPORTANT FOOD ITEM THE ATTENTION TO WHICH IT IS JUSTLY ENTITLED.

HOME BREAD BAKING REDUCES THE HIGH COST OF LIVING BY LESSENING THE AMOUNT OF EXPENSIVE MEATS REQUIRED TO SUPPLY THE NECESSARY NOURISHMENT TO THE BODY.

E. W. GILLETT CO. LTD. TORONTO, ONT. WINNIPEG MONTREAL

is applied in successive layers and the "snow" abraded by the skates can be collected and melted with fresh material. The quantity required for a single layer is about one-fifth of a pound per square foot. A fresh layer applied twice a week suffices to keep an ordinary rink in repair.

### POINTED PARAGRAPHS.

The man who hesitates may find it to late to act.

It's easy to be happy; all you have to do is to be foolish.

Ignorance of the law excuses no man—unless he has a pull.

Turkeys are innocent birds; almost any woman can stuff them.

The world will forgive a man almost any old thing except a failure.

Except for his big ears, a donkey could not appreciate his own music.

Occasionally a man wins a fight because he hasn't the nerve to run away.

Our idea of a poor excuse of a man is one who solicits dirty linen for his wife to wash and iron.

### INFORMATION FOR INVENTORS

Pigeon, Pigeon & Davis, patent solicitors, Montreal, report 127 Canadian patents issued for the week ending April 21st, 1914, 84 of which were granted to Americans, 18 to Canadians, 14 to residents of foreign countries, and 11 to residents of Great Britain and colonies. Of the Canadians who received patents, 12 were of Ontario, 3 of Quebec, 2 of Manitoba and 1 of Saskatchewan.

## THIS INVESTMENT HAS PAID 7% PER ANNUM

half yearly since the Securities of this Corporation were placed on the market 10 years ago. Business established 28 years. Investment may be withdrawn in part or whole any time after one year. Safe as a mortgage. Full particulars and booklet gladly furnished on request.

NATIONAL SECURITIES CORPORATION, LIMITED, CONFEDERATION LIFE BUILDING - TORONTO, ONT.

# Redpath

## Extra Granulated Sugar

is put up at the Refinery in

10 Pound,  
20 Pound,  
50 Pound  
and  
100 Pound  
Cloth Bags,  
and in  
2 Pound  
and 5 Pound  
Sealed Cartons

When you buy *Redpath* Extra Granulated Sugar in any of these original packages you are sure of getting the genuine *Redpath*, Canada's finest sugar, pure and clean as when it left the Refinery.

It's worth while to insist on the Original Packages.

CANADA SUGAR REFINING CO., LIMITED, MONTREAL.