

## HELD BACK BY DEADLY ANAEMIA

Thousands of Growing Girls Yearly Fall Into a Hopeless Decline.

Anaemia—the doctor's name for bloodlessness—holds back many girls from the path to bright, healthy womanhood. At that all-important time when their veins should be full of rich, red blood, anaemia, creeping on them stealthily, robs them of sparkling eyes and a clear skin. They become languid and exhausted at the least exertion, their backs ache, their hearts palpitate violently, appetite fails, and their complexion changes to a pasty yellow, or they become deathly white. No medicine ever offered the public has bestowed such important benefits upon anaemic girls as Dr. Williams' Pink Pills. They build up the body anew by making the rich, red blood that gives splendid health, bright eyes, a clear complexion and womanly brightness. Here is an instance out of many recorded thousands. Miss Delina Arsenault, Urbainville, P. E. I., says: "I suffered from an attack of anaemia which my friends feared at one time would prove fatal. I grew thinner every day, had dark circles around my eyes, could not sleep well at night and got up in the morning feeling tired and depressed. I suffered severely from headaches and pains in the back and limbs. I had to leave school, and was unable to do any work around the house. I had no appetite and frequently vomited what I did eat. I was under a doctor's care for eight months, but was growing worse and worse, and was almost in despair, when a friend advised me to give Dr. Williams' Pink Pills a trial. Anxious to get well, I decided to do so. After taking a few boxes I found a good improvement, and I continued taking the Pills until I had used nine boxes, when I was again enjoying perfect health, and I found on weighing myself that I had gained seventeen pounds. I have since enjoyed perfect health, for which I have to thank Dr. Williams' Pink Pills, and strongly advise all other ailing girls to give this medicine a fair trial."

Every woman afflicted with anaemia, every woman who suffers from backaches and sideaches, and the other miseries that afflict her sex can secure new health and strength through a fair use of Dr. Williams' Pink Pills. 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.

### Worked His Way.

"Why don't you buy something at my table?" demanded a girl at a recent bazaar of a young man she knew fairly well, as he passed her stall without putting his hand in his pocket. "Well, you see," was his answer, "I only buy from the plain girls. They have a harder time making sales." She was not offended and he worked his answer right through the bazaar and came out without spending anything.

### Both the Same.

"Gentlemen, I can't lie about the horse; he is blind in one eye," said the auctioneer. The horse was soon knocked down to a citizen who had been greatly struck by the auctioneer's honesty, and after paying for the horse, he said: "You were honest enough to tell me that this animal was blind in one eye. Is there any other defect?" "Yes, sir, there is; he is also blind in the other eye," was the prompt reply.

## THE ONLY MEDICINE FOR TEETHING BABIES

Mrs. Alcide Charland, Ste. Sophie de Levard, Que., writes: "I am well satisfied with Baby's Own Tablets which I used for my little one during the teething period. I know of no other medicine to equal them." Mrs. Charland's testimony is that of thousands of other mothers. Once the tablets are used a mother will give no other medicine to her little ones. The tablets are guaranteed to be absolutely safe, and are not only good during the teething period, but cure constipation, colic, colds and simple fevers. In fact they cure all the minor ills of little ones. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

On days when it becomes necessary to dry clothes within doors, hang them as high as possible.

## MANY STUDENT SUICIDES.

Schoolboys of Berlin, Germany, End Their Lives.

The recent examinations at the German schools were again, as each year, accompanied with numerous instances of boys killing themselves, either through fear that they would not pass or because of mortification at failure.

On a single day three suicides of students, all less than 18 years old, were reported, and the body of one who had drowned himself some days earlier was recovered. These instances were in Greater Berlin alone.

One of the boys threw himself in front of a train because he had not been promoted to a higher class. A suicide by drowning was that of a 17-year-old boy who was shortly to try the examination entitling him to discharge his military duties with one year's service. According to his teachers there was no doubt that he would have passed, as he was unusually capable and intelligent.

The fixed bureaucratic scheme of life for the average German, while not explaining such suicides, throws some light on the youths' actions. Failure to be graduated from school is a serious thing.

To become a "Beamter," that is, a public official, is the goal of a great percentage of young Germans, for the official enjoys many privileges not granted to the non-official German. He has a certain tenure, a retiring pension, and other material advantages, and enjoys especial protection under the law of insults, it being a much graver crime to insult an official than a private citizen.

But for those who have failed in their school work there is no chance to become state officials. Even in private life they find it almost impossible to secure responsible positions with mercantile firms, and they are, of course, debarred from entering the learned professions. It is not altogether strange that the German youth is disposed to take a grave view of his failure.

It is not only students in the schools who kill themselves before or after examinations. A man of 22, who had been studying legal procedure, reached the point where he was to take his examination for advancement to court clerk. He repeatedly told his friends that he was sure he should not pass the examinations.

The night before the examination he threw himself from the window of his third story room and was crushed to death.

## INFORMATION FOR INVENTORS

Messrs. Pigeon, Pigeon & Davis, the patent solicitors of 71A St. James Street, Montreal, report that 115 Canadian patents were issued for the week ending May 5th, 1914, 80 of which were granted to Americans, 16 to Canadians, 12 to residents of foreign countries and 7 to residents of Great Britain and Colonies.

Of the Canadians 7 were of the Province of Ontario, 3 of British Columbia, 2 of Manitoba, 2 of Saskatchewan, 1 of Nova Scotia and 1 of Quebec.

## Household Hints.

To clean a copper kettle rub with a dry chamois skin. Be careful not to keep vegetables in a warm damp place else they will surely mould.

Matting may be cleaned by washing it with water in which bran has been boiled, or in weak salt water. Dry it well with a cloth.

If, when doing up lace curtains, sheets of fine white paper be placed between before washing, they will not stick and will look like new.

Unbleached muslin shrinks very much when washing. When making it up an extra inch a yard should be allowed for this.

To set growing house plants in the bathtub and spray them with a bath spray is one of the best methods of giving their leaves the necessary moisture.

Overalls and such heavy articles should be dipped in the tub of water, then laid on the washboard, thoroughly soaped and scrubbed with a scrubbing brush.

To make a cat stay in a new home, rub its forepaws with butter, a proceeding that is said to destroy the scent of the old home.

For curly bacon cut it very thin and half cook it in boiling water, then cut it, fasten in shape with a toothpick and broil it over the fire. Seeds not sufficiently ripe will float in water, but when arrived at full maturity they will sink to the bottom, and this is proof that they are good to plant.

Too much coffee, too much starchy food, and too many sweets are the cause of more irritable nerves and depression in the spring than hard work or even late hours.

## Chest Colds and Hoarseness Quickly Rubbed Away

"Nerviline" Gives Speedy Relief and Cures Over Night.

Got a cold? Is your voice raspy—is your chest congested or sore?

If so, you are the very person that Nerviline will cure in a jiffy.

Nerviline is strong and penetrating. It sinks right into the tissues, takes out inflammation and soreness, destroys colds in a truly wonderful way. Rub Nerviline over the chest—rub on lots of it, and watch that tightness disappear. Nerviline won't blister, it sinks in too fast—doesn't simply stay on the surface like a thick, oily liniment would. If the throat is raspy and sore, rub it well outside with Nerviline, and use Nerviline as a gargle diluted with warm water. Just one or two treatments like this and your voice and throat will be quick normal again.

Just think of it—for forty years the largest used family medicine in this country—Nerviline must be good, must quickly relieve and cure a hundred ills that befall every family. Try it for earache, toothache, coughs, colds, sore chest, hoarseness and muscular pains in every part of the body. Large family size bottle 50c.; trial size 25c. at all dealers.

## INSURANCE FOR RAINY DAYS.

What are called "Pluvius policies" came into operation in London, England, this month. This is an ingenious method of insurance devised to indemnify holiday-makers for loss or disappointment due to wet weather during the summer.

Thousands of holiday-makers took advantage of the scheme last summer. Almost every seaside resort in the country comes within the scope of the policy.

Any sum per day or week may be insured in proportion to the premium paid. There are four forms of policy:

Policy "A"—To pay for each separate week in which there are three or more days of rain, amounting on each day to more than .20 of an inch.

Policy "B"—To pay for every day on which the rainfall amounts to more than .20 of an inch.

Policy "C"—To pay for the second and every additional rainy day in each week, or in every separate week, on which the rainfall amounts to more than .15 of an inch.

Policy "D" (short periods of four consecutive days)—To pay for every day on which the rainfall amounts to more than .20 of an inch. (A week-end policy).

The premiums vary from 15s. to £3 (\$3.60 to \$15), the former securing £6 (\$30) a week, and the latter £24 (\$120) a week under policy "A," in which rain of the amount stipulated falls. Of course, larger insurances can be arranged. The rates for the other policies vary only slightly.

It is also possible for persons giving private garden parties and other out-door functions where no money is taken to obtain a wet weather insurance for amounts to be mutually agreed upon, to arrange compensation for certain specified amounts of rainfall within twenty-four or twelve hours, as they desire.

## DID THE WORK

### Grew Strong on Right Food.

You can't grow strong by merely exercising. You must have food—the kind you can digest and assimilate.

Unless the food you eat is digested it adds to the burden the digestive organs have naturally to carry. This often means a nervous breakdown.

"About a year ago," writes an Eastern lady, "I had quite a serious nervous breakdown caused, as I believed, by overwork and worry, I also suffered untold misery from dyspepsia.

"First I gave up my position, then I tried to find a remedy for my troubles, something that would make me well and strong, something to rest my tired stomach and build up my worn-out nerves and brain.

"I tried one kind of medicine after another, but nothing seemed to help me.

"Finally a friend suggested change of food and recommended Grape-Nuts. With little or no faith in it, I tried a package. That was eight months ago and I have never been without it since.

"Grape-Nuts did the work. It helped me grow strong and well. Grape-Nuts put new life into me, built up my whole system and made another woman of me!"

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.

## MANY ROYALTIES ARE ILL.

Monarchs Attended by Doctors Who are Always on Duty.

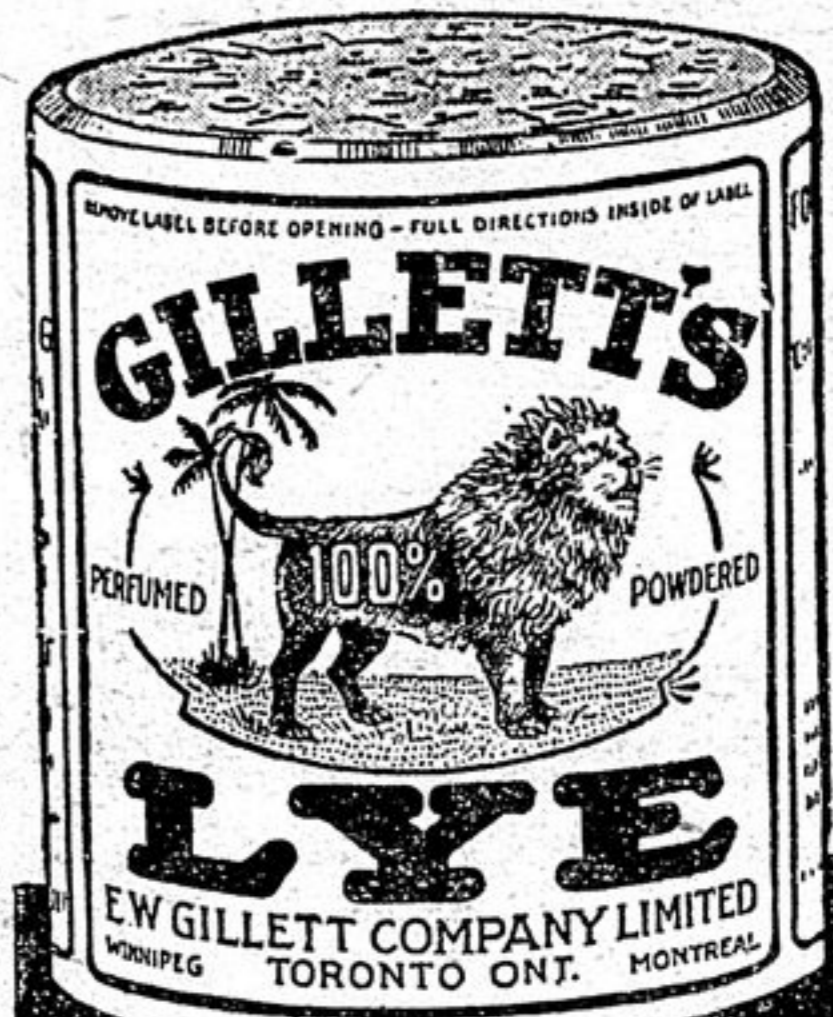
From all quarters of Europe comes news of ailing monarchs or monarchs-to-be. There is hardly a royal family on the continent that can point to universal good health as a family asset. The Archduke Franz Ferdinand, heir-presumptive to the thrones of Austria-Hungary, is said to be suffering from consumption. King Alfonso of Spain is suffering from a weak throat, while one of his sons is deaf and dumb; the young czarevitch has been seriously afflicted; the German Crown Prince, according to constant report, is suffering from a throat malady that carried off his grandfather.

Of late years there has been a frightfully high death rate among European rulers. In the little more than a decade since the death of Queen Victoria no less than nine sovereigns have passed away—the King of Norway and Sweden, King Leopold of Belgium, King Carlos of Portugal, King Alexander of Serbia, King Edward of England, two kings of Denmark, and two grand dukes of Luxembourg.

Extraordinary precautions are taken to maintain the health of all European monarchs, hundreds of thousands of dollars being spent every year in retaining the best physicians and surgeons in the world in almost day to day attendance upon the kings and queens. Also heavy insurance is carried. The Czar of Russia is insured for \$4,000,000 in an English company, which, in turn, distributed the amount of risk among other leading companies. Now there are actually thirty-three physicians, surgeons, dentists, and other specialists on the medical staff at the English court.

There are five physicians, each receiving \$5,000 a year. Sir Francis Laking is the chief. Each of the King's surgeons receives \$7,500 per annum, and none of them, when the King is in good health, ever sees his Majesty unless as one of his guests.

The five surgeons attached to the Royal household are Sir Frederick



FOR MAKING SOAP  
SOFTENING WATER  
DISINFECTING CLOSETS, DRAINS SINKS, &c.

Trèves, Sir Havelock Charles, Sir Rickman Goldee, Sir Alfred Fripp, and Sir William Cheyne. Thus between physicians and surgeons \$62,500 per annum is spent in securing medical and surgical attendance for the sovereign.

Patient Husband—"Why did you keep me waiting on this corner for two hours? You said you were merely going to step in to see how Mrs. Knowall was." Wife—"Well, she insisted on telling me."

## 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 25 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.

## Which Way do You Buy Sugar?

### Do you say decisively:

"A 5-lb. Package of REDPATH Sugar", or "A 20-lb. Bag of REDPATH", and—  
—get a definite quantity  
—of well-known quality, "Canada's best"  
—clean and uncontaminated  
—in the Original Package?

### Or do you say, thoughtlessly:

"A quarter's worth of Sugar", or "A dollar's worth of Sugar", and get—  
—an unknown quantity  
—of unknown quality  
—scooped out of an open barrel  
—into a paper bag?



**Redpath**

Extra Granulated SUGAR

CANADA SUGAR REFINING CO., LIMITED. MONTREAL.



LABORATORY TESTS  
make certain the quality of every raw material

PAINTERS' TESTS  
prove the easy working quality and enduring wear

## Experiment and Experience

Both point to Ramsay's Paint as your logical choice. In purity, wear and beauty of color they are unsurpassed. In economy they are unmatched. Courteous service from local agent. Write for interesting paint literature.

A. RAMSAY & SON CO. (Established 1842) MONTREAL, Que.