

## ROBBING WOMEN OF THEIR HEALTH

### Anaemia Unless Checked Passes Into Hopeless Decline

Anaemia is like a spectre that steals on you unawares and drives all happiness out of existence. It is a thief that robs you of your life and energy. Thousands of women in this country are the victims of anaemia (that is, bloodlessness), which spares neither rich nor poor, young or old. It robs woman of her health, her vitality, her beauty—of everything that gives a woman her charm. The chief symptoms of this trouble include a distaste for food, prostrating headaches, extreme languor, loss of weight, nervousness, pale cheeks, lips and gums, heart palpitations, dizziness and a constant feeling of wretchedness.

The only way to effect a cure is to increase the blood supply—to make it pure, rich and red. Dr. Williams' Pink Pills have saved thousands of young girls and women from the early fate that threatens them through anaemia's ravages, for these pills enrich the blood, stimulate the circulation, nourish the nerves, and restore the energy and perfect health that make women attractive. If you are a victim of bloodlessness in any way, do not let it run into a hopeless decline, but begin the use of Dr. Williams' Pink Pills to-day. The following bit of evidence proves the worth of this medicine. Mrs. Maurice Sims, Liverpool N. S., says: "Dr. Williams' Pink Pills have been a blessing to me. About two years ago I was so badly run down that I had to give up all work and go to bed. My husband and parents were much worried about me as they thought I was going into consumption. The doctor who was attending me changed his medicine several times; but it did me no good and I began to feel very much discouraged myself. One day a friend advised me to try Dr. Williams' Pink Pills and I decided to do so. In a few weeks I felt much better and I continued taking the pills for a couple of months until I was again in perfect health. I believe that if I had not taken Dr. Williams' Pink Pills I would not have survived, and I shall always be very grateful for what they have done for me."

You can get these pills from any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## CRUELTY IN GERMAN ARMY.

### Brutality of Officers to Privates Slowly Decreasing.

The unceasing criticism of press and parliament is slowly reducing the number of cases of mistreatment of soldiers by their officers, but a recent report shows that 490 noncommissioned officers and officers were convicted of such offence last year. This was a reduction of

## Itching Scalps Dandruff and Falling Hair



## Successfully Treated with Cuticura Soap

And Cuticura Ointment. Directions: Make a parting and rub gently with Cuticura Ointment. Continue until whole scalp has been gone over. Next morning shampoo with Cuticura Soap. Shampoos alone may be used as often as agreeable, but once or twice a month is generally sufficient for women's hair.

Cuticura Soap and Ointment are sold throughout the world. A liberal sample of each, with 32-page Skin Book, sent post-free. Address: Potters & Chem. Corp., Dept. 615, Boston, U.S.A.

ninety cases from the figures of five years ago, writes a Berlin correspondent.

These 490 convictions by no means indicate, however, that only that number of private soldiers were brutally handled during the year. A recent case, and one by no means unusual, was the conviction of a noncommissioned officer of the Third Bavarian regiment, who was charged with no less than ninety offences against the men under him. One soldier was lamed by being struck on the kneecap with a gunbutt, and there were a dozen of cases in which recruits were choked and struck in the face. It is not long since a captain was forced to leave the service after his third conviction for mistreating recruits. The charges against him covered brutal treatment in 140 cases.

Complaints of these conditions made in the reichstag, have from time to time moved the minister of war to declare that the government was equally concerned and was doing its best to put a stop to them. Figures have been quoted to show that cases of mistreatment are gradually growing less common, and it has been declared that the government desired that punishment of the offenders be exemplary.

With all credit to the minister of war, it must nevertheless be said that sentences in the majority of these cases are extremely mild and by no means calculated to discourage brutal officers from a repetition of their offences. The noncommissioned officer just mentioned was sentenced to three months and fifteen days' imprisonment and degraded. This is a really severe sentence, but it is at the same time a most unusual one.

The following case is typical of the nearly ten cases occurring on an average each week: A noncommissioned officer of the Third Guard Field Artillery regiment commanded a recruit to clean harnesses. He was not satisfied with the recruit's work and started expressing his dissatisfaction by striking the man over the head with a bridle. He then forced him to march up and down in the stables and to do setting up exercises, including the fatiguing knee bend, until the recruit fell from exhaustion. He kicked him in the thigh and on the knees and otherwise maltreated him. The recruit was removed to the field hospital suffering among other things, with concussion of the brain. The court martial condemned the officer to five weeks' light arrest.

### Quiet Desired.

Wife—Do you love me still, dear?  
Hubby—When I'm trying to read the paper I do.

### THE SQUARE DEAL PAYS

And square with the enemy every man gets when he separates himself from his corns by Putnam's Corn Extractor. For fifty years "Putnam's" has cured every man it treated—use "Putnam's" only—it's painless and sure, 25c. at all dealers.

### MODEL COTTON PLANTATION.

English Spinners Seek to Be Independent of America.

In the hope of some day securing a raw cotton supply independent of America, the International Federation of Master Cotton Spinners' and Manufacturers' Association of England has launched a scheme for the establishment of a model cotton plantation in Punjab, India.

Considering the advances already made in India, it is estimated that before many years the Indian crop will be almost as large as the American crop. The model plantation in India will demonstrate the benefits which arise from intensive farming thereby encouraging the landed proprietors to adopt this system and to improve the yields per acre and the quality of the fibre.

The land will be sown with as large percentage of American cotton seed as possible, and the Agricultural Department of Punjab will have the right to purchase any of the surplus seed produced which is not required for the estate, for distribution in other districts.

The Federation has secured a twenty years' lease of 7,500 acres close to the railway and water supply. A modern ginning mill is to be erected, and as there is scarcely any population in the vicinity, model villages are to be established for the workmen, who are to be brought in and instructed by experts.

Leading members of the Federation believe that within a few years it will be possible to increase the Indian cotton crop to ten million bales without encroaching on the area required for food. Manufacturer in all countries using Indian cotton are subscribing to the project.

Some people dream of success. Others keep awake and believe it.

## Magic "Nerviline" Cures Toothache, Earache

IT RELIEVES EVERY EXTERNAL PAIN.

Cures Colds, Coughs, Sore Throat, Tight Chest and Hoarseness.

It's when sickness comes at night, when you are far from the druggist or the doctor, that's when you need Nerviline most. Experienced mothers are never without it. One of the children may have toothache. Without Nerviline—a sleepless night for the entire household. With Nerviline the pain is relieved quickly. It may be earache, perhaps a stiff neck, or one of the kiddies coughing with a bad chest cold. Nothing can give quicker results than vigorous rubbing with this old-time family remedy.

Nerviline is too useful, too valuable to be without. For lumbago, lame back, sciatica or neuralgia there is no liniment with half of Nerviline's power to penetrate and ease the pain.

As a family safeguard, as something to ward off sickness and to cure the minor ills that will occur in every family, to cure pain anywhere, you can find nothing to compare with old-time Nerviline, which for forty years has been the most widely used family remedy in the Dominion. The most economical size in the large 50c. family size bottle, small trial size 25c. All dealers sell Nerviline.

### FOREIGN POPULATION.

That the growth of the foreign population in Canada has also added to our criminal statistics is shown by the fact that there are at the present time no less than seven murder cases under review by the Department of Justice and in every case it is a foreigner involved. The last Canadian criminal statistics available, those for 1912-13 show that in that year there were 52 charges and 25 convictions for murder. Of the 25 convictions no less than 17 were foreign born—foreign born meaning elsewhere than in Canada, the United States or Great Britain. One was born in Scotland, one in England and the remaining six in Canada.

During the same period there were 31 convictions for attempt to murder, and of these only three were Canadian born. The nationality of three were not given and the remaining twenty-four were born outside of Canada. Of these six were Americans and four English, leaving fifteen that are known as "foreigners."

According to the last census figures those born in foreign countries—excluding United States and Great Britain—formed 6.2 per cent. population, yet in 1912 the foreign born offenders of all classes were 17.2 per cent.

The Canadian born offenders represented 36.1 per cent., although Canadian born form 77.9 per cent. of the population. British born outside of Canada were 19 per cent. of the offenders, but formed 11.6 per cent. of the population. American born formed 4.2 per cent. of the population, but the convicted of American birth were 7.6 per cent.

### GOOD CHANGE.

Tea and Coffee to Postum.

The large army of persons who have found relief from many chronic ailments by changing from tea and coffee to Postum as a daily beverage, is growing each day.

It is only a simple question of trying it for oneself in order to know the joy of returning health as realized by this young lady. She writes:

"I had been a coffee drinker nearly all my life and it affected my stomach—caused insomnia and I was seldom without a headache." (Tea is just as injurious because it contains the same drug, caffeine). "I had heard about Postum and how beneficial it was, so concluded to quit coffee and try it."

"I was delighted with the change. I can now sleep well and seldom ever have headache. My stomach has gotten strong and I can eat without suffering afterwards. I think my whole system greatly benefited by Postum."

"My brother also suffered from stomach trouble while he drank coffee, but now, since using Postum, he feels so much better he would not go back to coffee for anything."

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

Postum comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages.

Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

The cost per cup of both kinds is about the same.

"There's a reason for Postum."

—sold by Grocers.

## AUSTRALIA'S POSITION.

Among the Richest Portions of the British Empire.

It has been proved that anything that can be grown or produced in any other part of the Empire can be successfully grown or produced within the island continent of Australia. Whether in the form of wheat, wool, dairy products, fruit, timber, meat, or minerals, Australia has been able already to produce and export in fairly substantial quantities, and to-day there is a rapidly growing demand for every kind of product. The growing demand for the products has encouraged the Australian Governments to "speed up" the work of immigration. The soil is there and the climate is eminently favorable. Although for several years there has been a steady stream of immigration and the new-comers have soon been able to "fit in" and become successful producers those who are apt to think the best opportunities have been seized and that there is a fear of over-crowding, might be reminded of the fact that Australia is still one of the most sparsely peopled portions of the British Empire. It has shown that it is naturally among the richest by reason of its wonderful mineral resources, its fertile soil, and its healthy climate; yet there are per square mile a smaller number of people than in almost any other part. There is a population of only 1.5 persons to the square mile as compared with 373.3 persons to the square mile in the United Kingdom.

## 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 unwrinkled 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 Catarrh-ozone Co., Kingston, Ontario.

### Take No Chances.

Alice—How many times would you make a man propose to you before you said yes?

Marie—If you have to make him propose better say yes the first time.

### Minard's Lintment Cures Distemper.

### Improving.

Husband—There you are my dear; you see I'm improving. I've brought the umbrella back.

Wife—That is very extraordinary, considering your umbrella is still in the stand, and that you went out with your walking stick!

**YOUR OWN DRUGGIST WILL TELL YOU** Try Murine Eye Remedy for Red, Weak, Watery Eyes and Granulated Eyelids; No Smearing—just Eye Comfort. Write for Book of the Eye by mail free. Murine Eye Remedy Co., Chicago.

Spoiled children and foolish parents are often found in the same house.

### Minard's Lintment Cures Diphtheria.

### Considered Others.

"How can you smoke those vile cigarettes?" "Many great men have done the same thing. Robert Louis Stevenson smoked cigarettes."

"I know that, but Stevenson had the decency to go to the middle of the Pacific Ocean to do it."

Recent stories about the curious way in which some women endorse cheques are supplemented by this from a correspondent:—A young wife had got a cheque from her husband as a birthday present, and when asked by the banker to endorse it wrote on the back:—"Many thanks, dear. I've got the money. Your affectionate wife, Isabel."

Most men are industrial from necessity.

**CLARK'S SOUPS**

Delicately flavoured—Highly concentrated.

**WHY WORRY!**  
Choose your variety and ask your grocer for "Clark's".

**for a Horse**

Save a horse and you won't have to buy one. Don't sell or destroy any horse on account of Spavin, Splint, Ringbone, Curb, Sprains or Lameness. Spend one dollar for a bottle.

**KENDALL'S SPAVIN CURE**

has saved a great many horses—has put them back to work, even after they have been given up. Over 35 years of success have proved its value.

Dr. B. J. Kendall Co., Enosburg Falls, Vermont, U.S.A.

**FARMS FOR SALE.**

H. W. DAWSON, Ninety Colborne Street, Toronto.

**IF YOU WANT TO BUY OR SELL A** Fruit, Stock, Grain or Dairy Farm, write H. W. Dawson, Brampton, or 90 Colborne St., Toronto.

H. W. DAWSON, Colborne St., Toronto.

**NEWSPAPERS FOR SALE.**

**GOOD WEEKLY IN LIVE TOWN IN** York County. Stationery and Book Business in connection. Price only \$4,000. Terms liberal. Wilson Publishing Company, 74 West Adelaide Street, Toronto.

**MISCELLANEOUS.**

**CANCER, TUMORS, LUMPS, ETC.** Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

**Dividing the Blame.**

Frank—If you hadn't been so long dressing we shouldn't have missed the boat.

Mrs. Frank—And if you hadn't hurried me so we shouldn't have so long to wait for the next.

**Minard's Lintment Cures Colds, Etc.**

**Two Objections.**

Dad—What's your objection to that young fellow, Jaysport?

Daughter—His clothes are so awfully pronounced and his English is pronounced so awfully.

**Wire Wounds**

My mare, a very valuable one, was badly bruised and cut by being caught in a wire fence. Some of the wounds would not heal, although I tried many different medicines. Dr. Bell advised me to use MINARD'S LINTMENT, diluted at first, then stronger as the sores began to look better, until after three weeks, the sores have healed, and best of all, the hair is growing well, and is NOT WHITE as is most always the case in horse wounds.

F. M. DOUCET, Weymouth.

**Hopeful.**

Father—I got a number of sealed proposals at my office to-day.

Daughter—Oh, pa, were any of them for me?

**Minard's Lintment Cures Garget in Cows.**

**Sensitive.**

Fond Father—Tommy writes us a real feeling letter from boarding school.

Doting Mother—And what does the poor darling say?

Fond Father—He says he's been whipped so often he can tell what kind of wood the teacher's switch is made of by the feel.

**DODD'S KIDNEY PILLS**

ALL KIDNEY DISEASES  
GRAVEL  
GOUT  
RHEUMATISM  
BRIGHT'S DISEASE  
DIABETES  
MAY 23 THE PROPRIETOR