## ...IRLHOOD ... TO MIDDLE LIFE

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

From girlhood to middle life the health and happiness of every woman depends on her blood. If her blood is poor and watery she becomes weak, languid, pale and nervous. If her blood supply is irregular she suffers from headaches and backaches and other unspeakable distress which only women know. At every stage of a woman's life Dr. Williams' Pink Pills are her best friend, because they actually make the rich, red blood which gives health and strength and tone to every organ of the body. They help a woman just when nature makes the greatest demand upon her blood supply. Mrs. H. Gagnon, who for twenty years has been one of the best known residents of St. Roches, Que., says:—"Dr. Williams' Pink Pills have been a blessing to me. I was weak, worn out and scarcely able to drag myself about. I suffered from headaches and dizziness, my appetite was poor and to attempt housework left me utterly worn out. I slept badly at night and what sleep I got did not refresh me. For nearly three years I was in this condition and was constantly taking medicine, but found no benefit from it. One of my neighbors who had used Dr. Williams' Pink Pills with much benefit, advised me to try them. I did so, and the whole story is told in the words 'I am well again.' There are times yet when I take the pills for they seem to me a guarantee against the troubles which so many women suffer."

Dr. Williams' Pink Pills do not act on the bowels. They contain just the elements that actually make new blood and strengthen the nerves. That's why they cure anaemia, indigestion, rheumatism, lumbago, headaches, backaches, heart palpitation and skin diseases like pimples and eczema. That is why they are the greatest help in the world for growing girls who need new blood and for women who are troubled with irregular health. 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.

IN DANGER.

Ancient lady (about to lecture a tramp for his good)—"My ..., were you ever married?"

Tramp (hurrying away)—"Wow! I forgot this was leapyear."

## "THE NEW FOOD"

Have you tried a package of "THE NEW FOOD"? It is made of the Choicest White Wheat, then steam-cooked and flaked. No kitchen can produce a better made or cleaner article for human consumption. In order to introduce

**"THE NEW FOOD"**

a prize has been placed in every package. Already THIRTY-SIX Blue Cards calling for LADIES' GOLD WATCHES, have been redeemed, and SEVENTY-FIVE Red Cards. Each one of these cards has been found in a package of

**"NEW FOOD."**

The Red Cards give the finder the choice of the following articles:

Boys' Nickle Watch.
"Our Pride" Gold Nib Fountain Pen.
Bureau Cover, Duchess Pattern, Four Pieces.
Table Cover, One Yard Square, Damask.
Baby Ring, Solid Gold.
Sideboard Covers, Two Yards Long, Linen.
Open Salt Cellars, Cut Glass, Sterling Silver Top.
Cold Meat Fork, Silver-plated, Rogers' Best Make.
Neck Chains, 14k Gold-filled, Place for Photos.
Ladies' Back Comb, Tortoise Shell, Set With Brilliants.
Signet Ring, 10k Gold, Place for Two Initials.

A new lot of prizes have been placed in the packages.

Ask your grocer for a package of **"THE NEW FOOD."**

MUSIC CRITICS.

Mooney—"Faith, Oi cud die listenin' to Tom Callahan play th' poipes."

Donohue—"Fer meself, Oi'd prefer a peaceful ind."

Why go limping and whining about your corns when a 25 cent bottle of Holloway's Corn Cure will remove them? Give it a trial and you will not regret it.

BORROWED LIGHT.

"He's quite a star as an after-dinner speaker, isn't he?"

"Star? He's a regular moon. He becomes brighter the fuller he gets."


BLACK WATCH

Men should look for this Tag on Chewing Tobacco. It guarantees the high quality of

**Black Watch**

The Big Black Plug.

2272


RESCUE SCHOOL.

**Will Learn How to Rescue Miners in Case of Accident.**

Recent terrible colliery explosions will draw fresh attention to the new Rescue Training School which has been established in Lancashire, England.

This school is fitted with an imitation coal mine gallery, looking from the inside of the hall something like a huge aquarium, having a plate glass front, so that spectators can see what is going on.

Some test "rescues" were recently made in the imitation gallery. Miners, attired in special safety outfits and carrying safety lamps, traversed the workings of the gallery, with the object of rescuing other miners who were supposed to be entombed. An atmosphere rendered deadly by dense fumes of sulphur had been injected into the gallery, and the "rescuers" had to find and bring away a dummy figure, supposed to be unconscious, and weighing over 12 stone.

While working in the gallery the "rescue" party had to overcome all the obstacles usual in a mine disaster. Dangerous portions of the roof had to be retimbered, piles of debris cleared away, and the apparatus used in mine ventilation had to be put into operation. It was a fight yard by yard, and the first test occupied two hours, during which time the men remained in the deadly atmosphere, medical officers, of course, being in attendance to render aid should any of the competitors be overcome.

At this Lancashire school men can be trained so as to form rescue brigades for service in the real disaster which are so constantly taking place.

CRAMP RINGS.

**Once Highly Recommended by the Medical Profession in England.**

Formerly it was customary for kings of England on Good Friday to hallow certain rings, the wearing of which prevented cramp or epilepsy.

They were made from the metal of decayed coffins and consecrated with an elaborate ceremony, some details of which are still preserved. They were "highly recommended by the medical profession" about 1557, for Andrew Boorde, in his "Breviary of Health," speaking of cramp, says: "The Kyng's Majestic hath a great helpe in this matter in hallowing Crampe Ringes without money or petition."

Occasionally cramp rings played a persuasive part in diplomacy. Lord Berners, British Ambassador at the Court of Charles V., wrote in 1508 "to my Lorde Cardinall's grace" for some "crampe rynges," with trust to "bestowe them well, by God's grace."

It Will Prolong Life.—De Sota, the Spaniard, lost his life in the wilds of Florida, whither he went for the purpose of discovering the legendary "Fountain of perpetual youth," said to exist in that unknown country. While Dr. Thomas' Eclectric Oil will not perpetuate youth, it will remove the bodily pains which make the young old before their time and harass the aged into untimely graves.

"I won't say marriage is a failure," he said, angrily; "but some are more fortunate in what they get than others." She laughed annoyingly. "You are right," she said. "You, for instance, got me; but I—got only you."

**The heat of the Tropics fades rosy cheeks. It takes away the energy. "Ferrovim" is the best tonic to brace you up. It stimulates the system. It makes the weak strong. It is pleasant to take. All druggists sell it.**

In Germany the telephone charges amount to only about $5.00 per subscriber annually.

Mother Graves' Worm Exterminator is pleasant to take; sure and effectual in destroying worms. Many have tried it with best results.

COLLIDED WITH ELEPHANT.

Elephants are one of the perils of railroad life in Indo-China. The Bangkok Times says that when the morning train from Bangkok was near Ban Klap an elephant walked out of the jungle on to the track. The engineer sounded his whistle, but the elephant, trumpeting loudly, lowered its head and charged the oncoming train. So great was the impact that the elephant was killed on the spot and the engine derailed and badly damaged. The elephant's tusks were snapped off, but when a search was made for them they could not be found. Someone had walked off with them.

SAUCE FOR THE GOOSE.

A certain famous pianist was invited to dinner by a wealthy man, who was the owner of a large boot manufactory, and had been a shoemaker in his time.

After the repast, the pianist was requested to play something, and he consented.

Not long afterwards he invited the boot manufacturer to his house, and when dinner was over handed him a pair of old boots.

"What am I to do with these?" inquired the rich man.

With a genial smile the pianist replied:

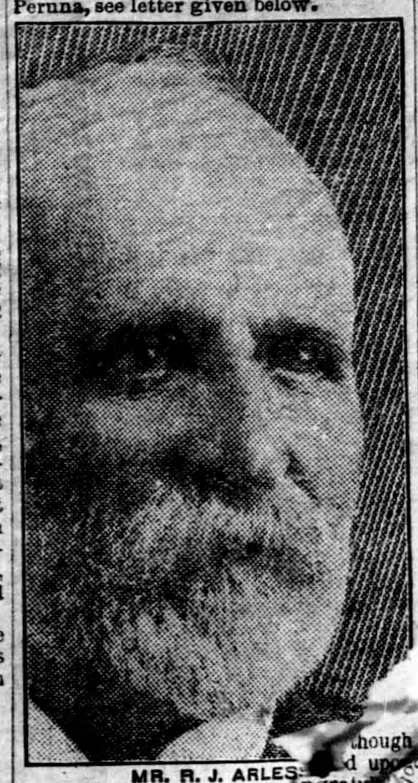
"Why, the other day after dinner, you asked me to make a little music for you, and now I ask you to mend these boots for me. Each to his trade."

"Luck never manages things just right," said the irritated one, who dislikes music. "It might have been the other way round, but it wasn't." "What is the trouble now?" "My daughter, who plays the piano, has a sore throat, and the one who sings has a sore finger."

Wine and women may be alike in some respects, but age improves wine.

## NASAL CATARRH PRODUCES DEAFNESS RELIEF IN PE-RU-NA.

**Mr. R. J. Arless, 401 City Hall Ave., Montreal, Quebec, is an old gentleman of wide acquaintance, having served thirty-eight years in the General Post-office of Montreal, a record which speaks for itself. Concerning his use of Peruna, see letter given below.**



MR. R. J. ARLESS.

"I have been afflicted ... though ... catarrh to such a degree ... my hearing. ... been ...

"This was contracted ... years ago by being ... sudden change ... Mr. Quigg has sold ...

"I have been ... to Mrs. W. C. Parker and specialists ... his family to his new home in ... about two weeks. ... the head and ... pose.

"About three years ago I was ... by a confrere in office to try Peruna.

"After some hesitation, as I had doubts as to results after so many failures, I gave Peruna a trial, and am happy to state that after using eight or ten bottles of Peruna I am much improved in hearing, and in breathing through the nostrils."

**Manufactured by Peruna Drug Manufacturing Company, Columbus, Ohio, U. S. A.**

HANDICAPPED.

Judge—"Remember, witness, you are sworn to tell the truth, the whole truth, and nothing but the truth."

Witness—"Judge, I'm tryin' my durnedest to do it, but that pie-faced slob of a lawyer over there won't let me!"

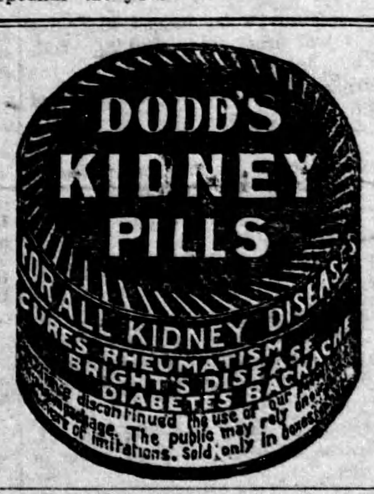
A Pleasant Medicine.—There are some pills which have no other purpose evidently than to beget painful internal disturbances in the patient, adding to his troubles and perplexities rather than diminishing them. One might as well swallow some corrosive material. Parmelee's Vegetable Pills have not this disagreeable and injurious property. They are easy to take, are not unpleasant to the taste, and their action is mild and soothing. A trial of them will prove this. They offer peace to the dyspeptic.

INAUDIBLE AND INVISIBLE.

(Scene—Farmers' dinner; tables well filled.) Chairman—"Mr. Thamson, please tae say the grace."

Mr. Thamson, with bent head, commences to whisper to himself. Farmer next him—"Speak out, Thamson!"

Mr. Thamson—"Shut up; I'm no' speakin' tae you."

WILSON'S FLY PADS

Kill them all. No dead flies lying about when used as directed.

— SOLD BY —
DRUGGISTS, GROCERS AND GENERAL STORES
10c. per packet, or 3 packets for 25c.
will last a whole season.


ISSUE NO. 26—08.

TROUBLED.

Photographer—"You are all right now, except your expression. Please look pleasant."

Jay Green—"Hang it, man, I can't I'm bow-legged, an' I'm trying to hold my knees together so as it won't show. When I smile I forgit all about my knees, and when I pay attention to my knees I forgit to smile."

Great Things From Little Causes Grow—It takes very little to derange the stomach. The cause may be slight, a cold, something eaten or drunk, anxiety, worry, or some other simple cause. But if precautions be not taken, this simple cause may have most serious consequences. Many a chronically debilitated constitution to-day owes its destruction to simple causes not dealt with in time. Keep the digestive apparatus in healthy condition and all will be well. Parmelee's Vegetable Pills are better than any other for the purpose.

Belle—"You're to be married next week? Why, you told us you were engaged for a personally-conducted tour with a small, select party!" Marion—"Yes, dear; but George is the person ... conductor, and I'm the small ... party."

**Loss of Flesh,** cough, an... may not mean consump... Allen's Lung Balsam ... cough. Not a grain ...

When ... she's ... his ...

going to ... though ... been ... Wabash ... are building homestead, and he ... to see ... the edge of his property ... as abundance of the ... which is a great consid... west. Mr. Quigg has sold ... to Mrs. W. C. Parker and ... his family to his new home in ... about two weeks.

...OGATE COURT OF THE ... of Thomas ...


**FITS CURED**

Sufferers from Fits, Epilepsy, St. Vitus' Dance, Nervous Troubles or Falling Sickness should write the ... CO., 179 King street, Toronto, for a trial bottle of their Fit Cure and Treatise. Enclose 10c for postage and packing.

**NO CROP, NO PAY!**

Fair finance is it not? Wild and improved farm land from $12 to $18 an acre, near good market and in the "Bread Basket" of the N.W., "Saskatchewan." Saskatchewan Settlers Land Agency Wauchope, Sask.

**AGENTS WANTED.** A reliable man in every city and town in Canada with waterworks to sell a patent article needed in every home, hotel and public building. Sells at sight. Hustlers can and are making $5.00 a day. Write at once for particulars. Geo. T. Cole, Owen Sound, Ontario.

We have ... in Men's, W... in lace and str... also P... ...anagan Lakes" ... free from stones or underbrush, at $50 an acre on easy terms. By purchasing through me you save land speculators' profits of at least 50%. Write me for free information about any part of B. C. as to fruit land or bearing orchards. James Brooks, Box 4, Peachland, B.C.

**CLEANING LADIES' ...** WALKING OR OUTING SUITS

Can be done perfectly by our French Process. Try it

BRITISH AMERICAN DYEING CO.

MONTREAL, TORONTO, OTTAWA & QUEBEC

...ANY ...nto.

**...CURSION**

...e Hub of the Smithameen ...uthern British British Columbia ...a to see Keotenay's Boundary ...gan Valleys

...ithameen is Canada's most favored ...here Olive, almond, peach, wine grapes, ...rines, melon, sweet potato, tobacco and ... sub-tropicals attain perfection in the open ... without use of glass, and all northern ...uits grow perfectly. No light crop years. Four crops clover a year. Corn ripens in July, strawberries, cherries, apricots, June 1. Earliest fruit district in Dominion. No mud, mosquitoes or fruit pests. Dry air belt, the land of health and sunshine, just opened by building of Great Northern Railway. Close to coast and prairie markets. Open prairie lands, free of stumps, stone and brush, ready for plow. Lands low priced on easy terms. See the Simithameen, its the equal of the best parts of the world in first-hand openings for business, fruit growing, stock raising, mixed farming, mining, industrial openings, homemaking, pleasure and place to rest. Not a country to experiment or pioneer but one to retire in—tested 40 years.

Spend your vacation outing here where fishing, hunting and scenic beauty are par excellence among the lofty Cascades. We operate special low rate excursions twice a month from eastern and western points. June 16, July 10 and 25. Address,

BEAUTIFUL VALLEY LAND CO.,
108 Colony St., Winnipeg, Man.,
or Keremeos, B.C. Phone 7378

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33 Scott St., TORONTO. Phone Main 1311
**INVESTMENT BONDS.**
Stocks bought and sold on all exchanges for cash or margin.
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CORRESPONDENCE INVITED.

**PANGO** For Neuralgia, Headache, Rheumatism, Pain, Etc.
50 CENTS. ALL DRUGGISTS, OR
The Pango Company, Toronto
WHOLESALE
LYMAN BROS. & CO., Toronto and Montreal; LYMAN KNOX & CLARKSON, Toronto; NATIONAL DRUG CO., London.

**DO YOU WORK A FARM?**
**FOR FUN OR FOR PROFIT**

You are a farmer, you cultivate the soil, you grow fruit, vegetables, wheat, oats; you raise cattle, sheep; you are interested in horses, in short, you are master of all you survey. Farmers are the most prosperous class of people in Canada to-day, therefore, you are getting rich. No? Bad crops? Drought? Oh, a leak in your costs department. Economy begins at home—plant a Bicycle on the farm and reap a harvest of saved time, money, and shoe leather.

For the odd message into town, to the post-office, to the store, for a hurry-call to the doctor, the Bicycle saves time and SAVES THE HORSE.

A horse eats oats—a bicycle wont.

The Massey Silver Ribbon, Cleveland, Brantford, Perfect, Imperial and Rambler Bicycles are all built for service and satisfaction in rigid and Cushion Frame models.

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MAKERS OF THE WORLD'S BEST BICYCLES. WRITE FOR CATALOGUE NO. 7