WORK AND WORRY WEAKENS WOMEN

New Health and Strength Can be Had Through the Use of Dr. Williams' Pink Pills.

It is useless to tell a hard working woman to take life easily and not to worry. But it is the duty of every woman to save her strength as much as possible; to take her cares as lightly as may be and to build up her system to meet any unusual demands. It is her duty to herself and to her family, for her future health depends upon it.

To guard against a complete breakdown in health the blood must be kept rich and red and pure. No other medicine does this so well as Dr. Williams' Pink Pills for Pale People. This medicine actually makes new, red blood, strengthens the nerves, restores the appetite and keeps every organ healthily toned up. Women cannot always rest when they should, but they can keep their strength and keep disease away by the occasional use of Dr. Williams' Pink Pills, which have done more to lighten the cares of weak women than any other medicine.

Mrs. James H. Ward, Lord's Cove, N. B., says:—"About two years ago I suffered so much from nervous prostration that I was little better than a helpless wreck. I suffered from headaches and a constant feeling of dizziness. The least unusual move would startle me and set my heart palpitating violently. I had little or no appetite and grew so weak that I was hardly able to drag myself about, and could not do my housework. In every way I was in a deplorable condition. As the medicine I had been taking seemed to do me no good, my husband got a supply of Dr. Williams' Pink Pills. I had only been taking the Pills for a couple of weeks when I seemed to feel somewhat better and this encouraged me to continue the treatment. From that on my strength gradually but surely returned, and in the course of a few more weeks I was once more a well woman, able to do my own housework, and feeling better than I had done for years. I have since remained well and I feel that I owe my good health to the healing power of Dr. Williams' Pink Pills."

Every other weak, sickly, worn out woman should follow the example of Mrs. Ward and give Dr. Williams' Pink Pills a fair trial. These Pills will send new blood coursing through the veins and bring brightness and energy to the weak and despondent. Sold by all medicine dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

CAUSE OF EARTHQUAKES.

Owing to Position of Sun, Moon and Planets.

As to earthquakes, the most interesting theory and the one which adduces the most tangible substantiation in the shape of successful prophecy is that held by Frank A. Perret. He holds that astronomical influences constitute the chief cause of earthquakes. He has made horoscopes, so to speak, of the dates of all the great seismic disturbances in history and he says he finds that on almost every occasion the globe has at such times been under very unusual strains owing to the position of the sun, moon, and planets. If two or perhaps four of the earth's more powerful celestial neighbors happen to be on exactly opposite sides at the same time their strong powers of attraction tend to draw the globe into the shape of an elipse. If soon after, owing to the revolution of the earth or other change of position, the same strain is applied at right angles to the first the disturbing effect upon the terrestrial structure is multiplied. Mr. Perret calculated in advance that this process would occur during the month of December three successive times with greater power than had happened for many years. He published in the American magazine Science more than a month ago his conclusions that Sicily would suffer grave seismic disturbance during that month. The reason he selected Sicily as the seat of trouble rather than the West Indies or San Francisco was because of the direction of the strain.

BABY'S OWN TABLETS A BLESSING TO CHILDREN

A medicine that will keep babies and young children plump and good natured, with a clear eye and rosy skin is a blessing not only to the little ones, but to mothers as well. Baby's Own Tablets is just such a medicine. They cure all the minor ailments of children and make them eat well, sleep well and play well. Thousands of mothers use the Tablets and praise them. Mrs. Lorenzo Rose, Lake Talon, Que., says:—"I cannot say too much for Baby's Own Tablets. I have proved their value in colic, constipation and other childhood troubles." Sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

CHILDREN OF ROYALTY

FAMILY OF THE PRINCE AND PRINCESS OF WALES.

They Are Just Like Ordinary Children, Not Like Princes of Tradition.

No children are loved by more persons than the royal children of England. This is not only because they stand for the future of England's throne but also because they are good examples of normal English childhood.

The Prince and Princes of Wales have arranged most carefully the training both mental and physicial of the six youngsters and have impressed upon all who are near the children in any capacity the need for simplicity of manner, dress and life. The consequence has been that they are far from being the delicate spoiled royal children of history.

Princess Mary is the only girl in the family, and is the leader in all sports, games, mischief and fun. Princess Mary, who is 11, is not pretty, her features being irregular, but she has the charm of healthy childhood added to an expression of animation which would make her noticeable even if she were not a Princess.

A MOP OF YELLOW CURLS

wave around her rosy face. Having a quick wit and a keen mind she manages to hold her own in the lessons which she takes with her brother Albert.

Brought up almost entirely with her five brothers, she has no girl friends, and she rides, swims, golfs, skates, rows and sails like a small boy. She can play good cricket also, and she has even tried a bout at football in Windsor Park.

Now that she is nearing her twelfth birthday it has been ordained that she is to lead more of an indoor life and give up some of the romping games of the happy previous years. Lesson hours are doubled, and no little girl at grammer school anxious to stand first in class studies harder than Princess Mary. For accomplishments she has music, French, German, Italian, dancing and painting. Fine needlework too she wrestles with daily, but this is her great trial.

Of the boys Prince Edwards, the eldest, will be 15 in June. The fact that some day he will be a King does not seem to weigh upon him heavily. In fact he is as merry and light hearted a youngster as can be found anywhere. He is devoted to animals and has

A WHOLE MENAGERIA

of pets, and woe to the man or woman whom Prince Edward happens to see ill treating a horse or dog. He entered Osborn College as a pupil over a year ago, and is popular with his classmates not because he is a Prince but in spite of it. As one small Osbornian was heard to say, "Well, he's a jolly good chap if he is a Prince."

English colleges are very democratic and the son of a prince of the royal blood or a marquis or viscount is just plain boy when he goes to school. Prince Edward is not a brilliant scholar, but he is a hard worker and will no doubt finish his course at Osborn with honors.

Albert, the second boy, is 13 and studies at home with his sister and younger brothers, but he will go to boarding school shortly. He is rather graver in temperament and quieter than Prince Edward, but like him he loves animals and excels in outdoor sports.

ALBERT AND MARY

are inseparable companions, and though Edward still occupies the important position of big brother in the family his absence from home has raised Albert to that rank in the children's circle except at holiday time.

Henry, the third boy, is 9 and is a great reader and fond of his studies. Prince George is 7 and has learned to ride a pony like a lad considerably older. His lesson hours are fewer and his recreations are more varied than those of the others. Tin soldiers have not yet lost their charms for him and sailing boats in the lake at Windsor remains a joy.

John, the baby, is 3½ and is having his first lessons in horsemanship. He is a handsome, manly little chap, and he is of course the pet of his brothers and sister.

AN OATH OF SILENCE.

In certain districts of North-West America and in West Australia there are women who take an oath to remain silent after the death of their husbands. In some cases they will remain mute for two years after the funeral, and very often the oath is kept also by the mother and mother-in-law of the deceased.

MERELY A LOOKER-ON.

"Do you mean to say you stood by and let your mother-in-law be beaten to death by the prisoner without doing anything?" asked the magistrate.

"Well," returned the witness, "I didn't think he required my help."

TREE RENDS A TOMB.

Striking Instance of the Great Power of Vegetation.

A correspondent of the Edinburgh Scotsman calls attention to a curious instance of the mechanical power of vegetation in the out of the way churchyard of Tewin, in Hertfordshire.

A tree, which has been divided into two or three main stems, grows straight out of the tomb of a noble dame who departed this life two centuries ago, and has rent her gloomy home into pieces. Strangest sight of all, it has wrapped itself round the iron railing which used to guard the grave, and which is thus now almost entirely concealed inside the tree.

People come from far and near to see the wonderful sight, and to them is told a story that the quiet inhabitant of this disrupted sepulchre was in her day a lady of very free thinking opinions, and had said she would have placed above her remains a tomb that no person could read.

CHAPPED FROM FINGERS TO ELBOWS.

Boy's Agony Relieved by Zam-Buk.

If you are suffering from badly-chapped hands you will be able to comprehend a little of the agony which Henry Walker, of 14 Manufacturerers Street, Montreal, endured before Zam-Buk gave him relief. His mother, telling of the case to a Press representative, said:—

"Henry works with his shirt sleeves rolled up above his elbows, and passing from a warm room to the biting cold, as he was obliged to do, he got the worst case of chapped hands and arms I have ever seen. From his fingers to his elbows was one mass of raw flesh, with bad cracks here and there. Whenever he washed, it brought tears to his eyes, the pain was so acute. He tried several kinds of salves, but nothing relieved him really until he tried Zam-Buk. This balm semed to take away the burning and smarting almost at once. The cracks began to heal, and a few applications of the balm cured him. His hands and arms are now smooth and soft.

"We have also used Zam-Buk for other emergencies. I sustained a burn on one of my fingers. Zam-Buk took the fire out and healed up the sore. It really sems a wonderful household preparation.

Similar effects follow its use for eczema, scalp sores, blood-poisoning, ulcers, ringworm, children's sores, cuts, burns, and bruises. It also cures piles. All druggists and stores sell at 50c. a box; or post free from Zam-Buk Co., Toronto, for price.

WHAT COULD YOU EXPECT.

"What became of that little kitten you had here?" asked a lady visitor of the small boy.

"Why, haven't you heard?"

"No; was it drowned?"

"No."

"Lost?"

"No."

"Poisoned?"

"No."

"Then whatever did become of it?" said the lady.

"It growed up into a cat," was his reply.

The World is Full of Pains.—The aches and pains that afflict humanity are many and constant, arising from a multitude of indistinguishable causes, but in the main owing to man's negligence in taking care of his health. Dr. Thomas' Eclectric Oil was the outcome of a universal cry for some specific which would speedily relieve pain, and it has filled its mission to a remarkable degree.

Beware of the man who is always boasting of his family tree. It's a chestnut.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

A bank employe says a $10 bill lasts ten or twelve years. He must be living with his wife's folks.

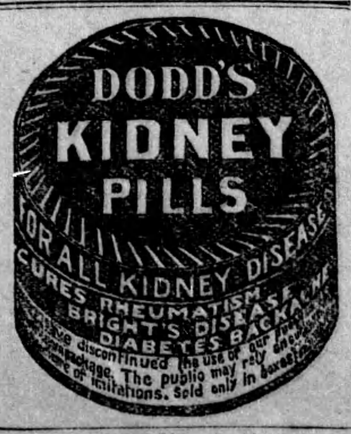
We Make the Emphatic Statement that "The D & L" Menthol Plaster will do more to relieve neuralgia, lame back, lumbago and kindred troubles than any other plaster. 25c tins and $1 yd. rolls. All druggists.

TRYING HIM ON THE DOG.

Suburbanite (to visitor)—"Oh, how are you? Come right in. Don't mind the dog."

Visitor—"But won't he bite?"

Suburbanite—"That's just what I want to see. I only bought that watch-dog this morning."



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JUST CURED HIM THAT WAS ALL

WHAT DODD'S KIDNEY PILLS DID FOR THOMAS MOON.

Doctors Could Not Cure His Dropsy but Dodd's Kidney Pills Cleared it out Completely.

Maidstone, Sask., February 15 (Special).—"Cured me completely. That's what Dodd's Kidney Pills did for me." Such is the statement made by Thomas Moon, a well-known resident of this place who for two years suffered with Dropsical Swellings brought on by diseased Kidneys.

"I had pains in the small of my back," Mr. Moon continues, "and across the loins. The swelling commenced first in my legs and gradually got to my body. I tried different doctors but kept getting worse every day until I was swollen up to an awful size.

"One doctor sent me to the hospital where I got a little benefit, but the swelling soon all came back.

"Then I used Dodd's Kidney Pills and, as I said before, they cured me completely."

Dropsical Swellings are caused by diseased Kidneys failing to take the surplus water out of the blood. Cure the Kidneys with Dodd's Kidney Pills and the Dropsy naturally cures itself.

SPORTING ITEM.

Wifey — See here, George, I thought you said you had been duck hunting, but these ducks you brought home are tame ducks.

Hubby—Y-e-s, m' dear; I tamed 'em after I (hic) shot 'em.

Nothing looks more ugly than to see a person whose hands are covered over with warts. Why have these disfigurements on your person when a sure remover of all warts, corns, etc., can be found in Holloway's Corn Cure.

Occasionally a thin girl worries because she hasn't a broader outlook.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

Once in a great while a woman gets a hat that actually looks like one.

A Sudden Chill often means sudden illness. Painkiller is all that is needed to ward it off. Unequalled for cramps and diarrhoea. Avoid substitutes, there is but one "Painkiller"—Perry Davis'.

Every doctor in a small town thinks he would have become world-famous had he located in a city.

They are a Powerful Nervine.—Dyspepsia causes derangement of the nervous system, and nervous debility once engendered is difficult to deal with. There are many testimonials as to the efficacy of Parmelee's Vegetable Pills in treating this disorder, showing that they never fail to produce good results. By giving proper tone to the digestive organs, they restore equilibrium to the nerve centres.

"What makes you so late?" asked the boy's parent. "The techer kept me because I couldn't find Moscow on the map of Europe," replied Johnny. "And no wonder you couldn't find Moscow! It was burned down years ago. It's an outrage to treat a child in that way!"

Repeat it;—"Shiloh's Cure will always cure my coughs and colds."

How some women can even pretend to be proud of their husbands is a mystery to other women.

If your children moan and are restless during sleep, coupled, when awake, with a loss of appetite, pale countenance, picking of the nose, etc., you may depend upon it that the primary cause of the trouble is worms. Mother Graves' Worm Exterminator effectually removes these pests, at once relieving the little sufferers.

THAT LITTLE GIRL AGAIN.

The new teacher had been giving the children an object-lesson on the wild duck, thinking that this subject would be sure to awaken their interest.

"Now, children," said she, after a lengthy explanation, "who will tell me the best way to shoot the wild duck?"

The children looked puzzled. Only for a moment, though, for the little girl at the bottom of the class really couldn't miss this chance.

Up went her hand to the highest possible altitude it could assume.

"Yes, dear," said the teacher.

"Please, miss; she almost gasped, so eager was she to get it out; "please, miss, I know. Wait till the duck's not looking."

Absence doesn't make the heart grow fonder of a rival.

It's only a matter to time till people begin to say nice things about you—but you will be too dead to appreciate them.

THE BLIND SWIM STRAIGHT.

Keep Course With Great Directness, Guided by Sound.

Just as some professional singers with magnificent voices never learn to sing in perfect tune, so do the trainers of really fine swimmers often find it impossible that men with every quality for racing otherwise can be made or taught to swim even in an approximately straight line, says London Tit-Bits.

Many a splendid swimmer is beaten on this account, for his inveterate habit of getting off his course naturally gives him a roundabout journey. But the remarkable fact remains that blind swimmers—of whom there are in this country a considerable number in connection with various institutions for persons so afflicted—universally and without exception swim with marvellous directness; indeed, in as perfectly straight a line as is humanly possible, even when the distance covered is very considerable

So much is this the case that Dr. Campbell, of the College for the Blind at Upper Norwood, who particularly interests himself in the physical education of the blind and has noticed this curious fact, recommends that swimmers who persistently foul each other on any course should practise experimentally when blindfolded

Blind swimmers can, it appears, on hearing a noise in any given direction not only swim absolutely straight to the point whence the noise proceeds, but when left to themselves their steering is just as accurate.

A Woman's Sympathy

Are you discouraged? Is your doctor's bill a heavy financial load? Is your pain a heavy physical burden? I know what these mean to delicate women—I have been discouraged, too; but learned how to cure myself. I want to relieve your burdens. Why not end the pain and stop the doctor's bill? I can do this for you and will if you will assist me.

All you need do is to write for a free box of the remedy which has been placed in my hands to be given away. Perhaps this one box will cure you—it has done so for others. If so, I shall be happy and you will be cured for 2c (the cost of a postage stamp). Your letters held confidentially. Write to-day for my free treatment. MRS. F. E CURRAH, Windsor, Ont.

"Good-morning, ma'am," said Willie, doffing his cap. "Why, what a polite little boy," exclaimed Miss Passay. "Do you always take off your cap like that to ladies?" "No'm; only to old ladies."

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

"You can't guess what sister said about you just before you came in, Mr. Highcollar," said little Johnnie. "I haven's an idea in the world, Johnnie." "That's it. You guessed it the very first time."

Mild in Their Action.—Parmelee's Vegetable Pills are very mild in their action. They do not cause griping in the stomach or cause disturbances there as so many pills do. Therefore, the most delicate can take them without fear of unpleasant results. They can, too, be administered to children without imposing the penalties which follow the use of pills not so carefully prepared.

Some candidates are so used to being defeated that they don't seem to mind it.

A man is generally true to his first love—himself

Welcome as Sunshine after a storm is the relief when an obstinate, pitiless cough has been driven away by Allen's Lung Balsam. No opium in it. The good effect lasts. Take a bottle home with you this day.

"Let me kiss those tears away!" he begged, tenderly. She fell in his arms, and he was busy for the next few minutes. And yet the tears flowed on. "Can nothing stop them?" he asked, breathlessly sad. "No," she murmured; "it is hay fever, you know. But go on with the treatment."

Repeat it;—"Shiloh's Cure will always cure my coughs and colds."

How many people do you know—including yourself—who can repeat the ten commandments?

GRIP IS PREVALENT AGAIN. A prompt remedy is what every one is looking for. The efficiency of Peruna is so well known that its value as a grip remedy need not be questioned. The grip yields more quickly if taken in hand promptly. If you feel grippy get a bottle of Peruna at once. Delay is almost certain to aggravate your case.

For a free illustrated booklet entitled "The Truth About Peruna," address The Peruna Co., Columbus, Ohio. Mailed postpaid.

SAID UNCLE SILAS.

When a feller finds a button sewed on his shirt that has been missin' a month or two, he wonders what in tarnation his wife is goin' to strike him for in the hat or dress line.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

"And how did you and grandpa get along?" inquired the doting mamma of the precocious child. "He was pleasant as pastry," replied the cherub. "As pleasant as pastry?" "Yes, mamma. Short and crusty."

A bottle of Bickle's Anti-Consumptive Syrup, taken according to directions, will subdue a cough in a short time. This assertion can be verified by hundreds who have tried it and are pleased to bear testimony to its merits, so that all may know what a splendid medicine it is. It costs you only 25 cents to join the ranks of the many who have been benefited by its use.

It takes an exceptionally smooth confidence man to sell mining stock to a miner.

By Bribing the Nerves with opium you may stop a cough, but the inflammation goes from bad to worse. Allen's Lung Balsam, containing no opium, goes to the root of the trouble and cures deep-seated affections of throat and lungs.

The common way of speaking is to use slang.

CALVES Raise Them Without Milk. Booklet Free. Steele Briggs Seed Co., Ltd., Toronto

FRUIT LAND.

Five acres, close to rail and Vancouver, B. C. Price $500, terms. Also city and suburban lots and acreage.

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and faded Suits would look better dyed. If no agent of ours in your town, write direct Montreal, Box 158

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ABSOLUTELY HARMLESS. Price $1.00 prepaid. Communications strictly private.

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Write for Weekly Price Lists. Shipments Solicited.

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WHY DO So many Institutions devoted to the higher Education select Bell pianos? The fact that they use and prefer the Bell is evidence of distinct merit! One follows professional advice in acquiring an education, why not follow professional custom in buying Bell pianos? The only pianos with the Illimitable Quick Repeating Action.

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