LACK OF BLOOD

Is What Causes Headaches, Dizziness and Heart Palpitation.

On the blood depends the welfare of the whole body. Where good blood exists disease is unknown, watery disease quickly seizes hold of the body—It is then headaches, backaches, dizziness, heart palpitation and other serious ailments make themselves felt. Good blood can always be obtained through the use of Dr. Williams' Pink Pills for Pale People. They actually make good, rich blood and thus restore lost strength and banish disease. Mr. Herbert Hanson, Brewers Mills, N. B., says:—"I cannot praise Dr. Williams' Pink Pills too highly. I was troubled with headaches, dizziness and loss of strength and had a hacking cough which I feared would lead to consumption. I tried a number of medicines without benefit, but was finally persuaded to try Dr. Williams' Pink Pills. I did so and used these Pills for several months with remerkable results. They helped me so much that I now strongly recommend them to all other sufferers."

The experience of Mr. Hanson is that of thousands of others who have found health and strength through Dr. Williams' Pink Pills after other medicines had failed. It is through their power in making good blood that these Pills cure such troubles as anaemia, indigestion, rheumatism, heart palpitation, neuralgia, nervous troubles and the distressing ills of girlhood and womanhood. Dr. Williams' Pink Pills for Pale People are sold by all dealers in medicine or direct by mail from The Dr. Williams' Medicine Co., Brockville, Ont., at 50 cents a box or six boxes for $2.50.

DISTANCE SENSE OF BLIND.

Remarkably Developed in Some Persons.

It has long been known that some blind persons can move about in places that are entirely strange to them with a remarkable degree of certainty and without coming into collision with any large object.

Half a century ago Spallanzani discovered that bats can steer clear of obstacles in total darkness. In order to make sure that the sense of sight was not employed he blinded some bats and found that they flew about as confidently and safely as before.

This experiment proved that warning of the presence of objects is received through some part of the surface of the body other than the eyes. In the case of blind persons it was thought at one time that this warning was given by sound waves reflected by the objects, but this theory is disproved by a simple experiment. When a blind man's ears are stopped completely the sense of distance remains, although it is greatly diminished.

This shows that the sense of distance is not identical with the sense of hearing, and that a distinction must be made between the sense of distance and the directional power of the blind. This power depends chiefly on the sense of distance, but involves also hearing, smell, the temperature sense and perhaps still other factors.

It is a noteworthy fact that the sense of distance is not possessed by all blind persons, but different degrees in those. The blind possessors of this sense locate it in and near the forehead and say that the sensation is vague and somewhat resembles a light touch.

From the experiments of Kunz, Woelffin and others, it appears very probable that the distance sense is a function of the sensory fibres of the first branch of the nervous trigeminus, which ramifies through the face. It is still unknown whether the distance sense is served by special nerves or by fibres which also serve the pressure and other senses. An investigation of the conditions which favor this sense would be very valuable, practically as well as theoretically, for thorough development of the distance sense would make the lives of the blind far safer and more independent than they are at present.

HOT WEATHER MONTHS KILL LITTLE CHILDREN

If you want to keep your children rosy, healthy and full of life during the hot weather months give them an occasional dose of Baby's Own Tablets. This medicine prevents deadly summer complaints by cleansing the stomach and bowels; or it cures the trouble promptly if it comes on unexpectedly.

The mother who keeps this medicine on hand may feel as safe as if she had a doctor in the home. Mrs. C. C. Roe, Georgetown, Ont., says:—"I can heartily recommend Baby's Own Tablets as a great help to baby during the hot summer months. I have used them for summer troubles, and am much pleased with the result." Sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

A CHEERFUL MEAL TIME

PLANS OF A MINISTER'S BUSY WIFE.

She Learned to Make Children Happy—Took Time for Fairy Tales.

Reading an item about complaining at meals made me think of one woman's plan," said a woman to a Philadelphia Ledger writer. "She is a minister's wife, and had a family of seven children. By the way, all of her sons and daughters have turned out well, not a black sheep in the flock.

"'I made it a rule in my family,' she said, 'to have sick call after mess. When a child sat down at the table and began to discourse on a headache, cut finger or any childish ill, I immediately said, "Sick call after mess, dear." After the meal I took any child who was ailing into my room, examined him and gave him some simple remedy if he needed it, petted him and cheered him up or promised him some little treat if it was only a case of childish blues.

CHILDREN GET BLUES.

"Children do get the blues as well as grown-up. I had my lesson in letting household duties override my duties to my children from my very littlest girl.

"'One Saturday afternoon I was scrubbing my kitchen, was tired, warm and about ready to cry from nervousness and tiredness. Carrie was only five years old, and she seemed to keep right under my feet with her old doll until I put her outside on the step with no gentle hand, and told her to stay there. She watched me for about ten minutes. Then I heard her heave a sobbing little sigh and the tears came into her blue eyes. "Oh poor mamma," she said, "You never have time to tell fairy stories like other mammas, do you?"

SAYING STRUCK IN.

"I cannot tell how much that struck in. I dropped my scrubbrush, gathered the little pink and white mite to my heart, shed a few tears myself, which relieved the nervous strain. Then I sat her upon my shining white kitchen table and told her the finest fairy tale I could make up as I scrubbed. As soon as I could get into dry things I called all the children and had a fine tea party under the lilac bushes. From that time on my children came first, clean floors and tables second. I often heard it whispered, 'Our minister's wife does not keep her house in as perfect order as she might,' but I laughed, kissed my children's laughing faces and did not mind."

WHAT YOU NEED FOR THE COUNTRY.

You need some handy balm ready for blistered hands, sunburned skin cuts, burns, bruises, stings, and the many little accidents incidental to open-air life. Zam-Buk is the ideal balm. It is antiseptic, soothing, and healing. Insect stings or barbed wire scratches cannot become poisoned wounds if Zam-Buk is applied. It soothes sore, aching feet, heals baby's chafed places, cools patches of sunburn, relieves the pain of blisters. Mothers should see that the country cottage is never without Zam-Buk. Purely herbal, it may be regarded as Nature's own healer. Apply it to all skin injuries, rashes, eruptions, and diseases. All druggists and stores.

ANARCHISM IN ENGLAND.

Very Few Outrages Have Taken Place.

The reason that Anarchist crimes are practically unknown in England is that the Terrorists have agreed to regard England as a sort of haven of refuge, and, therefore, to be kept neutral.

One of the few Anarchist outrages which came anyway near being actually carried out, was that planned by Martial Bourdin, a Frenchman, who, some thirteen years ago, tried to blow up the Greenwich Observatory. His bomb, however, exploded prematurely, and he was the only person to suffer, being killed on the spot.

At Walsall, in 1891, a plot was matured by alien Anarchists to blow up public buildings and assassinate certain officials, and bombs were made and filled. But the police were kept well informed, and pounced upon the gang, most of whom were sentenced to long terms of imprisonment. About the same time an Italian Anarchist, named Polti, together with a companion, was captured in London with an uncharged bomb in his possession. These two also went into penal servitude for lengthy periods.

Occasionally, too, Anarchists have fallen out amongst themselves while temporarily resident in England, with the result that murder has been committeed. A typical case of this class of crime occurred a few years back, when an Anarchist shoemaker, resident in Clerkenwell, was assassinated by a "comrade" whom he tried to induce to murder Mr. Joseph Chamberlain.

The wholesale murders of Armenians at Peckham, too, in 1903, by the Terrorist Dakran, may be properly relegated to this category, for victims and assassin were alike Anarchists in everything but name.

SHE COULD NOT HOLD A TEACUP

BUT DODD'S KIDNEY PILLS CURED MRS. JAMES H. WHITE.

They Took Away Her Backache, Cured Her Urinary Trouble and Made Her a Well Woman.

Prevelle, Gaspe Co., Que., June 21 (Special)—After suffering for four years from ills, which many a woman knows, and being treated by a doctor who failed to give her relief, Mrs. James H. White, a farmer's wife living near here, is again a well woman. Dodd's Kidney Pills cured her.

"My trouble started from a strain," Mrs. White states. "I had a pain always across my back and a steady pain in the back of my neck, and I had urinary trouble that caused me a great deal of annoyance.

"For four years I suffered in this way and the doctor I consulted could not do me any lasting good. In the morning I was dizzy and I finally got so nervous I could not hold a cup.

"Then I started to use Dodd's Kidney Pills, and I got relief right from the start. Three boxes cured me completely. To-day I am a well woman."

Mrs. White's troubles were Kidney troubles. So are the troubles of nine out of ten of the suffering women of Canada to-day. That is why Dodd's Kidney Pills always cure them.

LESS SURE.

Mrs. Wildman—"I can tell you this, Mr. Wildman; if you continue in your present life of extravagance you'll surely pay for it [illegible] day."

Mr. Wildman—"I [illegible] my dear, that my creditors had the same faith in my good intentions."

ST. MARGARET'S COLLEGE, TORONTO.

A very interesting illustrated booklet has just been issued by St. Margaret's College, for girls. Concurrently with, or independent of, an Academic course St. Margaret's runs courses in Music, Art, and domestic Science. The classes are made to average ten each, so as to bring the personal influence of the teacher more fully to bear upon the pupil. "Good English, like good manners, comes best through association with those who have it," said an Oxford professor. The personal influence of the teacher cannot be effective when the classes are large.

"My friends," said a temperance lecturer, lowering his voice to an impressive whisper, "if all the public-houses were at the bottom of the sea, what would be the result?" And the answer came: "Lots of people would get drowned."

A Sure Corrective of Flatulency.—When the undigested food lies in the stomach it throws off gases causing pains and oppression in the stomachic region. The belching or eructation of these gases is offensive and the only way to prevent them is to restore the stomach to proper action. Parmelee's Vegetable Pills will do this. Simple directions go with each packet, and a course of them taken systematically is certain to effect a cure.

The Minister: "Mackintosh, why don't you come to church now?" Mackintosh: "For three reasons, sir. Firstly, I dinna like yer theology; secondly, I dinna like yer singin'; and thirdly, it was in your kirk I first met my wife."

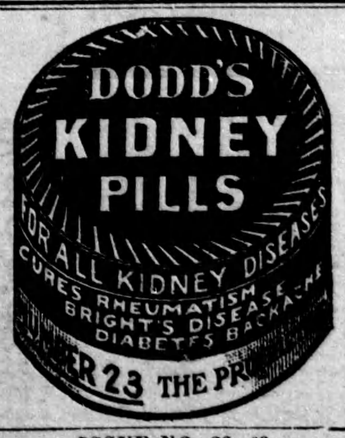
Don't experiment with unsatisfactory substitutes. Wilson's Fly Pads kill many times more house flies than any other known article.

THE DIAGNOSIS.

"I suppose, Mr. Chapleigh," said the romantic maid, "that you have experienced many heart throbs?"

"Indeed I have," replied the callow youth. "My physician attributes them to cigarettes."

Snooper: "There is nothing perfect on this earth." Swayback: "You forget Gilley." "What about Gilley?" "He's a perfect ass."



ISSUE NO. 26—09.

Ladies, Do You Know

THAT

Bull Dog BRAND AMMONIA POWDER "Cleans Up Everything"

Manufactured by J. B. PAINE CO., Ltd., Toronto.
ASK YOUR GROCER FOR IT.
Save your coupons, and write us for particulars regarding prize of a $5 GOLD PIECE or a REAL METALIZED ROSE HAT PIN

VERY UNUSUAL.

First Physician—"Any unusual symptoms about that last case of yours?"

Second Physician—"Yes, he paid me fifty dollars on account yesterday."

Worms derange the whole system. Mother Graves' Worm Exterminator deranges worms and gives rest to the sufferer. It only costs 25 cents to try it and be convinced.

BE CAREFUL.

In going out after fame, make sure that you don't capture notoriety.

Red, Weak, Weary, Watery Eyes Relieved by Murine Eye Remedy. Compounded by Experienced Physicians. Murine Doesn't Smart; Soothes Eye Pain. Write Murine Eye Remedy Co., Chicago, for Illustrated Eye Book. At Druggists.

Doctor—"Why, how is this, my dear sir? You sent me a note stating that you had been attacked with mumps, and I find you suffering from rheumatism." Patient—"That's all right, doctor. There wasn't a soul in the house that knew how to spell rheumatism."

Wi[illegible] the best of all f[illegible] flies and th[illegible]

[illegible] the only thing that [illegible]anket wrapped around it to keep it comfortable in hot weather.

When going away from home, or at any change of habitat, he is a wise man who numbers among his belongings a bottle of Dr. J. D. Kellogg's Dysentery Cordial. Change of food and water in some strange place where there are no doctors may bring on an attack of dysentery. He then has a standard remedy at hand with which to cope with the disorder, and forearmed he can successfully fight the ailment and subdue it.

Many a man's boasted bravery has gone lame when his wife suggested that he visit the kitchen and fire the cook.

BE SURE YOU GET THE KIND YOU HAVE ALWAYS HAD.—Owing to the great popularity of "The D. & L." Menthol Plaster unscrupulous makers are putting up one like it. Made by Davis & Lawrence Co.

DESCRIBED.

"What sort of an orator is he?"

"Sixty-lung power."

Pains Disappear Before It.—No one need suffer pain when they have available Dr. Thomas' Eclectric Oil. If not in the house when required it can be procured at the nearest store, as all merchants keep it for sale. Rheumatism and all bodily pains disappear when it is applied, and should they at any time return, experience teaches the user of the Oil how to deal with them.

Arriving Missionary—"May I ask what course you intend to take with me?" Cannibal King—"The regular one. You'll follow the fish."

"LAKE OF BAYS" COUNTRY.

A handsome brochure, artistically illustrated, has been issued by the passenger department of the Grand Trunk Railway System, telling of the beauties of the Lake of Bays district, in the "Highlands of Ontario." A new feature of this district is the new hotel—the Wawa—at Norway Point. The hotel itself has a page illustration reflecting the summer glories of woodland and water, with a brood of seven wild geese soaring skyward beyond the tower. The concise description embodies the story of a charming resort.

A copy can be obtained free on application to J. D. McDonald, Union Station, Toronto, Ont.

SHIELDED BY SAND.

During his extensive explorations in Central Asia, Dr. M. A. Stein discovered in the desert northeast of Kashmir remains of human occupation, among which were many manuscript leaves in Chinese, Sanskirt, and the unknown language of Khotan, which had been preserved by the covering of sand blown over them, although the buildings that originally contained them had been destroyed. Remains of stucco relievos and frescos, as well as panted panels, had also been similarly preserved under their covering of sand. Lord Curzon, speaking of the region explored by Doctor Stein, says: "The Greeks, the Indo-Scythians, the Indians, the Huns, the Tibetans, the Chinese, all converge at this historical rendezvous, and the sand overlays the records of their marches and meetings with its kindly and protective mantle."

COURTSHIP IN THE NORTH.

The old Eskimo lit a cup of walrus oil and peered over the sealskin curtain.

"Aurora," he called, sharply, "is that young man down there yet?"

"Yes, pa," answered the Eskimo belle.

"Well, I want you to cut him out, understand?"

"Er—You'll have to do it yourself, pa; he has been here so long he is frozen to the snow settee."

The Foe of Indigestion.—Indigestion is a common ailment and few are free from it. It is a most distressing complaint and often the suffering attending it is most severe. The very best remedy is Parmelee's Vegetable Pills taken according to directions. They rectify the irregular action of the stomach and restore healthy action. For many years they have been a standard remedy for dyspepsia and indigestion and are highly esteemed for their qualities.

NEVER MET HIM.

Young Wife—"Don't you admire a man who always says the right thing at the right time?"

The Spinster—"I'm sure I could if I ever have the pleasure of meeting such a man."

The microscope in the hands of experts employed by the United States Government has revealed the fact that a house fly sometimes carries thousands of disease germs attached to its hairy body. The continuous use of Wilson's Fly Pads will prevent all danger of infection from that source by killing both the germs and the flies.

COMMERCIALIZED.

A romance ceases to be a romance the minute her father asks: "Is he making good money?"

EVERY HOME NEEDS a remedy that is adapted for use in case of sudden accident or illness. Such a one is "Painkiller." 25c. a bottle. Avoid substitutes, there is but one "Painkiller"—Perry Davis'—25c. and 50c.

Any man can inherit money if given an opportunity, but when it comes to keep it—well, that's another story.

A lady writes: "I was enabled to remove the corns, root and branch, by the use of Holloway's Corn Cure." Others who have tried have the same experience.

Wise is the chap who catches on at the proper time and lets go at the psychological moment.

CARPET DYEING and Cleaning. This is a specialty with the BRITISH AMERICAN DYEING CO. Send particulars by post and we are sure to satisfy. Address Box 158, Montreal.

WANTED If you want to sell property which you own in the United States or Canada such as a FARM town property or a business, write us at once for our new successful plan of selling direct, without commission. Give full description of property and state lowest price if you want to buy property of any kind in any locality, write us, stating what and where you wish to buy, and we will send you FREE our magazine of choice bargains for sale direct from the owner with no commission added. BUY American Investment Association, 678 29th Av. N., Minneapolis, Minn. SELL

Fire Insurance Agents Wanted

Richmond & Drummond Fire Insurance Company, Head Office, Richmond' Que. Established 1879. Capital $250,000. For agencies at unrepresented points, Province of Ontario, address

J. H. EWART, Chief Agent,
No. 18 Wellington St., East, Toronto.

WE GIVE FREE SAMPLE & CASE

WRITE FOR CATALOGUE

AGENTS MEN OR WOMEN. Make $3 a Day and establish permanent business on our capital. Our high class goods sell on sight in every home, are quickly used up and repeat orders come fast. Exclusive territory given.

THE HOME SUPPLY CO., Dept. 50, Toronto, Ont.

WARREN GZOWSKI & CO.
Members Toronto Stock Exchange.
Traders Bank Building, TORONTO. 25 Broad Street NEW YORK

STOCKS AND BONDS

We are now specializing in COBALT Stocks. Write us for information.

ALEXANDER WARDEN,
(Late treasurer Presbyterian Church in Canada)

BONDS AND STOCKS

Cobalt stocks bought and sold on commission.
18 TORONTO STREET, TORONTO, CANADA
Long Distance Phones—Main 2370, Main 2371.

"Wonderful, Marvelous, Miraculous"

is the exclamation of everyone who has used COON'S INVENTION "DeMARVEL" for Rheumatism, Neuralgia, Lumbago, Constipation, Indigestion and many other pain-producing diseases. If you are a sufferer write at once for particulars to Coon's DeMarvel Co., Limited, 510 Crown Life Building, Toronto, Ontario. Please mention this paper when writing.

WANTED 10 United Empire, 250 Western Oil and Coal, 50 Wallaceburg Sugar, 20 Sterling Bank, 20 Trusts and Guarantee, 10 Birbeck Loan (fully paid 6 per cent.), 50 Collingwood Shipbuilding, 1000 Badger, 2000 Cobalt Gem, 2000 Diamond Vale Coal.

FOR SALE 500 Haileybury Silver, 5000 Cobalt Development, 1000 Shamrock, 5000 Maple Mountain, 1000 Agaunico, 3000 Cobalt Majestic, 1285 Rothschilds, 2000 Bailey, 2000 Luckyboys.

HERON & CO., 16 King St. West, Toronto.

BELL USED IN Leading Conservatories, Colleges, Schools, Theatres, and in thousands of homes where a piano of distinctive merit is appreciated. The Bell is the only piano with the Illimitable Repeating Action.

ART **PIANOS**
Send for (free) Catalogue No. 75.
The BELL PIANO & Organ Co., Limited GUELPH, ONTARIO.

ANOTHER CASH PRIZE CONTEST

ORANGE MEAT

Announces a New Prize Contest

MORE PRIZES THAN THE LAST

The First Prize will again be a LIFE ANNUITY of

FIFTY-TWO DOLLARS CASH

Equal to One Dollar per Week Every Week during Lifetime

A Second Prize of One Hundred Dollars Cash
Two Prizes of Fifty Dollars Each
Ten Prizes of Twenty Dollars Each
Ten Prizes of Ten Dollars Each
Twenty Prizes of Five Dollars Each
One Hundred Prizes of One Dollar Each

CONDITIONS are similar to the last Contest, except that all Orange Meat Carton Bottoms must be sent in on or before November 30th, 1909.

Full particulars on private post card in every package of Orange Meat. If you enter this contest, complete the blank space below with your name and address, cut it out and mail it to Orange Meat, Kingston, Ont. It will count equal to ten carton bottoms.

To ORANGE MEAT, KINGSTON.
I desire to enter your prize contest which matures November 30, 1909
Full name.....
Address..... 61