WEAK, TIRED GIRLS

Will Find Health and Strength Through Dr. Williams' Pink Pills.

There is a time in the life of every girl when the strain upon her blood becomes too great; when she grows weak; has headaches and backaches; when dizziness seizes her and she becomes extremely miserable. That is the time of life she needs a tonic—a medicine that will not fail to enrich her blood and give her strength to withstand the changes through which she is passing. Such a tonic is Dr. Williams' Pink Pills for Pale People. They have raised thousands of growing girls out of the depths of misery and despair to a full enjoyment of good health and strength. Among those who have found good health through these Pills is Miss Suddard of Haldimand, Que., concerning whose case her mother writes as follows:—"Dr. Williams' Pink Pills have been a great benefit to my daughter who was weak and miserable. She was pale, easily tired and was bothered with indigestion. The use of the Pills has brought back her health, and made her strong and active. I am very grateful for what this wonderful medicine has done for her."

Dr. Williams' Pink Pills are the greatest blood builder known to medical science. That is why they cure anaemia, rheumatism, heart palpitation, indigestion, neuralgia, etc. That is why they are of such value to women and girls during the changes through which they pass from girlhood to maturity. The Pills are sold by all medicine dealers or direct by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

PARIS LIKE FROGS' LEGS.

They are Very Popular as Edibles in French Capital.

The popularity of frogs' legs as an edible in the French capital is indicated by the fact that in the Paris Halles more than 4,000 pounds of frogs' legs are sold daily. They come mostly from the Vendee, where the soil is flat and swampy. Frogs are exported now in large numbers to London clubs and hotels, where they occasionally figure on the bill of fare as "nymphes en brochette." The best frogs fetch about a dollar for a skewer of ten.

nails, which, like oysters, should never be eaten in any month that has no "R" in it, are close rivals of the frogs. France has a steady consumption of between 60,000,000 and 80,000,000 snails annually.

The wholesale price of raw live snails varies between $3.25 and $6 a thousand, while between $10 and $13.50 a thousand is paid for snails cooked and prepared for eating. The latter variety is now beginning to be largely exported abroad, and there seems to be a fair demand for them in the United States.

The finest snails come from the snail farms of Burgundy and the Jura district, where they are specially reared. It takes about three years to bring a snail to maturity, but this refers to the finest quality only. A plot of 200 square yards will easily accommodate 10,000 snails, and as the animal produces sixty young every year the rearing of them is a profitable business. One snail farmer this season has sold 8,000,000 of them.

The snail harvest is in the winter time, when they are hibernating. They are collected and thrown into boiling salt water, which makes them leave their shells. Snails and shells are quickly separated, and the rest is the secret of the French chef.

ANXIOUS MOMENTS FOR YOUNG MOTHERS

The hot weather months are an anxious time for all mothers, but particularly for young mothers. They are the most fatal time of the year for babies and young children, because of the great prevalence of stomach and bowel troubles. These come almost without warning and often before the mother realizes that there is danger the little one may be beyond aid. No other medicine can equal Baby's Own Tablets in promptly curing bowel and stomach troubles and an occasional dose given the well child will keep the stomach and bowels free from offending matter and ensure good health to the child. Therefore the Tablets should always be kept in the home as they may be the means of saving a little life. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

HORRID BRUTE!

Dora: "And so you quarrelled?"

Lottie: "Yes; and I returned all his presents. And what do you think he did?"

"Something horrid, I m sure."

"He sent me half-a-dozen boxes of face powder with a note explaining that he thought he had taken as much as that home on his coat since he first knew me."

A close friend is all right—until he declines to lend you money.

YOUNG FOLKS

PUGGY DEE'S LESSON.

Clay Reese had a little pug dog given to him when he was five years old. Clay could not speak plainly, and he called him "Puggy Dee," which was his way of saying Puggy Dear, and that was the dog's name ever afterward. The two were always together, and had the gayest times.

Clay's home was in Florida, and not far from the seashore. The beach was his favorite playground, and there he and Puggy Dee found many strange and interesting things. There were great pink curlews, with queer spoon-shaped bills and long, thin legs, living in the long marsh close by. And there were snow-white herons, with long legs and bills, too, only their bills were as thin as their legs. It was fun to watch these birds wading in the water and fishing up shrimp and tiny fish from the bottom with their long bills. Then they would toss the fish up in the air, and throwing back their heads, catch it in their wide-open mouths as it came down. And they were good catchers, as well as fishers, never missing their aim. Clay never tired of watching them.

On the beach were all sorts of interesting things—starks' eggs, sea-beans, beautiful shells, and more treasures than I can tell of. The funniest were the fiddler-crabs, and they kept Clay and Puggy Dee busy all day long. They were little fellows, no longer than Clay's chubby fingers or Puggy Dee's curly tail. Each one had nine small claws to run and grab things with, and one big claw, for all the world like a big fiddle, hugged close to one side.

They could scamper so fast that Clay and Puggy Dee never could catch them, try as hard as they might. They would creep out, oh, so quietly, while the crabs were scuttling about over the sand, but into their holes they would pop before Clay could grasp them. If he waited very still, out would peer an eye to see if the coast was clear; for the crabs had eyes on pegs that could look round a corner or out of a hole, which were very good eyes to have when a small boy and a dog were after one. At the slightest noise or movement, down would go the eye, and Mr. Crab, too, as he burrowed into his hole.

Many times Clay tried to dig them out, while Peggy Dee stood by, all acquiver with excitement, ready to catch them; but it was of no use. The crabs could dig faster than Clay, and he never got one.

One day Clay went down to the long steamer wharf with his father after crabs. These were big fellows, and each one had two big claws, as well as eight smaller ones. They lived in the deep water, in holes among the wharf-piers.

Mr. Reese used no bait for his hooks, only pieces of red flannel tied to the line above the sinker. Clay watched these red rags as they went down into the clear water, and soon he saw a big claw reach out and catch hold of the line. Then out came another claw, and there was Mr. Crab swinging on the line, holding on with all his claws. Then there must be no noise. Clay must keep back all squeals of delight, and Puggy Dee must shut his bark up tight in his throat, even if it seemed as if they would burst, or Mr. Crab would be frightened and let go. And Papa Reese must draw the line up, oh, so carefully and gently, while Clay must have the scoop-net all ready to slip under him, for Mr. Crab would let go when he reached the surface of the water. Then, when he was safely landed in the big basket on the wharf, such a noise as Clay and Puggy Dee made must have frightened all the crabs below.

Soon half a dozen big crabs were in the basket, rattling and clashing their claws, and making the greatest commotion, as they fought each other and tried to get out. Papa Reese told Clay and Puggy Dee to keep away from them, or they would get nipped. But Puggy Dee would poke his inquisitive pug nose into the basket to see what was going on. All at once there was a sharp yelp, a great tussle, and there was poor Puggy Dee, dancing about with a crab hanging to his nose. Then there was a time! Round and round the wharf went the whole party, dancing in wild commotion; Puggy Dee mad with fright and pain, scurrying here and there, trying to get rid of his nose ornament; Papa Reese after Puggy, shouting and commanding him to keep still and let him take the crab off; and poor little Clay, screaming and sobbing, running after them both. All in a snarl they were, dog and crab, man and boy, until, with an awful howl, Puggy Dee shot up the wharf and down the street like an animated bombshell, his agonized yelps sounding faintly back long after he was out of sight.

There was no more crab-fishing for Clay, so the father gathered up the things, and they went home. There was no Puggy Dee there, and he did not come back that night. Clay cried himself to sleep, sorely missing the little round ball of fur that always slept at his feet, and full of fears and forebodings.

But the next morning there was Puggy Dee, jumping against the door, and crazy with longing to see his little master. Such a glad reunion there was, and such condolences over poor Puggy's sore nose! They never learned how he got rid of the crab, but he always dropped his head and tail and looked greatly ashamed whenever it was mentioned. But it is safe to say he had learned something about crab-fishing. —Youth's Companion.

HOW WIND PRODUCES WAVES.

Its Action Upon Desert Sand and Prairie Snow.

There are wind waves in water, sand and snow. The great sea waves are produced at that part of a cyclone where the direction of the wind coincides with the direction of advance of the depression. Along the line of advance the wave in their progress are accompanied by a strong wind blowing across their ridges as long as the atmospheric depression is maintained. So the waves are developed until they become steep. The average height in feet is about half the velocity of the wind in miles.

A wind of fifty-two miles an hour gives waves of an average height of twenty-six feet, although individual waves will attain a height of forty feet. The prevailing wind in all longitudes is westerly, so wherever a westerly wind springs up it finds a long westerly swell, the effect of a previous wind still running, and the principal effect of the newly born wind is to increase the steepness of the already running long swell so as to form majestic storm waves, which sometimes attain a length of 1,200 feet from crest to crest. The longest swells due to wind are almost invisible during storms, for they are masked by the shorter and steeper waves, but they emerge into view after or beyond the storm.

The action of the wind to drift dry sand in a procession of waves is seen in the deserts. As the sand waves cannot travel by gravitation their movements are entirely controlled by the wind and they are therefore much simpler and more regular in form and movement than ocean waves. In their greatest heights of several hundred feet the former become more complex owing to the partial consolidation of the lower layers of sand by pressure, but they still have the characterestic wave features.

In the Winnipeg prairies of Canada freshly fallen snow isd rifted by wind in a procession of regular waves progressing with a visible and ghostlike motion. They are similar to desert sand waves, but less than half as steep, the wave length being fifty times as great as the height. The flatnes of the wind formed snow waves affords a valuable indication of the great distance to which hills shelter from the wind.

A CONTAGIOUS IDEA.

Imitation may be a nuisance rather than a form of flattery. A writer in the Outlook tells of an incident in a bank which is as amusing as it is probable. The teller was asked by a woman for a new envelope for her bank-book. It was passed out, and the lady behind, noting that her own envelope was a trifle dingy, also asked for a fresh one.

The third woman said, "Me, too," or words to that effect, and so it went down the line. When the teller's patience and his stock of envelopes threatened to give out, he determined to call a halt.

A fastidiously dressed lady appeared at the window, holding out a perfectly gloved nand.

"I should like one, too, please, " said she.

"One what, madam?" asked the teller.

The lady flushed and began to look comical.

"Why," she stammered, "what the other ladies had."

And a man's idea of his own importance decreases as the gray in his hair increases.

Only those who have had experience can tell the torture corns cause. Pain with your boots on, pain with them off—pain night and day; but relief is sure to those who use Holloway's Corn Cure.

EVERYBODY SHOULD CRY.

Everybody should cry, and "have the cry out," when there is due occasion for it. Such is the opinion of a London, England, medical man, a specialist in nervous diseases and disorders. "Dry eyed grief, such as one sometimes sees at a graveside, is far more terrible than crying," he said. "When there is great mental stress the blood rushes to the temples and, acting on the tear ducts, forces tears from the eyes. "This is natural, and a great relief is at once felt by the sufferer. The brain is, as it were, put under an anesthetic and the keen sense of grief vanishes."

"You shouldn't treat your boy so harshly; you'll break his spirit." "Well, he'll probably get married some time, and he might as well have it broken now!"

WORK FOR CANNIBALS.

"Almost idyllic happiness prevailed in many of the eastern Pacific islands a hundred years ago," said Sir Edward im Thurn, Governor of Fiji. "Among the ferocious inhabitants of Fiji, however, cannibalism was practised to an extent never at any time equalled elsewhere. The custom appears to have been shared by white renegades who had settled among them. A problem of employment in the remote Gilbert and Ellice islands, formerly equally barbarous, was caused by the prohibition of internecine warfare—formerly the natives' chief occupation. It was difficult, in view of the character of the islands to find them fresh pursuits."

A General Favorite.—In every place where introduced Dr. Thomas' Eclectric Oil has not failed to establish a reputation, showing that the sterling qualities which it possesses are valued everywhere when they become known. It is in general use in Canada and other countries as a household medicine and the demand for it each year shows that it is a favorite wherever used.

OLD AGE INSURANCE.

Fourteen millions of persons are insured in Germany under the invalidity and old age pensions act. Last year the total cost of administration was $3,774,250; old-age pensions amounted to $4,325,000, invalid pensions amounted to $32,600,000 and $2,000,000 was spent in returning premiums in case of marriage or death.

Practically all Canadian druggists, grocers and general dealers sell Wilson's Fly Pads. If your storekeeper does not, ask him why.

"Julia," said the new-rich mistress of the mansion, "be sure to mash the peas thoroughly." "What ma'am?" exclaimed the puzzled maid. "Mash the peas?" "Yes, I say, mash the peas. It makes my husband very nervous at dinner to have them roll off his knife."

One of the greatest blessings to parents is Mother Graves' Worm Exterminator. It effectually expels worms and gives health in a marvellous manner to the little one.

Sufferer (to lady in front): "Madam, if you were to remove your hat I could see the play." Lady in front (with manifestation of surprise): "Yes, but you could not then see my new hat."

PAINKILLER IS JUST THE REMEDY needed in every household. For cuts, burns and bruises, strains and sprains dampen a cloth with it, apply to the wound and the pain leaves. Avoid substitutes, there is but one "Painkiller"—Perry Davis'—25c. and 50c.

Landlady: "I believe in letting coffee boil for thirty minutes. That's the only way to get the goodness out of it." New Boarder (turning away and leaving his): "You have succeeded admirably, ma'am."

"What did Jinx say at the banquet last night?" "Nothing." "Why, he told me he made a speech!" "So he did."

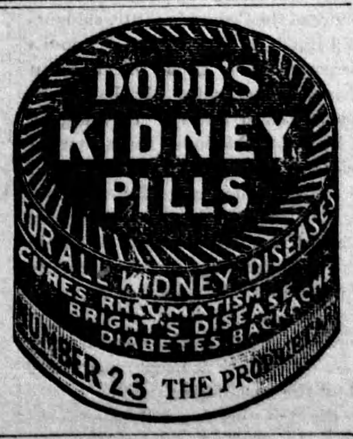
Very many persons die annually from cholera and kindred summer complaints, who might have been saved if proper remedies had been used. If atacked do not delay in getting a bottle of Dr. J. D. Kellogg's Dysentery Cordial, the medicine that never fails to effect a cure. Those who have used it say it acts promptly, and thoroughly subdues the pain and disease.

Bluffton: "I said something to my wife last week that offended her, and she hasn't spoken to me since." Henpeck: "Great Scott, man! You can't remember what it was, can you?"

Try Murine Eye Remedy.

For Red, Weak, Weary, Watery Eyes, Granulation, Pink Eye and Eye Strain. Murine doesn't smart; Soothes Eye Pain; is Compounded by Experienced Physicians; Contains no Injurious or Prohibited Drugs. Try Murine for your Eye Troubles. You will like Murine. Try it in Baby's Eyes for Scaly Eyelids. Druggists sell Murine at 50c. Murine Eye Remedy Co., Chicago, will send you Interesting Eye Books Free.

Borley: "I got rather a cool reception when I called at the Smiths' last night, but they warmed up finally. Why, when I was leaving, the whole family came to the door with me!" Griggs: "Well, you see, someone took three umbrellas out of their hall-rack a few evenings ago."



ISSUE NO. 27—09.

DECAYING OF WOODS.

Among woods, birch and popular decay in three years, willow and horse-chestnut in four years, maple and beech in five years, elm and ash in seven years. Oak and Scottish fir decays only to the depth of half an inch in seven years, while the juniper would be quite uninjured at the expiration of the same period.

A Mild Pill for Delicate Women. The most delicate woman can undergo a course of Parmelee's Vegetable Pills without fear of unpleasant consequences. Their action, while wholly effective, is mild and agreeable. No violent pains or purgings follow their use, as thousands of women who have used them can testify. They are, therefore, strongly recommended to women, who are more prone to disorders of the digestive organs than men.

A PROVISO.

Bride—"Here is a telegram from papa."

Bridegroom (eagerly) — "What does he say?"

Bride (reads)—"Do not return and all will be forgiven."

It is an undisputed fact that one packet of Wilson's Fly Pads has actually killed a bushel of house flies. Fortunately no such quantity can ever be found in a well kept house, but whether they be few or many Wilson's Fly Pads will kill them all.

A DIFFERENCE.

"Did he say he knew me when I was a girl?"

"No; he said he knew you when he was a boy."

GRIEVOUS ERRORS made nowadays. For instance when a person buys an imitation of "The D. & L." Menthol Plaster said to be the genuine. Be careful and see that they are made by Davis & Lawrence Co.

WHAT CINCHED IT.

The young man—"I wish to thank you ,sir, giving me your assistance in persuading your daughter to marry me."

The old man—"Sir, I was violently opposed to the match."

The young man—"I know it."

The Pill That Brings Relief. — When, after one has partaken of a meal he is oppressed by feelings of fulness and pains in the stomach he suffers from dyspepsia, which will persist if it be not dealt with. Parmelee's Vegetable Pills are the very best medicine that can be taken to bring relief. These pills are specially compounded to deal with dyspepsia, and their sterling qualities in this respect can be vouched for by legions of users.

"What business did you say Miss Gaddie was in?" "Oh, she's in everybody's business." "Wholesale ,eh?" "Yes, except when it comes to a bit of scandal. She retails that."

If every housekeeper would use Wilson's Fly Pads freely during the Summer months the house fly peril would soon be a thing of the past.

Peak's Hair Grower

Has never failed to stop Falling Hair. It positively kills the Dandruff Germ. Try it and be convinced for yourself.

YOUR MONEY REFUNDED IF IT FAILS

Write for Descriptive Pamphlet.

The Peak Mfg Co., 120 Victoria St., Toronto, Ont

WANTED.

PANTRY WOMAN, liberal wages, and girls for dining-room work, wages $15.00 per month. Apply "The Welland," St. Catharines.

ONE LADY AGENT wanted in your locality to distribute samples and take orders for our P. D. Q. Toilet and Hand Soap. A handsome silver teaspoon (FREE) with every three cakes. Write for particulars. Atlantic Soap Co., 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.

Secure the Agency

For your locality of the only Life Insurance Company meeting every requirement of the "ROYAL COMMISSION." Our plans and policies appeal to the common sense, and positively protect the Policyholder's interest. Rates lower; terms of payment easier.

THE POLICYHOLDERS MUTUAL LIFE, Temple Building, - - Toronto

YOUR OVERCOATS

and faded Suits would look better dyed. If no agent of ours in your town, write direct Montreal, Box 150

BRITISH AMERICAN DYEING CO.

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 2378, Main 2371.

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 20th Av. N., Minneapolis, Minn. SELL

PRINTING OFFICE FOR SALE

The "Richmond (Que.) Guardian," in its 53rd Year of Publication.

For very many years the chief organ of the Conservative party of the Eastern Townships. "The Guardian" is an 8-page 6-column paper, and has been conducted by the present editor without interruption for 50 years, who retires in consequence of advancing years.

The plant is in fair order, and consists of a moderate stock of news and job type, 7-horse-power engine and boiler, Peerless Gem cutter, 28-in. Campbell power press, medium Gordon (modern), and Liberty circular and card press, all in perfect order; three very large stones, tables, furniture, tools, addressing machine, stoves, etc., etc.,

Apply either to

S. FRANK WILSON, Toronto., or W. E. JONES, Richmond, Que.

BELL PIANOS

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.

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.....

51