# HOW WEAK GIRLS MAY GROW INTO STRONG WOMEN

## The Blood Supply Must be Kept Rich, Red and Pure—Good Blood Means Good Health.

Healthy girlhood is the only path to healthy womanhood. The merging of girlhood into womanhood lays a new tax upon the blood. It is the overtaxing of the scanty blood supply that makes growing girls suffer from all those headaches, backaches and sideaches—all that paleness, weakness and weariness—all that languor, despondency and constant ill health.

Unhealthy girlhood is bound to lead to unhealthy womanhood and a life of misery. Nothing but the blood-building qualities of Dr. Williams' Pink Pills can save a girl when she undertakes the trials and tasks of womanhood. That is the time when nature makes new demands upon the blood supply. Dr. Williams' Pink Pills actually make new, rich blood, which meets those new demands with ease. In this simple scientific way Dr. Williams' Pink Pills fill a girl with overflowing health and strength.

Miss Eva Dennis, Amherst, N. S. says:—"Dr. Williams' Pink Pills have done me a world of good. I was completely run down, was very pale, easily tired and suffered from frequent severe headaches. Though I tried many medicines I got nothing to do me the least good until I began using Dr. Williams' Pink Pills. Even the first box of these seemed to help me, and after taking a half dozen boxes I was again a strong, healthy girl. I have not had any illness since, but should I again feel run down Dr. Williams' Pink Pills will be my only medicine, and I strongly recommend them to every weak and ailing girl.

Dr. Williams' Pink Pills are sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for $2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

## BUDDHIST TEMPLE BURNED.

### Beggar Built Fire for Warmth in Temple at Tokio.

Zojoji, the famous Buddhist temple, situated in Shiba Park, Tokio, has been completely destroyed by fire, the damage amounting to about 400,000 yen. A beggar was in the habit of sleeping in a hole underneath the floor of the temple, lacking a better home. The night of the fire was cold, and the unfortunate man has confessed that he lit a newspaper and piled some pieces of wood around it for warmth and overcome by sleep, woke to find the place in flames. Only those who know the pride of the Japanese in their temples can conceive the effect of this irreparable loss on the people, not only of the immediate community, but practically throughout Japan. The Zojoji temple, next to the great temples at Nikko, was probably the most famous and popular as a show temple in Japan.

## A GREAT BANK.

The far-seeing advocates of Canadian Union probably hardly realized half a century ago what a service they were rendering to Canada's future in starting forth the young united Dominion with the foundation of a Banking System which has been developed into the greatest in the world with no exceptions. The System has faults, but these are more academic than practical, and if past progress is any criterion the faults that now exist will disappear in the future. The services which our banking System has rendered to the Dominion as a whole, and to individual Canadians, should be more thoroughly appreciated by the Canadian people.

One of the strongest units in our Banking System is the Dominion Bank, which presented its semi-annual statement to the public a few days ago. Despite the fact that this statement covered a period, part of which was characterized by extreme financial stress and the balance by very low money rates, the profits of this great Institution for the half year, although some Fourteen Thousand Dollars less than the previous half year, are still at the rate of 15½ p. c. The circulation has increased about a quarter of a million dollars; deposits have increased nearly six million and have now reached the total of over forty-one millions; cash assets show an increase of nearly one and a half million, and the immediate available assets an increase of nearly six million with an increase of about the same amount in the total assets, which now total fifty-three and a half millions.

This is a most satisfactory statement, and one on which the shareholders may congratulate themselves heartily, reflecting, as it does, most careful and progressive management.

It is said that all dogs in Peru have the Peruvian bark.

## FLEETS OF THE WORLD.

### Great Britain Heads the List of Destroyers.

The annual return, "Fleets (Great Britain and Foreign Countries)," showing the strength of the leading navies, was issued the other day as a White paper.

The following table summarises the return:—

| | Britain. | Germany. | Japan. | U. S. A. | France. | Italy. |
|---|---|---|---|---|---|---|
| Battleships built ..... | 53 | 32 | 26 | 10 | 14 | 13 |
| Battleships building .. | 6 | 10 | 6 | 1 | 4 | 6 |
| Armored cruisers built... | 38 | 8 | 15 | 7 | 11 | 22 |
| Armored cruisers building | 1 | 4 | 0 | 3 | 2 | 2 |
| Cruisers, other ..... | 85 | 51 | 34 | 16 | 27 | 28 |
| Destroyers . | 175 | 97 | 35 | 17 | 58 | 72 |
| Submarines . | 69 | 8 | 28 | 7 | 11 | 108 |

Among the British battleships returned as ineffective, writes a naval correspondent, are: (1) The Centurion and the Barfleur, both of which are by official decision to be scrapped and sold; (2) the Renown, which has been without the greater part of her guns ever since she was converted into a royal yacht; and (3) the eight battleships of the Royal Sovereign class, for which no reserve ammunition is now being provided. Eleven battleships should, therefore, be deducted from the British total as unable to take part in hostilities. As no similar deductions have to be made from foreign fleets, the actual force in battleships built and building stands as follows:

Britain, 48; Germany, 42; U.S.A., 32; Italy, 11; Japan, 18; France, 24.

Again, whereas all the German destroyers but one have been launched in the last ten years, ninety of the British destroyers were launched in or before 1898, and are therefore obsolescent, as the effective life of a destroyer is only ten years. The actual British figure for efficient destroyers, built and building, is therefore only 85 to the German 96.

## LAKE HURON AND LAKE SUPERIOR.

A magnificent summer trip is enjoyed by taking this "fresh water sea voyage" from Sarnia, Ontario, to Fort William, Ontario, through these great inland seas. This year new steamers have been added to the Northern Navigation Co.'s fleet, and the finest and fastest vessels on the Great Lakes will fly the house flag of this popular Company. The steamers run in connection with the Grand Trunk Railway System, and all particulars, rates and descripttive literature, etc., can be had for the asking by applying to Mr. J. D. McDonald.

## SHOULD TAKE HIS MEDICINE.

"A feller shouldn't stand in the middle of the street to talk pessimism," declared the Plunkville philosopher.

"Why not?"

"Fust he says life ain't worth living, and then jumps when he hears an automobile honk."

Regarded as one of the most potent compounds ever introduced with which to combat all summer complaints and inflammation of the bowels, Dr. J. D. Kellog's Dysentery Cordial has won for itself a reputation that no other cordial for the purpose can aspire to. For young and old suffering from these complaints it is the best medicine that can be procured.

## JAPAN'S TELEGRAMS.

At the beginning of the present year Japan had 3,308 telegraph offices and the lines were 5,387 miles long, with a total length of wire 92,227 miles. Nearly 8,000,000 telegrams were handled during the year.


### A Domestic Eye Remedy.

**Murine Affords Reliable Relief to Eyes that Need Care. Try Murine Eye Remedy in Your Eyes. It Soothes Eye Pain.**


"Did you ever notice chickens and geese wrestling in sport like the higher animals?" "No; and it is just as well, for it would be sure to result in fowl play."


**NO SUBSTITUTE FOR** "The D. & L." Menthol Plaster, recommended by everybody for stiffness, plurisy, etc. Made by Davis & Lawrence Co.


## LACK OF JUDGMENT.

"So Cayuse Charley met his fate at the hands of a posse?"

"Yep," answered Three-finger Sam.

"What was the trouble?"

"His immejit difficulty was a lack of judgment as to speed. He helped himself to a horse, but didn't pick one that was fast enough to keep ahead of the party as went after him."

## A HELPING HAND.

"Excuse me, sir," said the senior clerk as he entered the office of the boss, "but, having grown gray in your service, don't you think I ought to have something added to my salary?"

"I do," answered the boss as he reached into his pocket and drew forth a dollar. "Take this and get yourself a bottle of hair dye."

## VERY SAFE BONDS.

P. Burns & Company, Limited, whose Frst Mortgage bonds are now being offered for sale in Canada, are large ranchers, packers and distributors of packing house products, with Head Office at Calgary, Alberta. In addition to abattoirs, packing houses and yards at Calgary, Alberta, and Vancouver, B. C., the P. Burns Company controls sixty-two stores in the most important cities and towns of Alberta and British Columbia.

This business, founded in 1890, has shared in the wonderful development of Western Canada, and has established itself on a strong financial basis, earning net in 1908 $317,860, or five times the amount required to pay the interest on its First Mortgage bonds.

According to appraisals made by responsible parties the real estate owned by the Company, which ha a ready market value, is worth considerably more than the amount of the present bond issue.

The bonds are further strengthened by the fact that the surplus assets after deducting all liabilities almost equal in amount the present outstanding issue.

During the present year many issues of the obligations of important packing houses have attested their growing popularity as investments in Canada and United States. From the standpoint of security the Burns issue is undoubted while the return to the investor (6 per cent.) is attractive.

## FINAL GAME.

"England invests in two warships for every one that her neighbors buy."

"That's the way my wife likes to invest in new gowns."


The Bowels Must Act Healthily.—In most ailments the first care of the medical man is to see that the bowels are open and fully performing their functions. Parmelee's Vegetable Pills are so compounded that certain ingredients in them act on the bowels solely and they are the very best medicine available to produce healthy action of the bowels. Indeed, there is no other specific so serviceable in keeping the digestive organs in healthful action.


## OUR WONDERFUL LANGUAGE.

"A premeditated, concocted, fabricated, false, malicious, unclean untruth," was a witness' dscription of a statement made in court recently.


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.


Mrs. Jones: "Did you really expect me to accept you the night you proposed?" Mr. Jones: "Yes, love. Just before I got to your house I heard a dog howl three times, saw the moon over my shoulder, and walked under a ladder."


**IN HOT COUNTRIES** Painkiller finds many uses. Colic, cramps, diarrhoea and all such troubles readily give way to its use. Dose, one teaspoonful, in hot water. Avoid substitutes, there is but one "Painkiller"—Perry Davis'—25c. and 50c.


Wife: "Billy, dear, I stitched up the hole in your trousers' pocket last night after you had gone to bed. Now, am I not a thoughtful little wife?" Husband: "H'm; how did you know there was a hole in my pocket?"


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.

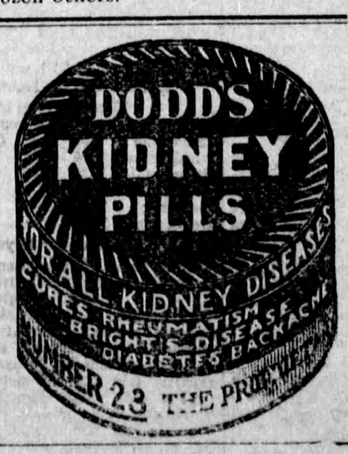

## STRANGE.

"We men down at the factory can't understand it all."

"What?"

"The old man put his son in charge of one of the departments to-day, and the young fellow really acts as though he knows something."

A man will confess to one bad habit for the purpose of hiding a dozen others.



ISSUE NO 30—09.


**Bull Dog Brand** AMMONIA POWDER

It Has no Equal
Ask Your Grocer For It
Don't Accept Just as Good
WE CLEAN UP EVERYTHING
Save the Coupons enclosed in each package and compete for a Prize. Five Dollar Gold Piece for whole complete Dog. Beautiful Metalized Rose Hat Pin for Half Dog.
Manufactured by J. B. PAINE CO., Ltd., Toronto.


## QUITTERS.

One reason why there are so many failures in the world is because there are so many men who are punctual only at quitting time.


An Easy Pill to Take.—Some persons have repugnance to pills because of their nauseating taste. Parmelee's Vegetable Pills are so prepared as to make them agreeable to the most fastidious. The most delicate can take them without feeling the revulsion that follows the taking of ordinary pills. This is one reason for the popularity of these celebrated pills, but the main reason is their high tonical quality as a medicine for the stomach.


## THE SECRET OF HAPPINESS.

The secret of martial happiness is not always in letting a woman have her own way, but in letting her know that you know that she's getting it.


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


## HIS IMPORTANT SERVICE.

One of the greatest nuisances of travelling is tipping. A smile from a head waiter is a costly commodity, and no menial service is too small for remuneration. An unusually ingenious plea for a tip is that of a small Hibernian, mentioned by Mr. John Augustus O'Shea in "Roundabout Recollections." The author was travelling in Ireland.

I drove down to the station on the faint chance of catching the train to Dublin. When I got out of the cab at the station a bright-faced boy accosted me.

"Ah, sure sir, you've just missed the train," he said.

It was true. I booked my luggage and ascertained when the next train would leave. While I was waiting, the lad came up to me and asked me for a tip.

"What for?" I asked.

"Sure, sir, I told you that you were too late," be unblushingly responded.


There is Only One Eclectric Oil.—When an article, be it medicine or anything else, becomes popular, imitations invariably spring up to derive advantages from the original, which they themselves could never win on their merits. Imitations of Dr. Thomas' Eclectric Oil have been numerous, but never successful. Those who know the genuine are not put off witn a substitute, but demand the real thing.


## BRITISH NAVY SUPREMACY.

British naval supremacy is said to date from the time of Alfred the Great, who claimed and enforced for English ships of war the right to be saluted first. Through the following centuries this claim was continuously disputed and objected to until 1673, when the Dutch agreed to strike their colors to the English in British waters. Though the same honor had long been exacted from French vessels, France formally agreed to the same recognition in 1704.


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.

The wise man keeps his temper even when he is getting the worst of it.

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.


## THE EXTREME CASE.

"He's an obstinate man, isn't he?"

"Yes; he even goes to the extent of answering dogmatic questions categorically."


You can save yourself worry by permitting other people to attend to their own private affairs.

When troubled with sunburn, blisters, insect stings, sore feet, or heat rashes, apply Zam-Buk!

Surprising how quickly it eases the smarting and stinging! Cures sores on young babies due to chafing.

Zam-Buk is made from pure herbal essences. No animal fats—no mineral poisons. Finest healer!

*Druggists and Stores everywhere.*

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TEMPERANCE ST., TORONTO, CAN.

Established 1862, taken over by the Provincial Government of Ontario, 1908.

Affiliated with the University of Toronto, under the control of the Dept. of Agriculture of Ontario. College opens 1st October, 1909. Course of study extends through 3 college years. FEES PER SESSION $75.00. Calendar on application.

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Treatment for all Ailments of **HORSES** or Live Stock

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WANTED—Local and General Agents—Liberal contracts to good men; apply by letter, Continental Life Insurance Company, Toronto. Correspondence confidential.

WANTED—Local, energetic, hustling agent to handle "STAR" Incandescent Mantle Lamp. Generates gas from coal oil. Saves two-thirds oil. Light excelled only by sunlight. Odorless, smokeless. Star Manufacturing Co., Toronto.

**FOR SALE.**

$85 to $90 Top Buggies for $62 to $70. Equally big savings in Harness, Groceries, Tinware and so forth. All kinds of household goods and farm supplies furnished cheaper than home prices. Catalogues free. The Clement Brown Trading 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.

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**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, dressing machine, stoves, etc., etc.,

Apply either to

S. FRANK WILSON, Toronto.,

or W. E. JONES, Richmond, Que.

The Dominion Securities Corporation, Limited, Offer

# P. BURNS & COMPANY, Limited

Ranchers, Meat Packers and Distributors of Packing House Products.

HEAD OFFICE: CALGARY, ALBERTA.

# 6%

## First Mortgage Fifteen Year Sinking Fund Bonds

Dated 1st April, 1909. Due 1st April, 1924. Principal and interest payable at The Imperial Bank of Canada, Montreal and Toronto, and at Lloyds Bank, London, England.

INTEREST PAYABLE 1st APRIL AND OCTOBER.

Redeemable as a whole at 105 and interest on any interest date on and after the 1st April, 1914, on sixty days' notice, or annually for sinking fund drawings, beginning October 1st, 1910.

Denominations, $100, $500 and $1,000.

BONDS MAY BE REGISTERED.

Trustee: THE NATIONAL TRUST COMPANY, Limited.

Price 100 and interest yielding 6 per cent.

| | | |
|---|---|---|
| **ASSETS** | | |
| Real Estate and Buildings owned by the Company | $1,386,708.75 | |
| Packing House and Plants at Calgary, Vancouver, Strathcona and Wetaskiwin | 511,786.34 | |
| Branch Plants and General Equipment and other capital assets | 200,761.77 | |
| | | $2,099,256.86 |
| Current Assets (after deducting all liabilities) | | 932,872.22 |
| | | $3,032,129.08 |
| **BOND ISSUE** | | |
| 1st Mortgage 6 per cent. issue of 1909 (closed mortgage) | | 1,000,000.00 |
| **EARNINGS** | | |
| Net Earnings for year ending September 30th, 1908 | | 317,860.73 |
| Annual Bond Interest Charge | | 60,000.00 |

On our behalf audit of books has been made by Price, Waterhouse & Co., Chartered Accountants. Appraisal of plant by the American Appraisal Co. Valuation of real estate by Mr. Wm. Toole, of Toole, Peet & Co., Calgary. Reports and certificates can be seen at our various offices.

**THE DOMINION SECURITIES CORPORATION, Limited**

HEAD OFFICE: 26 King Street East, TORONTO.

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