PALE, LANGUID GIRLS

Weak Blood During Development May Easily Cause a Life of Suffering.

A Tonic Such as Dr Williams' Pink Pills is Needed to Build Up the Blood and Give New Strength.

At no time in her life does a girl stand in greater need of pure red blood and the strength which it alone can give her, than when she is developing into womanhood. It is then that any inherited tendency to anaemia or consumption needs only the slightest encouragement to rapidly develop. This danger is especially threatening to girls who are confined long hours indoors, in stores, offices and factories—girls depressed by worry and cares. All these conditions quickly impoverish the blood and are among the most common causes of sickness among growing girls and young women. If at any time a girl finds that her strength is failing and she is becoming pale and nervous, has no ambition and is languid, it is a certain sign that her blood is failing to meet the demands upon it, because it is impure and thin.

It is at a time like this that Dr. Williams' Pink Pills are invaluable to young women and growing girls. They build up the blood, make it rich, red and pure, tone the nerves and give new health and strength to every part of the body. They have cured so many cases of this kind that they may truly be called a specific for the common diseases of girlhood. Miss Minnie Smith, Creighton street, Halifax, says:—"I have proved that Dr. Williams' Pink Pills are all that is claimed for them in cases similar to mine. About three years ago I suddenly began to run down. I grew so weak that I could hardly attend to my school studies. I suffered from headaches, my heart would palpitate violently at the least exertion, and my appetite was very fickle. I tried doctors' medicine and emulsions, but the treatment did not help me. Then I started taking Dr. Williams' Pink Pills and after taking seven or eight boxes I was stronger than ever before. I feel that I owe my present good health to Dr. Williams' Pink Pills, and gratefully recommend them to other ailing girls."

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

SELFISH.

The woman that maketh a good pudding in silence is better than she who maketh a tart reply.

Next to saying you are jealous, a girl would rather have you tell her she inspires you to noble things.

Libby's Food Products

Libby's Vienna Sausage

Is distinctly different from any other sausage you ever tasted. Just try one can and it is sure to become a meal-time necessity, to be served at frequent intervals.

Libby's Vienna Sausage just suits for breakfast, is fine for luncheon and satisfies at dinner or supper. Like all of Libby's Food Products it is carefully cooked and prepared, ready to-serve, in ***Libby's Great White Kitchen***- the cleanest, most scientific kitchen in the world.

Other popular, ready-to-serve Libby Pure Foods are:—

Cooked Corned Beef
Peerless Dried Beef
Veal Loaf
Evaporated Milk
Baked Beans
Chow Chow
Mixed Pickles

Write for free booklet,—"How to make Good Things to Eat". Insist on ***Libby's*** at your grocers.

Libby, McNeill & Libby Chicago

THE ARMY TAILOR'S BILL

GREAT CLOTHING FACTORY AT PIMLICO, ENGLAND.

Two Thousand Suits Can be Turned Out in a Normal Working Day.

It will astonish most people to be told that the British Government, in addition to being a maker of laws, is the greatest tailor in the world. The Army Clothing Factory at Pimlico is the biggest tailor's shop in England. Last year Tommy Atkins's tailor's bill amounted to £355,375. During the Boer War the clothing of the Army cost nearly £5,000,000, says London Tit-Bits.

Trousers are the most costly item in the soldier's wardrobe, and for their nether garments last year the nation had to pay no less a sum than £73,278. And this recalls the fact that it is less than ninety years since the British Army first put on its trousers—that the British infantry soldier, that is to say, first substituted trousers for the old-fashioned knee breeches.

NEW RULES FOR TOMMY.

From April 1st last the British soldier was clothed on an entirely different system to what has prevailed for so many years, and the innovation will probably be a great deal more satisfactory to the rank and file. Every man will receive his free outfit on enlistment as heretofore, but will be required to provide his personal clothing and necessaries out of an allowance credited to him quarterly in advance. Instead of his present kit allowance of twopence a day after six months' service, he will receive at the end of his first year a lump sum equivalent to the accumulated twopences in addition to the separate clothing allowance.

The maintenance of kit and clothing will be a matter between the soldier and his commanding officer. It is intended that the present arbitrary periods of wear allotted to each garment shall be abolished; under the old system a pair of trousers might be serviceable to-day and "time-expired" to-morrow.

ONE MILLION A YEAR.

Even in the piping times of peace Tommy Atkins's tailor's bill would make a millionaire poor in a year. Roughly speaking, it costs £1,000,000 ever year to clothe the British Army. The headgear of the troops, embracing everything from a simple cap to a bearskin helmet, exhausts nearly £50,000, and boots, shoes, and leggings, which are purchased ready-made, cost nearly £250,000. The cost of a soldier's uniform varies from just over £10 10s. to less than £3, according to the regiment in which he may be serving. For instance, the annual tailor's bill for the rank and file in the Life Guards is just over £7, while in the infanty of the line it is under £3.

TESTING THE CLOTH.

At the Army Clothing Department at Pimlico many hundreds of workers, chiefly women and girls, are employed in turning out soldiers' suits. Apart from the mere making of the clothes the most important part of the work is the inspection of the raw material brought in to be worked up, and of the finished articles which are delivered at the factory to be distributed. Not a yard of cloth is accepted on trust. Every piece is subjected to several tests to prove its quality. There are machines on which small pieces are broken to ascertain the strength of the material; and other apparatus for testing the permanence of the color.

Each web of cloth is also unrolled before an examiner, who goes over every yard with the utmost care to seek out any flaws which may exist. No shoddy is accepted, and the slightest defects or deviations from pattern or specification are regarded as ample justification for the rejection of the piece. When it has been submitted to all the tests, however, and found satisfactory, it is stamped on every square yard with the official mark and passed on to the cutters.

TWO THOUSAND SUITS A DAY

Thus throughout the building the work of examination goes on alongside that of manufacture, so that Tommy may not only be amply but well clad. The work is really tailoring, however; that is to say, its productive side is mainly engaged in making coats and trousers for the soldiers, and of these, working the normal day, 2,000 complete suits can be turned out. The other articles are distributed among those who accept Army contracts.

The boots come from Northampton and Kettering chiefly, but not one pair is accepted till they have been examined by an expert, who is held personally responsible for the quality of the articles. Gloves are also made outside, and some of them, such as the buckskin gloves of the crack regiments, are made in the historic town of Woodstock. The shirts are cut and sent out to be made up, and the hose and other worsted goods are partly made by poor Irishwomen who depend on home industries for the augmentation of their meagre standard of living.

The Department deals with amazing quantities of material. The stocks are never allowed to run low and it is always possible at a moment's notice to equip 15,000 to 20,000 men with the articles in hand. But the productive capacity of the establishment is very great, and a week's work would represent the provision of clothing and kit for 12,000 men.

TEACHING BY STORIES.

How an English Teacher Drove Home a Moral Lesson.

The simple manner in which a moral lesson can be conveyed to the mind of a child was delightfully demonstrated recently at the house of Mrs. Eric Hambro, London, England. The children sat round a slightly raised platform with their backs to the audience. Mr. Gould, with the aid of a blackboard, commenced straightway to take them into his confidence. "I am going to draw a map," said Mr. Gould, with a smile; "and I wonder if you can name the country—I wonder!" It was a crude outline, but thirteen hands went up simultaneously. "India!" came a chorus of thirteen voices. "And the religion of the people?" "They are Mahometans." And there and then he told a story of Jelal, the Mahometan teacher, who bowed acknowledgment to a street child that had bowed to him. "Now, what trait had the great Jelal displayed in bowing to that child?" Thirteen children made thirteen guesses, but the word that expressed the situation was not named. "Never mind," said Mr. Gould; "it will occur to you presently," and with charming tact he commenced to relate a story of a gentleman who, while traveling in a Parisian railway carriage with a number of miners, was asked if he objected to their smoking. He replied in the negative, although suffering from a bronchial affection. "Any way, the miners put away their pipes," the story-teller proceeded. "Now, what had they shown?" "Respect," came the answer in a flash. Then back the children were taken to India and the story of Jelal. They saw the point, and so at the end of twelve minutes a great lesson had been taught in the simplest of ways.

So by story-telling Mr. Gould built up "a golden ladder" of respect—respect to a child, an invalid, a teacher, other nations, other religions and to animals.

'Tis a Marvellous Thing.—When the cures effected by Dr. Thomas' Eclectric Oil are considered, the speedy and permanent relief it has brought to the suffering wherever it has been used, it must be regarded as a marvellous thing that so potent a medicine should result from the six simple ingredients which enter into its composition. A trial will convince the most skeptical of its healing virtues.

Collector (warmly): "I've been here a dozen times, sir, and I positively won't call again!" Mr. Poorpay (cheerfully): "Oh, come now, my man, don't be so superstitious about making the thirteenth call; nothing will happen, I assure you."

FOR RHEUMATISM—it is not necessary to go to Hot Springs. Just use "The D. & L." Menthol Plasters and results will be satisfactory. 25c at druggists. Davis & Lawrence Company, manufacturers.

Mike had only recently been made foreman, but he knew the respect due to his rank. "Finnegan," he said to an argumentative assistant, "I'll have nawthing out of ye but silence—and mighty little o' that!"

Wilson's Fly Pads, the best of all fly killers, kill both the flies and the disease germs.

Kindly mention the name of this paper in writing to advertisers.

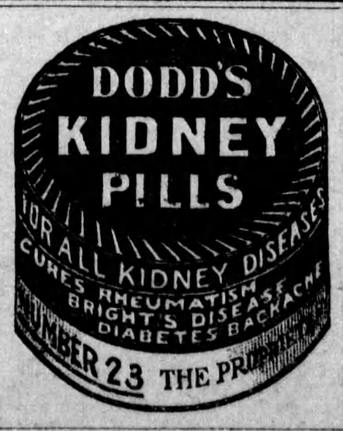
A USE FOR THEM.

"At last I've found a use for those cigars my wife gave me last Christmas."

"You have?"

"Yes, they make a splendid smudge to keep the mosquitoes away."

The girl who knows how to make good biscuit and cream gravy seldom knows how to carry on a flirtation.



ISSUE NO. 32—09.

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.

THE TEST OF SOBRIETY.

Guzzle (after he had succeeded in waking his wife)—"Open the dorsh!"

Mrs. Guzzle—(head out of the second story window)—"Are you sober?"

Guzzle—"Yes."

Mrs. Guzzle—"Then say 'reciprocity.'"

Used according to directions, Dr. J. D. Kellogg's Dysentery Cordial will afford relief in the most acute form of summer complaint. Whenever the attack manifests itself no time should be lost in seeking the aid of the Cordial. It will act immediately on the stomach and intestines and allay the irritation and pain. A trial of it will convince anyone of the truth of these assertions.

REFORMED.

"My lazy son has at last decided on a profession that he thinks he'll like."

"Good. What has he chosen?"

"He wants to be a lineman for a wireless telegraph company."

A Domestic Eye Remedy.

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

NO LONGER POSSIBLE.

"Young man," said the successful old guy, "I started as a clerk on $3 a week and to-day I own my own business."

"I know," answered the Young Chap, "but they have cash registers in all the stores now."

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

The grocer's boy was lumbering up the kitchen stairway with his arms full of packages. "Boy," said the mistress of the house somewhat sharply, "are your feet clean?" "Yes'm," he answered, still climbing the stairs, "it's only me shoes that's dirty."

It takes an expert female shopper to get rid of a dollar's worth of energy in an attempt to save 2 cents.

Impurities of the Blood Counteracted.—Impurities in the blood come from defects in the action of the liver. They are revealed by pimples and unsightly blothes on the skin. They must be treated inwardly, and for this purpose there is no more effective compound to be used than Parmelee's Vegetable Pills. They act directly on the liver and by setting up healthy processes have a beneficial effect upon the blood, so that impurities are eliminated.

"What is it, madam?" asked the man behind the desk in a servants' registry office. "I want a cook," explained the lady, "and I want her bad." "Quite simple, madam," the clerk assured her. "We have no other kind."

There is nothing equal to Mother Graves' Worm Exterminator for destroying worms. No article of its kind has given such satisfaction.

FIREMEN'S HAND SIGNAL.

A code of hand signals, which appears to be something similar to the "tic-tac" operations of the racecourse tout, has been adopted by the Edinburgh Fire Brigade. It is supposed to be the only brigade to be in possession of such a system. The uses are apparent when a fireman finds himself isolated in the upper part of, say a tall tenement. Leaning out of the window he could signal to his colleagues in the street that the fire-escape was required, or that another line of hose should be brought into use. Then, again, a fireman posted on the roof could signal below that another steamer should be telephoned for, or, perhaps, a second hose-tender, under circumstanmes when the loudest shout would be without avail.

Kindly mention the name of this paper in writing to advertisers.

BABYLON'S ANCIENT WALLS.

Primeval Dwellings 5,000 Years Old, Beneath Euphrates.

The most ancient walls of Babylon were constructed of sun-burnt brick, scarcely distinguishable from the closely packed earth, and some idea can be obtained of the extreme difficulty of the work of excavation. The oldest Babylonian houses which have been uncovered themselves rest on rubbish heaps and ruins, but deeper diggings is impossible owing to the fact that water level has been reached. The Euphrates channel has silted up several metres during the past 5,000 years, and the primeval dwellings are now below it. While we were standing at the bottom of one of these pits a workman struck out with his pick the little heap of ornaments, a couple of copper bracelets and the beads of a necklace that had been worn by some Babylonian woman in the third millenium before Christ, and were restored at last to the light of the sun.

A BOY'S HOLIDAYS.

The ardent controversy which has been waging in England and America concerning the best way to dispose of school boys in the long summer vacation has prompted the Grand Trunk Railway System to issue a special publication giving suggestions and practical hints to parents, as to what to do with the public and preparatory school boy during the months of July and August. The vacation camp is one of the solutions and the publication entitled, "What shall a Boy do with his Vacation" thoroughly covers the ground and solves the problem of the best way for a schoolboy to enjoy his holidays. A copy may be obtained for the asking by applying to Mr. J. D. McDonald.

PROUD.

"They say he's proud of his new baby."

"Proud! I should say he is. He actually believes that something has occurred in his family that no other family has ever experienced."

Faultless in Preparation.—Unlike any other stomach regulator, Parmelee's Vegetable Pills are the result of long study of vegetable compounds calculated to stimulate the stomachic functions and maintain them at the normal condition. Years of use have proved their faultless character and established their excellent reputation. And this reputation they have maintained for years and will continue to maintain, for these pills must always stand at the head of the list of standard preparations.

HAPPY ENDING.

He—"So you've read my new novel. How did you like it?"

She—"I laid down the volume with intense pleasure."

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.

HER INFORMATION ACCURATE

"I understand that young man has quit calling on you?"

"How do you know?"

"Because he's calling on me."

BICYCLISTS, young or old, should always carry a bottle of Painkiller in their saddle bags. It cures cuts and wounds with wonderful quickness. Avoid substitutes, there is but one "Painkiller"—Perry Davis'—25c and 50c.

"Your daughter! Is it possible? Why, you look more like twin sisters!" remarked a lady who possessed a barbed tongue. "No; I assure you, she is my only daughter," replied the pleased mother. And the lady remarked: "Well, she certainly looks old enough to be your sister!"

Holloway's Corn Cure is the medicine to remove all kinds of corns and warts, and only costs the small sum of twenty-five cents.

Treatment for all Ailments of

HORSES

or Live Stock

Fully explained in our little booklet. Mailed free on request. Address The Veterinary Remedy Co., LIMITED, Desk A, 75 Adelaide St. East, TORONTO, CAN.

Long after forgiving an injury a woman keeps trying to forget that she has forgiven it.

AGENTS WANTED.

ONE RELIABLE MAN WANTED IN EVERY town to take orders for best custom made clothes in Canada. Highest commission. Rex Tailoring Co., Toronto.

FOR SALE.

Twenty acres (two blocks) first-class Kootenay fruit land, all slashed, adjoining Castlegar Junction and townsite, close to depot, railroad frontage, level land, good soil, abundance of water, school, store; good boating, fishing, hunting; an excellent location: no gophers here. See this at once.
A. HIRST, Owner,
Castlegar Junction, British Columbia.

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.

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.

Ontario Veterinary College

TEMPERANCE ST., TORONTO, CAN.

Established 1862, taken over by the Provincial Government of Ontario 1903.

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.
K. A. A. GRANGE, V.S., M.S., Principal. Dept. H.

IN SELECTING INVESTMENTS

INCLUDE SOME BONDS

Standard Canadian Bonds have long been important assets of our Financial Institutions, of large Estates and of individuals of wealth.

First Mortgages on farm property formerly made the favored form of investment to persons of limited means. To many, an issue of bonds was not well understood.

To-day such investors, knowing the merits of our Canadian bonds, knowing that they are fractional mortgages—representing a larger mortgage secured through a Trust Company—are making a distribution of their interests. An ideal division of surplus funds, we might suggest, would be—a mortgage—a municipal debenture—a railroad or public utility bond—an approved bond of a manufacturing concern.

Bonds afford a number of important advantages over mortgages, among which might be mentioned

—Safety—Issues recommended by us are purchased only after rigid investigation by experts.
—Good interest return.
—Prompt and regular payment of interest; coupons will be cashed at your bankers.
—Long investment—bonds run from one to thirty years.
—No expense for investigation.
—Readily marketable.
—Can be used as bank collateral.

We offer the services of our organization for assistance in selecting your investments.

Some Railroad bonds yield 5 to 5½%. Some Utility bonds yield 4½ to 5½%. Some approved bonds of Manufacturing Companies yield 5 to 6%.

DOMINION SECURITIES CORPORATION, LIMITED
26 KING STREET EAST, TORONTO

RECORD FOR 1908

$6,045,738 GAIN IN BUSINESS IN FORCE IN CANADA. **$6,045,738**

Fifty per cent greater increase in Canadian Business than any other Company—Canadian, English or Foreign. The strongest possible evidence that Policyholders are well satisfied with their Policies.

Premium rates, with or without profits, are lower than other Companies charge, while profits to Policyholders are much higher, because management expenses are the lowest and interest earnings the highest.

Ask our Agents for Annual Report and Record for 1908, and be on guard against the anonymous letter distributor and his friends, the blackmailing journalists, with whom we do not advertise.

The Great-West Life Assurance Company

HEAD OFFICE - - WINNIPEG.

BRANCH OFFICES.—Toronto, Montreal, Halifax, St. John, N. B.; Charlottetown, Vancouver, Calgary, and Fargo, N. D.