NEW STRENGTH FOR NURSING MOTHERS

Aching Backs and Tired Limbs Need Not be Endured

Aching backs, tired limbs, attacks of faintness, headaches and backaches, need not be a part of woman's life. There are times when her blood needs special attention, and these times are indicated by one or more of the above symptoms. It is at such times that Dr. Williams' Pink Pills are worth their weight in gold to women, for they actually make the rich, red health-giving blood which makes weak, tired, despondent women, active and strong, and feeling equal to all their household duties. Such a sufferer was Mrs. William Sullivan, Main River, N. B., who says: "I am writing to acknowledge the great good I received through Dr. Williams' Pink Pills. After my baby was born last summer I was so run down that life was really a burden. I had to drag myself about to do my housework, and every moment was one of trial. If I went upstairs I would be breathless and tired out, and my heart would palpitate violently, and I would have a feeling as though I was smothering. My appetite was poor, and my baby was suffering from my weakness. I was advised to try Dr. Willims' Pink Pills and got six boxes, and before they were all quite used I was like a different woman. My appetite returned; I regained my strength, and the work about the house no longer bothered me. As the result of my experience I would strongly urge all weak women and nursing mothers to use Dr. Williams' Pink Pills."

There is no woman, no matter what her station in life, who will not enjoy better health if she occasionally fortifies her blood through the use of Dr. Williams' Pink Pills. The Pills are sold by all medicine dealers or may be had by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

WOMAN TO HARPOON WHALES

Whaler's Daughter Will Accompany Him on Expedition.

When the pioneers of women's freedom started out to win sex equality they did not reckon whale hunting among the pursuits suitable for feminine aspirants to independence. That is why Miss Hjordis Jugebrigtsen, of Christiania, Norway, is ahead of the feminist game.

She was born by the sea and her father has been a whale hunter since 1866. His record of capture runs close on 15,000 whales and his name is known among hunting men from the North Cape to Portuguese South Africa.

In the latter section of the earth his son has been domiciled for three years. Now Miss Jugebrigtsen is going with her father on a whaling expedition in that region as a regular member of the hunting party.

She has passed her apprenticeship, for several times she has accompanied the boats and has become an expert shot. Up to now she has merely assisted the men, but her skill has now matured so that she herself will fire the deadly harpoon against the monsters of the deep. She is only 20 years old, and despite her daring pursuits, she remains a tender-hearted and gentle girl.

Why Should I Use Cuticura Soap?

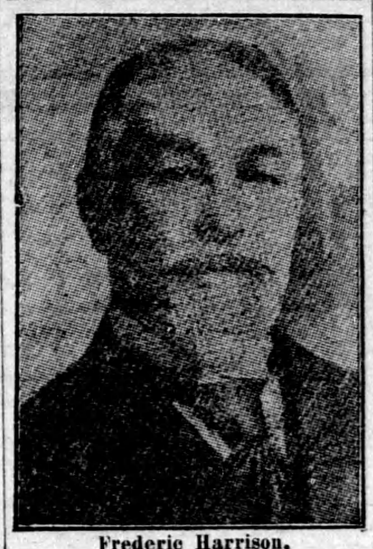
"There is nothing the matter with my skin, and I thought Cuticura Soap was only for skin troubles." True, it *is* for skin troubles, but its great mission is to *prevent* skin troubles. For more than a generation its delicate emollient and prophylactic properties have rendered it the standard for this purpose, while its extreme purity and refreshing fragrance give to it all the advantages of the best of toilet soaps. It is also invaluable in keeping the hands soft and white, the hair live and glossy, and the scalp free from dandruff and irritation.

While its first cost is a few cents more than that of ordinary toilet soaps, it is prepared with such care and of such materials, that it wears to a wafer, often outlasting several cakes of other soap, and making its use, in practice, most economical. Cuticura Soap is sold by druggists and dealers everywhere, but the truth of these claims may be demonstrated without cost by sending to "Cuticura," Dept. 7M, Boston, U. S. A., for a liberal sample cake, together with a thirty-two page book on the skin and hair.

FREDERIC HARRISON.

Mr. Frederic Harrison, the famous leader of the Positivists, friend of Ruskin and Carlyle, was eighty years of age last October, and he came in from an eight-mile walk at tea-time with springy step and alert bearing. It was his ordinary daily exercise, and not at all in the nature of a birthday celebration.

Mr. Harrison is spending the evening of his days near Hawkhurst, in Kent, where he delights in his garden and grounds, which he has made very beautiful. He rose on his birthday at 7.30, breakfasted at 8.30, and was engaged from 9.30 till luncheon-time with the morning



Frederic Harrison.

newspapers, his correspondence, and his new book, "Autobiographic Memoirs." His mornings work included the writing of twelve letters. Arriving home at five o'clock after his walk, he spent half an hour in showing visitors round his garden. Then there was a little rest before dinner. At eleven it was bedtime. An unbroken sleep of eight hours every night and an interest in every waking hour, that is Mr. Harrison's happy lot at eighty.

He is engaged on another work, "Among My Books." He writes about 1,500 words a day.

DUBIOUS.

About What Her Husband Would Say.

A Mich. woman tried Postum because coffee disagreed with her and her husband. Tea is just as harmful as coffee because it contains caffeine—the same drug found in coffee. She writes:

"My husband was sick for three years with catarrh of the bladder, and palpitation of the heart, caused by coffee. Was unable to work at all and in bed part of the time.

"I had stomach trouble, was weak and fretful so I could not attend to my housework—both of us using coffee all the time and not realizing it was harmful.

"One morning the grocer's wife said she believed coffee was the cause of our trouble and advised Postum. I took it home rather dubious what my husband would say—he was fond of coffee.

"But I took coffee right off the table and we haven't used a cup of it since. You should have seen the change in us, and now my husband never complains of heart palpitation any more. My stomach trouble went away in two weeks after I began Postum. My children love it and it does them good, which can't be said of coffee.

"A lady visited us who was usually half sick. I told her I'd make her a cup of Postum. She said it was tasteless stuff, but she watched me make it, boiling it thoroughly for 15 minutes, and when done she said it was splendid. Long boiling brings out the flavor and food quality." Name given by Canadian Postum Co., Windsor, Ont.

Look in pkgs. for the famous little book, "The Road to Wellville."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

MY EYE!

In common with peasants, princes often suffer the annoyance caused by having something in the eye. Indeed, there is no section of the community that escapes the irritation. Sometimes, it is true, a person may not be aware that there is actually anything in the eye; but when there are the slightest indications of such a thing it is always well to make an examination. The most frequent site of the foreign body, according to a well-known doctor, is on the cornea, but it may lodge in the conjunctiva, which lines the inner surface of the lids, or may lie beneath the upper lid. The latter situation is frequently forgotten, and the person examining the eye may make a most thorough search of the cornea, etc., but omit to turn up the upper lid. To delay having the eye attended to is dangerous, and a small, apparently inoffensive, foreign body is often the starting-point of some grave ocular trouble.

The largest railway station in the world, so far as acreage goes, is the Southern Railway Station, Vienna, which covers close upon 100 acres.

CHILDHOOD DANGERS.

No symptoms that indicate any of the ailments of childhood should be allowed to pass without prompt attention. The little ailment may soon become a serious one and perhaps a little life passes out. If Baby's Own Tablets are kept in the house minor troubles can be promptly cured and serious ones averted. The Tablets are guaranteed absolutely safe and can be given to the newborn babe as well as the growing child. Mrs. Arthur Drapeau, Mont Carmel, Que., says: "I can give Baby's Own Tablets to my little one without fear, well knowing the beneficial results that will follow their use." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

NAGGING WIVES.

The Husband Is Frequently a Very Good Man.

The woman who nags usually takes for her subject such trivial matters. It needs so little to upset her, and set her tongue wagging. Woe betide her household during a spell of wet, dirty weather! She is constantly on the alert for those offenders who disregard doormats.

A scratch on any of the household furniture will make her fretful for a day, and an accident with the gravy on the clean tablecloth will rankle in her mind for a week.

Annoyances come to the nagger which no other woman has to bear—or so she thinks. She looks for trouble, so trouble comes to her. She is always nagging at someone for sins of omission or commission.

By some strange freak of Fate, it often happens that men who deserve good wives get those which come under another heading, and the scoundrels and the undeserving males get the model women. The husband of the nagger is frequently a very good fellow, who makes a model husband—or would, if his wife would let him. Can it be his fault if his wife degenerates into a nagger?

There are some women who make better wives under the rule of a martinet that they would under the regime of the man who puts up with anything for the sake of peace. The fear of their task-master keeps them from sliding into the grooves which end in domestic misery. If a woman is inclined to nag, she should marry the man who is autocratic.

So many women stunt themselves, and allow the weaker points of their characters to predominate, when they have settled down for life. They are apt to magnify their domestic worries—of which they always have a goodly share—until these shut out the wider interests of the outer world.

When once domestic matters fill the whole horizon of a certain type of woman, she is liable to degenerate into one who is careful and troubled about the little things, and to become eventually a nagger. She may be a good housekeeper, but she makes a worrying wife.

If the man the nagger has married should happen to be careless over manners and appearance, she has a continual subject for nagging. If he should sit at table in a negligent manner he must look out for storms, or a stony, disgusted silence.

"Do take your elbows off the table, John! How can I hope for the children to have even an apology for manners if you persist in setting such a bad example?"

"I wish you could manage to eat your food in a more Christian-like manner, John!"

"Really, I do think it hard that you cannot eat your breakfast in my company without a newspaper stuck before you!"

These and many other plaints poor John hears daily.

The children of a nagging mother have very little happiness in their childhood, and rarely carry happy memories of home life with them when they fare forth into the world.

The miximum depth of the Atlantic is over five miles, and of the Pacific just under six miles. The greatest abysses are all found to be not far from the land.

Norway's coast line, which measures 1,700 miles in a straight line, becomes 12,000 miles if followed round the fjords. In these are over 150,000 islands.

In New South Wales, Australia, any person taking part in a strike is liable to a penalty of £1,000, or to be imprisoned for two months.

Dr. Morse's Indian Root Pills

are made according to a formula in use nearly a century ago among the Indians, and learned from them by Dr. Morse. Though repeated attempts have been made, by physicians and chemists, it has been found impossible to improve the formula or the pills. Dr. Morse's Indian Root Pills are a household remedy throughout the world for Constipation and all Kidney and Liver troubles. They act promptly and effectively, and 49

Cleanse the System

NOW'S THE TIME.

Now's the time to be a-doing,
If there's work that must be done,
While the earth itself is wooing
Favors from the shining sun.
Not to-morrow; you may never
Hear the bells of morrow chime,
But for every brave endeavor
Now's the time!

Now's the time to be a-moving,
If in life you've any aim;
If you're anxious to be proving
What in merit is your claim.
Don't—ah, don't to-day postpone it!
Is not idleness a crime?
If you have not overthrown it,
Now's the time!

Say not even, "I will do it
Without failure by-and-by."
That's a time with no date to it—
In the shadows let it lie!
Seize the present! It is flying
Ever from you as you climb.
Now, if you are bent on trying—
Now's the time!

Not long ago Lord Kinnaird, who is always actively interested in religious work, paid a surprise visit to a mission school in the east end of London and told a class of boys the story of Samson. In concluding his narrative his Lordship added, "He was strong, became weak, and then regained his strength, enabling him to destroy his enemies. Now, boys, if I had an enemy, what would you advise me to do?" A little boy after meditating on the secret of that great giant's strength shot up his hand and exclaimed, "Get a bottle of 'air-restorer."

A Boon for the Bilious.—The liver is a very sensative organ and easily deranged. When this occurs there is undue secretion of bile and the acrid flows into the stomach and sours it. It is a most distressing ailment, and many are prone to it. In this condition a man finds the best remedy in Parmelee's Vegetable Pills, which are warranted to speedily correct the disorder. There is no better medicine in the entire list of pill preparations.

Paris, as all the world knows, leads in fashions, and it is estimated that in France 940,000 women and 75,000 men earn their living by supplying the latest modes.

Minard's Liniment Cures Garget in Cows.

True religion never speaks of what it has done or is doing, neither has it any pomps or vanities, but does its work silently and without hope of reward, at least in this life.

Warts are disfigurements that disappear when treated with Holloway's Corn Cure.

A mere good impulse that does not result in good works is rather worse than useless, for if not carried out in deed it has a reaction instead of an action as its outcome.

Minard's Liniment Cures Diphtheria.

"Money, you know, is man's worst enemy." "I suppose that's why some folk like him for the enemies he has made."

Nearly all infants are more or less subject to diarrhoea and such complaints while teething and as this period of their lives is the most critical, mothers should not be without a bottle of Dr. J. D. Kellogg's Dysentery Cordial. This medicine is a specific for such complaints and is highly spoken of by those who have used it. The proprietors claim it will cure any case of cholera or summer complaint.

THE INEVITABLE RESULT.

"I am surprised to hear that Dubbleigh has broken down," said Stubbs. "He used to have a splendid constitution."

"Yes," said Wigglethorpe, "but he began amending it."

For Asthma and Catarrh.—It is one of the chief recommendations of Dr. Thomas' Eclectric Oil that it can be used internally with as much success as it can outwardly. Sufferers from asthma and catarrh will find that the Oil when used according to directions will give immediate relief. Many sufferers from these ailments have found relief in the Oil and have sent testimonials.

Heck—"If I ever marry I'll rule the roost or know why." Peck—"You'll know why all right."

Minard's Liniment Cures Colds, Etc.

KEEPING AN EYE ON THE FEE

The prisoner was charged with so trivial an offense that the judge told him that if he would plead guilty he would let him off with a fine.

"Before we plead guilty," replied the man's lawyer, "we'd like to know what the fine will be."

"Isn't it rather unusual to attempt to bargain with the court?" asked the judge.

"Perhaps it is, your honor," replied the lawyer, "but in this case it is important. You see, the prisoner has only twelve dollars, and as my fee is ten dollars, we can't afford to plead guilty if you intend to fine him more than two dollars."

The Empire's most delicious beverage

LIPTON'S TEA

SOLD IN AIRTIGHT PACKAGES ONLY

EITHER WAY.

The Optimist—After all, marriage is the thing. If you marry the right woman, there is nothing like it.

The Pessimist—And if you marry the wrong woman, there is nothing like it!

An Always Ready Pill.—To those of regular habit medicine is of little concern, but the great majority of men are not of regular habit. The worry and cares of business prevent it, and out of the irregularity of life comes dyspepsia, indigestion, liver and kidney troubles as a protest. The run-down system demands a corrective and there is none better than Parmelee's Vegetable Pills. They are simple in their composition and can be taken by the most delicately constituted.

WHEN HE DID BEGIN.

Father (to his son whom he has reproved for lying)—I never told a lie when I was small.

Hans—Well, how old were you, father, when you began?

Minard's Liniment Co., Limited.

Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad, so I could not work and it hurt me to breathe. I tried all kinds of Liniments and they did me no good.

One bottle of MINARD'S LINIMENT, warmed on flannels and applied on my breast, cured me completely.

C. H. COSSABOOM.

Rossway, Digby Co., N. S.

THE LATER THE BETTER.

He—Hurry, dear, or we shall be too late for church.

She—We can't be too late when I'm wearing this old dress and hat.

When Your Eyes Need Care — **Try Murine Eye Remedy**

No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Watery Eyes and Granulated Eyelids. Illustrated Book in each Package. MURINE is compounded by our Oculists—not a "Patent Medicine" but used in successful Physicians' Practice for many years. Now dedicated to the Public and sold by Druggists at 25c-50c per bottle. Murine Eye Salve in Aseptic Tubes, 25c-50c. Murine Eye Remedy Co., Chicago

Most of the world's peppermint is grown on peppermint farms in Michigan. Over 300,000 pounds of peppermint oil, worth $5 a pound, is produced annually from the moist and black soil of south-western Michigan.

IMPERIAL YEAR AT THE FAIR.

This is Imperial year at the Canadian National Exhibition and H.R.H. the Duke of Connaught will perform the opening ceremonies on Monday, August 26th.

Manitoba's area under wheat is reported at 3,400,000 acres, while Saskatchewan's has increased from 6,250,000 to 7,813,500 acres, and Alberta's from 750,000 to 937,500 acres.

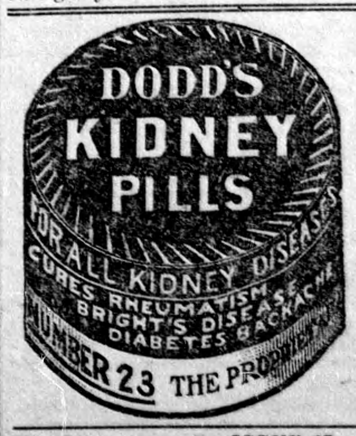
Thousands of mothers can testify to the virtue of Mother Graves' Worm Exterminator, because they know from experience how useful it is.

Mrs. A.—"Your husband always dresses so quietly." Mrs. B.—"He does not. You ought to hear him when he loses a collar-stud!"

Minard's Liniment Cures Distemper.

Two dear friends were conversing—"Take my advice, old chap," said one of them, "and get married." "No, thanks. I have a horror of perpetual slavery." "Ah, but if you could find a wife like mine, so gentle, so affectionate, so devoted." "Then I'll wait till she's a widow!"

She—"Just look at the trouble money can get you into." He—"Yes, but look at the trouble it can get you out of."



H. W. DAWSON, Ninety Colborne Street, Toronto.

EIGHT THOUSAND DOLLARS WILL buy beautiful hundred acres in Northumberland County, including Stock and Implements. There is in the stock 4 horses, 10 cows, etc. This is a snap, and can be had on easy terms. Possession at once.

GOOD FARMS IN LINCOLN, WELLAND, Halton, Peel, York, Durham, Northumberland, Prince Edward counties at reasonable prices.

ALBERTA, SASKATCHEWAN AND Manitoba lands in large or small blocks.

FRUIT FARMS—ALL SIZES, IN THE Niagara Fruit Belt.

H. W. DAWSON, Toronto.

99 ACRES IN ESSEX COUNTY—SOIL clay loam; Nineteen acres mixed timber; 1 acre orchard; frame house; frame bank barn. Price Eight Thousand Two Hundred Dollars. Will exchange for 50 acre farm. The Western Real Estate, London.

MALE HELP WANTED.

RAILWAY AGENTS, TELEGRAPHERS and Clerks in great demand throughout Ontario and North West. Six Months will qualify you. Day and Mail courses. Positions secured. Free Book 18 explains. Dominion School Telegraphy, Toronto.

MISCELLANEOUS.

HAY AND FARM SCALES. Wilson's Scale Works, 9 Esplanade, Toronto.

CANCER, TUMORS, LUMPS, etc. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

6 TON SCALE GUARANTEED. Wilson's Scale Works, 9 Esplanade, Toronto.

FARMERS! SEND YOUR NAME AND get valuable information. D. Bell, 93 Argyle Street, Toronto.

THE TORONTO HOSPITAL FOR INcurables offers two years' training; complete course in Massage; Post Graduate Course in Bellevue and Allied Hospitals, New York. Applications will be received by Miss Greene, Lady Superintendent, 130 Dunn Ave., Toronto.

PURIFICO WRITE FOR PROOF
CURES
CANCER AND TUMOR
Canadian Branch: Purifico Co., Bridgeburg, Ont.

Your Overcoats
and faded Suits would look better dyed. If no agent of ours in your town, write direct to Montreal, Box 133. Gold Medalist.
British American Dyeing Co.

LANGMUIR'S
CREOSOTE
Shingle Stains
Protect — Preserve — Beautify
Samples and Booklets on Application
JAMES LANGMUIR & CO., Limited
1374 Bathurst Street TORONTO

COW COMFORT
Is guaranteed to keep Flies off your Cattle
$2.00 PER GALLON
Dilute with 4 gallons of water.
Write for a gallon now to
THE MACLAREN IMPERIAL CHEESE CO., LTD., WOODSTOCK, ONTARIO.
Sole Mfrs.—The Sapho Manufacturing Co., Limited, Montreal.

"King Oscar" Sardines
DELICIOUS, ZESTY, NUTRITIOUS, TASTY.
The very thing for a refreshing lunch in hot weather.
Get Them From Your Grocer
Trade supplied by John W. Bickle & Greening, Hamilton.

WHAT SHE WANTED.

Lady in shoe store—"These shoes pinch terribly. Haven't you anything larger?"

Salesman—"You asked me for number twos, madam. I can give you number threes or number fours, or——"

Lady—"The idea! I want something larger in number twos."