TO STRENGTHEN WEAK NERVES

The Blood Supply Must be Made Rich, Red and Pure

When you build up the blood you strengthen the nerves, because the nerves get their food through the blood. You cannot reach the nerves with medicine except through the blood—this is a great medical truth few people realize. Nervous people are pale people. They are nervous because they are pale. The blood is so thin and watery that it cannot nourish the nerves. Starved nerves mean sciatica, neuralgia, nervous prostration, paralysis.

Dr. Williams' Pink Pills for Pale People are a real nerve tonic. They supply plenty of nourishing red blood to the exhausted nerves, thus enabling them to do the work nature intended they should do. This is the simple secret of the success of Dr. Williams' Pink Pills in curing nerve troubles. As to their value in cases of sciatica, Mrs. Job Palmer, Fenelon Falls, Ont., says: "For seven weeks I suffered untold agony from sciatica. I tried everything to ease the pain, but it steadily grew worse. Liniments had no more effect upon the trouble than water. Then the doctor told me to apply a hot iron to the afflicted part and I did so morning after morning, but my leg had become so numb with the pain that I could hardly feel the heat of the iron. I never expected to be able to walk again, my leg was so drawn up. I had tried so many things that I had given up hope, yet at the urging of my brother I decided to try Dr. Williams' Pink Pills. To my surprise in two weeks I was able to stand on my feet with but little pain, and soon after I was able to walk about again. I continued taking the Pills for about two months, but some time before I discontinued their use my leg had become normal again, and the agony of the trouble had disappeared, and I have not since had a twinge of it. Words fail to express my gratitude for what the Pills did for me and I most strongly recommend them to all sufferers from sciatica."

The every day mission of Dr. Williams' Pink Pills is to cure cases like the above, and they will not disappoint if given a fair trial. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

TOWNS WITHOUT TAXES.

Germany and France Have One Each.

It was recently reported from Germany that there was a little town within the empire in which there were no taxes. The town possessed benefactions, the revenues from which enabled it to pay its way without the intervention of the tax gatherer.

France never likes to be outdone by anything German, so a Paris contemporary has set itself the task of finding a parallel. Something more than a parallel has been discovered, for not only are there no taxes but hte timbers on the communal lands are sufficient to grant each person a small annuity. This happy land is Montmarion, in the Midi. There are seven electors in the hamlet, so to avoid anything like rivalry the seven return themselves to the local council. Cutting down the trees and selling them is sufficient to provide a livelihood for these simple people, whose tastes are so modest that they may be termed by some uncivilized.

The Best Treatment for Itching Scalps and Falling Hair

To allay itching and irritation of the scalp, prevent dry, thin and falling hair, remove crusts, scales and dandruff, and promote the growth and beauty of the hair, the following special treatment is most effective, agreeable and economical. On retiring, comb the hair out straight all around, then begin at the side and make a parting, gently rubbing Cuticura ointment into the parting with a bit of soft flannel held over the end of the finger. Anoint additional partings about half an inch apart until the whole scalp has been treated, the purpose being to get the Cuticura ointment on the scalp skin rather than on the hair. It is well to place a light covering over the hair to protect the pillow from possible stain. The next morning, shampoo with Cuticura soap and hot water. Shampoos alone may be used as often as agreeable, but once or twice a month is generally sufficient for this special treatment for women's hair. Notwithstanding Cuticura soap and ointment are sold everywhere, those wishing to try this treatment may do so without expense by sending to "Cuticura," Dept. 4M, Boston, U. S. A., for a free sample of Cuticura soap and ointment, with 32-p. book on skin and hair.

TO THE MANOR BORN.

Lord Charles Beresford and the Duke of Argyll were travelling together on the Great Western Railway, in England. The only other occupant of their compartment was a prosperous drummer, whose success had been due to natural talent for business rather than to sound education. The noblemen found their companion entertaining, so they listened to his talk until a small station in Gloucestershire was reached. Here Lord Charles Beresford alighted, and was met by a servant of the people with whom

Lord Charles Beresford.

he was going to stay. The drummer leaned out of the window, open-mouthed and wide-eyed. He saw his lordship bowed into a splendid carriage and driven off down a country lane. Drawing his head within the carriage again he turned to the duke and said:

"Oos 'im?"

"He is Lord Charles Beresford," the duke replied.

"Well, now!" said the drummer. "Fancy the likes of 'im 'obnobbin' with two cads like you and me!"

SHUT THAT WINDOW.

After spending the greater part of the evening with friends John decided that home was the place for him, and, arriving there, he elected to sleep in the front garden. Next morning, happening to look up, he saw his wife observing him from an open window. "Shut that window!" he yelled. "Do you want me to catch my death of cold?"

A WINNING START.

A Perfectly Digested Breakfast Makes Nerve Force for the Day.

Everything goes wrong if the breakfast lies in your stomach like a mud pie. What you eat does harm if you can't digest it—it turns to poison.

A bright lady teacher found this to be true, even of an ordinary light breakfast of eggs and toast. She says:

"Two years ago I contracted a very annoying form of indigestion. My stomach was in such condition that a simple breakfast of fruit, toast and egg gave me great distress.

"I was slow to believe that trouble could come from such a simple diet, but finally had to give it up, and found a great change upon a cup of hot Postum and Grape-Nuts with cream, for my morning meal. For more than a year I have held to this course and have not suffered except when injudiciously varying my diet.

"I have been a teacher for several years and find that my easily digested breakfast means a saving of nervous force for the entire day. My gain of ten pounds in weight also causes me to want to testify to the value of Grape-Nuts.

"Grape-Nuts holds first rank at our table."

Name given by Canadian Postum Co., Windsor, Ont.

"There's a reason." Read the little book, "The Road to Wellville," in pkgs.

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

TO DESTROY PORPOISES.

A new use has been found for the submarine by the French ministry of marine. The artificial porpoises are to fight and kill the natural porpoise. It has been discovered that hungry porpoises on the French coast have almost ruined the sardine industry, which mints millions for the people of the coast towns and the Channel isles. To remedy this state of affairs, torpedo boats and the submarines are being sent under "sealed orders" to scour the waters of the channel and make things so hot under water for the blunt-nosed acrobats of the waves that those who survive will take to the Irish Sea, the North Sea or the Bay of Biscay.

Minard's Liniment Cures Garget in Cows.

IN SUMMERTIME

no home should be without a bottle of

NA-DRU-CO

Extract of

Wild Strawberry Compound

It promptly checks Diarrhoea, Cholera Infantum, Cholera Morbus, Nausea, Vomiting and Summer Complaint.

In 25c. and 50c. bottles, at your Druggist's.

National Drug and Chemical Co. of Canada, Limited. 210

BIG AND LITTLE RELIGION.

This story comes from Australia, where all conversation turns eventually to matters educational, because every parent is painfully anxious that his sons shall pass the standard which will free them from certain years of military service. A visitor was conversing with his host's small son and opened as a matter of course with the words: "Do you go to school now?"

"Yes."

"And what do you learn? Reading, writing, sums?"

"Oh, yes, and I learn religion, too."

"Religion?"

"Yes. I learn the little religion, which teaches that we all come from Adam. But my elder brother is in a higher class; he learns the big religion, and that teaches that we all came from monkeys."

SIEGE OF DELHI.

Greatest of Historical Spectacles at the C.N.E. this Year.

The Siege of Delhi will be the historic spectacle at the Canadian National Exhibition this year. There is no more terribly picturesque scene in English history than this sketch from the great Indian mutiny. The rich and varied costumes of the natives of different castes mingled with the uniforms of the English officers give to it color that cannot fail to delight the eye, while the tragic drama cannot fail to be of enthralling interest. Every detail is to receive the strictest attention to make this the greatest of the many historical spectacles that the Canadian National has become famous for.

Even a small man may have a large opinion of himself.

Worms feed upon the vitality of children and endanger their lives. A simple and effective cure is Mother Graves' Worm Exterminator.

PEARLS OF TRUTH.

God loves a hungry child that is aye crying for bread.—Samuel Rutherford.

No one is useless in this world who lightens the burden of it for any one else.—Dickens.

Let us be not too particular. It is better to have old second-hand diamonds than none at all.—Mark Twain.

When I want any good headwork done I always choose a man, if suitable otherwise, with a long nose.—Napoleon.

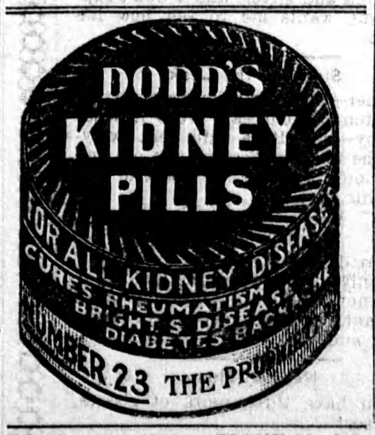
Constant application to pleasure takes away the enjoyment, or rather turns it into the nature of a very burdensome and laborious business.—Burke.

There is only one road to human prosperity, and it is the same for a nation as for an individual. That is the honest road of hard work under free institutions, and when they tried to teach people that they could be made rich by some short cut they were doing that which was thoroughly dishonest.—Mr. Walter Long, M.P.

LAMENT OF THE RISE IN BEEF.

The water wagon passes
Right by my humble door,
They call to me to climb it—
I will not board it more.
I have a gnawing hunger
Its fluid does not slake
I want the butcher wagon
That used to stop with steak.

The loud bandwagon passes
With statesmen clustered thick,
They call to me to join them
And save the country quick.
Alas! they fill no stomach,
Its place they cannot take—
The good old butcher wagon
That used to stop with steak.



HER REPLY.

There are drawbacks even to being the wife of a wealthy man, as Mrs. Rich found out. Although they have only been married a few weeks, she hardly ever has a quiet hour with her husband. It's business from morn till night, and in the evening he only begs for peace and rest. So the other day she came down to dinner in a sombre black frock. "Why on earth, dear," said Mr. Rich, eyeing her gown with distaste, "are you wearing that frock? Why, it's half-mourning." "Of course it's half-mourning," replied the lady, with much meaning. "Don't you always say when you come home from the office that you are half dead?"

ZAM-BUK AND OUTDOOR LIFE.

Every tennis or ball player, every swimmer, every canoeist, every man of woman who loves outdoor life and exercise, should keep a box of Zam-Buk handy.

Zam-Buk is a purely herbal preparation, which, as soon as applied to cuts, bruises, burns, sprains, blisters, etc., sets up highly beneficial operations. First, its antiseptic properties render the wound free from all danger from blood poisoning. Next, its soothing properties relieve and ease the pain. Then its rich, herbal balms penetrate the tissue, and set up the wonderful process of healing. are all quickly cured by Zam-Buk. Barbed wire scratches, insect stings, are all quickly cured by Zam-Buk. All druggists and stores. Use Zam-Buk Soap also; 35c. per tablet.

"They tell me that your small boy says some unusually clever things." "Yes, yes. Did you hear his latest?" "Sure." "Why, you never met him." "True, but I've met a lot of doting fathers who invariably tell the same old silly tales."

A Pill That Lightens Life.—To the man who is a victim of indigestion the transaction of business becomes an added misery. He cannot concentrate his mind upon his tasks and loss and vexation attend him. To such a man Parmelee's Vegetable Pills offer relief. A course of treatment, according to directions, will convince him of their great excellence. They are confidently recommended because they will do all that is claimed for them.

Mother—There now, don't whip Johnny. You know the Bible says: "Let not the sun descend upon your wrath." Father—That's all right; but it doesn't say not to let your wrath descend upon the son.

Wire Wounds

My mare, a very valuable one, was badly bruised and cut by being caught in a wire fence. Some of the wounds would not heal, although I tried many different medicines. Dr. Bell advised me to use MINARD'S LINIMENT, diluted at first, then stronger as the sores began to look better, until after three weeks, the sores have healed, and best of all, the hair is growing well, and is NOT WHITE as is most always the case in horse wounds.

F. M. DOUCET.

Weymouth.

Said one man on the street, speaking to a friend: "Well, money talks." "Maybe it does," answered the other, "but all it ever said to me was 'Good-bye.'"

Oil for Toothache.—There is no pain so acute and distressing as toothache. When you have so unwelcome a visitor apply Dr. Thomas' Eclectric Oil according to directions and you will find immediate relief. It touches the nerve with soothing effect and the pain departs at once. That it will ease toothache is another fine quality of this Oil, showing the many uses it has.

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.

The excesses of our youth are drafts upon our old age, payable with interest about thirty years after date.

There is no poisonous ingredient in Holloway's Corn Cure, and it can be used without danger of injury.

Many a man gets a crick in his elbow from turning over new leaves.

Minard's Liniment Cures Distemper.

ACCEPTED THE APOLOGY.

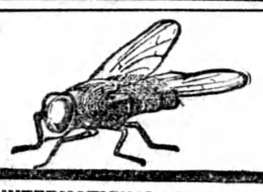
An Irishman was going along the road when an angry bull rushed at him and tossed him over a fence.

The Irishman, recovering from his fall, upon looking up, saw the bull pawing and tearing up the ground, as is the custom of the animal when irritated, whereupon he smiled at the animal and said, "If it was not for your bowing and scraping, and your humble apologies, you brute, faix, I should think that you'd thrown me over this fence on purpose."

When are you going to ask your grocer for

KING OSCAR SARDINES?

Trade supplied by John W. Bickle & Greening, Hamilton



"INTERNATIONAL FLY WAY"

Prevents the Tremendous Loss from Flies

Flies cost the Farmers of Canada millions of dollars annually by retarding the growth or fattening of animals and by greatly reducing the production of milk by constantly annoying the animals all summer. Every farmer or stockraiser knows this statement to be true from his own experience.

Flies also cause a great loss of life by Spreading Diseases from farm to farm. "International Fly Way" will keep flies off your animals and give them perfect rest from these pestiferous insects, which will make you more money in a larger production of milk or much quicker growth of all animals.

SAVE YOUR STOCK

By Using

"INTERNATIONAL FLY WAY"

It is positively guaranteed to be effective in Driving Away Flies, Mosquitos, and other insects which worry stock and reduce their earning capacity. It is harmless to the hair and skin and will be found perfectly satisfactory when used according to directions.

We place our twenty years of reputation back of "International Fly Way," and ask you to test it on our positive guarantee.

FOR SALE AT ALL DEALERS.

INTERNATIONAL STOCK FOOD CO. Limited, TORONTO

No. 76

A DIFFICULT TASK.

Betsy, an old colored cook, was moaning around the kitchen one day when her mistress asked her if she was ill. "No, ma'am, not 'zactly," said Betsy. "But the fac' is, I don't feel ambition 'nough to git outer my own way."

A Safe Pill for Suffering Women.—The secluded life of women, which permits of little healthful exercise, is a fruitful cause of derangements of the stomach and liver and is accountable for the pains and lassitude that so many of them experience. Parmelee's Vegetable Pills will correct irregularities of the digestive organs and restore health and vigor. The most delicate woman can use them with safety, because their action, while effective, is mild and soothing.

NUPTIAL JOYS.

Mrs. Backlot—Have a good time at Sadie's wedding?

Mrs. Oldshawl—Fine; we just cried all evening at the awful match that poor girl made.

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 and 50c per Bottle. Murine Eye Salve in Aseptic Tubes, 25c and 50c.

Murine Eye Remedy Co., Chicago

"Is that plant I see in your garden a perennial or an annual?" "Neither; it's a failure."

Very many persons die annually from cholera and kindred summer complaints, who might have been saved if proper remedies had been used. If attacked 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.

Some men who know very little are not altogether sure of that.

Minard's Liniment Cures Diphtheria.

TIMES HAVE CHANGED.

Howell—Rowell doesn't speak to his wife.

Powell—And I can remember when he thought it was worth one dollar to say a few words to her by long-distance telephone.

CAT'S PAW RUBBER HEELS

Tread softly—Step safely.

CAT'S PAW RUBBER SOLES Embody the patented features of Cat's Paw Heels. 150

FARMS FOR SALE.

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.

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 Espianade, Toronto.

FEATHER DYEING

Cleaning and Curling and Kid Gloves cleaned. These can be sent by post, 1c per oz. The best place is

BRITISH AMERICAN DYEING CO. MONTREAL.

The Soul of a Piano is the Action. Insist on the

"OTTO HIGEL"

Piano Action

LANGMUIR'S CREOSOTE Shingle Stains

Protect — Preserve — Beautify

Samples and Booklets on Application

JAMES LANGMUIR & CO., Limited

1374½ 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.

AROUND THE WORLD

TWO CRUISES

—ON THE—

S.S. CLEVELAND

(16,500 Tons)

From New York Oct. 19, 1912
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Will visit Madeira, Spain, Italy, Egypt, India, Ceylon, Straits Settlements, Java, Philippines, China, Japan, Sandwich Islands, with Overland American Tour.

INLAND EXCURSIONS AND SIDE TRIPS

OPTIONAL TOURS { 17 Days in India / 14 Days in Japan

Duration 110 Days Each

$650 and up { including all necessary expenses aboard and ashore.

"Ask anyone who has made the Cruise." Write for Booklet.

HAMBURG - AMERICAN LINE

41-45 BROADWAY, N. Y.

or Ocean Steamship Agency, 63 Yonge St., Toronto, Canada.

The destruction of the house fly is a public duty. Almost every American State Board of Health is carrying on a crusade against him.

His filthy origin and habits, and the fact that his body is generally laden with disease-producing germs, makes him one of the greatest enemies of the human race.

If the housekeepers of Canada will use

WILSON'S FLY PADS

persistently, this peril will be tremendously reduced.