WORK AND WORRY WEAKEN WOMEN

New Health and Strength Obtained by the Use of Dr. Williams' Pink Pills.

It is useless to tell a hard-working woman to take life easily and not to worry. Every woman at the head of a home; every girl in offices, shops and factories, is subject to more or less worry. These cannot be avoided. But it is the duty of every woman and every girl to save her strength as much as possible and to build up her system to meet any unusual demands. Her future health depends upon it. To guard against a breakdown in health the blood must be kept rich, red and pure. Nothing can keep the blood in this condition so well as Dr. Williams' Pink Pills. They strengthen the nerves, restore the appetite, bring the glow of health to pallid cheeks, and renewed energy to listless people. Women cannot always rest when they should, but they can keep their strength and keep disease away by the occasional use of Dr. Williams' Pink Pills. Or, if a breakdown has come unexpectedly they can obtain new health through this same medicine. Mrs. M. Thomas, River street, Toronto, says: "For several years I was almost a constant invalid, unable to do my housework and spending much of my time in bed. My nerves seemed worn out and I was so run down that all my friends thought I was in a hopeless decline. I was as pale as a corpse; I was so bloodless that if I cut my finger it would not bleed; my limbs were swollen far beyond their usual size. At the least exertion my heart would palpitate violently, and I frequently had fainting spells.. I was under treatment by good doctors, but it did me no good. Then one day my husband brought home some Dr. Williams' Pink Pills and I began taking them. They seemed to go to the root of the trouble, and in the course of a few weeks the improvement they were making was quite plain. Gradually as I continued taking the Pills the swelling of my limbs disappeared; the weak spells came less and less frequently; my appetite greatly improved, and finally I was completely cured and able to do my housework with ease. Later, my daughter Elma seemed to be troubled with anaemia, and we gave her the Pills with the same good results."

Why suffer in any way when you can begin curing yourself to-day with Dr. Williams' Pink Pills. 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.

SNIPS ABOUT SHARKS.

While the whale is regarded as the largest of creatures that haunt the sea, there are some sharks that can be compared in size with the former animals. These giant sharks, however, are very rare, and are known under the name of the great whale shark and the basking shark. The former, which attains a length of fifty feet, is found off the coast of India, Peru, and Lower California. The latter's most favorite haunt is the Arctic Ocean; but it is also found near the great whale shark. These monsters, curiously enough, are quite harmless. Their teeth are very small, and they feed on tiny matter that floats on the surface of the sea. This matter the fish strains through its enormous gill rakers.

Specialist Did Skin Trouble No Good

Very Itchy and Disfiguring. Got a Little Cuticura Soap and Ointment and Was Cured.

"For two summers I suffered with skin trouble on my arms, and on my legs from my knees down. My arms were badly disfigured, and I kept them covered. It came like the hives, and was very itchy. I consulted a specialist, who gave me medicine, as well as an ointment, but seemed to do no good. It was beginning to appear on my face.

"I got a little Cuticura Ointment and some Cuticura Soap. The first touch of Ointment seemed to relieve, and before the Cuticura Ointment was finished I was cured. I have not the least sign of trouble. I think it would have spread over my whole body if Cuticura Soap and Ointment had not cured me. I am delighted with them, and do feel pleased to think I have something I have confidence in. I tell all my friends about them, and I think Cutic[illegible] ever saw." [illegible] Paul St., T[illegible]

Cold- [illegible] rst

"C[illegible] bad [illegible] sever[illegible] lots [illegible] me a[illegible] ment [illegible] tion [illegible] not e[illegible] Boyd[illegible] Fo[illegible] Soap [illegible] afto[illegible] econ[illegible] trou[illegible] they [illegible] ever [illegible] ma[illegible] Dru[illegible] Col[illegible] 57

A CENTENARIAN.

A wonderful span of life was that of John Pipher, of 16 Archer street, Toronto, whose death occurred last week. During his 103 years Canada has grown from a series of little-valued colonies to a united nation. Many of the greatest inventions have been achieved. There have been half a dozen British sovereigns. Three generations have come and gone. A few events might be recalled to illustrate the happenings of this one lifetime.

Although further importation of slaves into Upper Canada had been forbidden in 1793, slavery still existed in York (Toronto) until two years after John Pipher was born.

He was three years old when the war of 1812 took place; twenty-eight when the insurrection of 1837 took place. He remembered it well.

He was thirty-two when responsible government was achieved, with the union of Upper and Lower Canada.

He was far past the ordinary "prime of life"—a man of 58—at Confederation.

He had lived under George III., the Regency, George IV., William IV., Victoria, Edward VII., George V.

There were 25 Governors of Canada and Governors-General of the Dominion during his lifetime.

The Accommodation, first steamer to navigate the St. Lawrence, made the journey from Montreal to Quebec, three days being consumed in making the down-trip of 180 miles.

At that time the only canals in

Canada were the Coteau du Lac, Cascades, and Sault Ste. Marie.

John Pipher was a lad of sixteen when George Stephenson completed the first railway in England. He was twentyseven when the first railway was opened in Canada, namely, the Champion and St. Lawrence.

A Canadian-built vessel, the Royal William, had the distinction of being the first in the world to cross the Atlantic by steam power alone. But Pipher was a man of twenty-four when that occurred.

Up to the date of his birth, there had been only fifteen newspapers established in Canada.

St. John, N.B., was the only incorporated city.

There were probably six hundred souls in York (Toronto), and 80,000 white in Upper Canada.

The first Canadian bank note was not issued until Pipher was eight years old.

He was thirty-eight when the first telegraph wires were strung in Canada; sixty-eight—almost at the allotted plan—when Alexander Graham Bell invented the telephone.

Revive the Jaded Condition.—When energy flags and the cares of business become irksome; when the whole system is out of sorts and there is general depression, try Parmelee's Vegetable Pills. They will regulate the action of a deranged stomach and a disordered liver, and make you feel like a new man. No one need suffer a day from debilitated digestion when so simple and effective a pill can be got at any drug store.

HE KNEW.

"Tommy," the schoolma'am asked, "why are you scratching your head?"

"'Cause nobody else knows just where it itches!"

Minard's Liniment Cures Burns, Etc.

SILK FROM HORSE FLESH.

German chemists are reported to have succeeded in utilizing fibrous animal refuse—such as the flesh of dead horses—for making artificial silk. Treatment with acids disintegrates the flesh into its ultimate fibres, and these are given a silky appearance, with great durability, by a kind of tanning process. The threads produced greatly resemble those of the wild silkworm, are about two inches long. They may be vulcanized like true silk, and can be made airtight and water-tight by immersion for a couple of hours in a caoutchouc bath under a pressure of four atmospheres. The material seems to promise something cheaper than silk for balloon envelopes, insulation, etc., though attempts to spin the fibres into threads have not yet been successful.

JUMBLE OF ALL THE AGES.

Cairo a Mixture of the Antique and the Modern.

What were my first impressions of Cairo? Perhaps I was rather disappointed, or perhaps it was merely that I was feeling decidedly shaky as a result of a desperate passage from Liverpool, says a writer in the Christian Herald. At any rate it struck me at first that the whole place was frightfully modern. The street cars, the hotels, the carriages and automobiles, with their fashionable English and American occupants, even the pedestrians, seemed prosiacally up-to-date. But this was an impression which did not last; for in the native quarters of the city you may see Cairo to-day as it was a thousand years ago. and even on the most fashionable thoroughfares you will frequently witness scenes which will carry you back into by-gone ages—scenes which the dominant modern note merely serves to throw into strong relief.

I have specially in mind the old water-sellers, with their ancient jars and goat-skins thrown over their backs. It is interesting to see these old fellows parading up and down on the sidewalk, mingling with the up-to-date citizens of the present day. The same contrast is noticeable out on the street. An automobile of the latest design is followed (more leisurely!) by a camel mounted by an Arab of the desert. Below the waist his body sways to and fro in rhythmic accord with the absolutely noiseless tread of the great clumsy animal. And the man himself gazes silently and steadily straight ahead, looking neither to the right hand nor to the left, as if there was nothing in front of him but limitless miles of sand. One cannot fail to be impressed by this striking blend of ancient and modern.

HARD TO SEE.

Even When the Facts are Plain.

It is curious how people will refuse to believe what one can clearly see.

Tell the average man or woman that the slow but cumulative poisonous effect of caffein—the alkaloid in tea and coffee—tends to weaken the heart, upset the nervous system and cause indigestion, and they may laugh at you if they don't know the facts.

Prove it by science or by practical demonstration in the recovery of tea and coffee drinkers from the above conditions, and a large per cent. of the human family will shrug their shoulders, take some drugs and—keep on drinking tea or coffee.

"Coffee never agreed with me nor with several members of our household," writes a lady. "It enervates, depresses and creates a feeling of langor and heaviness. It was only by leaving off coffee and using Postum that we discovered the cause and way out of these ills.

"The only reason, I am sure, why Postum is not used altogether to the exclusion of ordinary coffee is, many persons do not know and do not seem willing to learn the facts and how to prepare this nutritious beverage. There's only one way—according to directions—boil it fully 15 minutes. Then it is delicious." Name given by Canadian Postum Co., Windsor, Ont. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

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

THE DEPTH OF MEANNESS.

Little Jonas was the son of penurious parents, and the son bade fair to outdo them in frugality—a fact that worked extreme hardship upon Bobby Graves, his seatmate.

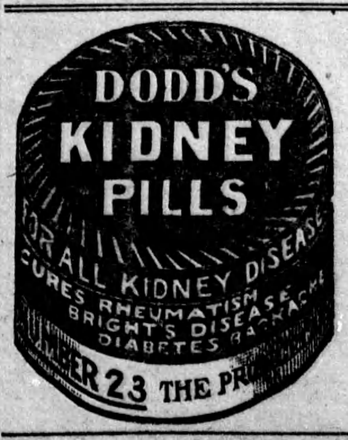
Bobby came home one night looking so depressed that his mother asked the cause of his trouble.

"It's that Jone Peterbo!" burst out Bobby. "He's just about the meanest thing! He eats my apples all up, and he never gives me even a bite offen his, an' my apples are good an' his ain't—very! An' today he made me do his 'rithmetic zamples, 'cause he didn't know how, an' he wouldn't even lend me his pencil to do 'em with!"

THE QUEEREST ONES.

"I suppose," said the city man, "there are some queer characters around an old village like this."

"You'll find a good many," admitted the native, "when the hotels fill up."



Sardines? Certainly; they are always acceptable if they are really Sardines. If they are

KING OSCAR SARDINES

you can be quite sure of a tasty lunch.

Get Them From Your Grocer

Trade supplied by John W. Bickle & Greening, Hamilton

FOREIGN BELIEFS.

Some Curious Superstitions Are Indulged In.

In Spain the wedding is spoiled if one of the guests appears entirely in black, or if the bride looks into a mirror after orange blossoms and veil are fast in her headdress.

When a person's hair ends split, it's taken by the superstitious for a sign that she is either a witch or has been bewitched. As blond hair splits more readily than dark hair, all witches, spirits and sorceresses have blond or red hair, according to popular belief. Likewise, according to the standard of art.

On the marriage eve there is often much good-natured rivalry between the groom and the bride in the Slav countries as to who shall blow out the candle, for the person who does will be "first to die." It is impossible to trace the origin of this superstition, yet it prevails in aristocratic society as well as in the peasant's hut, even as like this, that "to insure the life and health of the children" the woman must occupy the right side of the bed. In addition, she must not smoke before her forty-fifth year.

There is a superstition in this country and many others against burning a broom. The bud of birch broom is used in Southern Germany as a preventive against erysipelas. These buds, a piece of yellow wax and some other articles are enclosed in a pink silk bag, scoured with red silk and worn on the back of the neck. The person must change his shirt every Friday.

Some persons have periodical attacks of Canadian cholera, dysentery or diarrhoea, and have to use great precautions to avoid the disease. Change of water, cooking, and green fruit, is sure to bring on the attacks. To such persons we would recommend Dr. J. D. Kellogg's Dysentery Cordial as being the best medicine in the market for all summer complaints. If a few drops are taken in water when the symptoms are noticed no further trouble will be experienced.

THE KINDER FATE.

She—"It was dreadful. He rocked the boat and she was drowned."

He—"Lucky girl! She might have escaped and married the idiot."

Low Colonist Rates to Pacific Coast via Chicago and North Western Ry., Sept. 25th to Oct. 10th from all points in Canada to Los Angeles, San Francisco, Portland, Seattle, Victoria, Vancouver, Helena, Butte, Missoula, Kalispell, Pocatello, Nampa, Salt Lake City, Ogden, Grand Jct., etc. Through Tourist sleepers and free reclining chair cars from Chicago. Variable routes. Liberal stop-overs. For information write or call on B. H. Bennett, General Agent, 46 Yonge St., Toronto.

Never looks well—The blind horse.

Minard's Liniment Relieves Neuralgia.

THE USUAL WAY.

He—"You know, my dear, X is an unknown quantity."

She—"I know it is. I've never seen one since I married you."

It Bids Pain Begone. — When neuralgia racks the nerves or lumbago cripples the back is the time to test the virtues of Dr. Thomas' Eclectric Oil. Well rubbed in it will still the pain and produce a sensation of ease and rest. There is nothing like it as a liniment for its curative properties are great. A trial of it will establish faith in it.

Hostess—"Mr. Mann, you eat roast beef rare, do you not?" Guest—"Yes, rare and rarely."

Minard's Liniment Cures Dandruff.

AN ENDURING EPISODE.

"I suppose you and your wife can remember your first quarrel," said the meddlesome person.

"Remember it!" returned Mr. Growcher; "I should say so. It isn't over yet."

Corns cause much suffering, but Holloway's Corn Cure offers a speedy, sure, and satisfactory relief.

VERY SIMPLE.

A rather simple-looking lad halted before a blacksmith's shop on his way home from school and eyed the doings of the proprietor with much interest.

The brawny smith, dissatisfied with the boy's curiosity, held a piece of red-hot iron suddenly under the youngster's nose, hoping to make him beat a hasty retreat.

"If you'll give me half a dollar I'll lick it," said the lad.

The smith took from his pocket half a dollar and held it out.

The simple-looking yungster took the coin, licked it, dropped it in his pocket and slowly walked away whistling.

A VERSATILE CHILD.

The little girl was having a great deal of trouble pronouncing some of the words she met with. "Vinegar" had given her the most trouble, and she was duly grieved to know the village was being entertained by her efforts in this direction.

She was one day sent to the store with the vinegar-jug, to get it filled, and had no intention of amusing the people who were gathered in the store. So she handed the jug to the clerk with:

"Smell the mouth of it and give me a quart."

A WONDERFUL DISCOVERY.

An eminent scientist, the other day, gave his opinion that the most wonderful discovery of recent years was the discovery of Zam-Buk. Just think! As soon as a single thin layer of Zam-Buk is applied to a wound or a sore, such injury is insured against blood poison! Not one species of microbe has been found that Zam-Buk does not kill!

Then again. As soon as Zam-Buk is applied to a sore, or a cut, or to skin disease, it stops the smarting. That is why children are such friends of Zam-Buk.

Again. As soon as Zam-Buk is applied to a wound or to a diseased part, the cells beneath the skin's surface are so stimulated that new healthy tissue is quickly formed. This is why Zam-Buk cures are permanent.

Only the other day Mr. Marsh, of 101 Delorimier Ave., Montreal, called upon the Zam-Buk Company and told them that for over twenty-five years he had been a martyr to eczema. His hands were at one time so covered with sores that he had to sleep in gloves. Four years ago Zam-Buk was introduced to him, and in a few months it cured him. To-day—over three years after his cure of a disease he had for twenty-five years—he is still cured, and has had no trace of any return of the eczema!

All druggists sell Zam-Buk at 50c. box, or we will send free trial box if you send this advertisement and a 1c. stamp (to pay return postage). Address Zam-Buk Co., Toronto.

UNCONTROLLABLE.

"Your daughter has so much temperament."

"I am not sure what you call it. All I know is that her mother and I can't do anything with her."

Hope for the Chronic Dyspeptic.—Through lack of consideration of the body's needs many persons allow disorders of the digestive apparatus to endure until they become chronic, filling days and nights with suffering. To these a course of Parmelee's Vegetable Pills is recommended as a sure and speedy way to regain health. These pills are specially compounded to combat dyspepsia and the many ills that follow in its train, and they are successful always.

NOSTALGIA.

Mr. Farraway—"Were you homesick while you were abroad?"

Miss Beenobroad—"Only while going over and coming back. Then I was awfully homesick for the land."

Minard's Liniment Co., Limited.
Gents,—A customer of ours cured a very bad case of distemper in a valuable horse by the use of MINARD'S LINIMENT.
Yours truly,
VILANDIE FRERES.

Don't spend half your life in the making of promises unless you want to give up the other half to the making of excuses.

A pleasant medicine for children is Mother Graves' Worm Exterminator, and there is nothing better for driving worms from the system.

When a man buys a new hat he wants one somewhat like the one he had before—but it's different with a woman.

Minard's Liniment for sale everywhere.

WHERE LOVE IS.

A little girl was lost on the street, and was brought into the police-station. The officers tried in every way to learn her name. Finally one of the officers said:

"Tell me, little girl, what name does your mother call your father?"

"Why," responded the child, innocently, "she don't call him any names; she likes him."

CAT'S PAW RUBBER HEELS
Tread softly — Step safely.
CAT'S PAW RUBBER SOLES
Embody the patented features of Cat's Paw Heels. 150

WITH THIS TEA
there's Purity, Uniformity, and full weight guaranteed inside every package.
LIPTON'S TEA
Goes farthest for the money

FARMS FOR SALE.

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

OVER FIFTY GOOD IMPROVED Farms in Manitoba, Saskatchewan and Alberta at right prices on easy terms.

FRUIT FARMS IN THE BEST FRUIT district of Ontario. All sizes at right prices.

IF YOU WANT TO BUY OR SELL A stock, grain of dairy farm consult me.

H. W. DAWSON, Toronto.

FIFTY ACRES IN MIDDLESEX COUNTY —Soil clay loam, good buildings and excellent farm. Price Forty-five hundred dollars. The Western Real Estate, London, Ont.

MALE HELP WANTED.

LEARN THE RAILWAY STATION work and earn more money than in any other trade. We qualify for all Canadian railways. Positions secured. Write for free book 18. Dominion School Railroading, Toronto.

MISCELLANEOUS.

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.

GALL STONES, KIDNEY AND BLADder Stones, Kidney trouble, Gravel, Lumbago and kindred ailments positively cured with the new German Remedy, "Sanol," price $1.50. Another new remedy for Diabetes-Mellitus, and sure cure, is "Sanol's Anti-Diabetes." Price $2.00 from druggists or direct. The Sanol Manufacturing Company of Canada, Limited, Winnipeg, Man.

CLEANING LADIES' WALKING OR OUTING SUITS
Can be done perfectly by our French process. Try it.
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Protect — Preserve — Beautify
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The Heart of a Piano is the Action. Insist on the "OTTO HIGEL" Piano Action

BOILERS New and Second-hand, for heating and power purposes. TANKS AND SMOKE STACKS. Agents for Sturtevant Ventilating and Heating Systems.
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Cured without operations. All who are afflicted with this disease and wish to be cured permanently, safely and quickly with this great Homeopathic remedy, which will be sent post-paid anywhere in the world with full instructions for using so as to effect a permanent cure. Price $2. Address
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Cider and Wine PRESSES
Best of the Kind.
Three Sizes:
Junior, price $25.00
Medium, " 30.00
Senior, " 36.00
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52 St. Lawrence Boulevard
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Anti-Dust
disinfectant sweeping powder, is a life-preserver because it kills all disease germs.
Floors clean; carpets bright; home fresh and sweet. No dust while sweeping.
Ask your Dealer for it.
MacLaren Imperial Cheese Co. Limited
Sole distributors for Ontario
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Maypole Soap
THE CLEAN HOME DYE
Gives rich, even colors, free from streaks and absolutely fast. Does not stainhands or kettles 24 colors, will give any shade. Colors 10c, black 15c, at your dealer's or post-paid with booklet "How to Dye" from 107
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