DISEASE IS DUE TO BAD BLOOD.

To Cure Common Ailments the Blood Must Be Made Rich and Red.

Nearly all the diseases that afflict humanity are caused by bad blood—weak, watery blood poisoned by impurities. Bad blood is the cause of headaches and backaches, lumbago and rheumatism; debility and indigestion, neuralgia and other nerve troubles, and disfiguring skin diseases like eczema and salt rheum show how impure the blood actually is. No use trying a different remedy for each disease, because they all spring from the one cause—bad blood. To cure any of these troubles you must get right down to the root of the trouble in the blood, and that is just what Dr. Williams' Pink Pills do. They make new, rich blood and thus cure these diseases when common medicine fails. Mrs. John Jackson, Woodstock, Ont., suffered from both nervous troubles and a run-down condition and experienced a complete cure through the use of Dr. Williams' Pink Pills. She says: "I was a sufferer for a number of years from neuralgia, and a genaral debility of the nerves and system. I had tried several doctors and many medicines, but to no avail, until I began Dr. Williams' Pink Pills. At the time I began the Pills I had grown so bad that I could hardly be on my feet and was forced to wear elastic bandages about the ankles. The pain I suffered at times from the neuralgia was terrible. I had almost given up hope when I began the use of Dr. Williams' Pink Pills. In the course of a few weeks I felt an improvement, and I gladly continued the use of the Pills until I was once more quite well and able to attend to all my household duties."

If you are ailing begin to cure 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.

FOR TOURIST AND HUNTER.

The Great Athabaska Region Offers New Delights.

The rapid linking together of the Grand Trunk Pacific to form a new transcontinental highway across central Canada opens another hinterland for the tourist. It makes easy of access a vast new section of the Rockies in central Alberta and the sunset province, and of all this area it is doubtful if there is a more interesting and inviting region than that embraced by the upper watershed of the Athabaska River and its several southern tributaries. The natural starting point for tourists intending to visit any of this country is Fitzhugh, a picturesquely situated frontier town in Jasper Park, some two hundred and fifty miles west of Edmonton.

How little of this region has been actually trodden by white men is evidenced by the fact that only four short summers ago the largest sheet of water on the entire east slope of the Rockies was found in its recesses. This beautiful mountain lake, some seventeen miles in length and lying between green wooded slopes, forms a broad expansion of the Maligne River, and resembles a Scotch tarn in its far melting vistas of water and crag. This lake is some thirty miles southeast of Fitzhugh, and twenty miles further south is another large lake, where the trout fishing is excellent. The latter body of water forms the chief source of the Brazeau River. To the west of it, in Alpine grandeur, lies the region of wild, lofty peaks, dominated by Mount Alberta, where enormous glaciers give birth to the Athabaska and North Saskatchewan Rivers.

This region is also a noted game country. It lies far enough north to have escaped in part, during recent years, the far searching reach of the Stoney Indian; bears of all kinds are still fairly numerous; the sheep (and more especially the goat) hunting is good, while scattered moose, deer, and even elk may be occasionally seen.

Meantime the crying need of the district, for tourist and fire-ranger alike, is the need for more and better trails. Hence, to provide a good and adequate system of trails will be the first and constant effort of the Dominion Forestry Branch in carrying out its recently assumed duty of administering this region, so as to protect its forests from fire and make every auxiliary resource contribute its part to the public welfare. During the present season, the rangers in charge made a good start on this work, and next year it will be again pushed with vigor. Already, between Laggan or Morley on the C.P.R., and Fitzhugh, an old through trail is in existence: a trail which promises to be a very popular Alpine tourist route when improved. It traverses the Brazeau, Clearwater and Bow River forests and everywhere its improvement will be promptly undertaken by the Forestry Branch.

The scenery in this upper Athabaska country is varied and beautiful in its color effects, and especially so in early autumn. From the deep green carpet of pine and spruce on the valley floor, the eye passes to intermingled belts of blushing gold, poplar and light green lodgepole, fringed above to timber line by sombre masses of Alpine fir. Higher still, the warm reds and ochres of disintegrating ferruginous rocks form a Joseph's coat of many colors, while over all loom the background of summits wrapped in their eternal snows!

COMPLETE Treatment

Warm Baths with Cuticura Soap and Gentle Applications of Cuticura Ointment

For All Kinds of ECZEMA

Although Cuticura Soap and Ointment are sold by druggists and dealers everywhere, a liberal sample of each, with 32-page booklet on the care and treatment of the skin, will be sent post-free, on application to "Cuticura," Dept. 6M, Boston, U.S.A.

A FRIEND'S ADVICE.

Something Worth Listening To.

A young man was advised by a friend to eat Grape-Nuts because he was all run down from a spell of fever. He tells the story:

"Last spring I had an attack of fever that left me in a very weak condition. I had to quit work; had no appetite, was nervous and discouraged.

"A friend advised me to eat Grape-Nuts, but I paid no attention to him and kept getting worse as time went by.

"I took many kinds of medicine but none of them seemed to help me. My system was completely run down, my blood got out of order from want of proper food, and several very large boils broke out on my neck. I was so weak I could hardly walk.

"One day mother ordered some Grape-Nuts and induced me to eat some. I felt better, and that night rested fine. As I continued to use the food every day, I grew stronger steadily, and now have regained my former good health. I would not be without Grape-Nuts, as I believe it is the most health-giving food in the world." Name given by Canadian Postum Co., Windsor, Ont.

Read the 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.

CHEATING THE GALLOWS.

Ingenious Contrivance Which Prevented Death.

A very ingenious attempt to cheat the gallows was made by a man named Richard Johnson, who was hanged at Shrewsbury in 1696, says the London Chronicle. He hung half an hour, and his body was about to be handed over to his relatives, when the hangman thought he detected some signs of life. On examination it was found that Johnson had wreathed cords round and under his body connected with a pair of hooks at his neck by which the usual effect was prevented, the apparatus being cleverly concealed under a frilled shirt and a flowing periwig. He was taken down and then promptly rehanged with success.

Perhaps the most startling story about resuscitation after hanging is told of the famous anatomist, William Hunter, under whose hands the body of a man who had just been hanged revived while being dissected. This was not all, however, for the fellow insisted on considering Hunter what lawyers term "in loco parentis," as being the author of his renewed existence. In this filial character he repeatedly applied for, and finally demanded, financial assistance. But, to Hunter's great relief, he one morning received a "recent subject from Newgate . . . the same criminal executed a second time for some fresh offence. The experiment of resuscitation was not again attempted."

Minard's Liniment Cures Diphtheria.

5 Years' Rheumatism Really Cured!

Your Case Isn't Likely to Be Worse, and Can Be Cured Quickly by Nerviline.

Here Is The Proof.

"After being an enthusiastic user of Nerviline for years, I feel it my duty to tell you personally what your wonderful preparation has done for me.

"I suffered torture from rheumatism and heart trouble, tried scores of so-called remedies, consulted for weeks and months with Toronto's most eminent physicians, but derived only slight benefit.

"A friend insisted on my using Nerviline, and to my surprise a vigorous rubbing of this powerful liniment eased the pains and reduced the stiffness in my joints. I continued to use Nerviline and was permanently cured. I am now perfectly well, and for three years have had no rheumatism at all. I know many families where no other medicine but Nerviline is kept—it is so useful in minor ailments like earache, toothache, neuralgia, coughs, colds, lumbago, and sciatica. I call Nerviline my 'Life Guard,' and urge all to try its merit."

Dec. 17th, 113 Palmerston Avenue, Toronto.

(Signed) FLORA CHAPMAN.

It is almost criminal to keep on suffering when Nerviline can be had in any drug store. 50c. buys a large bottle, 25c. for the trial size. Prepared by The Catarrhozone Co., Buffalo, N.Y., and Kingston, Ont.

THE UNKINDEST CUT.

Sir Glenholm Falconbridge is much interested in library work. One day, recently, the Toronto Public Library Board made a tour of the city for the purpose of visiting the various branches and seeing how the work was being carried on. On entering one street the car in which Sir Glenholm was riding

Chief Justice Falconbridge.

was greeted by loud cries from several street-urchins.

"What are the boys saying?" asked Sir Glenholm.

"They are calling out, Controllers, Controllers!" explained the gentleman next to him.

"Ah! that is one of the cruelest things I ever had said to me," replied Sir Glenholm sadly.

Cure For Consumption.—For consumption, weak lungs, lingering coughs, laryngitis and bronchitis. Names and addresses of those only given a few days to live by specialist and doctors, after taking this cure are alive and well, will be sent on request. Write Wm. R. Copeland, 511 Pape Ave., Toronto, Ont.

Not As Yet.

Bank Teller—"How is it you deposit nothing but pennies and nickels?"

Saddmann—"I hide 'em in my shoe and wife hasn't found it out yet."

Minard's Liniment Cures Colds, &c.

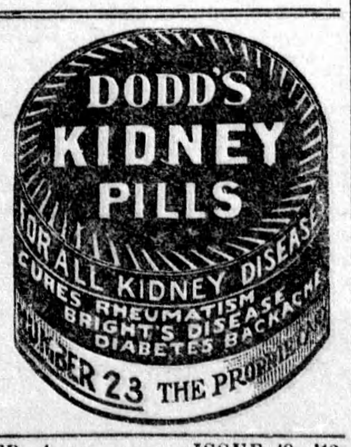
His Is Not.

Cynicus—"I wonder why he never married?"

Sillicus—"I believe he was once disappointed in love."

Cynicus—"Impossible. No man is ever disappointed in love till he marries."

The wedding ring is an exclusive circle.



FROM BONNIE SCOTLAND

NOTES OF INTEREST FROM HER BANKS AND BRAES.

What is Going on in The Highlands and Lowlands of Auld Scotia.

Mr. A. Proven, postmaster of Moffat, has been appointed postmaster of Biggar.

The Marquis of Ailsa has been elected president of the Glasgow Athenaeum.

The sum of $195 was collected in certain Helensburgh churches on Hospital Sunday.

The death has occurred in her 102nd year of Mrs. Macfee, of 21 Wellmeadow, Paisley.

The death has occurred of Mrs. Euphemia Waugh, aged 99, the oldest inhabitant of Hawick.

Provost William Bruce Macguire has signified his retiral from Dunoon town council after ten years' service.

The Glasgow members of the Royal Scots Greys' Association held the Balaclava commemoration dinner recently.

The death has occurred in Inverness Poorhouse of Peter Macleod, an old Highlander, who served in the Indian Mutiny.

The Wishaw burgh rates have been increased by ½d. per £1 each on owner and occupiers, and the burgh general and public health assessments are up to 5d.

Provost Fyfe, Port Glasgow, has collected about £400 for the establishing of a scholarship for apprentices in the shipbuilding and engineering trades.

It has been decided to confer the freedom of the city of Glasgow on Councillor Robert Graham in recognition of his valuable services as member of the town council.

Mr. Graham Moffatt, author of "Bunty Pulls the Strings," and a native of Milngavie, has become a life member of the London-Dumbartonshire Association.

LETTERS FROM MOTHERS.

Every day we have letters from thankful mothers telling us what Baby's Own Tablets have done for their little ones. Some praise them for constipation, others for teething troubles, and still others for vomiting, indigestion and the many other ills of babyhood and childhood. We have received thousands of letters—all giving praise. Mrs. W. G. Crowe, Midland, Ont., says: "I think very highly of Baby's Own Tablets. I gave them to my baby when troubled with constipation and they helped her so much I always keep them in the house and now use no other medicine." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Growing of Cinnamon.

The aromatic spice, called cinnamon, is the inner bark of a beautiful tree, attaining the size and similar in appearance to our pear-tree. The small, smooth and shiny branches, or young shoots, are alone available. To produce the commercial bark the trees are allowed to grow for from five to seven years, when they are felled and the stumps allowed to produce new shoots, called "coppice." The same methods, says the Scientific American, are followed in the East Indies to grow straight and smooth shoots of cinnamon as the basket-willow grower adopts in this country. It is kept coppiced in order to induce the formation of long, willowy shoots.

Minard's Liniment Co., Ltd.

Gentlemen,—In July, 1905, I was thrown from a road machine, injuring my hip and back badly and was obliged to use a crutch for 14 months. In Sept., 1906, Mr. Wm. Outridge, of Lachute, urged me to try MINARD'S LINIMENT, which I did, with the most satisfactory results, and to-day I am as well as ever in my life.

Yours sincerely,
his
MATTHEW x BAINES.
mark

The Two Real Troubles.

After all death and disgrace are about the only two troubles that really amount to anything.

Minard's Liniment Cures Distemper.

A Remarkable Canal.

Between Worsley and St. Helms, in the north of England, is a remarkable canal. It is underground, from end to end, and is 16 miles long. In Lancashire the coal mines are very extensive, half the country being undermined, and many years ago the Duke of Bridgewater's managers thought they could save money by transporting the coal underground instead of on the surface. The canal was constructed and the mines connected and drained at the same time. Ordinary canal boats are used, but the power is furnished by men. On the roof of the tunnel arch are crosspieces, and the men do the work of propulsion by lying on their backs on the coal and pushing with their feet against the cross-

Beyond Her.

As a slight diversion the teacher suggested that each child in the class draw a picture from which she could guess what the child wanted to be when grown. All sorts of articles were illustrated: books for bookkeepers, hats for milliners, etc. One little girl, however, had a blank sheet.

"Why, Doris, don't you want to be anything when you are grown?"

"Yessum," said Doris, "I want to be married, but I don't know how to draw it."

BEWARE OF BLOOD-POISON

Zam-Buk is a Sure Cure.

Mr. Jas. Davey, of 786 Ellice Avenue, Winnipeg, says:—"A few months since I was cured of a poisoned finger through the timely use of Zam-Buk.

"I cut a deep gash across the knuckle on the first finger of my right hand in opening a lobster can. I suffered at the time with the soreness and pain, but had no idea it would become a serious wound. However, in about two days my whole hand and arm to the elbow became inflamed, and the finger was much discolored, showing signs of blood-poisoning.

I then decided to start the Zam-Buk treatment, and having first bathed the cut, I applied the healing balm. It soothed the pain almost instantly.

"In a week's time, through perseverance with Zam-Buk, a complete cure was brought about."

Zam-Buk is just as good for eczema, ulcers, scalp sores, abscesses, piles, ringworm, boils, varicose ulcers, running sores, cold sores, chapped hands, etc. Use it, too, for cuts, burns, bruises and all skin injuries. Zam-Buk Soap should be used in conjunction to the balm for washing wounds and sore places. Excellent, too, for baby's bath.

All druggists and stores sell Zam-Buk at 50c. box and Zam-Buk Soap at 25c. tablet. Post free for price from Zam-Buk Co., Toronto.

Exercising Her Right.

"Mamma, young Mr. Ketchley wants to come and see me."

"When did he tell you so, child?"

"Last time I saw him I asked him if he wouldn't like to call, and he said, 'Why, certainly.'"

Minard's Liniment Cures Garget in Cows.

No Deception.

Toff—"You told me that horse was free from faults. Why, it's blind."

Dealer—"Blind? Well, that's not a fault; that's a cruel misfortune."

Side-Kick.

Wallie Clerk — "Lew is pretty popular, isn't he?"

Willie Clerk—"Yes. He's liked by every one that doesn't know him."

Most men I ask little from, I try to render them much, and to expect nothing in return, and I get very well out of the bargain.—Fenelon.

INFLAMMATORY RHEUMATISM

Conquered by GIN PILLS

Mr. W. G. Reid, Hamilton, Ont., writes: "I have been for the last two years a crippie with Muscular and Inflammatory Rheumatism. I tried almost everything known to medical science and sought change of climate without relief. Your manager in this city recommended Gin Pills and I have since taken eight boxes and am now cured. I consider Gin Pills the conqueror of Rheumatism and Kidney Disease".

50c. a box. 6 for $2.50. Sample free if you write National Drug and Chemical Co. of Canada, Limited, Toronto. 132

Just the refreshment you need after a hard day's work

LIPTON'S TEA

Goes farthest for the money

It isn't what you do while your boss is watching you, but what you do when he's not there that counts.

FARMS FOR SALE

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

HUNDRED ACRES—COUNTY HALTON; Good House; Buildings; Orchard. Cheap and on easy terms.

SEVENTY-SIX ACRES WITH GOOD buildings and apple orchard; about five miles from Hamilton.

H. W. DAWSON, Toronto.

150 ACRE FARM — MIDDLESEX County; soil dark clay loam, 8 acres fruit; 5 acres timber; good buildings. Farm in good condition; anxious to sell. The Western Real Estate, London, Ont.

MALE HELP WANTED.

BY NEXT SPRING THE RAILWAYS will require Five Hundred Telegraphers and Station Agents. Good wages and advancement rapid. School endorsed by railways and has direct telegraph wire connection. Free Book 18 explains. Dominion School Railroading, Toronto.

STAMPS AND COINS.

STAMP COLLECTORS—HUNDRED DIFferent Foreign Stamps, Catalogue, Album, only Seven Cents. Marks Stamp Company, Toronto.

MISCELLANEOUS

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

WANTED—BLACK, SILVER AND Cross Foxes, Marten, Fisher and Mink, alive. Blake Vannatter, Ballinafad, Ontario.

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.

British American Dyeing Co.

Montreal, Toronto, Ottawa and Quebec.

THINGS WORTH KNOWING ABOUT CHRISTMAS BUYING

Write to-day for Catalogue. It's FREE.

The Le Roy Import Co., 13 Bloor St. E. -- Toronto.

BOILERS New and Second-hand, for heating and power purposes. TANKS AND SMOKE STACKS. Agents for Sturtevant Ventilating and Heating Systems.

POLSON IRON WORKS LIMITED TORONTO

Engines and Shipbuilders

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

1874 Bathurst Street TORONTO

A Clever Milkman

writes us that he warms his milk-wagon on cold days with a Perfection Oil Heater.

He makes his rounds in comfort. Zero weather doesn't bother him.

This milkman has adapted this wonderful little heater to his own particular needs.

You may not drive a milk-wagon, but there are countless ways in which one of these heaters would be a convenience and comfort to you in your home. You can adapt it to your own requirements.

PERFECTION SMOKELESS OIL HEATER

Made with nickel trimmings (plain steel or enameled turquoise-blue drums). Ornamental. Inexpensive. Lasts for years. Easily moved from place to place.

At Dealers Everywhere.

THE IMPERIAL OIL COMPANY, Limited

TORONTO MONTREAL WINNIPEG ST. JOHN HALIFAX