THE DANGER OF ANAEMIA

Consumption May Follow Unless its Ravages are Checked

There is danger to every girl and every woman who falls a victim to anaemia — that is bloodlessness. They become listless, feel too weak, too wretched and too hopeless to take prompt steps to stop the trouble. Too often, through neglect, they drift into a worse condition, forgetting that anaemia frequently leads on to consumption. If you are anaemic in the least degree you should lose no time in beginning treatment to increase and enrich the blood supply. To do this there is no other medicine so good as Dr. Williams' Pink Pills. Every dose helps make rich, red blood, which drives out disease and brings again the bloom of health to pale and sallow cheeks. There are thousands of women and growing girls in Canada who owe their present good health to the timely use of Dr. Williams' Pink Pills. Among those who have been restored to health by this great medicine is Miss Rose Neville, Mount Forest, Ont., who says: "Dr. Williams' Pink Pills performed almost a miracle in my case. I was a victim of anaemia, in what my friends considered a dangerous form. I was very pale, always felt tired out, suffered from severe headaches, and had no appetite. I was taking doctor's medicine for a long time—in fact I tried two doctors—but instead of improving I seemed to be growing worse. My parents were at a loss to know what to do for me, and thought I would not recover. Then a friend advised Dr. Williams' Pink Pills and I had only taken them a few weeks when I began to feel better. This greatly encouraged me, and I continued taking the pills for some time longer, and found my health again as good as ever it had been. In fact I am stronger than ever I was before. I have advised the use of Dr. Williams' Pink Pills to other girls who have found the results equally beneficial."

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.

ANTS BAKE BISCUITS.

Scientist Discovers Species That Understands Cookery.

The extraordinary habits of the harvester ant have long been known to naturalists. Certain species not only harvest and store in granaries the seeds upon which they feed, but actually plant and cultivate an annual crop of their food seeds.

Still more remarkable stories are told of an ant that is common in Dalmatia, the Messor barbarus. According to Dr. Neger of the Dresden Forestry School, this ant not only cuts leaves and gathers seeds, but actually makes bread or biscuit! The seeds are first sprouted, then carried into the sun and dried, then taken back to the underground chambers, where they are chewed into a dough. The dough is then finally made into tiny cakes, which are baked in the sun, then carefully stored for future use.

From these observations it would appear that the art of cookery is not confined to the human race. All cooking is done by the sun, whether in the ripening of fruit or in the baking of bread in a stove. The heat obtained from fuel is simply stored up sunlight set free.

The Arab and the native Mexican speak of ripe fruit as fruit which has been cooked in the sun. The ant has somehow learned the art of sun cookery, the saliva with which it moistens the grain probably taking the place of yeast and sweetening through changes set up by its influence upon starch.

BABY'S OWN TABLETS HIGHLY RECOMMENDED

No medicine for little ones is so highly recommended as is Baby's Own Tablets. They are guaranteed by a government analyst to be absolutely safe, and besides that thousands of mothers throughout the land praise them as the only sure cure for childhood ailments. Concerning them Mrs. Edward McDonald, Douglastown, Que., says: "I can highly recommend Baby's Own Tablets to any mother who has a baby suffering from constipation or teething troubles." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Putting It Plainly.

A judge, whose personal appearance was as unprepossessing as his knowledge was profound, interrupted a female witness. "Humbugged you, my good woman!" said he. "What do you mean by that?" "Well, my lord," said the witness, "I can't explain it exactly, but if a girl called your lordship a handsome man she would be humbugging you."

Grand Duchess Olga.

Report in St. Petersburg has it that the eldest child of the Czar of Russia, Grand Duchess Olga, now only seventeen years of age, has had her way and will wed her wild young cousin, Grand Duke Dmitri Pavlovitch, despite the bitter opposition of her mother. When the girl was born she was a disappointment to the royal couple, for they wished for a boy as their heir. However, one came later, and a future Czar was provided for Russia.

Dmitri, who is now in exile in Paris because of a carousal at home, is the son of the Czar's uncle, Grand Duke Paul, whose escapades have furnished the scandal-mongers in Europe their choicest stories for a quarter of a century. He was the leader of the gayest, wildest set of St. Petersburg.

It is expected the young pair, if wedded, will become the leaders of a "smart set" in St. Petersburg that makes light of court etiquette and ceremonials, just as the Crown Prince and Princess of Germany have done in Berlin. Then the Czarina's labor of years will be lost, the Dowager Czarina will become the actual leader of court society.

Grand Duchess Olga has just recovered from an attack of measles. Her illness was kept secret in order to prevent the circulation of disquieting reports.

BOUND TO DISAGREE.

Cy Kilgore Was a Most Disagreeable Person.

"It seems to me," opined Mr. Caleb Peaslee, "that Cy Kilgore gets more disagreeable the older he grows. He won't agree with any pusson on airth—not if he can find out fust what the other man thinks. Ain't that so, Lysander?"

Mr. Lysander Winchope, thus appealed to, stroked his "ellum" cane reflectively, and eyed his quicker-speaking friend with placid, ox-like eyes.

"He scurcely ever thinks same as me about things," he admitted, at length.

"Scurcely ever!" snorted Mr. Peaslee, with impatience. "Did he ever agree with you about one single namable thing if he had a chance to find out ahead what you thought? Did he?"

"M-wal," replied Mr. Winchope, thoughtfully, "answerin' that question direct, I dunno's he ever did."

"No, sir," affirmed Mr. Peaslee, warmly, "and he wouldn't! I get kinder out of patience when I get to talkin' about Cy Kilgore. He's just been inter my house, and he took 'casion to show some of his cross grain there.

"My wife spoke about Mel Deering's last sickness while Cy was there," Mr. Peaslee went on, "and she spoke very feelin' about what a great sufferer Mel was in his last days,—you know how women talk and sympathize—and Cy Kilgore sot there and listened to her talk, and all the time he was lettin' that bias, three-cornered temper of hisn curdle up on him. At last, when she got done talkin', he got up and started for the door. He dassent set in the chair [illegible] say it,—he knew what kind [illegible] temper my wife's got,—but when [illegible] got to the door he turned round, sour as a crab-apple, and he says:

"'Folks made an awful touse over Mel Deering's sickness,' says he. 'Huh! He wa'n't more'n half as sick as folks thought he was.'

"Mel Deering was sick enough to die," concluded Mr. Peaslee, "and I don't believe even Cy Kilgore ever saw any one get much sicker than that!"

A Bad Heart, Its Cause and Cure

Many, Firmly Convinced They Are Dying of Heart Trouble, Have Often the Strongest Hearts.

Sometimes you wake up at night, heart throbbing like a steam engine. Your breathing is short and irregular; pains shoot through the chest and abdomen, and cause horrible anxiety.

Your trouble isn't with the heart at all. These sensations are the outcome of indigestion, which has caused gas to form on the stomach and press against the heart.

Just read what happened to Isaac Malloux, of Belle River, Ont.:

"Three months ago I was a weak, sickly man. My appetite was poor, food fermented in my stomach, I had sour risings and indigestion. At night I would often weaken with gas in the stomach and heart palpitation.

"I consulted my doctor and used remedies that my friends advised. Nothing helped.

"One day I received a sample of Dr. Hamilton's Pills, and my cure commenced. To-day I have a vigorous appetite, strong heart action, and no sign of indigestion. I feel younger and healthier than ever before."

Your druggist or storekeeper sells Dr. Hamilton's Pills, 25c per box or five boxes for $1.00. By mail from The Catarrhozone Co., Buffalo, N.Y., and Kingston, Canada.

What is the Answer?

Why is a cat's tail like the ends of the earth? Because it's fur to the end.

But if the cat has no tail? Then it would not be so fur (far).

What is the best way to find a person out? Call when she is not at home.

Why are printers liable to take cold? Because they always use damp sheets.

Why is wit like the shoe on a Chinese lady's foot? Because brevity is the soul of it.

What is the difference between a blacksmith and a safe steed? One is a horseshoer, the other a sure horse.

What kind of sickle does Father Time use in Winter? Ice sickle.

Why is it dangerous to sleep in a train? Because the train runs over sleepers.

Why is "A" like twelve o'clock? It is the middle of day.

When is a boat like snow? When it is adrift.

What is that which works when it plays and plans when it works? A fountain.

Good Resolutions.

Good resolutions are never a short cut to good works. Carefully thought out plans and earnestly made resolves are valuable only as they bring into plain sight the duties that we ought to be doing. They are worse than useless when we let them take the place of duty doing, as we often do. A man will, on his way from his house to work at the beginning of the day, make such good plans and resolves for that day that by the time he reaches his office he has unconsciously let himself think that the hardest part of the work is done; and then the real doing of it evaporates in the glow of the plan-making. It is better for most people to spend more of their time on what needs to be done than on planning when and how they will do it. An unplanned duty done is better than a duty that always remains planned for.

BANISHED.

Tea and Coffee Finally Had to Go.

The way some persons cling to tea and coffee, even after they know they are doing them harm, is a puzzler. (Tea is just as harmful because it contains caffeine, the same drug found in coffee). But it is an easy matter to give it up for good, when Postum is properly made and used instead. A girl writes:

"Mother had been suffering with nervous headaches for seven weary years, but kept on drinking coffee.

"One day I asked why she did not give up coffee, as a cousin of mine had done who had taken to Postum. But Mother was such a slave to coffee she thought it would be terrible to give it up.

"Finally, one day she made the change to Postum, and quickly her headaches disappeared. One morning while she was drinking Postum so freely and with such relish, I asked for a taste.

"That started me on Postum and I now drink it more freely that I did coffee, which never comes into our house now."

Name given by Canadian Postum Co., Windsor, Ont. Write for booklet, "The Road to Wellville."

Postum comes in two forms.

Regular Postum (must be boiled.)

Instant Postum doesn't require boiling, but is prepared **instantly** by stirring a level teaspoonful in an ordinary cup of hot water, which makes it right for most persons

A big cup requires more, and some people who like **strong** things put in a heaping teaspoonful and temper it with a large supply of cream.

Experiment until you know the amount that pleases your palate, and have it served that way in the future.

"There's a Reason" for Postum.

The Right Soap For Baby's Skin Is Cuticura Soap

IN the care of baby's skin and hair, Cuticura Soap is the mother's favourite. Not only is it unrivaled in purity and refreshing fragrance, but its gentle emollient properties render it of great value in promoting skin and hair health generally. For the treatment of eczemas, rashes and other itching, burning infantile eruptions, warm baths with Cuticura Soap, followed by gentle applications of Cuticura Ointment are usually effective when other methods fail. Cuticura Soap wears to a wafer, often outlasting several cakes of ordinary soap and making its use most economical.

Cuticura Soap and Ointment are sold throughout the world. A liberal sample of each, with 32-page booklet on the care and treatment of the skin and scalp, sent postfree. Address Potter Drug & Chem. Corp., Dept. 16D, Boston, U. S. A.

THE BANK OF ENGLAND.

Guarded Every Night By a Company of Soldiers.

For one hundred and thirty-one years a company of guardsmen, in charge of an officer, marched every evening from the Chelsea or the Wellington Barracks to the Bank of England. For the last few years, owing to the great increase of the street traffic, the soldiers have gone by the underground railway. In future, however, the nightly guard for the Bank of England is to be drawn from the guards stationed in the Tower of London.

If the visitor to London waits by the bank any evening, at half past six o'clock, he will see about thirty men in the charge of a lieutenant and two sergeants marched up in parade dress with fixed bayonets and loaded ammunition belts. These are the only troops that may march through the city of London with fixed bayonets.

The men themselves like this duty. When they march back to quarters, about seven o'clock in the morning, they may do as they please for the rest of the day; and they receive an extra shilling a day from the bank managers. Each man also has a pair of fine blankets wherein to wrap himself while he waits for his turn to go on guard, and in winter big fires are lighted for them. They have generous refreshments provided for them, and the officer in command has a dinner for himself and two friends.

In the daytime another curious survival of the past is to be observed. Although detectives guard all the doors, the old uniformed beadles are also paid for the service. From the standpoint of efficiency, these officials are very much in the way, but as long as the Bank of England has been in existence the beadles have policed it. Consequntly the beadles are allowed to remain!

The custom of providing a little garrison for the bank dates back to 1780, when an attack was made upon the bank by a mob during the Gordon Riots, picturesquely described in "Barnaby Rudge." It is said that in the fight that ensued between the rioters and the clerks of the bank, the latter melted their metal ink-pots for ammunition after their supply of bullets had given out.

Minard's Liniment Cures Garget in Cows.

Men Only.

Of course, men dress more sensibly than women, but even so, there are few women who would wear a straw hat tight and stiff enough to gouge a half-inch deep scar across their foreheads.

Minard's Liniment Cures Distemper.

Commonly Found.

In every city, in every town, in every village there is an underworld, where poverty, sickness, inability are to be commonly found. How to abolish this underworld is the problem engaging many minds. In the past rich folk, and kind folk who were not rich, took notice of poor folk no less than they do now, and untold charity flowed forth. But only a few visionaries dreamed that the underworld could ever be abolished. To-day, however, is an age not remarkable for visionaries, the question is being pushed persistently. "Is it unavoidable that millions of human creatures should live in chronic starvation?" and an increasing number of people answer "No." Whether these people are right time alone can tell, and that time is still far distant. But the thing to be thankful for is that a change is taking place in the point of view.

HOW A QUEEN PROPOSES.

Victoria Tells of It in Her Recently Published Memoirs.

It is always leap-year for reigning queens. They must make the first advances, for their position is such that no man of inferior rank may venture to propose marriage to one of them. Accordingly, Queen Victoria proposed to Prince Albert. How she did it, she herself tells in her recently published memoirs:

At about half past twelve o'clock I sent for Albert. He came to the closet where I was alone, and, after a few moments, I said to him that I thought he must be aware that I wished him to come here, and that it would make me too happy if he would consent to what I wanted—to marry me. We embraced each other, and he was so kind and affectionate!

I told him that I was quite unworthy of him. He said he would be very happy, and was so kind, and seemed so happy that I really felt it was the happiest, brightest moment in my life. I told him it was a great sacrifice, which he would not allow.

I then told him of the necessity of keping it a secret, except to his father and uncle Leopold and Volkmar, to whom he said he would send a courier the next day, and also that it was to be as early as the beginning of February. I then told him to fetch Ernest (the Duke of Cumberland), which he did, and he congratulated us both, and seemed very happy.

I feel the happiest of human beings!

HARD, SOFT, OR BLEEDING?

No matter what kind or where located, any corn is promptly cured by Putnam's Corn Extractor; being purely vegetable it causes no pain. Guarantee with every bottle of "Putnam's," use no other, 25c. at all dealers.

Locating the Shortage.

"I can't understand how some things get their names," declared the grumpy boarder.

"For instance?"

"Take this strawberry shortcake. If they called it shortberry strawcake I could have seen the point."

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.

His Idea.

The teacher in natural history had received more or less satisfactory replies to her questions, and finally she asked—"What little boy can tell me where the home of the swallow is?" Long silence, then a hand waved. "Well, Bobbie, where is it?" "The home of the swallow," declared Bobbie, seriously, "is in the stumick."

Try Murine Eye Remedy

If you have Red, Weak, Watery Eyes or Granulated Eyelids. Doesn't Smart —Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c. Murine Eye Salve in Aseptic Tubes, 25c, 50c. Eye Books Free by Mail.

An Eye Tonic Good for All Eyes that Need Care

Murine Eye Remedy Co., Chicago

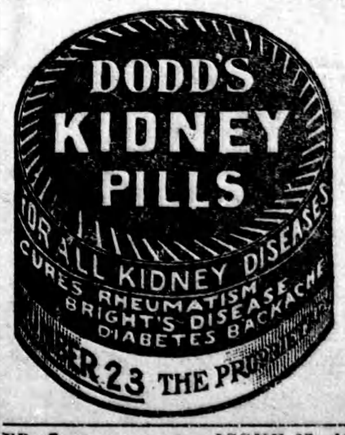
Papa's Waterloo.

Young Popp's—"Dearest, what did your father say when you told him of our engagement?" Daphne Sweet—"Darling, it was too funny! He gulped a few times, and then turned to the parrot. 'Polly,' he said appealingly, 'please help me out!'"

Minard's Liniment Cures Diphtheria.

Can Live Without Water.

A curious fact in connection with animal life on the desert of the American Southwest is that rabbits, squirrels, deer, antelope, the mountain sheep and any number of reptiles and insects live at great distances from visible water. The jack rabbit is especially notable in this respect, and, moreover, flourishes in regions without a particle of green food in sight for miles and miles. It may be found, happy and fat, spending the day under a scrap of bush that makes little more shade than a fishing net.



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FRUIT, STOCK, GRAIN AND DAIRY Farms in all sections of Ontario. Some snaps.

FACTORY SITES, WITH OR WITHOUT Railway trackage, in Toronto, Brampton and other towns and cities.

RESIDENTIAL PROPERTIES IN Brampton and a dozen other towns.

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3,000 FREE HOMESTEADS AND IMproved farms, $15.00 to $45.00 per acre. Best grain and mixed farming country. Write Commissioner, Board of Trade, Humboldt, Sask.

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AT ONCE—MEN WANTED TO LEARN Barber Trade. Great demand. Good wages. Twenty to thirty advertised for daily in Toronto papers alone. Can teach you in six to eight weeks. Send for Catalogue. Moler College, 221 Queen East, Toronto.

STAMPS AND COINS.

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

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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.

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make one or two dollars a week selling Post Cards for your vacation trip, and win also a beautiful prize. Write for particulars.

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NIAGARA TO THE SEA

Your Vacation Trip WHERE TO GO

Niagara Falls, Toronto, Thousand Islands, St. Lawrence Rapids, Montreal, Quebec and the Saguenay River—one of nature's most impressive scenic wonders.

Low rates for tickets including meals and berths. For information apply to local ticket agents or Hugh D. Paterson, Gen. Agt., Toronto, Ont., or H. Foster Chaffee, P.T.M., Montreal, Que.

CAPE TRINITY

"BLUE FLAME" SPECIAL

To lower our stock by July 31st—our stocktaking—we offer these excellent Plugs at

$2 Per Set of Four

"BLUE FLAMES" give perfect ignition and will give a hotter spark than any plug at this price.

RUSSELL MOTOR CAR CO., Limited.
Accessories Dept., WEST TORONTO

Cleaning an Ocean Liner.

Not many people are aware that during the few hours a great ocean liner remains in dock she is cleaned thoroughly inside and out. The hull is repainted, the funnels scraped and cleaned, and every piece of exposed metal polished.

Meanwhile, all carpets are taken up and beaten, the floors scrubbed and repainted, and tables repolished, chairs regilded and stained, in every part of the ship. On the great boats there are more than 30,000 pieces of linen to be counted, sorted, prepared, and laundered. Then there are 15,000 pieces of silverware, 25,000 pieces of glassware, some 60,000 dishes, plates, cups, saucers, etc. As soon as a piece shows signs of wear it is discarded and replaced, and all this work has to be done in a few hours.

Minard's Liniment Cures Colds, Etc.