That Terrible Fatigue Can Be Overcome

A Simple Home Remedy Now Cures Lack of Energy, Loss of Ambition, and a Feeling of "Don't-Care."

Successful in Nearly Every Case.

That miserable nervousness and half-sick tired-all-the-time condition is due nine cases in ten to a clogged-up system. You grow irritable and despondent, you lack ambition, energy seems all gone. Surest road to health is by the frequent use of Dr. Hamilton's Pills; they will make you feel like new all over in a short time.

Writing from his home in Barcelona, Mr. Frederick G. Mayer states: "I think no one ever suffered as severely as I did for nearly six months. So many serious symptoms were developing as a consequence of this evil condition of my system that I realized I must find a remedy. The strong pills of various kinds I tried seemed after their first effects were over to make me far worse and I did not know which way to turn for relief. I saw Dr. Hamilton's Pills advertised, and the first box used satisfied me. I found a true remedy. Instead of griping with undue activity, Dr. Hamilton's Pills acted as naturally as if physic had not been taken. I never had to increase the dose and, indeed, within a month I reduced it, and when the system finally acted of its own accord as a result of Dr. Hamilton's Pills, I took a dose twice a week only, just to make sure the old condition would not come back."

No other remedy cures constipation and biliousness so easily or safely as Dr. Hamilton's Pills; they are an ideal family remedy for all diseases of the stomach, liver and bowels. Sold in 25c. boxes, five for $1.00, all druggists and storekeepers or The Catarrhozone Co., Buffalo, N.Y., and Kingston, Canada.

ABOUT THE GREAT LAKES.

A Few Facts Which Are Not Generally Known.

We all know in a general way that Lake Superior is the largest and Lake Ontario the smallest of the Great Lakes, but the relative facts are scarcely known to the average person. While Lake Michigan ranks second in size, being forty-five miles shorter than Lake Superior, it is twice as deep at its greatest depth, the figures being 900 feet for Lake Superior and 1,800 feet for Lake Michigan, so that in cubical contents the latter far outreaches Superior. Lake Huron's greatest depth also is a hundred feet more than that of Lake Superior, so that the greatest is not superior to everything after all.

Lake Erie and Lake Ontario are comparatively shallow, with maximum depth of 204 feet and 412 feet, and yet we should not like to fall overboard in either of them. In width—maximum figures—Lake Superior comes first with 160 miles, Huron second with 105, Michigan third with 84, Erie fourth with 60, and Ontario last with only 52 miles of greatest breadth.

In comparison with its area, Ontario leads with a drainage of 29,769 square miles for its area of 6,700, the others being Erie, drainage 39,860, area 23,000 square miles; Michigan, drainage 70,000, area 22,400 square miles; and Superior, drainage 85,000, area 32,000 square miles. Drop in elevation is very gradual, Lake Superior being 600 feet above sea-level, Michigan 578 feet, Huron 574 feet, Erie 564 feet, and then comes a big drop to 234 feet for Lake Ontario.

Sunday School Teacher—"What is the conscience?" Bright Boy—"It's wot makes you sorry w'en you get found out."

Well Met—

A Good Appetite

And

Post Toasties

A dainty, nourishing dish for breakfast, lunch or supper—ready to serve direct from the package with cream and sugar.

"Toasties" are thin bits of choice Indian Corn—skilfully cooked and toasted to an appetizing golden brown.

Wholesome
Nourishing
Easy to Serve

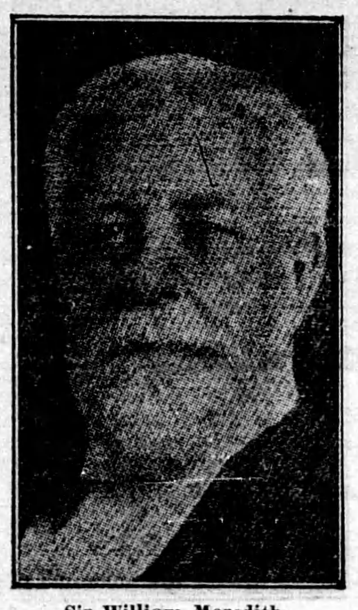
Sold by Grocers everywhere.

Canadian Postum Cereal Co., Ltd.
Windsor, Ontario.

THE JUSTICE'S JOKE.

While Chief Justice Sir William Meredith was lately hearing a case he was disturbed by a young man who kept moving about in the rear of the room.

"Young man," called out the Chief Justice, "you are making a great deal of unnecessary noise. What are you about?"



Sir William Meredith.

"Your Honor," replied the young man, "I have lost my overcoat and I am trying to find it."

"Well," said the venerable justice, "people often lose whole suits in here without making all that disturbance."

MOTHER AND BABY.

Every mother is anxious for the welfare of her little ones—above all she wants them to have good health. Thousands of mothers have learned the secret of keeping their little ones healthy — they have learned that by keeping Baby's Own Tablets in the house and giving an occasional dose to the little ones that they will escape constipation, vomiting, colic, colds, worms, etc. The Tablets never fail to be of service in keeping the baby healthy and happy. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

CURIOUS GREETINGS.

Some Strange Customs the People of Various Races Observe.

The kiss, the hand-shake and the bow are the salutations that are in the most universal use at the present day. Yet there exist races to whom these forms of greeting would seem as ludicrous as their own customs seem to us. In this connection Reclam's Universum describes some curious customs that the people of various races observe when they greet one another.

The prostration and the salaam, salutations that many Orientals use, are only more pronounced forms of the bow. So there is a connection between the embrace, so common in civilized countries, and the greeting of the member of the Koiari tribe of British New Guinea, who, in saluting a missionary, placed one arm about his neck and stroked him under the chin.

Among the Masai and the Ukerewe, it is a mark of respect to greet an acquaintance or a stranger by spitting at him. Almost as strange is the custom ascribed to the Tibetans of sticking out the tongue by way of salutation. Rubbing noses is quite common; the Burmese, and many tribes of Eskimos, Laplanders, and Malays do so.

Stranger than any of these customs is the weeping salutation that has been observed among central South American Indians. This form of greeting occurs, too, in the Andaman Islands, New Zealand, and Polynesia. A Portuguese explorer describes the custom as he saw it used among a tribe of South American Indians:

"Whenever a guest enters a hut he is immediately honored, and made welcome by being wept over. Without a word being spoken, he is led to the hammock. As soon as he is seated, the hostess and her daughters, and any of their girl friends who happen to be in the house at the time, come and sit about the guest, touch him lightly with their fingers, and commence to weep loudly and to shed many tears; during this ceremony, in a sort of connected discourse, they recite everything that has happened to them recently, and talk of the hardships of the road that the visitor has suffered, and of anything and everything that can arouse compassion and tears. The guest, his hand before his face, pretends to weep, and does not speak until the crying has gone on for some time. Then they all wipe away their tears, and become as lively and merry as if they had never cried in all their lives."

Friend—"Were you smitten by your wife before you married her?" Pennhecker—"Yes, but not half so much as I have been since."

PIMPLES THICKLY SCATTERED ON FACE

In Bad Condition. Pimples Large. Face Sore and Itchy. Looked Badly. Cuticura Soap and Ointment Cured in Two Weeks.

Muncey, Ontario.—"Some time ago my face was in a very bad condition with some kind of pimples. The pimples were thickly scattered. The tops of them were white; matter was in them. They were quite large and my face was sore and itchy and looked badly. I had to scratch to be comfortable and sometimes lost my sleep. The sores lasted about two months and I tried some ointments but didn't like them. Then I sent for some Cuticura Soap and Cuticura Ointment, used them for two weeks and I was completely cured." (Signed) Alex. R. Oke, April 2, 1912.

SCALY ECZEMA ON FACE

Clarkson, Ontario.—"My little girl, aged two years, started with a skin disease on her face, so I called in the doctor and he said it was eczema. The skin was quite red and all scaly. I washed the parts well with the Cuticura Soap and then I put the Cuticura Ointment on. You ought to see her now—as fair as a lily!

"I suffered a great deal with piles. I had them very bad, and they itched and burned so I could hardly bear it. When I got the Cuticura Ointment I tried it. Now it has entirely cured me." (Signed) Mrs. Cyrus Ward, Jan. 1, 1912.

Cuticura Soap and Cuticura Ointment are sold throughout the world. Send to Potter D. & C. Corp., Dept. 53D, Boston, U.S.A., for free sample of each with 32-page book.

SUGAR FACTORIES IN BRAZIL.

Population Requires 8½ Kilos Per Head.

There are now in Brazil 3,546 primitive sugar factories and 120 more or less well equipped factories. Together these produce 300,000 to 320,000 tons of sugar annually. But in order to keep the minimum price of sugar in our internal market above a price below which our little manufacturers say would be utter ruin to them, it is necessary to put on a prohibitive duty by which we suffer an export loss of 90,000 tons of sugar which should be produced. The population of Brazil requires about eight and one-half kilos of sugar a head annually, while in other countries the consumption varies from 15 to 40 kilos a head, as in England, Australia and New Zealand. It is evident that a good number of small producers would disappear before the great manufacturers. But what difference should that make? This is a fatal law of modern industry to which one is obliged to submit in Brazil as elsewhere. Brazil evidently would also profit by abandoning her beet root sugar.

GIN PILLS FOR WOMEN

Read What Mrs. Harris Says About Them.

Mrs. T. Harris of Tyneside, Ont., knows all about GIN PILLS. "I am now taking my third box of GIN PILLS," she writes. "The pain across my back and kidneys has almost entirely gone. I was a great sufferer from Rheumatism but it has all left me. I strongly advise all women, who suffer from Pain In The Back and Weak Kidneys, to try GIN PILLS."

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

Practical.

Mrs. W.—Odd invitations Mrs. Reid issued for the coming nuptials of her daughter—just written affairs, with the first line reading, "Mrs. L. W. Reid requests the honor of your presents," etc.

Mrs. W.—Truthful, at any rate.

Minard's Liniment Cures Burn's, Etc.

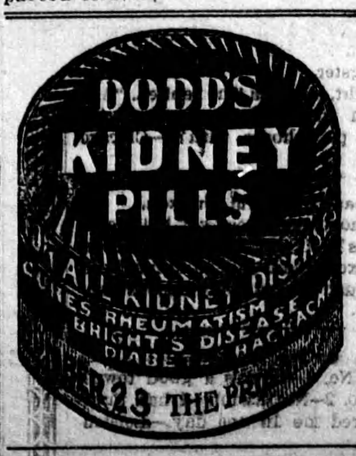
A Sign.

"Jinks appears to be putting aside something for a rainy day." "His failure to return umbrellas made me suspect as much."

Minard's Liniment Relieves Neuralgia.

Value of a Good Name.

A good name is rather to be chosen than great riches. Both are treasures and both easily lost. It is no small thing to be well thought of among friends and neighbors But to lose that confidence is to lose the best part of one's possessions. Reputation may be regained, but it may not be until the best years of life are past and opportunities departed forever.



How to Cure Horse Distemper

An Experienced Horseman Solemnly Declares Nothing Is So Satisfactory as Nerviline.

Says Nerviline is Fine Liniment.

"After fifty years' experience in raising horses I can safely testify that no remedy gives such good results for an all-round stable liniment as Nerviline." Thus opens the very earnest letter of J. J. Evanston, who lives near Wellington. "I had a very valuable horse that took distemper a month ago, and was afraid I was going to lose him. His throat swelled and hard lumps developed. His nostrils ran and he had a terrible cough. I tried different remedies, but was unable to relieve my horse of his pain and suffering till I started to use Nerviline. I mixed a bottle of Nerviline and sweet oil and rubbed the mixture on the throat and chest three times a day, and you would scarcely believe the way that horse picked up. Nerviline cured him. I also have used Nerviline for colic in horses and cows, and earnestly recommend it to every man that is raising stock."

For strains, sprains, swellings, colic, distemper, coughs and colds, no liniment will prove so efficacious in the stable as "Nerviline"—it's good for man or beast, for internal or external use. Wherever there is pain, Nerviline will cure it. Refuse substitutes. Large size bottles, 50c.; trial size, 25c., at all dealers, or the Catarrhozone Co., Buffalo, N.Y., and Kingston, Ont.

Risky.

Griggs—I see the English women who are health faddists are wearing their hair unconfined.

Briggs—My wife wore hers that way one night, and it fell out of the window.

LIQUID SULPHUR

used according to directions is one of the most potent restoratives that can be taken into the system. It cleanses the blood and makes it possible for the organs to do their work properly.

ECZEMA and eruptions of the skin yield at once to treatment. Hundreds are more than willing to testify to the beneficial results of using LIQUID SULPHUR.

RHEUMATISM is simply the result of impure blood and clogged blood vessels. LIQUID SULPHUR removes the cause of the impurity and cleanses the blood channels.

For sale by all druggists. Price 50 cents per bottle.

Flower With a History.

On the score of age alone, the peony should command the interest of all flower-lovers. It has a history which began many hundreds of years ago. The tree peony, more than any other flower, has been the glory and pride of the Chinese for nearly 500 years, and has been a subject for the painters and a theme for the poets. In China, for more than 1,000 years, a record has been kept of the parentage of seedlings of this peony and their characteristics. Its great beauty and fragrance made it, centuries ago, the favorite flower of China's emperors, and it was called Hwa Wang—king of flowers.

Minard's Liniment for sale everywhere.

Not That.

B. A. De Gree—My stomach's out of order, doctor.

Doc. Shipp—Have you tried home-cooking?

B. A. De Gree—No, that's not the reason.

Baltimore, Md., Nov. 11, 1903.
Minard's Liniment Co., Limited.

Sirs,—I came across a bottle of your MINARD'S LINIMENT in the hands of one of the students at the University of Maryland, and he being so kind as to let me use it for a very bad sprain, which I obtained in training for foot races, and to say that it helped me would be putting it very mildly, and I therefore ask if you would let me know of one of your agents that is closest to Baltimore so that I may obtain some of it. Thanking you in advance I remain,

Yours truly,
W. C. McCUEAN.

14 St. Paul street,
Care Oliver Typewriter Co.
P.S.—Kindly answer at once.

Query.

Lady Customer (peeved)—I've come to return this paper-cutter. It's not ivory, as represented.

Storekeeper (musingly)—I wonder whether that elephant had false teeth?

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

Her Best Bargain.

An old lady accompanied by her daughter who was about to be married, went to Dublin to make some purchases. Having finished shopping, as they had some time to spare, they strolled into the Phoenix Park, and feeling tired, they sat down on two chargeable chairs. Shortly afterwards the collector came around and demanded twopence. The old lady asked, "What for?" So then the collector explained that if she wanted the chairs they would have to pay a penny each for them. "Oh," said the daughter, joining in, "we'll take half a dozen, and I think it's the best bargain we've made today."

Minard's Liniment Cures Dandruff.

SOME STUPID HABITS.

If You Are Troubled In This Way Break It Off.

Some people's lives are made a misery to them by senseless little habits they cannot get away from, such as the habit of counting the steps they take. If a man once learns that trick he is in for a bad time.

Another common trouble is that which leads people to avoid walking on the cracks between the flagstones of the pavement. There is no reason for it. It is just a habit, and a very bothersome habit, too.

Then there is the man who can never go to sleep until he has turned over three times. However tired he may be he has to make those three turns because he has allowed himself to get into the habit.

There are others who cannot sit comfortably in a room unless they can see the door. They are not expecting anyone to come in and attack them; they are not expecting anything at all. But they have got the habit.

It would be easy to fill a whole page with a list of such stupid little tricks as these. The doctors know all about them, and they will tell you that people who do such things are neurotic.

If you find yourself suffering from anything of the kind, the only thing to do is to get all your will-power to work at once and break it off. Men have been driven mad by such trifles as these.

A DIVORCE GRANTED.

After many years of patient suffering you can be divorced from corns by applying Putnam's Corn Extractor, which acts in 24 hours without pain. Refuse a substitute because "Putnam's" is the remedy that is safe and painless. 25c at all dealers.

Getting Busy.

Mrs. Crabshaw—I thought you were going to speak to that young man who has been calling on daughter so long?

Crabshaw—I guess it's coming out all right, my dear. The telephone bill this month looks as if there was something doing.

His Last.

The Crank.—This is the last time I'll ever camp out. The Enthusiast—Well, you shouldn't camp out unless you can enjoy yourself without being comfortable.

Zam-Buk

Purely Herbal—No poisonous coloring
Antiseptic—Stops blood-poison
Soothing—Ends pain and smarting, etc.
Heals all sores.

50c. box. All Druggists and Stores

1 ELECTRIC DYNAMO
OR GENERATOR
FOR SALE
30 K.W., 110 VOLTS, D.C.;
675 R. P. M.
At a Very Reasonable Figure for Immediate Sale.
S. FRANK WILSON & SONS,
73 Adelaide St. West, TORONTO.

Clark's

A nourishing, tasty, economical meal.
A time and money saver.
A strength producer.
7

Pork & Beans

W. Clark, Mf'r, Montreal

FOR SALE

Pulleys & Shafting

Suitable for Mills, Manufacturing Plants, Printing Houses, Etc.

2 Wood Split Pulleys, 12½ x 48 in. for 3 15/16 in. shaft.
1 Wood Split Pulley, 12½ x 48 in. for 2 15/16 in. shaft.
1 Wood Split Pulley, 12½ x 28 in. for 3 7/16 in. shaft.
1 Wood Split Pulley, 10½ x 36 in. for 3 7/16 in. shaft.

Pulleys of smaller sizes and Shafting of various lengths and sizes to be sold at very low figures.

Box 23,
Wilson Publishing Co., Toronto.

EDUCATION.

ELLIOTT'S BUSINESS COLLEGE, Toronto, Canada's Popular Commercial School. Magnificent Catalogue free.

FARMS FOR SALE.

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

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.

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

NEWSPAPER FOR SALE.

COUNTRY WEEKLY NEWSPAPER FOR Sale in good Ontario town. Excellent opening for man of energy. Write Wilson Publishing Company, Toronto.

AGENTS WANTED.

WANTED—PERMANENT MEN OR Women locally. Salary and Commission. Make Five to Ten Dollars day, spare time accepted. J. L. Nichols Co., Publishers, Toronto, Canada.

STAMPS AND COINS.

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

MISCELLANEOUS.

SEND 15 CENTS FOR THE WALTZ Song Success, "My Wonderful Girl." N. Wilson, 25 Melinda St., 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.

EXCLUSIVE AGENTS WANTED IN every town to handle household necessity. Sells on sight. Agents make $5.00 to $8.00 a day. Apply N. Wilson, 25 Melinda, Toronto.

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.

FOR SALE FOR SALE

SALE
OF USED
AUTOMOBILES

THE Cars listed below have been taken in exchange for our latest models with the Knight Motor. They are in good repair, fully inspected, and are ready to go on the road. The prices we are asking are just what we allowed for them in exchange.

"RUSSELL" Model "38," fitted with Daimler-Knight Motor. Beautiful Torpedo body. Fully equipped, at a reasonable price $1,500.00

"RUSSELL" Model "R." A five-passenger Touring Car in splendid shape. Price $800.00

"RUSSELL" Model "22." A beautiful five-passenger, 120-inch wheel base, 36-inch wheel. A fully equipped Touring Car with the Knight motor. This car will carry our regular guarantee. Price, $1,500.00

The cars are in splendid shape, and will bear examination and comparison with any others on the market.

RUSSELL MOTOR CAR CO., LIMITED
100 RICHMOND STREET WEST.

Long Distance Phone, Adel. 3276.