## THE HALF-SPEED MAN AND WOMAN

### What It Means When You Feel "All Out of Sorts."

You know what it means to feel "all out of sorts." Most people have felt this way at some time. Nerves out of order, irritable, languid, depressed. An aching head, a fagged brain, appetite bad and digestion weak. With some people this condition comes and goes; with others it is chronic; they can't shake it off. It interferes with business, spoils recreation and robs life of all its joys. These men and women are only able to live and work at "half speed."

Half speed people have lost that abundant natural vitality which enables others to go "full-speed-ahead" through life. Their energy and nerve power have evaporated—they cannot work long without breaking down. The trouble is nerve weakness and is caused by poor, watery blood. You can begin to improve your condition to-day by taking Dr. William's Pink Pills. They make rich, red blood once more pulsate through your veins, and your nerves thrill with fresh vigor. Here is convincing evidence that new strength and full health can be had through the use of Dr. Williams' Pink Pills. Mr. Newton Mayhew, North Tryon, P. E. I., says: "I am a farmer and naturally have to work very hard. The result was that I found myself very much run down. My blood became thin and watery, and my muscles flabby. I took doctors treatment but it did not help me and I grew so weak that I could scarcely work at all. As I found the medical treatment was not helping me I decided to try Dr. Williams' Pink Pills, and in these I found the medicine I needed, as in a short time I was restored to my old health and vigor. I shall always recommend these pills to all sufferers."

Dr. Williams' Pink Pills are sold by all medicine dealers, or will be mailed, post paid, at 50 cents a box or six boxes for $2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

### BIRCH LEADS.

**Its Use in 1912 Was Greater Than Maple.**

The popular idea that because Canada is the Land of the Maple, the maple must necessarily be the hardwood of first importance in Canada is incorrect, judged by the data gathered by the Forestry Branch of the Department of the Interior at Ottawa.

There are three species of birch of commercial importance in Canada, the black, yellow, and white, or paper, birch. The former two have the more valuable wood, but are confined to eastern Canada, whereas the paper birch is found in every province of the Dominion, ranging to the limit of tree-growth towards the north and growing well within the Arctic circle in the Mackenzie River basin and in the Yukon.

It is this wide range which contributes largely to its present importance, but the qualities of the wood promise a still greater use in the future, for it is a strong, hard, fine-grained wood which takes a high polish and can be stained to imitate the more expensive woods, such as mahogany, cherry or walnut. "Wavy" birch is an accidental form due to cross-grain, somewhat similar to "curly" maple, and is highly prized for ornamental work. In another recent report issued by the Forestry Branch on the Wood-Using Industries of Ontario, birch is reported as being used in the manufacture of over one hundred different articles, ranging from ships to spools. As a fuel-wood, it takes first place, and it is also one of the principal woods used in wood-distillation, while its only objection as a pulpwood is that it is too heavy to be readily floated down the streams to the mills.

Birch also formed 28 per cent. of the square timber exported from Canada in 1912, according to the bulletin on the production of lumber, square timber, lath and shingles for that year, which has been prepared by the Forestry Branch and will shortly be issued. The remainder was largely white pine. Until 1912 the export of square timber had steadily decreased since 1877, but last year showed a surprising increase, the quantity exported in 1912 exceeding that exported in the previous year by almost 90 per cent.


**Toasted to a Golden Brown!**

**Sounds "smacking good," doesn't it?**

**That's**

# Post Toasties

**Tender, thin bits of the best parts of Indian Corn, perfectly cooked at the factory, and ready to eat direct from the package — fresh, crisp and clean.**

**There's a delicate sweetness about "Toasties" that make them the favorite flaked cereal at thousands of breakfast tables daily.**

**Post Toasties with cream and a sprinkling of sugar—**

**Delicious**
**Wholesome**
**Easy to Serve**

**Sold by Grocers everywhere.**

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

**Princess Elizabeth.**

A new picture of the Crown Princess of Roumania, who has been mentioned as a possible bride for the Prince of Wales.

### ILLS OF CHILDHOOD.

Every mother should be able to recognize the symptoms of the little ailments that attack her children. She should also be in a position to treat them promptly. To do this she should keep a supply of Baby's Own Tablets in the house at all times. The Tablets never fail to be of help to little ones. Mothers who are anxious for the welfare of her little ones will receive free for the asking a valuable little book on the care of infants and young children. Concerning the Tablets, Mrs. G. L. Bonham, St. George, Ont., says: "I can recommend Baby's Own Tablets as a safe and sure medicine for little ones. I have raised four babies with their aid and would not be without them." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### FOXES WORTH A FORTUNE.

**Shipments of Cubs From Alaska Said to Be Valued at $100,000.**

A shipment of 126 cub foxes, estimated value $100,000, recently arrived in Vancouver on a Canadian Pacific Railway steamer from Skagway, Alaska. Included in the lot were red, black and silver gray foxes, one pair of black foxes being estimated as worth $10,000 when full grown. The owner, who accompanied the shipment, collected them in Northern Alaska and Yukon Territory, purchasing them from the white and Indian trappers. They are being shipped East to the fox farms in New Brunswick, Prince Edward Island and the Eastern States.

It is reported that since the opening of the season 219 live foxes, ranging from silver grey to cross, valued at $320,000, have been shipped from Edmonton to points in Eastern Canada and the United States for breeding purposes. Included in this lot were 10 young black foxes which were sold to a New York firm for $30,000. Many young foxes die soon after capture. Several black pups have died after being sold for $1,500 to $2,500. A Western raw fur company, which has been supplying the Eastern markets with young live foxes, announces that it will discontinue Eastern shipments, having decided to establish a farm in Western Alberta, where 40 foxes are already domiciled.

It is stated that a decrease of 25 to 50 per cent. has taken place in the prices paid for these animals, which is attributed to the large number which have been supplied from the entire Northern country of Alaska, Yukon Territory and the North-West Territories. The supply has been plentiful on account of the young foxes being dug out of their holes before they were able to escape. In a short time the young foxes will leave their dams, and it will then be impossible to catch them other than singly in traps, which will then, in all probability, increase the price of these animals in the Eastern markets.


# PRESERVE BABY'S SKIN

**With**

# CUTICURA SOAP

Assisted when necessary by Cuticura Ointment. They keep the skin and scalp clean and clear, sweet and healthy, besides soothing irritations which often prevent sleep and if neglected become chronic disfigurements.

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 post-free. Address Potter Drug & Chem. Corp., Dept. 3K, Boston, U. S. A.


### THE HEARING OF ANTS.

**A Scotch Scientist Gives Results of Experiments.**

Prof. Pringle, a Scotch scientist, is quoted as saying that ants have the most perfect sound-producing organs yet discovered in insects, and that they are extremely susceptible to sound. He claims that these organs are situated in certain segments of the abdomen and that sounds are brought forth by rubbing, but no one has ever heard them, as they are too faint to be detected by human ears. Attempts have been made to hear them with the aid of the microphone, but the only sound detected was that of the crawling of the ants.

Again in regard to the hearing of ants, careful and exhaustive experiments have been conducted with six species from this country and England, and it was decided that these species could perceive sounds. How they did it was more or less a matter of doubt, as some scientists insisted they heard through organs of hearing, while others claimed that it was through a sense of touch, excited by atmospheric vibrations.

Prof. Pringle inclines to the opinion. When they were even violently shaken they did not seem to be disturbed in the least, while at the blow of a very shrill whistle close to them they were seen to be perceptibly agitated.

## Offensive Breath Caused Usually By Catarrh

**A Simple Remedy Discovered That Cures Without Drugs.**

The American people suffer more from Catarrh than from any other disease. It undermines more constitutions and creates more sickness than all other diseases combined. It is, therefore, very dangerous.

You can't successfully treat Catarrh by internal dosing—you must in some way send a purifying, healing agent through the breathing organs, so that the germs can be reached. This you do every time you inhale Catarrhozone. It's rich essences and healing balsams are breathed all through the nose, throat and lungs, and effectively destroy every trace of Catarrh. This is a proven fact.

I endorse Catarrhozone because I know of six bad cases of Catarrh, including my own, that it has cured. It is a sensible remedy because it is capable of going where the disease is. I believe it cures quicker than other remedies because it gets sooner to the source of the disease than anything else I know of. I had headaches, bad breath, and much stomach trouble associated with my Catarrh, but they have disappeared since using Catarrhozone, which keeps me free from colds, headaches, catarrh and all winter ills." OTTO E. KRAMER, Belleville, Ont.

Catarrhozone is needed in every home. Large size lasts 2 months, price $1.00; small size, 50c; trial size, 25c. At all storekeepers and druggists or The Catarrhozone Co., Buffalo, N. Y., and Kingston, Canada.

### He Could.

"Can you support my daughter and give her everything she wants?"

"I can support her and give her her principal want."

"And what is that?"

"Me."


**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**


## 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. They care nothing for the science of the thing. All they know is that Zam-Buk stops their pain. Mothers should never forget this.**

**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 forming of fresh healthy tissue *from below* is Zam-Buk's secret of healing. The tissue thus formed is worked up to the surface and literally casts off the diseased tissue above it. 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.**

### GOT A COLD YET?

**If So, Try the Deep Breathing Cure For It.**

In the season when coughs and colds are prevalent any method of preventing them and checking the first symptoms without drugs may be of inestimable value, says a physician.

When you find you have a cough, and before it gets to be deep-seated, go into the air and practice deep breathing. Draw air into the lungs until they are completely distended, raising the arms above the head during inspiration to more fully expand the chest. Hold the air in the lungs for a few seconds; then breathe it out slowly. Repeat the operations a dozen times or more, and after an hour try it again.

Persistency in this treatment will often cure a newly-contracted cough in a few hours. If the cough is of long standing, pain may be felt under the shoulder-blades and across the chest during the breathing, but, as this is caused by the tearing away of adhesions of the lung tissue, it will usually pass away in a day or two, and the fact that it is felt shows that the lungs need thorough inflation.

### Eugenics.

Susie (aged six): "And when we grow up we'll be married, won't we, Bobbie?" Bobbie (sadly): "No, Susie, I can't marry into your family. Your papa has weak eyes and your auntie has spasms."


**ARE HARD TIMES COMING?**

Yes, for the man that wears tight boots, but his corns are relieved quickly by Putnam's Corn Extractor. No pain, and certain cure. That's Putnam's. Use no other, 25c. at all dealers.


### Different Adornments.

"We're going to put a high cupola on our house."

"We's going to put a higher mortgage on ours."

**LIQUID SULPHUR cures rough skin.**

Judge: "You said the defendant turned and whistled to the dog. What followed?" Witness: "The dog!"

**Minard's Liniment Cures Distemper.**

The kicker is bad enough, but he has several advantages over the man who whines.

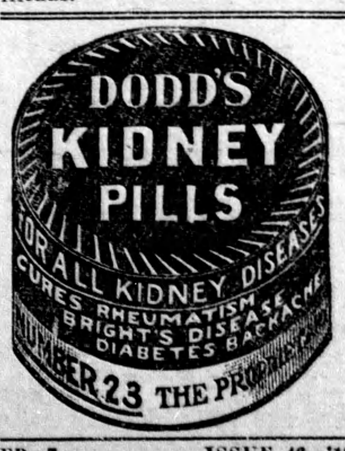
**LIQUID SULPHUR cures itching piles**

### Incurable.

Proud Mother — Such enormous sums that we've spent on dear Clara's voice—

Sympathetic Visitor — And you can really do nothing for it?

One enemy will give a man more free advertising than a dozen friends.




### NEW WAY OF USING SHOES.

**Missionary's Wife Tells of Amusing Incident.**

The wife of a missionary long stationed in Africa confessed recently that she became hysterical with suppressed laughter at the first service that her husband held at the station after bringing her out. She had, indeed, to leave the chapel lest she should disgrace herself by an outburst of an unseemly mirth.

The cause of her discomfiture was an important convert, an aged and venerable chief, with snowy wool and a countenance of ferocious dignity. The young wife had thrown away the day before an outgrown pair of her tiny daughter's ankle ties. They were of a gay scarlet morocco, and when they reappeared at church buttoned neatly through the distended lobes of the old chief's ears and dangling conspicuously against his withered ebony shoulders the spectacle was too much for her—especially in combination with the rest of his costume, which consisted of a dirty blue loin cloth and a headdress made of feathers artistically combined with imported shirt buttons.

### The Reason.

Husband (shaving)—Bother the razor!

Wife—What's the matter, now? You're dreadfully ill-tempered!

Husband—The razor is so abominably dull!

Wife—Dull? Why, I ripped up an old skirt with it yesterday and it cut beautifully.

## Expected Death From Day to Day

**Another Case Where Life Was Saved and Health Restored by Nerviline.**

We have all read and heard of the agonies of sciatica, but only those who have been tortured by this dread malady can fully appreciate what it must mean to be cured after years of suffering.

It is because he feels it his solemn duty to tell to the world his faith in Nerviline that Victor P. Hires makes the following declaration. "For three years I was in the Royal Mail service, and in all kinds of weather had to meet the night trains. Dampness, cold, and exposure brought on sciatica that affected my left side. Sometimes an attack would come on that made me powerless to work. I was so nearly a complete cripple that I had to give up my job. I was in despair, completely cast down, because the money I had spent on trying to get well was wasted. I was speaking to my chemist one day, and he recommended 'Nerviline.' I had this good liniment rubbed on several times a day, and got relief. I continued this treatment four months and was cured. I have used all kinds of liniments, and can truthfully say that Nerviline is far stronger, more penetrating and infinitely better than anything else for relieving pain. I urge everyone with lumbago, neuralgia, rheumatism, or sciatica, to use Nerviline. I know it will cure them."

Get Nerviline to-day, large family size, 50c; trial size, 25c; all dealers or The Catarrhozone Co., Buffalo, N. Y., and Kingston, Canada.

### Tempo.

"I wonder why that girl next door insists upon playing the piano day and night?" said the old fogy.

"Oh, just to kill time, I suppose," replied the cheerful idiot.


Minard's Liniment Co., Limited.

Gentlemen,—I have used MINARD'S LINIMENT on my vessel and in my family for years, and for the every day ills and accidents of life I consider it has no equal.

I would not start on a voyage without it, if it cost a dollar a bottle.

CAPT. F. R. DESJARDIN,
Schr. "Storke," St. Andre, Kamouraska.


### Expert Angler.

She (after quarrel)—You were a struggling youth when I married you!

He—I'll give you credit for landing me.

**LIQUID SULPHUR is a disinfectant.**

The new Duke of Connaught school was opened at Regina, with an attendance of 400.

**Minard's Liniment Cures Colds, &c.**

### Wet Grounds.

An Irishman was fishing in a river when it began to rain heavily. Pat, not desiring to get soaked through, sought shelter under a railway bridge spanning the river, and here he plied his rod with true Waltonic zeal, utterly regardless of the trains that incessantly thundered to and fro overhead. Presently another individual appeared on the scene and politely asked Pat what he was doing. "Fishing," was the laconic retort. The stranger laughed. "Pray what is the use of fishing under the bridge while such an infernal noise continues?" "Oh, shut up, man," replied Pat, indignantly. "Sure, ye don't know these fish. They'll come under here to git out av the rain!"


# CLARK'S

**MINCE MEAT**

Choicest fruits etc.,—perfectly balanced—ready to use. Saves endless labour.

One quality:—the best.

In glass or cans.

W. CLARK, M'f'r., Montreal.

# Be Safe!

Don't take too many chances with spavin, splint, curb, ringbone, bony growths, swellings and of lameness. Use the old reliable remedy—

**KENDALL'S Spavin Cure**

It has been used by horsemen, stablemen, farmers for 35 years and it has proved its worth in hundreds of thousands of cases.

Bickerdike, Alta., Jan. 29, 19[illegible]

"I have been using Kendall's Spavin Cure for a good many years with good results. In fact, I am never without it."

H. NEIDORF.

$1 a bottle—6 for $5, at druggists—or write for copy of our book "Treatise on the Horse" free.

**Dr. B. J. KENDALL COMPANY**
**Enosburg Falls, Vermont, U.S.A.** 79


"I asked the young woman in front to remove her big hat so that I could see the stage." "Did she do it?" "No; she said if she held her hat in her lap she couldn't see the stage herself."

**Minard's Liniment Cures Diphtheria.**

It's difficult for a newly married man to generate much enthusiasm over his bride's beautiful hair after he has seen her pile it on the bureau for the night.

**USE LIQUID SULPHUR IN YOUR BATH.**

A thing of beauty may be a jaw forever.

**Minard's Liniment Cures Garget in Cows.**


**EDUCATION.**

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

**FARMS FOR SALE.**

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

IF YOU WANT TO BUY OR SELL A Fruit, Stock, Grain, or Dairy Farm, write H. W. Dawson, Brampton, or 90 Colborne St., Toronto.

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.

**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. 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.

**The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" Piano Action**

**HIGHEST PRICES FOR Raw Furs**
*Write for List*
**W. C. GOFFATT**
ORILLIA, -- ONTARIO

**Now is the Time to Think About your Maple Syrup Business**

Consult any of your neighbors who have used the "Champion" Evaporator. They will tell you to install before the snow is on the ground. Costs no more to buy now than in March. Write for free booklet.

**THE GRIMM MFG. CO., LIMITED**
58 Wellington St., MONTREAL, QUE.

**Why we pay more for your RAW FURS**

We are the oldest RAW FUR HOUSE as well as the largest collectors of CANADIAN RAW FURS in Canada. That means larger experience, larger markets and a LARGER PRICE to you.

Ship direct to us. Returns made same day furs are received.

Shipments held separate on request.

Fall price list now ready. Write for it.

HIRAM JOHNSON LIMITED,
494 St. Paul St.
Mail Dept. "C" Montreal.