A WOMAN'S HELPLESSNESS

Cured Through the Rich, Red Blood Dr. Williams' Pink Pills Actually Make.

Thousands of women suffer from headaches, backaches, dizziness, langour and nervousness. Few realize that their misery all comes from the bad state of their blood. They take one thing for their head, another for their stomach and a third for their nerves. And yet all the while it is simply their blood that is the cause of all the trouble. Dr. Williams' Pink Pills will cure because they actually make new, rich, red blood, which reaches every organ and every nerve in the body, carrying with it a new health and new strength. Mrs. Wm. Acorn, Charlottetown, P. E. I., says: "Before I began the use of Dr. Williams' Pink Pills I was one of the most miserable women living. For more than three years I lived a life of constant dread. I was taking weak spells so that I could not be left alone. If I walked from one room to another my heart would palpitate so violently that I feared I would die. I was continually sending for the doctor, who told me I had no blood and that my nerves were shattered. Notwithstanding his treatment I did not get any better. I could not keep anything on my stomach, and the least thing would make me sick. Then my trouble was complicated with rheumatism, which became so bad that I had to be lifted like a child, and the pain was almost unbearable. I was in this deplorable condition when my husband read of Dr. Williams' Pink Pills, and got me a supply. When I had taken half a dozen boxes I felt much better, and could go about the house. I kept on taking the Pills until I had used twelve boxes, and I can truly say they made me a well woman. Indeed, I do not think I would be living now but for Dr. Williams' Pink Pills. I wish I could persuade every woman who is sick to follow my example, for I have proved they will cure the most desperate cases, and I consider myself a living witness of this fact."

You can get these Pills through any medicine dealer or by mail post paid, at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

FIGURES AND FOOD.

What a Man of Three Score Years and Ten Has Eaten.

Whether we eat to live or live to eat, there is no getting away from the fact that each one of us consumes an enormous quantity of food. Have you any idea how much? If not, the following figures probably will startle you. A scientist with a love for statistics has investigated the whole question; and, according to this authority, the average old gentleman, during the process of attaining his three score years and ten, disposes of something like fifty-four tons of solid food and fifty-three tons of liquid. He will have eaten 12,000 eggs, 400 pounds of cheese, about four tons of fish, and, could it have been all baked at once, a loaf of bread equal in size to an ordinary family hotel. But think of the vegetables devoured! Our scientist says a train three miles long would be required to bring a life's supply to the average man; though in this same train it might also be possible to carry his 500,000 cigarettes, his half-ton of tobacco, his 10,000 lbs. of sugar, and his 1,500 lbs. of salt.

WHERE MONEY IS TIGHT.

Everybody suffers, when boots are tight your corn suffers, but they can be painlessly cured by Putnam's Corn Extractor. Guaranteed in all cases. Use only Putnam's, 25c. at all dealers.

"Did you ever hear the story of the dirty window?" "No, I don't think I did." "I guess I won't tell it to you." "Why not?" "You wouldn't be able to see through it."

Use LIQUID SULPHUR and prevent disease.

Most married men are happier than they suppose.

Minard's Liniment Cures Diphtheria.

Wellington J. Dowler has been for 25 years city clerk of Victoria. He has served under ten mayors.

He was a young man of limited conversational gifts, but had a habit of prolonging his calls. Several hours had passed, and his hostess had been laboring under the burden of making most of the conversation. From his cage in one corner of the room the canary bird chirped sleepily. The young man was inspired. "What's the matter, birdie?" he inquired. The girl glanced at him with a dreamy smile. "He thinks it's morning," she cooed, stifling a weary yawn. The young man hastily made his adieu and hasn't called since.

CHASED BY AN ALBACORE.

Flying-Fish Are Relentlessly Pursued By Them.

The home of the flying-fish is along the path of the North Atlantic trade-winds. In "Memories of the Sea," Admiral Fitzgerald of the British Navy says that in sailing down the trades you find the sea fairly alive with these fish, which are relentlessly pursued by the albacore, the largest of the mackerel family.

From my commanding position at the end of the jib-boom I could look straight down on the strange scene. There was a shoal of some dozen albacore swimming along ahead of the ship. Sometimes one or two of them would dart off on either bow, or right ahead for thirty or forty yards, and then drop back again until they were straight under where I was sitting. The ship was going ahead about seven knots. As it sailed along, the flying-fish would rise out of the water before it, spread their wings, and soar away to the right or left. Often I could see exactly what happened. As the flying-fish rose, one of the albacore darted off in pursuit, and kept almost underneath him until he dropped into the water again; then there was a splash like the rise of a salmon, and the flying-fish flew no more.

But the albacore did not always wait for the flying-fish to touch the water. On several occasions I saw them actually take their prey in the air, by making a huge jump out of the water. I remember once reading a book called "Hall's Fragments," wherein the writer describes a somewhat similar scene, and records that he had seen the albacore almost catch the flying-fish in the air; but I saw him do it.

There was a man down on the dolphin-striker—a spar under the bowsprit—with the five-pronged fish grains, trying to spear one of the albacore; but he never succeeded in making a good shot; he did not even appear to frighten them. They seemed to regard his efforts as rather a lark, not serious enough to cause them any uneasiness.

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 waken 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.

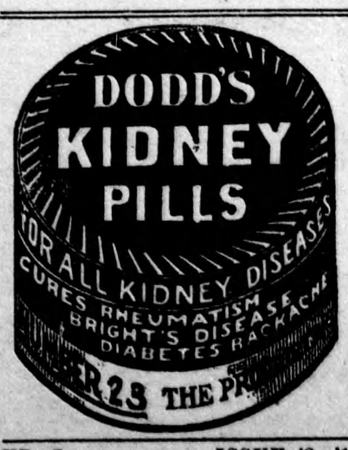
Discouraging.

Mr. Jordan was touring by motor-car, and arrived at a crowded village inn quite late one evening. There was no spare bed to be had, which was a great disappointment, as he was tired, and very much disliked the thought of driving farther that night.

"Haven't you at least a bundle of hay you can give me?" he demanded of the landlady.

"There isn't a thing left," she answered, "except a bit of cold roast beef."

A man doesn't have to be an orator in order to speak well of himself.



BIG CRACKS ON HAND AND FINGERS

Eczema for Three Years. Broke Out on Head In Scales. Itched and Burned Badly. Cuticura Soap and Ointment Cured.

Lyons Brook, N. S. — "I suffered with eczema for three years. It started on my hands first in sores between my fingers and all over the palms of my hand and fingers were big cracks. Then it broke out on my head in scales. It itched and burned so badly I could not sleep. It was so itching and burning that I scratched and made sores and my hair came out awfully bad. I did not know what it was.

"I was treated for a long time and it did not do any good. I gave up my work for a month but as soon as I started doing my house-work again my hands got just as bad as ever. I used two bottles of ——— and it did not do any good. One day I read about Cuticura Soap and Ointment and decided to try them. I sent for a sample and I used them till I saw it stopped the itching and burning, so I got three cakes of Cuticura Soap and a box of Cuticura Ointment and that cured me." (Signed) Mrs. P. J. McKearney, May 27, 1913.

Not only are Cuticura Soap and Ointment most valuable in the treatment of eczemas and other distressing eruptions of skin and scalp, but no other emollients do so much for pimples, blackheads, red, rough skins, itching, scaly scalps, dandruff, dry, thin and falling hair, chapped hands and shapeless nails, nor do it so economically. Sold by druggists and dealers everywhere. For a liberal free sample of each, with 32-p. book, send post-card to Potter Drug & Chem. Corp., Dept. D, Boston, U. S. A.

LIVE FOXES WANTED
WRITE FOR PRICES
W. C. COFFATT, - Orillia, Ont.

Clearly Unjust.

Ever since they came to school that morning two of the boys had been persistently naughty. At last, therefore, the teacher, now thoroughly exasperated, turned to them angrily, and said that they must stay in during playtime until each had written his name one thousand times.

Playtime duly came, and, as the rest of the class rose and hastened from the room to enjoy a spell of freedom, the two miscreants settled down to their irksome imposition.

Five minutes later the teacher returned to see how they were getting on, and found a heated argument in progress.

"Come, come!" she asked. "What's the matter now?"

Whereupon one of the boys burst into tears.

"'Tain't fair, mum!" he gasped. "His name's Tim Bust, and mine's Alexander O'Shaughnessy!"

Quaintest Form of Oath.

The quaintest form of oath in use in the United Kingdom is that taken by the deemsters—the Manx High Court judges. "By this book and the contents thereof, and by the wonderful works that God hath miraculously wrought in the heavens above and the earth beneath in six days and seven nights, I do swear that I will, without respect of favor or friendship, loss or gain, consanguinity or affinity, execute the laws of this isle justly between party and party as indifferently as the herring back bone doth lie in the midst of the fish. So help me God and the contents of this book."

What are Post Toasties?

Thin, wafery bits of choice Indian Corn — perfectly cooked; delicately flavoured; then toasted to an appetizing golden brown, and packed in tightly sealed packages without being touched by hand.

"Toasties" are for breakfast or any other meal—served direct from package with cream or milk, and a sprinkling of sugar.

Post Toasties are convenient, save a lot of time and please the palate immensely!

But after all, a trial is the best answer.

Grocers everywhere sell

Post Toasties

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

Doctors Condemn Oily Liniments

Public Are Warned Against Strong-Smelling, Oily Liniments Containing Harmful Acids and Ammonia.

Many people have clung to the old-fashioned idea that a thick, greasy liniment is the best kind. Doctors say not—and they know.

Recently a number of these white, oily liniments were analyzed, and they were found to contain an enormously high percentage of harmful acids, and such irritating chemicals as ammonia, etc. For the moment they may cause a warm sensation when first applied, but their continued use never cures rheumatism, and only deteriorates the skin, sets up inflammation, and causes endless trouble.

When a doctor warns you to quit using a white, oily liniment—do so. He knows that a thick liniment can't penetrate, can't sink through the pores and reach the seat of the pain.

When asked his opinion a few days ago, an important physician stated that he considered a strong, penetrating, pain-subduing liniment, such as "Nerviline," to be superior to any of the white ammonia liniments. In his twenty-five years of practice he had witnessed cases of rheumatism, sciatica, and lumbago that simply would not respond to ordinary treatment—but Nerviline cured them. The same physician also spoke of the great advantages of keeping a preparation like Nerviline in the house, because of cramps, diarrhoea, stomach disorders, earache, toothache, headache, and such minor ailments. Nerviline is a first-class cure. There is scarcely an ache or a pain, internal or external, that Nerviline won't cure. In thousands of homes no other pain-relieving medicine is used. Fifty years' continued success and the endorsement of the profession are proof that Nerviline is the liniment for the home.

Sweet Bait.

Mrs. A.—I told Willie on his way home from school to get me a bar of soap.

Mrs. B.—Oh, he'll forget it; my boy never remembers.

Mrs. A.—No danger; I said he might buy five cents' worth of candy at the same time.

Safe for a Month.

"I'm always glad when the first of the month is passed."

"On account of the bills that come in, I presume?"

"Not at all. But if I get by that day I know the landlord isn't going to raise the rent for another month anyhow."

LIQUID SULPHUR cures any form of ECZEMA.

The Test.

"Have you many close friends here?" "Can't say. I've never tried to borrow a cent."

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

Jones—"My wife and I suffer from alternate insomnia." Brown—"Alternate insomnia! What is that?" Jones—"Whichever gets to sleep first keeps the other awake all night!"

Minard's Liniment Cures Garget in Cows.

Needless to say, it was an Irishman who objected to taking an emetic, as he was sure he couldn't keep it down!

LIQUID SULPHUR cleanses and heals.

Domestic Economy.

Father was of an economical turn of mind, and hated extravagance with all his heart. He had since the earliest days tried to instil ideas of a similar nature into the brain of his small son, aged eight.

His grief was terrible to see when one day he came upon the budding economist stuffing himself with a slice of bread generously covered with a layer of butter which was surmounted by a young mountain of jam.

"My boy," said he, sadly though severely, "surely you do not realize what you are doing; yet you ought, by now, to comprehend the wicked extravagance of eating butter and jam together!"

"Why, I'm being most economical, father!" replied the young hopeful. "Don't you see that I'm making the same slice of bread do for both?"

Pointed Paragraphs.

What a man earns doesn't interest his wife so much as what she gets.

Of course, it is our charity that covers a multitude of other people's sins.

It is easy for a young man to find a pin in a girl's belt, but he usually gets hold of the wrong end.

The average girl imagines the romance is missing from a proposal unless the stage is set for a moonlight scene.

If a young man marries a slender girl and she develops into a heavy weight in after years, he can see where he got more than he bargained for.

Following His Trade.

Speechless with wrath, a little man was ushered into the dock. An ornament of the police force had found him loitering about and had arrested him as a suspicious character.

"What were you doing at the time of your arrest?" asked the weary magistrate.

"Simply waiting!" sputtered the prisoner.

"What were you waiting for?"

"My money."

"Who owed you the money?"

"The man I had been waiting for!"

"What did he owe it to you for?"

"For waiting!"

The magistrate took his glasses off and glared at the prisoner.

"Do not jest with me," he said. "Now tell me, have you a trade?"

"Of course I have!"

"Then what is it?"

"I earn my living waiting. You see, I'm a waiter!"

Stone Blind.

Proudly he walked up to his betrothed, and drew from his pocket a small morocco case. Opening it, he took out a ring—a single diamond—and placed it on her tapering finger.

She looked at it.

"Its very small!" she said, and paused. Then: "And not very brilliant, either!"

Poor fellow! His smile vanished; but, quickly recovering himself, he laughed, and said:

"Ah, sweetheart, but love is blind!"

Raising her limpid eyes to his, she said:

"Yes, dear, but not stone blind!"

A GOOD MEDICINE FOR THE BABY

Baby's Own Tablets are the very best medicine a mother can give her little ones. They sweeten the stomach, regulate the bowels, break up colds, promote healthful sleep—in fact they are a cure for all minor ills of little ones. The mother may feel absolutely safe in giving them to her children for they are guaranteed by a government analyst to be strictly free from all injurious drugs. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A woman is unpopular with her neighbors if she never does anything that they can gossip about.

Minard's Liniment Co., Limited.

Gentlemen,—Last winter I received great benefit from the use of MINARD'S LINIMENT in a severe attack of La Grippe, and I have frequently proved it to be very effective in cases of inflammation.

Yours,
W. A. HUTCHINSON.

Everything's fair in love and war—in other words, before and after marriage.

LIQUID SULPHUR banishes RHEUMATISM.

Vancouver will have a new drill hall in the east end of the city to cost $350,000.

Minard's Liniment Cures Colds, &c.

Minneapolis capitalists are likely to start a creamery at Alix, Alta.

Host's Youngest—"Don't your shoes feel very uncomfortable when you walk, Mrs. Nuryche?" Mrs. Nuryche—"Dear me, what an extraordinary question! Why do you ask, child?" Youngster—"Oh, only 'cos pa said the other day since you'd come into your money you'd got far too big for your boots."

TAKE MY ADVICE
Don't waste time on inferior salves because they're a few cents cheaper.
I have proved Zam-Buk best for Eczema, Piles, Skin Diseases, and Injuries.
As a mother, you owe it to your family to use the best, that's Zam-Buk!
50c box. All Druggists and Stores.
TRY ZAM-BUK THE HERBAL HEALER

CLARK'S PLUM PUDDING

Ready to serve after heating—unsurpassed for quality and flavour.
Don't waste your time in preparation.
—Buy "Clark's". 11
W. Clark, Mfr., Montreal

Kendall's Spavin Cure
The Old Reliable Horse Remedy
THOUSANDS of farmers and horsemen have saved money by using Kendall's Spavin Cure for Spavins, Curb, Ringbone, Splint, Bony Growths and Lameness from many other causes. It keeps horses working. A $1 bottle may save a horse for you. Get a bottle the next time you are in town. Sold by druggists everywhere, $1 a bottle, 6 for $5, also ask for a copy of our book "A Treatise on the Horse"—or write to
Dr. B. J. KENDALL COMPANY
Enosburg Falls, Vermont 80

Building permits in Edmonton for the month of October had a value of $528,625.

Minard's Liniment Cures Distemper.

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

120 ACRES, IN MIDDLESEX COUNTY, soil rich clay loam, 2 acres orchard, 2 wells, wire fences, 2 story frame house, a number of excellent outbuildings, 1 mile to R.R. station and market. Terms easy. Apply to The Western Real Estate Exchange, Limited, London, Ontario.

NEWSPAPER FOR SALE.

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

MISCELLANEOUS.

FOR SALE—SILVER PATCHED FOXES, also dark reds. Wish to buy 100 pair of Mink for breeding purposes. Graham Bros., R. R. No. 1, Strathroy, Ont.

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.

When buying your Piano insist on having an "OTTO HIGEL" Piano Action

CHAMPION EVAPORATOR MAKES THE BEST SYRUP

NOW is the time to give your Maple Syrup business serious attention. Order now and have your Evaporator in place before the cold weather sets in. This insures care of your first—and most profitable—runs of sap. Write for 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.

RINGS FREE

To Agents
We will give this 14k gold filled Signet Ring (with your initial engraved on it) or this 14k gem ring (set with your birthstone.), free of all charge, to any boy or girl who will sell 30 sets of our beautiful embossed Xmas post-cards at 10 cents a set (six lovely cards in each set.)
If your birthday is in January you should wear a garnet; February, amethyst; March, bloodstone; April, diamond (brilliant); May, emerald; June, pearl; July, ruby; August, sardonyx; September, sapphire; October, opal; November, topaz; December, turquoise.
Send us your name and address and we will send you the cards to sell. When sold send us the money and we will send you the ring you choose. Address
Homer-Warren Co. Dept. 158, Toronto