# 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 today by taking Dr. Williams' 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 free, at 50 cents a box or six boxes for $2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

### TO BUILD TURKISH NAVY.

**Big Contract Placed for Thirty Years With British Firm.**

The material efficiency of Turkey's navy will be for thirty years almost entirely in British hands. The Ottoman Government has recently placed a contract to continue for three decades with Armstrong and Vickers, a British firm, and which has taken over the Turkish arsenal and naval station and will resume control of both repairs and construction.

This is one of the many instances in which British firms are helping in building up the navies of other countries. While busy with British orders, the shipbuilding and armament firms in England are also assisting South American Republics, Russia, Spain and Greece.

The Turkish reconstruction is probably the biggest undertaking, since it is wholly in British hands. A new naval base is to be established at Ismidt, about sixty miles from Constantinople on the Asiatic shore of the Gulf of Marmora. For 200 years it was the site of Turkey's arsenal and dock yards, but was abandoned in 1879, owing to the harbor silting up. It will take a dozen years to restore the harbor and bring it up to the standard of a modern naval base. However, it is the intention to build here a construction plant capable of building modern battleships.

In the meantime, the present Turkish navy, so badly treated by the Greeks in the recent war, is to be overhauled in the arsenal at the Golden Horn. A staff of Englishmen to superintend the work is already in Constantinople, and although it is proposed to use Turkish labor and material as much as possible, much will come from England. The board of administration will consist of five Englishmen and four Turks, the latter appointed by the Ottoman Government. Besides naval work the company expects to do considerable repair work for the mercantile marine visiting Turkish waters.

One of the terms of the contract was that the firm was to secure for Turkey a loan of $5,000,000 on favorable terms. This has already been secured, but it is not stated for what the money is to be used. The Porte needs a lot of money for the reorganization of the army, which is again to be undertaken by Germans, despite the adverse criticism of the army trained by them in the battles in Thrace, but it is likely German banks will lend money for this. The English money may, therefore, go in part payment for the battleship Rio de Janeiro, built by Armstrong and Vickers for the Brazilian Government, and for which Greece and Turkey have been competitors.

"It is said that more than one person has been killed by kissing." "Yes, but isn't it great if you live through it?"

### SHOULD GOLD TURN TO DROSS

**How Would Financiers Revise the Monetary Situation.**

The interesting problem was raised by one of the French reviews recently, what would happen if gold were produced in such enormous quantities as to sink in value to the level of the baser metals. The three contingencies discussed were the extraction of gold from sea water, which was dismissed as too expensive to be attainable; the increase from existing mines, which would be negligible from the sensational standpoint of the argument; and the probability of the production of gold by chemical means.

It was the third means of production which was treated as seriously as the nature of the subject permitted, and it was declared that in relying upon the recent progress of experimental physics and of chemical synthesis, the possibility of the transmutation of the metals could no longer be considered a simple chimera and might become a reality of to-morrow or the day after to-morrow.

All these experiments, however, rest ultimately upon gold. If gold became dross, it would be necessary either to find a substitute metal possessing similar qualities, or to reorganize the existing monetary systems of the commercial nations. The latter is not beyond the reach of sane discussion and of definite proposals. Its essential defect would lie in the absence of power to enforce international agreements in case of financial weakness offered strong inducements for their violation.

The romantic dream of the sudden dethronement of gold from its place as the standard metal would be controlled, to begin with, by the cost of the processes of production of artificial gold. The mere discovery that gold could be produced by chemical processes would not solve the problem. Unless it could be produced in large quantities at a cost materially below the cost of quartz-mining in South Africa, the new process would remain only an interesting toy.

### PEARLS OF TRUTH.

And the Kingdom of Heaven is of the child-like, of those who are easy to please, who love and who give pleasure.—R. L. Stevenson.

Many in this world run after felicity like the absent-minded man hunting for his hat, while all the time it is on his head or in his hand. —Sydney Smith.

Wealth is honorable, and may be used most blessedly when men regard themselves as being what indeed they are—stewards of it, and not the owners.—Farrer.

Money is the last enemy that shall never be subdued. While there is flesh there is money—or the want of money; but money is always on the brain so long as there is a brain in reasonable order.—Samuel Butler.

Clergymen and gardeners have, on the whole, the longest and most healthy lives. It is due in each case to the fact that both clergyman and gardeners live the most perfect mental, moral and physical lives.—John Burns.

The greatest vocation of all for women must ever be the home, and to recognize that home depends on woman, and that the cultivated woman exalts its influence was to put our value of women's education on the right lines.—Sir A. Hopkinson.

### SKIN CLEARED

**By Simple Change in Food.**

It has been said by a physician that most diseases are the result of indigestion.

There's undoubtedly much truth in the statement, even to the cause of many unsightly eruptions, which many suppose can be removed by applying some remedy on the outside.

By changnig her food a Western girl was relieved of an eczema which was a great annoyance to her. She writes:

"For five months I was suffering with an eruption on my face and hands which our doctor called eczema and which caused me a great deal of inconvenience. The suffering was almost unbearable.

"The medicine I took only gave me temporary relief. One day I happened to read somewhere that eczema was caused by indigestion. Then I read that many persons had been relieved of indigestion by eating Grape-Nuts.

"I decided to try it. I liked the taste of the food and was particularly pleased to notice that my digestion was improving and that the eruption was disappearing as if by magic. I had at last found, in this great food, something that reached my trouble.

"When I find a victim of this affliction I remember my own former suffering and advise a trial of Grape-Nuts food instead of medicines."

Name given by Canadian Postum Co., Windsor, Ont. Read "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.**


# KEEP YOUR SCALP CLEAN

With

# CUTICURA SOAP

Frequent shampoos with Cuticura Soap, assisted when necessary by gentle anointings with Cuticura Ointment, afford the purest, sweetest and most economical method of freeing the scalp of infants and children from minor eruptions, itchings and scalings and of establishing permanent hair health.

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. 8K, Boston, U. S. A.


**His Fate.**

"What became of that fellow Tweedley?" "Oh, he opened a shop." "Doing well?" "No—doing time. He was caught in the act."


# LIQUID SULPHUR

is Nature's own remedy for RHEUMATISM, ECZEMA and kindred troubles, arising from impure blood. It has no equal as a blood purifier. Price 50 Cents a bottle. All druggists, or SULPHUR PRODUCTS LIMITED, 158 Bay Street, Toronto.


**Highly Ingenious.**

"Is your boy a good student?" "Yes," replied Mr. Wealthy. "To a certain extent. The way he gets his mother and me to put up with his expense accounts shows that he's a wonderful student of human nature."


Minard's Liniment Co., Limited.

Gentlemen,—Last winter I received a 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.


**Heaven Below.**

Suitor—I have no bad habits. I don't smoke or drink.

Father—Neither has my daughter. She doesn't play or sing.


Minard's Liniment Cures Colds, Etc.


**The Main Point.**

Helter—"Holmes gets a gigantic salary from that mining corporation"

Skelter—"Able to locate gold mines, is he?"

Helter—"Not much. Able to locate stock purchasers."


**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


It is the privilege of few to have their faces on coins. Most people are content to get their hands on them.


Minard's Liniment Cures Distemper.


**Bobby's Invitation.**

Little Bobby wanted a birthday party to which his mother consented provided he asked his little friend Peter. The boys had had trouble, but rather than not have a party, Bobby promised his mother to invite Peter. On the evening of the party when all the small guests had arrived except Peter, the mother became suspicious and sought her son.

"Bobby," she said, "did you invite Peter to your party to-night?"

"Of course I did, mother?"

"And did he say he would come?"

"No," replied Bobby. "I invited him to come all right, but I dared him to."

Don't do any worrying to-day that you can put off till to-morrow.


## Good-Bye, Old Backache, Nerviline Will Fix You!

**Stiffness is Rubbed Right Out; Every Sign of Pain Disappears.**

Gee whiz—think of it!

No more stomach dosing necessary to cure your lame back.

Every trace of lameness, every bit of stiffness, every sign of weakness in the back's muscles can be rubbed away for all time to come by good old "Nerviline."

No other liniment can do the work so quickly, can penetrate so deeply, can bring ease and comfort to the back-weary sufferer as Nerviline invariably does.

Backache isn't the only malady Nerviline is quick to cure. For lumbago or sciatica you would go far to find relief so speedy as Nerviline gives. For chronic rheumatism there are pain-destroying properties in Nerviline that give it first rank. The way it limbers up a stiff joint and takes soreness out of strained or rheumatic muscles is simply a wonder.

If you have an ache or a pain anywhere, if you have a sore back, a stiff neck, a stiff joint, a strained muscle—if you have lumbago, congested chest or sore throat, just try Nerviline. Rub it on plentifully—it won't blister, it can't do anything but cure you quickly. The large 50c. family size bottle is the most economical, of course, but you can, from any dealer, also get the 25c. small size of Nerviline, the king of all pain-relieving remedies.


### OLD DAMASCUS.

**Mr. Hitchens Says It Is In Truth a City of Dreams.**

Damascus, with its ancient sacred associations, its 48 mosques, the tomb of Saladin, and its clusters of houses, hidden in its world-famous roses and jasmine, is in truth a city of dreams.

"Why is it so fascinating?" asks Mr. Hitchens. "Why will it be for ever a delicious memory in my mind? I can scarcely tell. Two young Arab boys lean on the edge of the basin dreamily listening to the fountain, and casting sprays of jasmine upon the surface of the water. The guardian draws slowly at his narghile, as he squats on the sofa with his legs tucked under him. A blue pigeon flits under the white arch.

"The noise of the city, in the heart of which we are, does not penetrate to this place. We hear only the fountain. Who dwells in those shuttered houses, behind the fretwork of wood, behind the climbing flowers? I shall never know. No voice drops down from them, no eyes peep out. We are in a hermitage, deep surely in old Damascus, where the feet of Abraham trod."


## SMITH GOT WISE.

A sore corn, he said, was bad enough, but to have it stepped on was the limit. He invested in a bottle of Putnam's Painless Corn Extractor, and now wears a happy smile. Corn is gone—enough said. Try Putnam's Extractor, 25c. at all dealers.


### OFFICER'S TRAGIC DEATH.

**Washed From Boat and Vanished in Shark-infested Waters.**

A tragic story was told at Plymouth by the passengers who landed from the West African mail steamer Appam, concerning the death of a former Plymouthian, Lieut. Gerald Arthur Edwin Denny, of the Connaught Rangers. He was coming home on sick leave, and would have been married during his stay in England.

He was a passenger on the Appam from Forcados, and on arrival at Lagos Roads, C. Partridge, a district commander, decided to go ashore to pay his respects to the Governor. Lieut. Denny availed himself of the opportunity of going ashore as well.

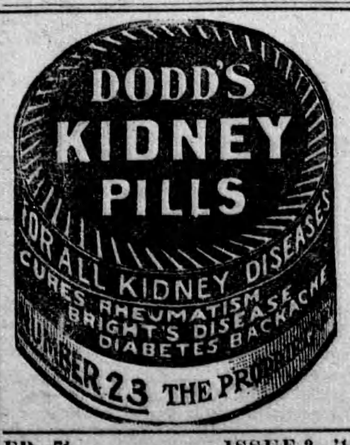
The Government steam lifeboat came off to the liner, but on her way to the shore was swamped on the bar. Capt. Wilcox, who was in charge of the boat, was washed in and out of the lifeboat twice, and Mr. Partridge was rescued in an almost unconscious condition by a native.

Mr. Denny was seen about twenty yards away struggling in the water, but he disappeared before anyone could reach him. It is feared that a shark seized him, as the waters are infested with them. The body was not recovered.

**Those Japs**

Mr. Newrich (reading a newspaper heading)—Japanese Turn Agnostics.

Mrs. Newrich—Isn't it wonderful what those Japanese acrobats can do!



### TO FRIGHTEN BURGLARS.

**Powder Which Explodes When Trodden Upon.**

Here is a most ingenious method of making a house burglar-proof. It is the idea of a French chemist, who submitted it to the laboratory of La Nature, where it was tested and found to work according to specification. It consists in sprinkling upon the floor of the hall or vestibule a powder that will explode as soon as it is stepped upon, even if the intruder be shod with felt.

A very little powdered iodine is dusted over the floor. Ammonia is sprinkled over it in quantity sufficient to moisten the powder. This evaporates quickly and leaves a new substance, iodine nitrate, which will explode or detonate at the slightest touch. A rat running across the floor will set up a series of tiny explosions that will scare it into seven fits. A burglar treading on it will think he is walking over bunches of firecrackers. The noise will arouse the house.

This novel burglar preventative should not be used on parquet floors, as it may injure them, but it is ideal for use upon stone, concrete or tiled floors.


## Will Quickly Cure Any Sour Stomach

**Relieves Fullness After Meals.**

"When I was working around the farm last winter, I had an attack of inflammation," writes Mr. E. P. Dawkins, of Port Richmond. "I was weak for a long time, but well enough to work until spring. But something went wrong with my bowels, for I had to use salts or physic all the time. My stomach kept sour, and always after eating there was pain and fulness, and all the symptoms of intestinal indigestion. Nothing helped me until I used Dr. Hamilton's Pills. Instead of hurting, like other pills, they acted very mildly, and seemed to heal the bowels. I did not require large doses to get results with Dr. Hamilton's Pills, and feel so glad that I have found a mild yet certain remedy. To-day I am well— no pain, no sour stomach, a good appetite, able to digest anything. This is a whole lot of good for one medicine to do, and I can say Dr. Hamilton's Pills are the best pills, and my letter, I am sure, proves it."

Refuse a substitute for Dr. Hamilton's Pills of Mandrake and Butternut, sold in yellow boxes, 25c. All dealers, or The Catarrhozone Co., Kingston, Ont.


**Unexplored Territory.**

"I made a lucky discovery today," said the first physician.

"That so?"

"Yes, I discovered a patient that has never been operated on for anything."

"Money is man's best friend," says a writer. Unfortunately even the best of friends must part.


# ZAM-BUK

MRS. A. SAICH, of Cannington Manor, Sask., Writes:—"My brother suffered severely from eczema. The sores were very extensive, and burned like coals into his flesh. Zam-Buk took out all the fire, and quickly gave him ease. Within three weeks of commencing with Zam-Buk treatment, every sore had been cured."

This is but one of the many letters we are constantly receiving from people who have proved the healing powers of Zam-Buk. For eczema, piles, sores, burns, cuts and all skin troubles there is nothing like this wonderful balm. No skin disease should be considered incurable until Zam-Buk has been tried.

*All Druggists, 50c. per Box.*
*Refuse Substitutes.*

# ECZEMA



# Clark's

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

Pork & Beans

W. Clark, Mfr., Montreal.



**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

**WANTED.**

LIVE UNINJURED MINK, MARTEN and Fisher. W. D. Bates, Ridgetown, Ont.

**NEWSPAPERS FOR SALE.**

WE HAVE SEVERAL GOOD NEWSpaper properties for sale in Ontario towns at right prices. Apply quickly as subscription renewal time is just opening. Wilson Publishing Company, 73 West Adelaide Street, Toronto.

**NURSERY STOCK.**

STRAWBERRIES, RASPBERRIES FIFTY Varieties. Free Catalog. McConnell & Son, Grovesend, Ontario.

**SITUATIONS VACANT.**

**We will pay you $120.00** to distribute religious literature in your community. Sixty days' work Experience not required. Man or woman. Opportunity for promotion. Spare time may be used. International Bible Press, 182 Spadina Street, 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.

PRODUCERS—By shipping your **NEW LAID EGGS** to GUNN, LANGLOIS & CO., LIMITED, MONTREAL, you secure the BEST RESULTS. One trial shipment recommended.

DO YOUR STOCKINGS SHRINK from washing and hurt you? Do the children complain? The IDEAL STOCKING STRETCHERS make old stockings feel and wear like new, relieve tired feet, ease corns and save darning. Two sizes, adult and children's. 50c. a pair by mail. I. E. YORK & CO., Waterford, Ont.

**CANADIAN HAIR RESTORER**

Restores Gray Hair to original color. Two might use from same bottle, hair of one becomes black, the other blond or other color as they were in youth. Stops Falling Hair, Dandruff, Itching. Cures all Scalp Diseases, Produces New Growth. Satisfaction guaranteed or money back.

Price 75 cents or two for One Dollar (postage paid.) Not Sold in Stores.

CANADIAN HAIR RESTORER CO., Windsor, Ont.

THIS CONCERNS MAPLE SYRUP MAKERS

Better be on the safe side and place your order now, instead of risking disappointment during the March rush. Write for free booklet giving particulars and prices of our Champion Evaporator and all up-to-date supplies for which we are headquarters. Write for free catalogue and tell us how many trees you tap.

THE GRIMM MFG. CO., LIMITED
58 Wellington St., Montreal, Que.


**Bad for Dentists.**

"How are those two young men who went into partnership as dentists getting on?"

"Rather badly. Somehow they don't seem to pull together."


Minard's Liniment Cures Garget in Cows.


The late hours kept by boys and girls nowadays was being discussed. "Yes," said Mrs. Newlywed, "I suppose they acquire the habit while they are babies?"


Minard's Liniment Cures Diphtheria.



# HOTEL TRAYMORE

ON THE OCEAN FRONT.
ATLANTIC CITY, N. J.

A magnificent ten-story, fire-proof addition is just being completed, making this famous hostelry the newest and most up-to-date of Atlantic City Hotels. A new feature is the unusual size of the bed rooms, averaging 19 feet square.

Every room commands an ocean view, bath attached with sea and fresh water. Chevalglass in every chamber. Temperature regulated by Thermosdadt, the latest development in steam heating. Telephone in every room. Golf privileges. Capacity 600. Write for illustrated booklet.

CHARLES O. MARQUETTE, Manager. TRAYMORE HOTEL COMPANY, D. S. WHITE, President.