AFTER EFFECTS OF DREADED LA GRIPPE

Overcome by the Use of Dr. Williams' Pink Pills

Throughout Canada la grippe (influenza) prostrates thousands of busy men and women every winter, wrecking their health and leaving behind numerous serious ailments. It is the after effects of la grippe that cause such widespread misery. Here is the reason. La grippe leaves behind it weakened vital powers, a shattered nervous system, impure and impoverished blood, and a low state of health that renders the sufferer extremely liable to rheumatism, indigestion, neuralgia and nervous disorders. You can avoid la grippe entirely by keeping the blood rich and pure through the occasional use of Dr. Williams' Pink Pills. Or if, because you have not recognized your blood weakness, la grippe fastens its fangs upon you, its disastrous after effects can be driven out by the same medicine. Dr. Williams' Pink Pills increase and enrich the blood supply, feed the starving nerves, and thus impart new health and new strength to enfeebled men and women. Mr. G. St. Clair, connected with the Sun Life Assurance Co., Halifax, N.S., says: "I was taken down with a heavy cold and la grippe and was confined to the house for some weeks. I had the best of medical attention, and although the doctor said I was cured I was still far from well, and did not have the vim necessary for a strenuous business life, and did not attend to either office or field work. Talking with a friend he said 'Why not try Dr. Williams' Pink Pills.' I decided to do so, and before I had used a box felt an improvement, and before long the Pills made me feel like a new man. I can't therefore say too much in favor of this valuable medicine, and hope that any who may read this and be in need of medical attention will be persuaded to try this truly wonderful medicine."

You can get these health-renewing 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.

A GIANT STEAMSHIP.

New Cunard Liner Aquitania Has Inner and Outer Shells.

The new giant Cunard line steamship the Aquitania, which is now being rapidly prepared for sea, having been launched on April 21, 1913, from the yard of the builders, Messrs. John Brown & Co., Clydebank, Glasgow, Scotland, combines in her design and construction the experience and invaluable information deduced from the construction and performances of the Lusitania and the Mauretania and the many other famous ships that have preceded her under the Cunard flag.

Each succeeding vessel built for the company during the seventy-three years of its existence has in one way or another marked an advance on its immediate predecessor.

The principal figures of the Aquitania, according to information supplied by the Cunard Steamship Company, are:—Length, 901 feet; breadth, 97 feet; depth to boat deck, 92 feet 6 inches; gross tonnage, 47,000 tons; speed, 23 knots; accommodation for 3,250 passengers and a crew of nearly 1,000.

The unprecedented weight, length and other striking features of the great steamship involved the consideration of unusual conditions, and, like everything else connected with the construction, demanded arrangements being made on a scale of magnitude never before required by the Clyde.

An important feature of the Aquitania, as in the Lusitania and Mauretania, is that extending throughout the most vulnerable parts there is that great desideratum, a ship within a ship. In other words, there are two shells, the inner as well as the outer shell being watertight.

The space between the outer and inner skins averages about fifteen feet, and at short intervals there are bulkheads dividing this intervening space into relatively small compartments. It will be understood, therefore, that any fracture on the outer shell due to collision will result in the ingress of the sea being limited to a small area at the side of the ship. In addition to this important provision there are sixteen bulkheads extending athwartship from the port to starboard side.

It might be thought that this combined system of transverse and longitudinal watertight subdivision was in itself sufficient safeguard against flooding, but further provision has been made by the development of the system of fitting watertight decks which was introduced into the construction of the Lusitania and the Mauretania.

From the point of view of strength, therefore, the Aquitania embodies the main features of the Lusitania and the Mauretania, with additions consequent upon increased beam and length. The Aquitania is also fitted with Frahm's anti-rolling tanks, which have proved so successful on the Laconia.

The passenger accommodation is provided on a scale commensurate with the great size of the ship. The first class public rooms include drawing room, hall and galleries, lounge, smoking room and veranda cafes, on deck A; foyer, restaurant, grill room and dining room on deck D. There are also a gymnasium and a swimming bath.

The second class public rooms inclue drawing room, lounge smoking room and dining room. There are altogether eight decks on which passengers are carried.

The division of the ship into watertight compartments is much more extensive than is required by any regulations, and exceptional conditions might therefore have been obtainable in connection with the lifeboats, but the Cunard company early in 1912 submitted its designs to the Board of Trade for an installation of lifeboats, including motor lifeboats, to accommodate all the passengers on board.

Let the Breakfast Call

mean a dish of crisp, golden-brown

Post Toasties

served with a sprinkling of sugar and some rich cream.

This delightful food made of choice Indian Corn—flaked and toasted—is ready to serve direct from the package.

Just the thing for breakfast, lunch or supper, winter or summer.

A try tells why!

Toasties are sold by grocers—everywhere.

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

HEALTH FOR BABY

To keep the baby healthy and strong his little stomach must be kept sweet and his bowels working regularly—that is the secret of health in little ones. The mother who keeps a supply of Baby's Own Tablets in the house can feel reasonably sure that her little ones are going to escape the results of childhood ailments, for the Tablets instantly relieve and cure such troubles as constipation, indigestion, colds, colic and worms by regulating the stomach and bowels. Concerning them Mrs. Jas. Deroche, Cache Bay, Ont., writes: "I have used Baby's Own Tablets for three years and have always found them the best remedy for little ones." They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

CARGOES OF MAIL.

Immense Postal Traffic Between Great Britain and Canada.

Some idea of the tremendous postal trade between Great Britain and Canada is given in the figures secured from the General Post-office and published in a London paper. During the week before Christmas, 8,500,000 letters for Canada were sent out. The figures are:

	Parcels.	Letters.
Australia	19,500	2,500,000
China & Far East	10,000	—
India and Ceylon.	48,000	—
India and the whole of the Far East	—	5,000,000
New Zealand	19,000	620,000
South Africa	30,000	3,125,000
Canada	—	8,500,000

The figures concerning the parcels sent to Canada were not procurable, along with the rest, because such parcels were sent entirely from Liverpool. Altogether, the G. P. O. reported that 50,000,000 letters went out during the Christmas rush and ten thousand extra employees were engaged in London alone to handle the work, and twenty-one buildings were pressed into service, including drill halls, public baths, and auction rooms.

It will be noted from the above figures that more letters were for Canada than for South Africa, Australia, and New Zealand combined, and more for Canada than for China, India, all the Far East, with either Australia or South Africa thrown in.

There has, in fact, been a tremendous increase in the mail business between Canada and Great Britain in the past fifteen years.

Anybody who has seen the Canadian mail put off the ship at the other side of the pond, or the American mail put off such a boat as the Lusitania, never forgets the sense of unlimited bulk that communication between this continent and Great Britain assumes. He sees thousands and thousands of fat mail bags shooting down the sides into the waiting mail boat. He is aware that from unseen and unexpected nooks in the ship he has traveled on, a cargo of mail is being put forth that the ship of a century ago would scarcely have had space to accommodate.

COULD NOT PUT HANDS IN WATER

Salt Rheum Began with Itching and Burning. Watery Pimples. Cuticura Soap and Ointment Cured In Two Weeks.

L'Anse à Brillant, Que.—"I suffered with salt rheum for nine months. It began by itching and burning and my hands broke out in watery pimples and I could not sleep, only scratch my hands and they would bleed. The pimples were small and white, about the size of pin heads filled with water. I could not put my hands in water at all.

"I tried ——, —— and —— but found no relief until I used Cuticura Soap and Ointment. I put the Cuticura Ointment on my hands after washing them with the Cuticura Soap and in two weeks they were perfectly cured." (Signed) Miss Bridget A. Briand, May 17, 1912.

FOR PIMPLES AND BLACKHEADS

The following is a most effective and economical treatment: Gently smear the affected parts with Cuticura Ointment, on the end of the finger, but do not rub. Wash off the Cuticura Ointment in five minutes with Cuticura Soap and hot water and continue bathing for some minutes. This treatment is best on rising and retiring. At other times use Cuticura Soap freely for the toilet and bath, to assist in preventing inflammation, irritation and clogging of the pores. Cuticura Soap and Ointment sold everywhere. For liberal free sample of each, with 32-p. book, send post-card to Potter Drug & Chem. Corp., Dept. D, Boston, U. S. A.

Flowers, Fruit and Sunshine in January

and always, are to be found in California, the ideal wintering place, reached comfortably and conveniently by the Chicago, Union Pacific and North Western Line, via the fastest and most direct routes, amidst the luxurious surroundings of the compartment, club and observation parlor, or more moderate-priced and home-like Tourist car. Three splendid trains daily—The Overland Limited, fastest train to San Francisco; The Los Angeles Limited, three days to the Magic City of the Land of Sunshine, via Salt Lake City; and the San Francisco Limited. The Overland Route offers: Safety—Speed—Scenery and unexcelled dining car service—test it. Rates, illustrated matter and full particulars on application. B. H. Bennett, General Agent, 46 Yonge Street, Toronto, Ontario.

Changed His Mind.

"Alphonse," said the heiress, "I have been thinking." "Thinking of me, precious?" asked Alphonse. "Indirectly, yes. I have been thinking that, were you to marry me, everybody would say you only did so in order to get my money." "What care I for the unthinking world?" "But, oh, Alphonse, I will marry you." "My own dar—" "And I will not have people say unkind things about you, so I have arranged to give all my fortune to the missionaries. Why, Alphonse, where are you going?" Alphonse paused long enough on his way to the door to look back and mutter, "I'm going to be a missionary."

Helpless From Rheumatism

Gin Pills Give Prompt Relief By Curing The Kidneys.

Mr. Samuel Longmore, of Montreal, says: "Just a word of praise for GIN PILLS. About fifteen months ago I could not walk across my room, suffering severely with Rheumatism. I took GIN PILLS and became quite well. Two months ago, I had Rheumatic Pains with Neuralgia. I resorted to GIN PILLS again for one week and became quite well."

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

Pat's Character.

Courtesy to the gentle sex is a feature in Pat's character, and he is an adept at courting. "It's a great pleasure entirely to be alone, especially when your sweetheart is wid ye," observed one reflective swain. "Ah," said a sweet Kerry maid to her lover, "if you were me, Tim, and I were you, I would be married long ago." "Do you dream of me, Mike?" asked a girl of her young man. "Dream of you, my darling? Why, I can't get any sleep for dreaming of you?"

Wanted.

Wanted — Twelve well-educated, conscientious young women as pupil nurses in City Hospital, Cleveland, to fill vacancies caused by graduation. Unusual variety of experience. New Nurses' Home soon to be completed. Finest contagious disease building in the State. Children's Ward and Maternity Department. Two months' Visiting Nurses' work. Monthly allowance from time of acceptance. Address Miss Frederika K. Gaiser, Principal.

Good-Bye, Old Backache Nerviline Will Fix You!

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 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.

A CENTURY OF PEACE.

John A. Stewart,

executive chairman and chief organizer of the American movement for celebrating a hundred years of peace between Great Britain and the United States. His home is in New York.

Breaking it Gently.

"I hev come to tell yuz, Mrs. Malone, that yer husband met with an accident."

"An' what was it, now?" wailed Mrs. Malone.

"He was overcome by the heat, mum."

"Overcome by the heat, was he. An' how did it happen?"

"He fell into the furnace over at the foundry, mum."

CORNS ARE LIKE KNOTS.

Year by year they grow harder and incidentally more painful. Why suffer when you can be cured for 25c. spent on Putnam's Corn Extractor? Fifty years in use and guaranteed to cure. Use Putnam's Extractor, 25c. at all dealers.

Conceit (Limited).

Post—Thinks he's the whole thing, does he?

Parker—Well, I'd hardly go as far as that; but he certainly considers himself a quorum.

Minard's Liniment Cures Distemper.

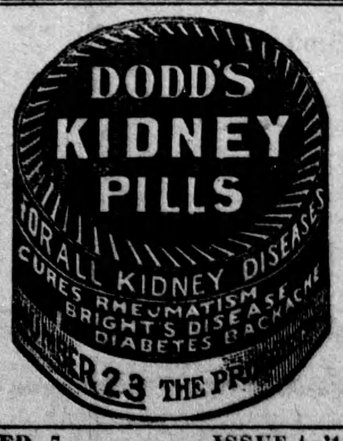
Why Not.

Teacher—Now, who can tell me what political economy is?

Mike (embryo statesman)—Gittin' the most votes for the least money.

Minard's Liniment Cures Diphtheria.

Mrs. R. was an extremely careful mother, and had repeatedly cautioned her six-year-old daughter against handling any object that might contain germs. One day the little girl came in and said:—"Mother, I am never going to play with my kitty any more, because she has germs on her." "Oh, no," replied her mother; "there are no germs on your kitten." "Yes, there are," insisted the child. "I saw one hop."



QUEENS COULD EARN LIVING.

Most of Them Are Experts in Sciences or Arts.

Interesting information concerning the queens of different countries is given by the Neue Freie Presse, showing that if the occasion arose many of them could easily earn their livelihood.

Queen Elizabeth of Belgium possesses a doctor's diploma of the University of Leipzig. Besides, she is an excellent musician and plays the piano and violin with great skill.

Queen Mary of England paints, sings and is extremely clever with her needle. Queen Victoria Augusta of Germany is a specialist with the camera and produces a special kind of art photo. Queen Wilhelmina of Holland paints miniatures and porcelain, while Queen Maud of Norway is a distinguished playwright, using the psuedonym of Graham Irving. She is also a competent bookbinder, dressmaker and painter.

Carmen Sylva (Queen Elizabeth of Rumania) is a world famous poetess and novelist. Helena, Queen of Italy, has jokingly remarked that in case of need she could easily earn a high salary in the music halls of London or New York as an expert swimmer and riflewoman.

Seeking Distraction.

"Why do you suppose it is," she asked, "that nearly all the great men of this world have been married?"

"I suppose," replied the old bachelor, "it's because they had to do something to get their minds off the troubles they had at home."

Women with Sallow Skin Here Is a Good Treatment!

You Get Results Quickly.

Womanly beauty is largely the outward expression of health.

Every woman with pale cheeks and poor complexion needs medicine—needs a potent tonic to regulate her system.

To tone up the stomach—to insure good digestion—to give new life and vitality to the whole system—where is there a remedy like Dr. Hamilton's Pills?

Dr. Hamilton's Pills enable you to eat what you like—they correct constipation—make nourishing blood—instil force and vim into a run-down system.

If nervous and can't sleep your remedy is Dr. Hamilton's Pills—they search out the cause of your condition and you rise in the morning refreshed, strong, vigorous, ready for the day's work.

Dr. Hamilton asks every weak and debilitated person to use his Mandrake and Butternut Pills. They make old folks feel young, and weak folks feel strong. Their effects upon insomnia and langour is marvellous. Hundreds declare they soothe and quiet the nerves so that a good night's rest always follow their use.

To look well, to feel well, to keep well, use Dr. Hamilton's Pills. They are mild, cleansing, strengthening—good for the young or old. Sold by all dealers in 25c. boxes.

A Question of Height.

Michael—Come quick! Patrick is stuck in a bog up to his ankles.

James—Don't worry, then, if he's only up to his ankles he can soon get out again!

Mike—Yes, but he went in head first!

Minard's Liniment Co., Limited.

Sirs,—I have used your MINARD'S LINIMENT for the past 25 years and whilst I have occasionally used other liniments I can safely say that I have never used any equal to yours.

If rubbed between the hands and inhaled frequently, it will never fail to cure cold in the head in twenty-four hours.

It is also the Best for bruises, sprains, etc.

Yours truly,
J. G. LESLIE.

Dartmouth.

Julia's Hard Luck.

"Have you heard about Julia's hard luck" "No. What is it?" "She took Billie's engagement ring back to the jeweller's to be valued. Oh, poor Julia!" "Well, that's nothing. I always do that." "Yes; but the jeweller refused to give it back to her. He said Billie hadn't paid for it."

Minard's Liniment Cures Colds, Etc.

Sought to Converse.

Seated comfortably in the railway carriage a commercial traveller found beside him a rather sedate looking gentleman with whom he sought to converse, and began by explaining what goods he sold, and in what large quantities he sold them. "And you, my friend," he added, "what is your line?" "Brains," answered his companion gruffly. "Ah! brains, you say? That must be nice. You carry no samples, I see."

A String to the Job.

Office Seeker—"Is there anything else in the job you speak of besides the salary?"

Political Boss—"There's a little work on the side!"

Office Seeker—"Ah! I knew there was some string to it."

KEEP THEM WORKING

A horse in the field is worth two in the barn. You can't prevent Spavin, Ringbone, Splint, or Curb from putting your horse in the barn but you can prevent these troubles from keeping horses in the barn very long. You can get

KENDALL'S SPAVIN CURE

at any druggists at $1 a bottle, 6 for $5, and Kendall's will cure. Thousands of farmers and horsemen will say so. Our book "Treatise on the horse" free. 64

Dr. B. J. KENDALL CO., Enosburg Falls, Vt.

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

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.

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.

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

Grandmother Says:

THE OLD WAY

The close intimacies of old age seem to consist in comparing gouts and rheumat'z

LIQUID SULPHUR

(IT IS NOT A PATENT MEDICINE.)

is 97 per cent. pure Sulphur, liquefied by a few other ingredients just as pure and healthful. You can use it safely and profitably as an ANTISEPTIC. Try it on that cold sore, or any other sore you may have. Leading nurses recommend it.

Price, 50 cents a bottle. For sale by all druggists.

If your druggist does not carry it remit direct to SULPHUR PRODUCTS, LIMITED, 158 Bay street, Toronto, and send us his name.

THE NEW WAY

SULPHUR PRODUCTS

During the Tiff.

She—Before we were married you used to catch me in your arms.

He—Yes, and now I catch you in my pockets.

Minard's Liniment Cures Garget in Cows.

The Exception.

"Patience is a virtue," quoted the Wise Guy.

"Yes, especially in the people we owe money to," amended the Simple Mug.

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 Fine Husband.

"Gladys Jane has a perfectly lovely husband."

"So?"

"Yes; he's willing for her to have anything she can get on credit."

It frequently rains on the just because the unjust has swiped his umbrella.

Constipation

is an enemy within the camp. It will undermine the strongest constitution and ruin the most vigorous health. It leads to indigestion, biliousness, impure blood, bad complexion, sick headaches, and is one of the most frequent causes of appendicitis. To neglect it is slow suicide. Dr. Morse's Indian Root Pills positively cure Constipation. They are entirely vegetable in composition and do not sicken, weaken or gripe. Preserve your health by taking

Dr. Morse's Indian Root Pills 48