STRENUOUS WORK SOON TELLS ON YOU

Business Men and Breadwinners the Victims of Nervous Exhaustion

When worry is added to overwork men soon become the victims of nervous exhaustion—neurasthenia—the doctor calls it. Some have no reserve strength in their systems to bear the strain; others overtax what strength they have. If you find that you are nervous and not sure of yourself, that you sleep badly, and wake up tired and aching, your nerves are out of order. Other signs are inability to take proper interest in your work, your appetite is fickle, your back feels weak, and you are greatly depressed in spirits. One or more of these signs mean that you should take prompt steps to stop mischief by nourishing the nerves with the food they thrive on, namely, the rich, red blood made by Dr. Williams' Pink Pills. These Pills have cured thousands of cases of nervous disorders, including nervous prostration, neuralgia, St. Vitus dance and partial paralysis. Here is an example. Mr. Jas. A. McDonald, Springhill, N.S., says: "In the summer of 1912, as the result, I think, of hard work, I was completely run down and found it necessary to quit work. I slept poorly, and what sleep I did get did not seem to rest me, as I was constantly tired. My appetite was poor and fickle, and my nerves unstrung. I had treatment from a doctor for some time, but it did not seem to help me, and having heard a great deal about Dr. Williams' Pink Pills I decided to try them. In the course of a few weeks after beginning the Pills I picked up wonderfully, and was able to return to work feeling like a new man. I have not had a day's sickness since, and naturally am now a firm believer in Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills will work the same beneficial results in any other tired, worn-out worker if given a fair trial. If you cannot obtain the Pills from your dealer they will be sent post paid at 50 cents a box or six boxes for $2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

AUSTRALIA'S BIG HARVEST.

There is much elation in Australia about the record wheat harvest. Although the returns are not yet complete, it is certain that in New South Wales and Victoria especially there has been a marked advance in the yield. Last year New South Wales put up a record with 32,500,000 bushels. This season the product is some 10,000,000 bushels greater. Heavy crops were general, and farmers have enjoyed large profits. And there is every prospect that the crop sown for 1914 will greatly exceed the one which has just been harvested. "While a yield of nearly 42,000,000 bushels of wheat," says the Sydney Sun, "is a record for New South Wales, and will be of great value, it is only the fringe of our possible production. New South Wales has an area of 310,000 square miles, and grows 42,000,000 bushels. In Europe there is a little country called Roumania, with only 50,000 square miles, or one-sixth the size of New South Wales, and its usual annual wheat yield is 90,000,000 bushels. Over the whole of Australia wheat production is comparatively so small that this continent does not count seriously in the world's total. The Balkan Peninsula harvests nearly three times as much wheat as the whole Commonwealth."

Stops a Cough IN ONE NIGHT

CATARRH AND WEAK THROAT NOW CURED WITHOUT SWALLOWING DANGEROUS DRUGS.

By Breathing the Soothing, Healing Vapor of Catarrhozone All Throat and Catarrhal Trouble is Quickly Cured.

It's simply wonderful to think how quickly a bad throat or catarrh can be cured with Catarrhozone. Its rich balsamic vapor is carried along with the breath into the innermost recesses of the lungs, bronchial tubes, and chest, making it impossible for the germ of any disease to live. Thus soreness in the chest is at once alleviated—phlegm is loosened and ejected from the throat, old-standing coughs are removed.

"I suffered from an irritable, weak throat for three years. I had a severe cough, pain over the eyes, constant bad taste in my mouth, and noises in my ears. It was chronic catarrh. Nothing gave permanent relief till I used Catarrhozone. In one hour it relieved, and in a few weeks drove all trace of catarrh from my system."

"TIMOTHEUS A. SALMON.

"No. 6 Lopez street, Kingston, Ja."

REMEMBER THIS—You breathe Catarrhozone and it will cure any throat, chest or bronchial cold. Large size, guaranteed, costs $1.00, and lasts two months; smaller sizes, 25c. and 50c. Beware of imitations and insist on "CATARRHOZONE" only. By mail from Catarrhozone Co., Buffalo, N. Y., and Kingston, Ont.

RACE OF BLACK GIANTS.

Men Who Rest on One Leg and Fight With Lions.

A tribe of black giants known as "Jieng," inhabiting a district of the White Nile, in the Sudan, a thousand miles south of Khartoum, has been described by the Rev. C. Lea-Wilson, the leader of a medical mission.

There are about 8,000 people in the tribe and they live in the neighborhood of the Bahr-el-Ghazel, the lagoon east of Lake Chad. "They are among the tallest tribes in the world," says Mr. Lea-Wilson. "They are jet black, typical negroes, and do not practise either cannibalism or human sacrfiices. I have never seen among them a case of cruelty to women or children. For some reason apparently unknown even to themselves, all adults have six of their lower teeth removed. They have a habit when at rest of standing on one foot like storks."

Mr. Lea-Wilson states that the surrounding country is like a zoological garden. Elephants, giraffes, rhinoceros, buffaloes, hippopotami, lions and leopards abound. "During the last wet season eight people were killed and eaten by lions. The Jieng people are remarkably brave and they have killed two of these man-eaters with spears alone. This means that the first men attacking the animal are certainly killed before their companions can rush in and despatch the wounded animal."

CANCER CURES.

Old and Modern Methods of Treatment Compared.

It is evident that medical science, in its determination to master disease, has found in radium a powerful weapon against cancer, and the call upon the Government to retain its radium fields in the West, and the proposition of distinguished physicians to aid the general Government in a plan to cheapen the substance and universalize its treatment, is beautiful in the extreme. Hezekiah, King of Judah, who lived 700 years B.C., had a growth on his body, which may well have been a cancer, called in the record a boil. It was Divine power that wrought the cure, but a material instrument was used in the poultice, the primitive remedy. "And Isaiah said, Take a lump of figs. And they took and laid it on the boil, and he recovered." (II. Kings, xx., 7.).

IS YOUR BABY A GOOD BABY?

Mothers, ask yourself the question: Is your baby a good baby? If not he is not well, for it is the nature of all babies to be good—only the sickly baby is cross and hard to mind. If baby is cross and cries continually give him Baby's Own Tablets and he will soon be happy again. The Tablets act as a gentle laxative, regulate the bowels, sweeten the stomach and cure all the minor ills of little ones. Concerning them Mrs. J. P. Richard, St. Norbert, N.S., writes: "I have found Baby's Own Tablets all that is claimed for them. My baby suffered from his stomach and bowels and the Tablets cured him." They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A married woman says the way to be happy with a husband is to learn to be happy without him most of the time.

Piles Cured in 6 to 14 Days
Druggists refund money if PAZO OINTMENT fails to cure Itching, Blind, or Protruding Piles. First application gives relief. 50c.

An Important Invention.

Any person who has followed the sea for any length of time will have experienced, especially in rough weather, the annoyance which is caused by the incessant working and banging of doors, due to the rolling and pitching of the vessel. To ensure quietness the door of a stateroom, for instance, must be shut. To place it on the hook would mean the rattle of the door, which is intolerable, even to those who spend the major portion of their lives on the briny. Many ideas have been put forward, and many inventions formulated, with the object of obviating this nuisance, but none have been successful so far. A new device, which is expected to be on the market at an early date, is the invention of Mr. Breigan, one of Liverpool's foremost Scotch engineers. His patent is simplicity itself, and adapts itself to any present class of cabin or saloon door. It is noiseless, takes up no room space, and presents no obstructions.

Alleging that her husband knocked her down with a bound of butter a Calgary woman is seeking a separation.

a waterworks and sewerage system.

At Brandon, Man., one-man operated street cars were stated to have been a success, though it was admitted that light traffic did not cause the one-man system to be severely tested.

STANDARD RELIANCE MORTGAGE CORPORATION

Last Year's Earnings Over 11 Per Cent.—Aggregate Net Earnings for the Period Ending December 31st, 1913, $351,336.55.

In another column of this paper will be seen the annual financial statement of the Standard Reliance Mortgage Corporation. This is one of the best statements issued by any financial corporation for the year 1913, and was highly commended by the shareholders who were present at the annual meeting held at the company's offices, 82-88 King Street East, Toronto, on Monday, March the 2nd.

The net earnings amounted to over 11 per cent. of the paid-up capital, which now amounts to the substantial sum of $1,985,104.00. After deducting interest on debentures and deposits, amounting to $122,521.00, the balance available for distribution amounted to $228,806.00, of which sum $118,471.88 was paid out in dividends, $100,000 was added to the reserve fund, and the balance carried forward to the credit of Loss and Gain account.

The present corporation is an amalgamation of the Standard Loan Company and the Reliance Loan and Savings Company of Ontario, the amalgamation having taken effect on the first of May last.

The president, Mr. N. H. Stevens, stated that the net earnings of the corporation for 1913 exceeded the combined net earnings of the two companies prior to the amalgamation by over $30,000. This record is well worth noting, as showing not only the efficiency secured by the combination of the two companies under one management, but it shows also what may be accomplished in the way of reduction of expenses of operation.

It will be noted from a perusal of the statement that the total assets now amount to $5,110,332.00. The position obtained in the financial world by the Standard Reliance Mortgage Corporation places it amongst the largest and most prosperous financial institutions in the Dominion.

The conservative policy pursued by this corporation is an important feature for the consideration of those looking for substantial and safe investments. The debentures of the corporation are issued in sums of $100.00 or more, and interest at the rate of five per cent. per annum on these amounts is payable by coupon every six months.

The corporation invites correspondence with reference to the safe investment of funds at remunerative rates. All communications should be addressed to the head office, 82-88 King St. East, Toronto.

An Irishman fell from the roof of a house where he was at work. A passer by rushed up to him and asked:—"Are you hurt?" "It's all right," said the Irishman, "I had to come down for nails, anyhow."

Only One "BROMO QUININE"
To get the genuine, call for full name, LAXATIVE BROMO QUININE. Look for signature of E. W. GROVE. Cures a Cold in One Day. 25c.

Lawyer—"The cross-examination did not seem to worry you. Have you had any previous experience?" Client—"Six children."

Minard's Liniment Co., Limited.
Gentlemen,—My daughter, 13 years old, was thrown from a sleigh and injured her elbow so badly it remained stiff and very painful for three years. Four bottles of MINARD'S LINIMENT completely cured her, and she has not been troubled for two years.
Yours truly,
J. B. LIVESQUE.
St. Joseph, P.O., 18th Aug., 1900.

He—"For Heaven's sake, woman, stop that perpetual nagging. If you keep on much longer I'll shoot myself." She—"You do, you wretch! You dare fire off a revolver in this house! You'll wake the baby!"

Minard's Liniment Relieves Neuralgia.

Probably nothing could have a more powerful effect upon social, domestic and individual welfare than the widespread diffusion of the spirit of truthfulness. It underlies all honest and faithful work, all right fulfilment of relations, all independence and self-respect; for he who is in this high sense faithful to the truth will be faithful to himself and to others.

LUBY'S
FOR THE HAIR
Restores the color, strength, beauty and softness to Gray Hair and is not a dye.
At all Druggists. 50c. a Bot.

Clark's
All ready baked to a nicety; whole, mealy and full flavored. Heating only is necessary.
Pork & Beans
CLARK'S PORK & BEANS WITH TOMATO SAUCE
CLARK MONTREAL

A DOG THAT CHEATED.

This Cocker Spaniel Was Very Fond of Sugar.

That one dog at least not only reasons, but has been known actually to cheat, is the conviction of a young English army officer who owns a smart cocker spaniel. Among other tricks, the officer has trained the dog to answer "letter call," and fetch his owner's mail to the mess table. Pleased with the dog's intelligence, the officer fell into the habit of giving him a lump of sugar from the breakfast table.

One morning, soon after the trumpeter had sounded "letter call," the spaniel came in with neither papers nor letters. This was unusual, for the officer subscribed to a daily paper that invariably arrived in the morning's mail, but he thought little of it at the time. About eleven o'clock, however, the dog entered his master's quarters, and deposited a muddy paper upon the floor. The officer did not understand the situation, but he gave the dog a lump of sugar. Half an hour later the dog appeared again with a very muddy and crumpled letter in his mouth. Then the owner's suspicions were aroused.

He gave the dog another lump of sugar, and watched him. He soon found that the dog had buried the morning's mail in the rear of the officers' mess, and was digging it up a letter at a time, apparently with a view to a lump of sugar for each piece of mail.

Killed by Blood Poisoning
Used an old razor for paring his corns. Foolish, because a 25c bottle of Putnam's Corn Extractor will cure all the corns in a family for a year. Safe, because purely vegetable. Use only Putnam's Extractor, 25c. at all dealers.

Father's Ultimatum.

The father of a large family of children was trying hard to read the evening paper. "What's that terrible racket in the hall, Martha?"

"One of the children just fell downstairs."

"Well," he replied, turning over another page of the paper, "you tell the children if they can't fall downstairs quietly they'll have to stop it."

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

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

Food adulteration in Germany is a prison offense and involves severer sentences than theft.

Minard's Liniment Cures Dandruff.

He Stakes Him.

"Yes, indeed, times have greatly changed in the past few years."

"I suppose so. F'r instance?"

"Well, f'r instance. A once autocratic plumber up in my neighborhood now goes to the haughty butcher round the corner to borrow money to keep his business alive."

"Did you have a bad toothache?" "I think so; but if you know of any other kind of toothache, perhaps it was that kind I had."

Zam-Buk Does Cure Piles
Mrs. C. Hanson, wife of the proprietor of the Commercial Hotel, Poplar, B.C., suffered from piles for years. Went to doctor after doctor in vain. Finally went to Spokane and had an operation. Twelve months afterwards she was as bad again. She says, "One day I read about Zam-Buk and thought I would try it. The first one or two boxes gave me more ease than anything else I had tried, so I went on with the treatment. In a short time I began to feel altogether different and better, and I saw that Zam-Buk was going to cure me. Well, I went on using it, and by the time I had used six boxes I was delighted to find myself entirely cured."
If you suffer from this painful ailment, or from eczema, ulcers or any skin disease, don't waste time. Try Zam-Buk. 50c. all druggists and stores.

FACT AND FANCY.

Missionaries always go to the bad. Wotsay?

There are no swear words in Japanese.

Take the conceit out of some men and you've hardly got a grease spot left.

Chinese gourmets eat baked fish lips.

Women are fonder than men of flattery, yet they believe it less.

Holland's railways kill on the average only one person a year.

The golden rule is a measure of conduct that we lay down for other people.

The world has more republics than monarchies.

An ounce of prevention usually means a pound of useless fear for the future.

Joints Quit Aching Nerviline Drives Soreness Away

NO MORE STIFFNESS, PAIN OR MISERY IN YOUR BACK OR SIDE OR LIMBS!

Wonderful "Nerviline" is the Remedy.

A marvellous pain reliever.

Not an ordinary liniment—just about five times more powerful, more penetrating, more pain-subduing than any thick, oily or ammonia liniment. Nerviline fairly eats up the pain and stiffness in chronic rheumatic joints, gives quick relief to those throbbing pains, and never burns or even stains the skin.

"Rheumatism kept my joints swollen and sore for ten years. My right knee joint was often too painful to allow me to walk. In this crippled tortured condition I found Nerviline a blessing. Its warm, soothing action brought relief I had given up hoping for. I rubbed on quantities of Nerviline and improved steadily. I also took Ferrozone at mealtime in order to purify and enrich my blood. I am today well and can recommend my treatment most conscientiously.

(Signed) C. PARKS,
Prince Albert.

Not an ache or pain in the muscles or joints that Nerviline won't cure. It's wonderful for lumbago and sciatica; for neuralgia, stiff neck, earache and toothache. Nerviline is simply a wonder. Best family liniment known and largely used for the past forty years. Sold by dealers everywhere, large family size bottle 50c., small trial size 25c. Refuse a substitute, take only "Nerviline."

Recognized Him.

"I saw my boyhood chum to-day, one that has become a millionaire."

"Did he recognize you?"

"I guess so. He turned a corner when he saw me coming."

Women Need Gin Pills

FOR WEAK BACKS AND HEADACHES.

Miss Ethel Balcombe, of Port Dufferin, N.S., writes: "I was troubled with Kidney disease for several years. My back was weak. I had terrible Headaches and was so restless that I could not sleep at night. At last a friend told me about GIN PILLS. I at once got a box, and after taking them, I felt better—after taking three boxes I was cured." 50c. a Box, 6 for $2.50. Sample free if you write National Drug & Chemical Co. of Canada, Limited, Toronto.

In the Air.

"So he praised her singing, did he?" "Yes; said it was heavenly." "Did he really say that?" "Well, not exactly; but he probably meant that. He said it was unearthly."

Minard's Liniment for sale everywhere.

Found—Mrs. Clarke came running hurriedly into her husband's office one morning. "Oh, Dick," she cried as she gasped for breath, "I dropped my diamond ring off my finger, and I can't find it anywhere." "It's all right, Bess," replied Mr. Clarke. "I came across it in my trousers pocket."

We often say to ourselves, "I would gladly do my duty if I knew what it is." Doubtless there are cases in which it is hard to decide, but a remark of Goethe on the subject is well worth remembering. "How can we know ourselves? Never by reflection, but by action. Do your duty and you will find out the sort of man you are. 'But what is my duty?' What to-day asks of you." Do not consider too far, too deeply, too seriously. Do the plain, present task, and do it well. It is amazing how pleasant you feel when it is done—and it is not wholly unpleasant even in the doing.

Minard's Liniment Cures Burns, Etc.

Wettest Spot on Earth.

Baguio, in the Philippines, has been strengthening its claim to be the wettest place in the world. On July 29 the precipitation was 31.78 inches, which nearly equals the world's mean rainfall for a year. But Baguio has done better than that; it made a world's record in July, 1911, with 91.53 inches in four days, of which 33.70 inches fell in a single day. When 7½ feet of water comes down in one storm it is time to look after the shingling of the ark.

At Edmonton an attempt is being made to have all hospitals taken from the control of the hospital board and placed under the administration of the city council.

ECZEMA IN BLISTERS ON ARMS AND LEGS

Suffered Seven Years. Itching and Burning. Did Not Sleep Half the Night. Cured Completely by Cuticura Soap and Ointment.

982½ Yonge St., Toronto, Ont.—"My sister suffered for seven years with eczema. The trouble began on her arms and legs in water blisters and she scratched. Her clothes were rough around her legs and she suffered from itching and burning and loss of sleep; she did not sleep half the night.

"We used ——, —— and —— Ointment and they did not seem to do any good until we got Cuticura Soap and Ointment by which she was completely cured." (Signed) Miss Bessie McManus, May 17, 1913.

HANDS ROUGH, BADLY CRACKED

Muldoon, Que.—"During the cold winter weather I was troubled with chapped hands and also a rash on my face caused by sharp cold winds. My hands were very rough and were badly cracked open and if I went out in the cold air they always bled. I could not do my regular work. I used salve, cold cream and other remedies and still they were left unhealed. At last a friend advised me to try Cuticura Soap and Ointment. I sent for some and applied it to the affected parts and immediately found relief. My hands and face were cured within a week." (Signed) Miss Jennie Findlay, Jan. 9, 1913.

For more than a generation Cuticura Soap and Cuticura Ointment have afforded the most economical treatment for affections of the skin and scalp that torture, itch, burn, scale, and destroy sleep. Sold everywhere. Sample of each mailed free, with 32-p. Skin Book. Address post-card Potter Drug & Chem. Corp., Dept. D, Boston, U. S. A.

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.
SASKATCHEWAN IMPROVED FARM, fully equipped with or without stock. Write owner, 625 Wilton, Toronto.

WANTED.
AGENTS WE WANT YOU. WRITE Dominion Shade Adjuster Co., Windsor, Ontario.
We will pay you $120.00 to distribute religious literature in your community. Sixty days' work. Experience not required. Men or women. Opportunity for promotion. Spare time may be used. International Bible Press Company, 182 Spadina, Toronto.

NEWSPAPERS FOR SALE.
GOOD WEEKLY IN LIVE TOWN IN York County. Stationery and Book Business in connection. Price only $4,000. Terms liberal. 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.

Canadian Hair Restorer

Before and After Using.
Restores Grey 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, address
Canadian Hair Restorer Co., WINDSOR, ONT.

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

An old Scotch body who had entered a first-class compartment in a train, with an unwieldy basket on her arm, was asked very frigidly by one of the occupants of the carriage if she did not observe that it was first-class. "Ay, ay," was the retort; "but the ither carriages is all fu', so I'll just hae to put up wi' ony accommodation I can get!"

Dr. Morse's Indian Root Pills
are just the right medicine for the children. When they are constipated—when their kidneys are out of order—when over-indulgence in some favorite food gives them indigestion—Dr. Morse's Indian Root Pills will quickly and surely put them right. Purely vegetable, they neither sicken, weaken or gripe, like harsh purgatives. Guard your children's health by always keeping a box of Dr. Morse's Indian Root Pills in the house. They 81
Keep the Children Well