HELD BACK BY DEADLY ANAEMIA

Thousands of Growing Girls Yearly Fall Into a Hopeless Decline.

Anaemia—the doctor's name for bloodlessness — holds back many girls from the path to bright, healthy womanhood. At that all-important time when their veins should be full of rich, red blood, anaemia, creeping on them stealthily, robs them of sparkling eyes and a clear skin. They become languid and exhausted at the least exertion, their backs ache, their hearts palpitate violently, appetite fails, and their complexion changes to a pasty yellow, or they become deathly white. No medicine ever offered the public has bestowed such important benefits upon anaemic girls as Dr. Williams' Pink Pills. They build up the body anew by making the rich, red blood that gives splendid health, bright eyes, a clear complexion and womanly brightness. Here is an instance out of many recorded thousands. Miss Delina Arsenault, Urbainville, P. E.I., says: "I suffered from an attack of anaemia which my friends feared at one time would prove fatal. I grew thinner every day, had dark circles around my eyes, could not sleep well at night and got up in the morning feeling tired and depressed. I suffered severely from headaches and pains in the back and limbs. I had to leave school, and was unable to do any work around the house. I had no appetite and frequently vomited what I did eat. I was under a doctor's care for eight months, but was growing worse and worse, and was almost in despair, when a friend advised me to give Dr. Williams' Pink Pills a trial. Anxious to get well, I decided to do so. After taking a few boxes I found a good improvement, and I continued taking the Pills until I had used nine boxes, when I was again enjoying perfect health, and I found on weighing myself that I had gained seventeen pounds. I have since enjoyed perfect health, for which I have to thank Dr. Williams' Pink Pills, and strongly advise all other ailing girls to give this medicine a fair trial."

Every woman afflicted with anaemia, every woman who suffers from backaches and sideaches, and the other miseries that afflict her sex can secure new health and strength through a fair use of Dr. Williams' Pink Pills. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

PEARLS OF TRUTH.

Do not have evil-doers for friends—take as your friends the best of men.—Budda.

Never lose an opportunity of seeing anything beautiful. Welcome it in every fair face, every fair sky, every fair flower.—Kingsley.

Life never seems so clear and easy as when the heart is beating faster at the sight of some generous, self-risking deed. — George Eliot.

Hardness of heart is a dreadful quality, but it is doubtful whether, in the long run, it works more damage than softness of head.—President Roosevelt.

Womankind suffers from three delusions—Marriage will reform a man; a rejected lover is heartbroken for life; and if the other woman was only out of the way he would come back.—Myrtle Reed.

There's not a blessed thing in this world worth having without sacrifice. The big people, the people that have the big things in life are those that have paid, or are prepared to pay, the big price for them.—W. J. Locke.

Chest Colds and Hoarseness Quickly Rubbed Away

"Nerviline" Gives Speedy Relief and Cures Over Night.

Got a cold?

Is your voice raspy—is your chest congested or sore?

If so, you are the very person that Nerviline will cure in a jiffy.

Nerviline is strong and penetrating. It sinks right into the tissues, takes out inflammation and soreness, destroys colds in a truly wonderful way. Rub Nerviline over the chest—rub on lots of it, and watch that tightness disappear. Nerviline won't blister, it sinks in too fast—doesn't simply stay on the surface like a thick, oily liniment would. If the throat is raspy and sore, rub it well outside with Nerviline, and use Nerviline as a gargle diluted with warm water. Just one or two treatments like this and your voice and throat will be quick normal again.

Just think of it—for forty years the largest used family medicine in this country—Nerviline must be good, must quickly relieve and cure a hundred ills that befall every family. Try it for earache, toothache, coughs, colds, sore chest, hoarseness and muscular pains in every part of the body. Large family size bottle 50c.; trial size 25c. at all dealers.

Some people tell the truth because they can't think of a suitable lie.

William Jennings Bryan,

the American Secretary of State, descending the steps of the Capitol at Washington after a conference over the Mexican situation.

ASHAMED OF ITS NAME.

Derbyshire Village Wants to Modernize its Name.

Bugsworth a little village in the Peak district of Derbyshire, is ashamed of itself, says the Boston Transcript. In England, you know, the word "bug" can have but one meaning; it is not used indiscriminately to describe any and all insects. Hence Bugsworth's shame, and a recent vote to change the village's name. Mr. Wells once write a story of a Mr. Snooks who was refused by the lady of his affections on account of his plebeian name, and discovered later that the lowly word was identical with Sevenoaks or Sennox. It is just such a trick that fate has played upon the little Derbyshire village, which really takes its title (like Buxton) from the bucks once hunted in its vicinity. A fine modern hyphenation—Norfolk-Howardsworth — is suggested for the new cognomen, but how much simpler the mere change to "Buxworth" would be.

THE ONLY MEDICINE FOR TEETHING BABIES

Mrs. Alcide Charland, Ste. Sophie de Levrard, Que., writes: "I am well satisfied with Baby's Own Tablets which I used for my little one during the teething period. I know of no other medicine to equal them." Mrs. Charland's testimony is that of thousands of other mothers. Once the tablets are used a mother will give no other medicine to her little ones. The tablets are guaranteed to be absolutely safe, and are not only good during the teething period, but cure constipation, colic, colds and simple fevers—in fact they cure all the minor ills of little ones. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Historic Old Castle.

The office of Works, London, England, is going to take over and maintain as a national monument the historic Denbigh Castle, and a large sum is to be spent on its renovation. The castle, which has been the scene of many stirring episodes, was built by Henry de Lacy, Earl of Lincoln, in 1284, on the site of an earlier one, where David, brother of Llewellyn, the last native Prince of Wales, summoned a council of the Welsh chieftains to proclaim himself Prince in his brother's place. After the disastrous defeat of Rowton Moor, King Charles found refuge at Denbigh Castle, on his retreat from Chester, in a tower still called the "King's Chamber."

Comparative Values.

A German peasant had just lost his faithful cow. His wife became so grieved over the loss that her heart was broken, and she, too, died. Scarcely was she buried when one of the neighbors came and offered his daughter, another his sister, and a third his niece, for a wife, whereupon the farmer remarked:

"Well, I can easily see that it is better to lose a wife than a cow in this town. As soon as my wife is dead a choice of half a dozen wives is offered me, but when my cow died, they didn't offer me a single one."

Sad Mistake.

The Turkey—"What's the matter with the dog? Did somebody try to shoot him?"

The Duck—Oh, no! He tackled a hobo with a wooden leg."

New Brunswick Woman's Message

TELLS HER SUFFERING SISTERS TO FIND RELIEF IN DODD'S KIDNEY PILLS.

Mrs. James B. Roy was Ill for Two Years and the Doctor Could not Help Her — How She Found a Cure.

Tremblay Settlement, Gloucester Co., N.B., May 25 (Special).—Mrs. James B. Roy, an estimable lady, well known here, has made the following statement for publication:

"For two years I suffered from an extreme weakness and an awful pain in the back. Sometimes my back was so weak I could hardly walk. I was always nervous, I had no appetite and I was failing very fast. I took medicines from a doctor, but continued to grow worse.

"Then I started to use Dodd's Kidney Pills and soon began to improve. By the time I had finished the third box I was completely cured. I know I owe my cure to Dodd's Kidney Pills, and I want other sufferers to know that they also may be cured."

Mrs. Roy's symptoms showed that she had Kidney trouble. That's why she found speedy relief and complete cure in Dodd's Kidney Pills. They are a Kidney remedy, pure and simple. The reason they cure so many suffering women is that nine-tenths of women's troubles come from sick Kidneys.

NO HARM IN DAILY BATH.

But Expert Discourages "Cold Water Plunge" in Winter.

We are credited, as a nation, with showing a predilection for the use of baths, says a medical man in the London Standard. Even at this day some of our Continental neighbors regard the daily bath in the light of a custom not unfraught with a certain degree of peril to health. Not very long ago a well-known savant made public his views on the matter, discouraging the habit of washing the skin.

Most people will not agree with this way of thinking, but as a certain amount of controversy has arisen as to whether the daily ablution is a measure calculated to be favorable to health or the reverse, I venture to believe that a consideration of a few facts will enable my readers to remain firmly adherent to their daily custom and unshaken in their opinion of its hygienic value.

But while eulogizing the soap-and-water habit, no encouragement is intended to be held forth to those enthusiasts who, in the coldest and the most inclement weather, have the ice broken on some favored stretch of water and plunge boldly into a fluid so many degrees below the temperature of the human body for a morning swim. The chilling of the skin produced throws a great amount of work on the kidneys, and is calculated to be much more productive of harm than of benefit.

A host of diseases of the skin are brought about by micro-organisms which have made lodgment on its surface, and in the dips forming hair-frolics and skin-glands. To get the skin entirely free from these minute foes by washing and application of antiseptic lotions is a practical impossibility, a fact recognized by bacteriologists, and guarded against by surgeons, who now cover their hands with sterilized rubber gloves in order to protect patients from infection of operation wounds by such organisms on the skin or the hands.

In spite of this, however, thorough cleansing rids the skin of the greater number of germs, and immersion for a sufficient period in a suitable antiseptic solution accounts for the majority of those remaining, so that, in all probability, the bacteria and fungi that escape the process with life are comparatively few in number.

Now, although we should not bathe the whole surface of the body in such strong antiseptic solutions as those in which a surgeon may bathe his hands, yet the previous cleansing may be carried out and a milder disinfectant, possibly in the kind of soap used, may be employed with advantage.

The result will be a diminution in the total number of micro-organisms reserving a habitation on the skin. That this is advantageous will be seen when we consider one definite conditon which attaches to any disease process produced by microbic infection. It is that the disease-germs must be in numbers and virulence strong enough to make headway against the defensive forces of the tissue attacked.

Toastie Flavour A Winner

Every day many are finding out that

Post Toasties

are different from other "ready to eat" foods. It's in the making.

Toasties are carefully cooked bits of choicest Indian corn toasted to an appetizing, golden-brown crispness.

Care and time in toasting and the delicate flavoring make this crisp corn-food delightful.

Post Toasties—ready to eat direct from the sealed package, with cream and sugar to taste.

—sold by Grocers.

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

PAINFUL AND SCALY PIMPLES

Like Boils. Worst on Face. Watery When Rubbed. Also Hands Cracked and Smarted. Cuticura Soap and Ointment Cured.

Main St., Eye-Brow, Sask.—"I was bothered with small pimples similar to little boils for four or five years. They were all over me but worst on my face. Of course they gave me a bad appearance. The pimples were both painful and itchy so I scratched till quite large sores would be the result and they seemed to be very watery after I rubbed them to a sore. My face was very scarred during the time it was sore.

"I was troubled with sore hands most all winter for two years. They kept cracked till they would be bleeding, and they smarted and were so sore I could hardly bear to get them wet.

"Upon seeing Cuticura Soap and Ointment advertised I thought there would be no harm in trying them so I started with a small sample. I purchased a full-sized cake of Cuticura Soap also a box of Cuticura Ointment and before I had quite finished this I saw I was lots better so the second cake of Cuticura Soap and box of Cuticura Ointment was purchased. But little was used when I was entirely cured." (Signed) Mrs. Wm. Dickson, May 23, 1913.

For treating poor complexions, red, rough hands, and dry, thin and falling hair, Cuticura Soap and Cuticura Ointment have been the world's favorites for more than a generation. A single set is often sufficient. Sold 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.

Sentenced to Immediate Death

It happens every time you treat a corn with "Putnam's"—Corn dies—never returns. Nothing so certain and painless as Putnam's Corn Extractor—try it. Fifty years' success guarantees its merits. 25c. bottles at all dealers.

POINTED PARAGRAPHS.

Cats and candidates love to roost on the fence.

Silence is golden, yet some people won't shut up!

The more the big fellows want the less we little chaps seem to get.

The morning after is an occasion many a man would be glad to disremember.

A woman's new hat brings more satisfaction to her milliner than to her own husband.

A man doesn't worry because he isn't clever, provided he knows that he's good looking.

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

Perpetual Motion.

"Hello, Wedmann, anything going on?"

"Yes, my expenses."

Minard's Liniment used by Physicians.

Little Kids Have Large Ears.

Mrs. Kawler (to hostess' child)—Are you glad to see me again, Edith?

Edith—Yes'm, and mamma's glad, too.

Mrs. Kawler—Is she?

Edith—Yes; she said she hoped you'd come to-day and have it over with.

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 61

Keep the Children Well

POINTED PARAGRAPHS.

A woman's strength lies in her weakness.

The path of By-and-By leads to Nowhere.

A little learning is all right when properly added to.

Some people are not on speaking terms with their duty.

The best way to learn how to waste money is to get it easy.

Every time a wise man makes a mistake he learns something.

Anyway, the bald-headed man realizes that he comes out on top.

Serenity comes after a man is completely saturated with indifference.

There are angels and angels—and a man usually marries the other kind.

But a girl is never happy until she falls in love and then she is miserable.

A thing of beauty may remain a joy forever—if the other fellow marries her.

Some things come to those who wait, but especially if they are not vaccinated.

Cultivate the habit of listening, young man. It will come in handy if you ever acquire a wife.

We know some railway bridges that seem to be dependent on Providence and a coat of paint.

Experts are guided in their judgment of liquors by their sense of smell—those who taste are more or less misguided.

Death Nearly Claimed New Brunswick Lady

Was Restored to Her Anxious Family When Hope Had Gone.

St. John, N.B., Dec. 15th.—At one time it was feared that Mrs. J. Grant, of 3 White St., would succumb to the deadly ravages of advanced kidney trouble. "My first attacks of backache and kidney trouble began years ago. For six years that dull gnawing pain has been present. When I exerted myself it was terribly intensified. If I caught cold the pain was unendurable. I used most everything, but nothing gave that certain grateful relief that came from Dr. Hamilton's Pills of Mandrake and Butternut. Instead of being bowed down with pain, to-day I am strong, enjoy splendid appetite, sleep soundly. Lost properties have been instilled into my blood—cheeks are rosy with color, and I thank that day that I heard of so grand a medicine as Dr. Hamilton's Pills."

Every woman should use these pills regularly because good health pays, and it's good, vigorous health that comes to all who use Dr. Hamilton's Mandrake and Butternut Pills.

He Wanted to Know.

Mrs. McLubberty—Here's some pills, Murty, thot Mrs. Hegan was afther sindin' over for yez. She says they's aither kill or cure yez.

McLubberty (who is ill)—Begorra, did she say which they would do foorst?

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.

Fitting Remedy.

Tommy—I want another box of those pills, like what I got for mother yesterday.

Druggist—Did your mother say they were good?

Tommy—No, but they just fit my air-gun.

Minard's Liniment Co., Limited, Yarmouth, N.S.

Gentlemen,—In January last, Francis Leclare, one of the men employed by me, working in the lumber woods, had a tree fall on him, crushing him fearfully. He was, when found, placed on a sled and taken home, where grave fears were entertained for his recovery, his hips being badly bruised and his body turned black from his ribs to his feet. We used MINARD'S LINIMENT on him freely to deaden the pain and with the use of three bottles he was completely cured and able to return to his work.

SAUVEUR DUVAL.

Elgin Road, L'Islet Co., Que.

Cold cash often melts marble hearts.

Ask for Minard's and take no other.

Deceitful Appearances.

Minister (calling on inmate of prison)—Remember, Mr. Kenney, that stone walls do not a prison make, nor iron bars a cage.

Kenny—Well, they've got me hypnotized, then; that's all.

The Power of Habit.

Casey—Do yez always smoke after yer dinner, Moike?

O'Brien—Oi do. Shure me dinner don't taste roight whin Oi ate it onless Oi have a shmoke afterwards.

Minard's Liniment Lumberman's Friend

Clark's

All ready baked to a nicety; whole, mealy and full flavored. Heating only is necessary.

Be Safe!

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

KENDALL'S Spavin Cure

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

Bickerdike, Alta., Jan. 29, 1913.

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

H. NEIDORF.

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

Dr. B. J. KENDALL COMPANY Enosburg Falls, Vermont, U.S.A. 70

It's all right to pray for the things you want, but it is advisable to do a little hustling for the things you must have.

Keep Minard's Liniment in the house.

She is a clever wife who can delude her husband into believing that he is boss.

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.

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.

FOR SALE.

FOR SALE.—ONE HUNDRED LBS. Soap for $1; make your own soap; no boiling, no machinery. Particulars free. Harry Dobell, 956 Ossington Ave., Toronto, Canada.

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.

TYPEWRITERS At wholesale, all $100. Visible Royal, Underwood, Rem., Smith, Oliver, $23 to $45, with duties paid from Windsor. Catalog free. U.S. Typewriter Co., 53 Fisher Bldg. Detroit.

PATENTS OF INVENTIONS

PIGEON, PIGEON & DAVIS, 71a St. James St., Montreal

Write for Information.

Man Wanted who understands horses

In every district we want such a man. Will pay $30 week. Canadian Distributors Co. Limited Vancouver B.C.

Newest Post Card Novelty

A post card with an actual phonograph record on it. Will play on any standard disc phonograph.

15 cents each or two for 25 cents

The best ever to use or mail to your friends.

WILSON SPECIALTIES Manchester Building, TORONTO.

HOME STUDY

The Arts Course may be taken by correspondence, but students desiring to graduate must attend one session.

QUEEN'S UNIVERSITY

KINGSTON, ONTARIO

ARTS, EDUCATION, MEDICINE — APPLIED SCIENCE Including ENGINEERING

SUMMER SCHOOL JULY and AUGUST 22

G. Y. CHOWN, Registrar, Kingston, Ont.