OVERWORK AND WORRY

A Fruitful Source of Broken Down Constitutions

A little worry does a great deal of harm. Overwork and worry gives rise to headaches, nervousness, sleeplessness, weak back, lack of interest in your work, indigestion and sometimes a complete breakdown of the nervous system leading to paralysis. If these are your symptoms you need a tonic. And the only way to tone up the nerves is through the blood. Dr. Williams' Pink Pills for Pale People are a direct nerve tonic because they make new rich red blood, which feeds the nerves and strengthens every organ in the body. Under the tonic influence of these Pills nervousness and all the other evils of worry and overwork quickly disappear. They restore the digestion and enable the body to take full advantage from the food eaten.

Mrs. J. C. Chapman, Omemee, Ont., says: "I became completely run down and my nervous system shattered from overwork and worry. I always felt tired and exhausted and slept badly at night. I tried several medicines but did not find the hoped-for relief. Then I decided to try Dr. Williams' Pink Pills. I took them regularly for several months and they restored me to perfect health, and I have since been well and strong. I can recommend these Pills to any afflicted with nervousness or a broken constitution as I feel sure they will effect a cure."

These Pills are sold by all medicine dealers or will be sent by mail at 50 cents a box or six boxes for $2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

ELECTRICITY CURE.

Humanity Must Learn More About Itself, Says Edison.

The future uses of electricity that will benefit humanity most will be through its medical application. A new source of electrical supply will be direct from coal without need for steam boilers.

These are predictions of Thomas A. Edison, whose inventive genius is responsible for the widespread application of electricity.

'Electricity has been the principal factor in the enormous progress of civilization in the last 35 years," more wonderful uses of it are held Edison said. "But greater and more wonderful uses of it are held by the future.

"It must be possible to generate electricity direct from coal," he said. "When that is accomplished we will record a new epoch. It may come to-morrow. We are working on it now.

"Considerable is being done to reveal the medical functions of electricity," he continued, "but its possibilities in this direction are practically unknown.

"This research work must be done secretly, as the thousands of quacks now applying electricity to humans for all sorts of ills seize on every advance announcement from scientists to advertise their claims.

"Till we know more about our bodies it will be difficult to tell what can be done with electricity as a medical aid.

"I once asked Du Bois Reymond, psychologist, what makes my finger move. It isn't heat, light, electricity, magnetism. What is it? Reymond had studied it for 30 years, but he couldn't answer me."

Sleeps Longer Now.

Edison now sleeps about five and

DUKE OF MANCHESTER.

a half hours a night. For years he only slept four. Mrs. Edison, he explained, doesn't permit him to work all night any more. His daily diet does not exceed a pound and a half of food. He smokes cigars and chews tobacco, but bans cigarettes. He is sixty-seven and says he is enjoying rewards of right living and moderate eating.

He reads regularly 118 scientific and trade periodicals and five daily newspapers and keeps in intimate touch with every form of human activity, including baseball, golf and the stage.

"I read four lines at once," he said. "They should teach that kind of reading in the public schools."

Ready-Cooked --from Your Grocer.

Post Toasties

come from the ovens to your table in tightly sealed packages — ready to eat when opened—with cream, good milk or fruits.

Every crisp flake of this attractive food represents the best part of choice white Indian corn—

Perfectly cooked, delicately flavoured and toasted to an appetizing golden "brown."

Post Toasties are made for your pleasure and nourishment.

Sold by Grocers

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

WHEN BABY SUFFERS FROM CONSTIPATION

Mothers, if your baby suffers from constipation, if his little stomach or bowels are out of order, give him Baby's Own Tablets. They never fail to give relief, and an occasional dose will banish constipation and keep the stomach and bowels in perfect order. Concerning the tablets, Mrs. J. H. Gagnon, St. Simon, Que., writes: "I cannot recommend Baby's Own Tablets too highly as a cure for constipation, as I have found them the very best medicine in the world for this trouble." The tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville Ont.

SUNDAY LAW HITS KAISER.

Must Buy Sausage on Week-days or Go Without Sunday.

If the Emperor of Germany desires sausages for his Sunday evening meal, he can buy them the night before, just like any common citizen, or else go without. The laws regulating sale and delivery of goods in Germany on Sunday apply to the ruler in the same degree as to his meanest subject.

This is the decision of a Prussian court in the case of a sausage dealer who appealed from a fine of $1.25 for violating the Sunday observance laws. One Sunday morning, shortly before 10 o'clock, the hour at which all shops in Berlin must be closed, the Emperor's private cook telephoned from the new palace at Potsdam an order for sausages for the imperial table. The dealer loaded the desired wares on his delivery wagon and started it for the railroad station. On the way thither the delivery man was stopped by a policeman, who enquired why he was violating the law. The representation that the Emperor was waiting for the sausages had no effect on the policeman, and the result was the fine for the merchant.

On appeal the merchant set forth that his action came under the saving clause of the Sunday ordinances, which provides that Sunday orders may be filled where "their immediate carrying out is demanded by the public interest." The order of the Emperor's cook, he said, was such a case. The court rejected the appeal, saying:

"It is of no consequence that the Emperor was the customer. The Emperor has no special standing in private trade. It is the business of his private cook to send in his Sunday orders in time, just as any housewife must do."

Where You Are Wrong.

"Of course, you have your little theory about the cause of the high cost of living"

"I have," replied Mr. Growcher, "too many people are trying to make political economy take the place of domestic economy."

Fixing 'Em for Father.

"There's going to be fun in our house when pa starts to put up the window screens."

"That so?"

"Yep. One day last winter I sneaked up into the attic and switched all the little numbers on 'em."

Politeness, taken in its best sense, is the graceful expression of respect, kind feeling and goodwill.

Cure Children's Colds By External Treatment

Mothers Will Find Nothing so Speedily and Reliable as Old-time "Nerviline."

It's really a shame to upset a young child's stomach by internal dosing, when external treatment will so promptly break up a cold.

When your boy comes in after play with his feet soaking wet, his throat hoarse and sore, his little chest tight and congested, just apply Nerviline. Give him a vigorous rubbing over his throat, and put lots of Nerviline on his chest and rub it right in. To make Nerviline penetrate more quickly cover his chest and throat with a hot flannel bandage. This treatment WON'T fail. Your boy will be feeling better in half an hour, and you will have the satisfaction of knowing you have warded off perhaps a cold, or grippe, or illness that might have laid him up.

Nerviline is mighty good for preventing colds and for breaking up a bad one, too. For general family use it cures all sorts of external aches and pains—you simply can't beat it. Try it for earache, toothache, neuralgia, sciatica, lame back, rheumatism, or lumbago. Wherever there is congestion, inflammation or pain in the joints or muscles, Nerviline will cure mighty quick. The large 50c. family size bottle is so economical, so useful, it should be in every home. There is also a small 25c. size. Dealers anywhere sell Nerviline.

VEGETABLES AS MEDICINES.

Onions Good for Insomnia—Turnips Good for Colds.

Every vegetable garden is a medicine chest full of remedies that are recognized by physicians as of considerable value in the treatment of various diseases.

Onions, for example, contain sulphur oil, and are recommended for insomnia, and as an aid to gastric digestion. They should have a prominent place in the diet of sufferers from rheumatism, for they help to allay the pains.

Turnips and parsnips both have peculiar oily principles which are of value as an aperient and diuretic. It is also claimed that they are good for coughs and hoarseness.

Potatoes contain solanin, which has certain diuretic properties.

The sulphur compound which it contains makes cabbage excellent in cases of scurvy and scrofula.

Spinach has iron in organic form, and is useful as a laxative on account of its fine indigestible fibre.

Carrots are useful for correcting derangements of the liver. They are also excellent as a dressing for painful wounds and swellings.

The tomato exercises medicinal effects which are not completely explained by the presence of alkaline salts. There is a principle presented which when taken in a concentrated state produces salivation and a free stimulation of the liver.

HANGED BY THE NECK

No death is more certain than the end that comes to every offender treated by Putnam's Corn Extractor. Out comes the corn or warts, root and branch. Insist on "Putnam's" only. It's the best, free from acids and painless. Price 25c., at all dealers.

1,124,800 ATTEND SCHOOL.

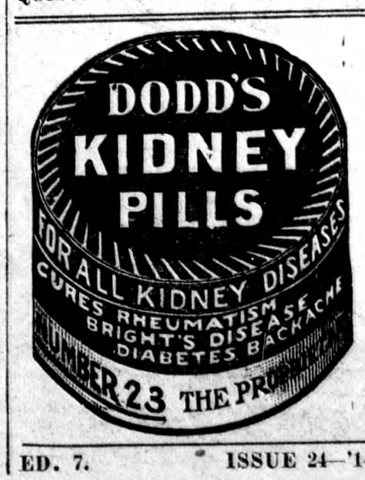
Canada's Educational Census—The West Builds Many Schools.

In the year 1910 the total population in Canada of those between the ages of six and twenty was 2,141,909, and of that number 1,124,800 were attending school, making a percentage of 52.51 of the total. Of this number there were 991,534 Canadians, 58,115 British born, and 75,151 of foreign birth. In the eastern provinces Prince Edward Island attained the highest percentage of attendance between the ages of seven and fourteen years with 84.60, while Ontario comes only second with 84.27. Nova Scotia is third with 82.86 to its credit, and the fourth, Quebec, with 80.96. New Brunswick coming at the tail end of the list with only 80.05. Of the western provinces British Columbia takes the lead with 75.33. Manitoba second with 76.64 and Saskatchewan and Alberta third and fourth with 66.71 and 62.83 respectively.

Looking at it from a different point of view, the order is reversed except for Prince Edward Island. Taking the number of schools compared to every 196 of the population, Nova Scotia comes second with one to every 185, New Brunswick third with one for every 186, Quebec fourth with one to every 200 and Ontario fifth with only one to every 376.

On the other hand Quebec and Ontario show the greatest percentage of children attending school between the ages of seven and fourteen for more than six months, it being 76.47 in the former case and 74.43 in the latter. In the Maritime Provinces the percentages vary from 62 to 67, and in the west from 43 to 61.

The problem of giving the multitudes that flock over the plains and congregate in the cities of the west schools is by no means a small one, but the western provinces are doing their best to cope with it. Saskatchewan has put into commission an average of five schools per week, Alberta three and Manitoba two every week.



HAIR GROWTH PROMOTED

By

CUTICURA SOAP AND OINTMENT

DIRECTIONS: Make a parting and rub gently with Cuticura Ointment. Continue until whole scalp has been gone over. The next morning shampoo with Cuticura Soap and hot water. Shampoos alone may be used as often as agreeable, but once or twice a month is generally sufficient for this special treatment.

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. 15K, Boston, U. S. A.

Not All at That.

Grannie—And wit's the matter wi' me richt leg, doctor?

Doctor—Oh, just old age, Mrs. MacDougall.

Grannie—Hoots, man; ye're haverin'. The left leg's hale and sound and they're baith the same age.

At a Disadvantage.

"I always leave my business at the office when I start for home at night."

"I wish I could."

"What is your business?"

"The principal part of it is explaining it to my wife. She inherited our money."

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.

Not Giving Time.

Customer—I want this suit by the thirtieth. Can I have it on time?

Tailor—No, sir; we do a strictly cash business.

Minard's Liniment Lumberman's Friend

Optimistic.

Mrs. Jones—Here is an old pair of shoes you may be able to use.

Raggled Ruggles — Yes, the tongues are gone, the soles are through and the uppers are rotten, but the laces are still good.

YOUR OWN DRUGGIST WILL TELL YOU Try Murine Eye Remedy for Red, Weak, Watery Eyes and Granulated Eyelids; No Smarting—just Eye Comfort. Write for Book of the Eye by mail Free. Murine Eye Remedy Co., Chicago.

Only One Danger.

Mr. Rocks—So you want to marry my daughter. Well, young man, what are your prospects?

Young Man—Excellent; if you don't spoil them.

INFORMATION FOR INVENTORS

Messrs. Pigeon, Pigeon & Davis, patent solicitors, Montreal, report that 137 Canadian patents were issued for the week ending May 19th, 1914, 92 of which were granted to Americans, 24 to Canadians, 15 to residents of foreign countries and 6 to residents of Great Britain and Colonies.

A man may marry for money and woman for alimony.

Minard's Liniment used by Physicians.

WORLD'S GREATEST BANK.

Lloyd's Now Leading Institution of its Kind.

With the recent acquisition of the Wilts & Dorset Banking Company, Lloyd's Bank of London becomes probably the greatest financial corporation of its kind, as its deposit and current account now aggregate more than 500 million dollars, says the Wall Street Journal.

Lloyd's Bank has a history extending over a long period of years, as the private bank out of which it was formed was established in 1765, and the present banking corporation was formed in 1865. Including its latest acquisition, the bank has absorbed no less than forty-eight other banking houses since 1865, and of these thirty-five were private banks, one of these dating back to 1677. The bank is represented in forty-five out of the fifty-two counties in England and Wales, and a subsidiary company was formed in 1911 to open a branch in Paris, an old French private banking house being taken over.

It is unusual for an English joint stock bank to organize a subsidiary company for doing business in a foreign country, but this plan had to be adopted. Under the French law, to conduct a banking business in France would have rendered the entire capital of the bank, no matter where located, subject to taxation. In all Lloyd's Bank now has 880 separate offices. While an incorporated bank, the traditions of the private banking days yet remain, and practically all officials of the bank and its branch managers were educated in private banking houses, and preference is always given to men so educated in taking on new employes.

A Nova Scotia Case of Interest to All Women

Halifax Sends Out a Message of Help to Many People.

Halifax, N.S., Dec. 15.—When interviewed at her home at 794 Argyle St., Mrs. Haverstock was quite willing to talk of her peculiarly unfortunate case. "I was always 'blue' and depressed, felt weak, languid and utterly unfit for any work. My stomach was so disordered that I had no appetite. What I did eat disagreed. I suffered greatly from dizziness and sick headache and feared a nervous breakdown. Upon my druggist's recommendation I used Dr. Hamilton's Pills.

"I felt better at once. Every day I improved. In six weeks I was a well woman, cured completely after different physicians had failed to help me. It is for this reason that I strongly urge sufferers with stomach or digestive troubles to use Dr. Hamilton's Pills."

Dr. Hamilton's Pills strengthen the stomach, improve digestion, strengthen the nerves and restore debilitated systems to health. By cleansing the blood of long-standing impurities, by bringing the system to a high point of vigor, they effectually chase away weariness, depression and disease. Good for young or old, for men, for women, for children. All dealers sell Dr. Hamilton's Pills of Mandrake and Butternut.

A Kiss Classified.

Marcella—Mr. Beanbrough is the most awkward person I know. Whenever he kisses anybody, it sounds like a pistol shot.

Waverly—Seems to me it's more like a blunderbuss.

Ask for Minard's and take no other.

Paying Him a Compliment.

"I heard a woman flattering you yesterday, dear."

"Is that so? What did she say?"

"She was telling another woman that I married you for your money."

At the Yarmouth Y.M.C.A. Boys' Camp, held at Tusket Falls in August, I found MINARD'S LINIMENT most beneficial for sun burn, an immediate relief for colic and toothache.

ALFRED STOKES, General Secretary.

The Lawyer's Opinions.

"O you got the opinions of two lawyers on the case. Were their opinions the same?"

"Yes, twenty-five dollars each."

Keep Minard's Liniment in the house.

Deaf and Dumb Professor.

A wonderful story of pluck and determination is revealed by the announcement that Mr. Annand Mackenzie is one of the new Masters of Arts at Cambridge. Mr. Mackenzie is deaf and dumb, and is the first individual so afflicted to take the degree of M.A. at an English university. His record is still more remarkable owing to the fact that he paid the fees out of his own earnings.

It Looked That Way.

Small Tommy—The teacher wanted to box my ears this morning.

Grandma—How do you know he did?

Small Tommy—'Cause he wouldn't have boxed 'em if he hadn't wanted to.

CLARK'S SOUPS

Delicately flavoured—Highly concentrated.

WHY WORRY! Choose your variety and ask your grocer for "Clark's".

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

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.

AGENTS WANTED.

AGENTS! BIG MONEY-MAKER! Our dollar book, "Destruction Empress of Ireland." Best book published; write at once for Free Outfit. Best Terms; freight paid; credit given. Nichols Limited, Publishers, 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.

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.

PATENTS OF INVENTIONS

PIGEON, PIGEON & DAVIS 71a St. James St., Montreal Write for Information.

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.

NEW YORK'S LATEST MODEL

You cannot secure the swinging, graceful lines so much sought by fashionable modistes (but so lamentably lacking in home dressmaking) unless your dress is tailored and fitted over a **scientifically proportioned Dress Form.**

Each part is made by a trained expert from the very best material. Bust and skirt covered with fast black Jersey Cloth, to which draping may be pinned. Sizes 32 to 40, bust measure. Two styles, slender (as cut) or larger hip. Also girls from 14, 16, 18 years.

So easy. Send Express or Money Order. A full form Bust, Skirt and Stand comes post paid. "The new way."

A. S. RICHARDSON & CO., Est. 1892 "YOUR DRESS FORM" DEPT. 101 Ontario St., Toronto

Everything Explained.

"My dear, what is the matter with you, you don't seem to take an interest in anything?"

"Well, I'll tell you. Once I took an interest in a man. And I married him."

PILES.

You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk, means cure. Why not prove this? *All Druggists and Stores.—50c box.*

Zam-Buk FOR ALL SUMMER SORES.