PERFECT HEALTH DUE TO THE BLOOD

No Girl or Woman Need be Constantly Ailing and Unhappy.

Nature intended every girl and every woman to be happy, attractive, active and healthy. Yet too many of them find their lives saddened by suffering—nearly always because their blood is to blame. All those unhappy girls and women with colorless cheeks, dull skins and sunken, lustreless eyes, are in this condition because they have not enough good red blood in their veins to keep them well and in the charm of health. They suffer from depressing weariness and periodical headaches. Dark lines form under their eyes, their heart palpitates violently after the slightest exertion, and they are often attacked with fainting spells. These are only a few of the miseries of bloodlessness. Nothing can rescue girls and women from the inevitable decline that follows anaemia except a generous supply of new, rich red blood, and nothing has ever proved so successful in creating red, good blood as Dr. Williams' Pink Pills for Pale People. Thousands and thousands of girls and women owe their good health and charming complexion to the use of this medicine. Here is one example of its power to cure. Mrs. Rose Ralli, Toronto, Ont., says: "For a long time I suffered with anaemia, nervousness and general debility, in fact I was beginning to feel a positive wreck. I tried several medicines and emulsions. For a time I would feel better for taking them and then the effect would wear off, leaving me worse than before. The continued drain on my health altered my appearance, my friends telling me I had a haggard and worn appearance. This naturally did not help to improve me, as you know no woman likes to be told she looks "worn out." Finally Dr. Williams' Pink Pills were suggested and my husband got me a supply. I used them and found the result good—not only good, but the benefit lasting, and I am now enjoying perfect health, have a good color and have regained my natural buoyancy. I trust my letter of gratitude may be the means of helping others who are suffering as I was."

New health, new strength, new vitality follow the fair use of Dr. Williams' Pink Pills. You can get them from your medicine dealer or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Never Saw a Bun Dance.

It was the grammar lesson and the teacher was explaining the difference between a common and abstract noun.

"An example of a common noun is dog," she said, "for you can see it, while you can not see anything that is an abstract noun. For instance, have any of you seen abundance?"

There was silence for about a minute. Then a little boy got up and said:

"Please, ma'am, I have never seen a bun dance, but I have seen a cake walk."

His Complaint.

"Let me see," said the doctor, as the patient walked into his office; "what is your complaint now?"

"Why, your bill is too large," was the startling reply.

ERUPTION ON HEAD HAD TO CUT HAIR

Formed Pimples and Matter Spread. For Three Months Did Not Go to School. Cuticura Soap and Ointment Cured in Ten Days.

69 Rue Derazilly, Ville Emard, Montreal, Que.—"Cuticura Soap and Ointment cured my little girl, aged eleven, of itch of the head.

It formed a pimple and that pimple broke and the matter spread and wherever the matter went another formed. She had large scabs on her head and at night she scratched until the blood came. I was obliged to cut her hair all around the eruption. For three months she did not go to school and I cared for it during that time without result.

"I was told to wash it and to make an ointment of ———, but after washing it she was worse. One evening when reading the paper I saw the advertisement of Cuticura Soap and Ointment and I wrote at once. After receiving the sample I immediately washed her head with the Cuticura Soap, then I put the Cuticura Ointment on. I did that twice a day, evening and morning. From the time I commenced using the Cuticura Soap and Ointment that night she did not scratch any more. It stopped the itching from the first evening. After buying some Cuticura Soap and another box of Cuticura Ointment, in ten days she was completely cured." (Signed) Mrs. Arthur Poirier, July 5, 1913.

Cuticura Soap and Cuticura Ointment are sold by druggists and dealers everywhere. A single set is often sufficient. 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.

FAMOUS ENGLISH LAWYER.

F. E. Smith Expects to One Day Be Premier.

Mr. F. E. Smith, the brilliant young English lawyer and politician, has very charming chambers in Elm Court in the Temple, London. The furniture is mostly old oak, and there is the quaint triangular Oxford oak chair to remind him of his days at Wadham. On the walls hang the different colored cartoons in which from time to time he has been depicted.

The famous K.C. allows himself one luxury: he smokes the finest cigars. Every day his box is filled with seven large Coronas, and when he is at the courts it is the duty of his managing clerk to bring him round this box to the luncheon

Mr. F. E. Smith, M.P.

room. When in court Mr. Smith, of course, has to change his coat, which is left in the barristers' robing room, and the cigars along with it; hence the daily task of his clerk.

One day Mr. Smith will be Unionist Premier. He is seeking a political rather than a legal career, though the Attorney-Generalship may be a stepping-stone to his ambition. The marvelous way Mr. Smith has got on is all the more remarkable from the fact that all the time he has had to earn his living, never having had the good fortune to be born rich like others in Parliament. When he made his maiden speech it was discussed as the most brilliant on record, and one great newspaper alluded to him as "another Premier at the starting post."

BABY'S HEALTH DURING HOT WEATHER

During the hot spell the health of baby must be carefully guarded. Diarrhoea, cholera infantum and dysentry carry off thousands of precious little lives every summer. Baby's Own Tablets are especially adapted to keep the little ones well during the summer. They regulate the bowels, sweeten the stomach, and an occasional dose will prevent the dreaded summer complaints, or if they do come on suddenly the prompt use of the Tablets will set baby right again. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

WHAT ARE DREAMS?

Just Mere Memories and Nothing Else.

It is memories and only memories which weave the woof of our dreams.

All that we have felt, perceived, thought, willed, from the first awakening of our consciousness survives indestructibly.

These memories, perceiving that I have raised the trapdoor which has kept them beneath the floor of consciousness, arise from the depths.

Memory images are like the steam in a boiler under more or less tension.

If we dream about events of the same day it is the most insignificant facts, and not the most important, which have the best chance of reappearing.

Sounds do not play in our dreams so important a role as colors. Our dreams are, above all, visual, and even more visual than we think.

In a dream we become no doubt indifferent to logic, but not incapable of logic. There are dreams when we reason with correctness and even with subtlety. I might almost say, at the risk of seeming paradoxical, that the mistake of the dreamer is in reasoning too much.

To explore the most secret depths of the unconscious, to labor in the subsoil of consciousness, that will be the principal task of psychology in the century which is opening. I do not doubt that wonderful discoveries await it there, as important, perhaps, as have been in the preceding centuries, the discoveries of the physical and natural sciences.—(From Henri Bergson's "Explanation of the Mechanism of Dreaming.")

Good-Bye, Old Backache Nerviline Will Fix You!

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

Gee whiz!—think of it!

No more stomach dosing necessary to cure your lame back.

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

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

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

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

HOW TO BE COOL.

Variety of Your Food Not So Important as Quality.

Keeping well in the summer and avoiding extreme discomfort from the temperature is not so much a matter of the kind of food eaten or avoided, according to Dr. William C. Woodward as it is of the quantity of food consumed and its quality and freshness.

"Much is said about avoiding meat in summer," said Dr. Woodward, "but as far as lean meat is concerned, provided it is fresh and in as good condition as in winter, there is not much to support this theory. The trouble with meat in the summer is that it is likely to spoil unless care is taken, and then, of course, it becomes unwholesome.

"Again, one should not get the idea that it is safe to eat all of the vegetables, cereals and other foods that he can. Overeating is really the source of much of the trouble with persons who feel oppressed by the heat, rather than the eating or avoidance of particular foods.

"Of course the body does not require so much heat producing food in summer as in winter. The appetite takes care of that to a large extent. Moderation is really the important thing. The man who eats moderately and within the bounds of reason as to selection of foods, and who lives temperately otherwise, can follow his usual regimen with but little change."

Some of his pertinent hot-weather suggestions are:

"Don't overeat. A furnace is not stoked in summer the way it is in winter.

"Avoid alcoholic drinks. Alcohol never yet made anyone cooler.

"Be sparing in the use of ice water. Water cooled in bottles placed next the ice is preferable to water containing ice.

"Wear loose clothes of a light color.

"Take just enough exercise to keep physically fit.

"Keep in the open air and in the shade.

"If possible, sleep in the open.

"Take cool baths rather than cold ones.

"If you can avoid it don't fret."

Grandmother Didn't Know

A good cook? Certainly, but she couldn't have cooked the Indian Corn, rolled and toasted it to a crisp brown, wafer-thin flakes, as we do in preparing

Post Toasties

They are delicious with cream or milk, or sprinkled over fresh fruit or berries.

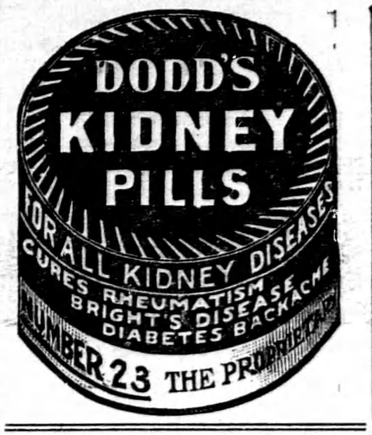
From the first cooking of the corn until the sealed, air-tight packages of delicately toasted flakes are delivered to you, Post Toasties are never touched by human hand.

Grandmother would have liked

Post Toasties

—sold by Grocers.

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



POINTED PARAGRAPHS.

Some men are unable to believe a word they say.

A man isn't necessarily honest because he is poor.

Human nature sets a man up as a judge of his neighbor.

Sometimes a girl does a young man a great favor by jilting him.

Better a woman with rosy cheeks than a man with a rosy nose.

Cupid is wise. He leads the couple to the altar and then quits the game.

Never judge a married man by his actions when he is away from home.

Unless a man keeps moving the world will soon leave him in the lurch.

And many a horse has been badly raced because money talked to the jockey.

If it wasn't for the weather lots of people would have no excuse for talking.

From the fruit dealer we get our jams—and from the wet goods dealer we get our jamjams.

It's an easy matter to fill teeth—all you have to do is kick a savage dog and then wait a little.

With the exception of chocolate caramels there is nothing sweeter to a girl than love's young dream.

It is well to make a good start—and it is also well to remember that it is the finish that really counts.

Many a man makes a strenuous effort to recognize his duty so that he will be in a position to dodge it.

Thinks Swearing All Right

Providing the provocation equals the offence of Jones stepping on Smith's corns. Far better to use Putnam's Corn Extractor—it does cure corns and warts in one day without pain. Try "Putnam's," free from acids, and painless, price 25c. at all dealers.

Of Course Not!

A witty Irishman, newly arrived in London, noticed some blankets in a window, ticketed "To be thrown away!" In walked Pat and demanded a pair. He received them and walked out again. The shopkeeper ran after him and stopped him. "Here, you haven't paid for those blankets you got just now!" "Of course not," says Pat, "weren't they labelled to be thrown away, and shure didn't I come in and ask you for a pair to save you the trouble of throwing them away?"

Conditional.

Ogden—Going to get a new suit this spring?

Owens—If I can find a new tailor.

Minard's Liniment used by Physicians.

Woes of Women.

"What's the matter, girlie?"

"I have lost my ideal. He has married another."

"I lost mine in a slightly different way," said the older woman, reflectively.

"How was that?"

"He married me."

I was cured of Bronchitis and Asthma by MINARD'S LINIMENT.
MRS. A. LIVINGSTONE.
Lot 5, P.E.I.

I was cured of a severe attack of Rheumatism by MINARD'S LINIMENT.
Mahone Bay. JOHN MADER.

I was cured of a severely sprained leg by MINARD'S LINIMENT.
JOSHUA A. WYNACHT.
Bridgewater.

Scheme Went Wrong.

"We thought this year we'd rather move than clean house."

"Great scheme!"

"Unfortunately, the same idea had occurred to the people who vacated the house we moved into."

Ask for Minard's and take no other.

HANGED BY THE NECK.

How a Chinese Artist Got Even With Mr. Carnegie.

The man who orders goods and then refuses to accept them is a trial to shopkeepers and manufacturers in all lands; a novel way of serving such delinquents is described in a curious little anecdote told in "The Memoirs of William Hickey."

There was a Chinaman who took excellent likenesses in clay, which he afterwards colored, and they were altogether well executed. To this man's shop Pott and I went to see his performances. We found Mr. Carnegie, surgeon of the ship Nottingham, sitting for his portrait, and complaining violently of the extremely ugly phiz the artist was making. After he had repeated this several times, the man laid down his tools, and looking significantly at Carnegie, said, "Hi, you handsome face no have got how can make," and turning to Pott, he continued, "Here can make handsome face, for too much ee handsome face have got." Carnegie was offended at both observations, and declared he would not pay for or take the model away.

He kept his word, and the next time we called at the shop we found the image of Mr. Carnegie tucked up, hanging by a rope round the neck to a beam with several others. Inquiring the meaning of that, the Chinaman, with much anger, answered, "All these have too much ee grand ladrones, give me too much trouble, make handsome face, no pay, no take, so must ee hang up."

Will Quickly Cure Any Sour Stomach

Relieves Fullness After Meals.

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

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

It's No Wonder.

A minister, spending a holiday in the North of Ireland, was out walking, and feeling very thirsty called at a farmhouse for a drink of milk. The farmer's wife gave him a large bowl of milk, and while he was quenching his thirst a number of pigs got round about him. The minister noticed that the pigs were very strange in their manner, so he said—"My good lady, why are the pigs so excited?" The farmer's wife replied—"Sure, it's no wonder they are excited, sir; it's their own little bowl you are drinking out of!"

Couldn't Find It.

"Mary, why didn't you sound the dinner gong?"

"Please, 'm, I couldn't find it."

"Why, there it is on the hall table!"

"Please 'm, you said this morning that was the breakfast gon."

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.

Consuming.

"She says her love for you is a consuming passion." "It is. It takes five pounds of candy a week to keep it alive."

Keep Minard's Liniment in the house.

Lesson in Etiquette.

She was a little girl and very polite. It was the first time she had been on a visit alone, and she had been carefully instructed how to behave.

"If they ask you to dine with them," papa had said, "you must say, 'No, thank you; I have already dined.'"

It turned out just as papa had anticipated.

"Come along, Marjorie," said her little friend's father, "you must have a bite with us."

"No, thank you," said the little girl with dignity. "I have already bitten."

New Fields.

"I told him there was a dozen of people right here in town who had never heard of him."

"I guess that took him down a peg or two."

"I guess it didn't. He started right out to find them and borrow money."

"What time did your master return last night, Jane?" "I don't know, mum, but at 7 o'clock this morning his boots were still warm."

Dr. Morse's Indian Root Pills

exactly meet the need which so often arises in every family for a medicine to open up and regulate the bowels. Not only are they effective in all cases of Constipation, but they help greatly in breaking up a Cold or La Grippe by cleaning out the system and purifying the blood. In the same way they relieve or cure Biliousness, Indigestion, Sick Headaches, Rheumatism and other common ailments. In the fullest sense of the words Dr. Morse's Indian Root Pills are 47

A Household Remedy

ED. 7. ISSUE 26—'14.

By Proxy.

Maude—Carline is a great woman of fashion.

Beatrix—Does she neglect her children?

Maude — Oh, no! She hires a nurse to do it.

SUMMER TOURIST RATES TO THE PACIFIC COAST.

Via Chicago and North Western Ry., Special low rate round-trip tickets from all points in Canada to Los Angeles, San Francisco, Portland, Seattle, Vancouver, Victoria, Edmonton, Calgary, Banff, Yellowstone Park, etc., during June, July, August and September. Excellent train service. For rates, illustrated folders, time tables and full particulars, address, B. H. Bennett, General Agent, 46 Yonge Street, Toronto, Ontario.

You can sometimes judge the character of a man by the welcome he receives from his dog.

Minard's Liniment Lumberman's Friend

Altruism.

"Jim," said an honest coal dealer to one of his drivers, "Jim, make that ton of coal 200 pounds short. It is for a poor, delicate widow, and she will have to carry all of it up two flights of stairs. I don't want her to overtax her strength."

Zam-Buk

is the best remedy known for sunburn, heat rashes, eczema, sore feet, stings and blisters. A skin food!

All Druggists and Stores.

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.

STOCK SALESMAN.

WANTED FOR BEST ALBERTA Oil proposition yet organized. Apply for particulars to W. B. Leitch, Bank of Ottawa Building, Montreal, P.Q.

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.

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.

A TREATISE on the Horse—FREE!

We offer you free this book that tells you all about horse diseases and how to cure them. Call for it at your local druggist or write us.

KENDALL'S SPAVIN CURE

is invaluable. It cures Spavin, Curb, Splint, Ringbone or any other lameness, quickly and safely at small expense. Read what Leo Cadigan, of Ennismore, Ont., says: "I used your Spavin Cure on a horse that had Ringbone, and it cured him in four weeks time."

Kendall's Spavin Cure is sold at the uniform price of $1 a bottle, 6 for $5. If you cannot get it or our free book at your local druggist's, write us.

Dr. B. J. KENDALL COMPANY
Enosburg Falls, Vermont 81

HOME STUDY

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

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