ROBBING WOMEN OF THEIR HEALTH

Anaemia Unless Checked Passes Into Hopeless Decline

Anaemia is like a spectre that steals on you unawares and drives all happiness out of existence. It is a thief that robs you of your life and energy. Thousands of women in this country are the victims of anaemia (that is, bloodlessness), which spares neither rich nor poor, young or old. It robs woman of her health, her vitality, her beauty—of everything that gives a woman her charm. The chief symptoms of this trouble include a distate for food, prostrating headaches, extreme langour, loss of weight, nervousness, pale cheeks, lips and gums, heart palpitations, dizziness and a constant feeling of wretchedness.

The only way to effect a cure is to increase the blood supply—to make it pure, rich and red. Dr. Williams' Pink Pills have saved thousands of young girls and women from the early fate that threated them through anaemia's ravages, for these pills enrich the blood, stimulate the circulation, nourish the nerves, and restore the energy and perfect health that make women attractive. If you are a victim of bloodlessness in any way, do not let it run into a hopeless decline, but begin the use of Dr. Williams' Pink Pills to-day. The following bit of evidence proves the worth of this medicine Mrs. Maurice Sims, Liverpool N. S., says: "Dr. Williams' Pink Pills have been a blessing to me. About two years ago I was so badly run down that I had to give up all work and go to bed. My husband and parents were much worried about me as they thought I was going into consumption. The doctor who was attending me changed his medicine several times; but it did me no good and I began to feel very much discouraged myself. One day a friend advised me to try Dr. Williams' Pink Pills and I decided to do so. In a few weeks I felt much better and I continued taking the pills for a couple of months until I was again in perfect health. I believe that if I had not taken Dr. Williams' Pink Pills I would not have survived, and I shall always be very grateful for what they have done for me."

You can get these pills from any dealer in medicine or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville. Ont.

She Had Tried Electricity.

Mrs. Carter had suffered from rheumatism until she declared that she had "no patience with it," but she was always eager to hear of possible remedies, and when her sister wrote that she knew of a cure that had been tried with great success, and would tell her all about it on her next visit, Mrs. Carter was all excitement.

"Now, Ellen," she exclaimed, eagerly, a few minutes after her sister had reached the house, "do tell me about that cure for rheumatism! I am so anxious to hear about it that I could hardly wait for you to get here."

"Well, Caroline," began her sister, "it's electricity—"

Before she could continue, Mrs. Carter interrupted her.

"Caroline Smith! The idea of suggesting that to me! Don't you remember that only last summer I was struck by lightning and it didn't do me a mite of good?"

First Catch Your Victim.

The Old 'Un—Pluck, my boy, pluck; first and last; that is the one essential to success in business.

The Young 'Un—Oh, of course, I quite understand that. The trouble is finding some one to pluck.

Magic "Nerviline" Cures Toothache, Earache

IT RELIEVES EVERY EXTERNAL PAIN.

Cures Colds, Coughs, Sore Throat Tight Chest and Hoarseness.

It's when sickness comes at night, when you are far from the druggist or the doctor, that's when you need Nerviline most. Experienced mothers are never without it. One of the children may have toothache. Without Nerviline—a sleepless night for the entire household. With Nerviline the pain is relieved quickly. It may be earache, perhaps a stiff neck, or one of the kiddies coughing with a bad chest cold. Nothing can give quicker results than vigorous rubbing with this old-time family remedy.

Nerviline is too useful, too valuable to be without. For lumbago, lame back, sciatica or neuralgia there is no liniment with half of Nerviline's power to penetrate and ease the pain.

As a family safeguard, as something to ward off sickness and to cure the minor ills that will occur in every family, to cure pain anywhere, you can find nothing to compare with old-time Nerviline, which for forty years has been the most widely used family remedy in the Dominion. The most economical size in the large 50c. family size bottle, small trial size 25c. All dealers sell Nerviline.

AGED U.S. SENATOR.

Senator Isaac Stephenson Is Canadian Born.

"I have no specific rules on longevity to offer," said United States Senator Isaac Stephenson on the 18th of June, when he was 85 years old. "I believe my long life and good health is due to the fact that so much of my youth was spent in the open. Many is the time I've slept on the snow in the woods. Just think right and live right, and spend as much of your time in the out-of-door world as you can and you'll be as young as I am at 85. Why, I don't feel a day older than I did the day I was 20."

By reason of strength this tall slender man has reached more than four-score years, and his boast is that he has worked hard ever since he was a small boy in Fredericton, New Brunswick.

According to Senator Stephenson it is the idler who will be cut off years before the allotted span of three-score years and ten, given an even chance with the man who works.

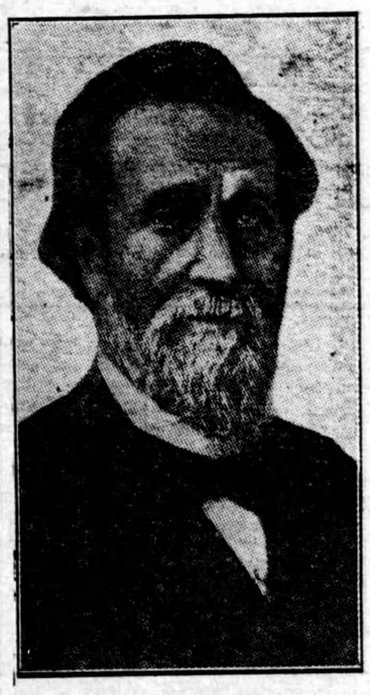
"Work is the greatest blessing on earth," he repeated, "work, and the open air!"

Also Richest Man.

The oldest man in Congress is also the richest, and he carries the responsibility of one distinction as simply and naturally as the other. It is a far cry from the boy in New Brunswick, who canoed up the St. John's River on a logging trip when he was 11 years old, to the United States Senator from Wisconsin, who, when he was 84, fumbled a check for $7,000,000 in his fingers.

"I've just sold a little lumber," he said to the Senator across the aisle. And that was only one of many checks made payable to Uncle Ike Stephenson in the seventy-three years since he began work in a lumber camp.

Senator Stephenson lives on a farm at Marinette, Wis., where his chief enjoyment is his horses and cows, Percherons and Holsteins. Whereas he takes pride and delight



Senator Stephenson.

in his horses and has for more than fifty years, he confesses to an ever-increasing fondness and admiration for the gentle, placid cow.

He says that the cow is a philosophical animal, practicing patience and calmness in a way that is soothing to behold, and that should be a perpetual lesson to all mankind.

Perhaps it is because as, he insists, the cow has a really beautiful personality that he gives each one of the kine he loves best a friendly, familiar name, the most distinguished of which is Pauline. She was presented to President Taft and his family, and figured conspicuously in the domestic history of the last administration.

His Whiskers Not White.

The oldest and richest man in Congress is also one of the five men in the United States Senate who wear whiskers, and be it recorded to his youth they are not white. They are no grayer than Senator Lodge's trim, proper, New England cut of beard, although he is twenty-one years younger; Senator O'Gorman of New York was not born until Senator Stephenson was 31 years old, and yet his beard is as iron-gray as that of the man who was 85 years old the 18th of June; both Senator Lewis of Illinois, the the youngest man in the Senate to wear a beard, and Senator Sutherland of Utah, only a few years older, are still untouched with the streaks of white.

A smooth shaven, handsome chap approached Senator Stephenson not long ago on the subject of beards.

"Why do you wear whiskers, anyway, Mr. Senator, in this hot weather?"

"Well, now, my boy," said Uncle Ike, "when I was a lumber jack up there in Wisconsin—were you ever up there in that part of the country in the winter?"

The smooth shaven, handsome young man confessed to knowing nothing about northern Wisconsin at any time of the year except as he saw it on the map.

"Well, it's cold," said the Senator with one of his kindly, whimsical smiles, "and to protect my throat, as well as for many other practical reasons, I let my beard grow. And now"—he hesitated, "well, now, I'm used to it, and I've never found any sufficient reason to take it off. So—there it is."

How a Sick Woman Can Regain Health

READ THIS VERY CAREFULLY.

"For years I was thin and delicate. I lost color and was easily tired; a yellow pallor, pimples and blotches on my face were not only mortifying to my feelings, but because I thought my skin would never look nice again I grew despondent. Then my appetite failed. I grew very weak. Various remedies, pills, tonics and tablets I tried without permanent benefit. A visit to my sister put into my hands a box of Dr. Hamilton's Pills. She placed reliance upon them and now that they have made me a well woman I would not be without them whatever they might cost. I found Dr. Hamilton's Pills by their mild yet searching action very suitable to the delicate character of a woman's nature. They never once griped me, yet they established regularity. My appetite grew keen—my blood red and pure—heavy rings under my eyes disappeared and to-day my skin is as clear and unwrinkled as when I was a girl. Dr. Hamilton's Pills did it all."

The above straightforward letter from Mrs. J. Y. Todd, wife of a well-known miller in Rogersville, is proof sufficient that Dr. Hamilton's Pills are a wonderful woman's medicine. Use no other pill but Dr. Hamilton's, 25c. per box. All dealers or The Catarrhozone Co., Kingston, Ontario.

CRUELTY IN GERMAN ARMY.

Brutality of Officers to Privates Slowly Decreasing.

The unceasing criticism of press and parliament is slowly reducing the number of cases of mistreatment of soldiers by their officers, but a recent report shows that 490 noncommissioned officers and officers were convited of such offence last year. This was a reduction of ninety cases from the figures of five years ago, writes a Berlin correspondent.

These 490 convictions by no means indicate, however, that only that number of private soldiers were brutally handled during the year. A recent case, and one by no means unusual, was the conviction of a noncommissioned officer of the Third Bavarian regiment, who was charged with no less than ninety offences against the men under him. One soldier was lamed by being struck on the kneecap with a gunbutt, and there were a dozen of cases in which recruits were choked and struck in the face. It is not long since a captain was forced to leave the service after his third conviction for mistreating recruits. The charges against him covered brutal treatment in 140 cases.

Complaints of these conditions made in the reichstag, have from time to time moved the minister of war to declare that the government was equally concerned and was doing its best to put a stop to them. Figures have been quoted to show that cases of mistreatment are gradually growing less common, and it has been declared that the government desired that punishment of the offenders be exemplary.

With all credit to the minister of war, it must nevertheless be said that sentences in the majority of these cases are extremely mild and by no means calculated to discourage brutal officers from a repetition of their offences. The noncommissioned officer just mentioned was sentenced to three months and fifteen days' imprisonment and degraded. This is a really severe sentence, but it is at the same time a most unusual one.

The following case is typical of the nearly ten cases occurring on an average each week. A noncommissioned officer of the Third Guard Field Artillery regiment commanded a recruit to clean harnesses. He was not satisfied with the recruit's work and started expressing his dissatisfaction by striking the man over the head with a bridle. He then forced him to march up and down in the stables and to do setting up exercises, including the fatiguing knee bend," until the recruit fell from exhaustion. He kicked him in the thigh and on the knees and otherwise maltreated him. The recruit was removed to the field hospital suffering among other things, with concussion of the brain. The court martial condemned the officer to five weeks' light arrest.

Sensative.

Fond Father—Tommy writes us a real feeling letter from boarding school.

Doting Mother—And what does the poor darling say?

Fond Father—He says he's been whipped so often he can tell what kind of wood the teacher's switch is made of by the feel.

Spoiled children and foolish parents are often found in the same house.

Itching Scalps Dandruff and Falling Hair

Successfully Treated with Cuticura Soap

And Cuticura Ointment. Directions: Make a parting and rub gently with Cuticura Ointment. Continue until whole scalp has been gone over. Next morning shampoo with Cuticura Soap. Shampoos alone may be used as often as agreeable, but once or twice a month is generally sufficient for women's hair.

Cuticura Soap and Ointment are sold throughout the world. A liberal sample of each, with 32-page Skin Book, sent post-free. Address Potter Drug & Chem. Corp., Dept. 6K, Boston, U.S.A.

MODEL COTTON PLANTATION.

English Spinners Seek to Be Independent of America.

In the hope of some day securing a raw cotton supply independent of America, the International Federation of Master Cotton Spinners' and Manufacturers' Association of England has launched a scheme for the establishment of a model cotton plantation in Punjab, India.

Considering the advances already made in India, it is estimated that before many years the Indian crop will be almost as large as the American crop. The model plantation in India will demonstrate the benefits which arise from intensive farming thereby encouraging the landed proprietors to adopt this system and to improve the yields per acre and the quality of the fibre.

The land will be sown with as large percentage of American cotton seed as possible, and the Agricultural Department of Punjab will have the right to purchase any of the surplus seed produced which is not required for the estate, for distribution in other districts.

The Federation has secured a twenty years' lease of 7,500 acres close to the railway and water supply. A modern ginning mill is to be erected, and as there is scarcely any population in the vicinity, model villages are to be established for the workmen, who are to be brought in and instructed by experts.

Leading members of the Federation believe that within a few years it will be possible to increase the Indian cotton crop to ten million bales without encroaching on the area required for food. Manufacturer in all countries using Indian cotton are subscribing to the project.

GOOD CHANGE.

Tea and Coffee to Postum.

The large army of persons who have found relief from many chronic ailments by changing from tea and coffee to Postum as a daily beverage, is growing each day.

It is only a simple question of trying it for oneself in order to know the joy of returning health as realized by this young lady. She writes:

"I had been a coffee drinker nearly all my life and it affected my stomach—caused insomnia and I was seldom without a headache." (Tea is just as injurious because it contains the same drug, caffeine). "I had heard about Postum and how beneficial it was, so concluded to quit coffee and try it.

"I was delighted with the change. I can now sleep well and seldom ever have headache. My stomach has gotten strong and I can eat without suffering afterwards. I think my whole system greatly benefited by Postum.

"My brother also suffered from stomach trouble while he drank coffee, but now, since using Postum, he feels so much better he would not go back to coffee for anything."

Name given by Canadian Postum Co., Windsor, Ont. Read "The Road to Wellville," in pkgs.

Postum comes in two forms:

Regular Postum—must be well boiled. 15c and 25c packages.

Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage **instantly.** 30c and 50c. tins.

The cost per cup of both kinds is about the same.

"There's a reason for Postum."
—sold by Grocers.

THE QUIETEST PLACE.

It is Found in the City of Utrecht in Holland.

If you should ask your friends to name the quietest place in the world, you would probably get a variety of answers. Some would say, the summit of a high mountain; others, a distant place in the middle of the ocean, or an isolated spot in the desert. But on the mountain peaks and in the quiet of the wilderness there are usually birds to break the silence, and the roar of wind and the dashing of the waves disturb the peace of the ocean.

We need not flee from civilization to find the quietest place in the world, for it is in the heart of a city—the city of Utrecht in Hollond. This quiet place is a room for scientific research, especially built to avoid all vibration. Prof. H. Zwaardemaker, a well-known Dutch physical and physiologist, had it built. An attempt to construct a noise-proof room had been made once before by Professor Wandt in Leipzig, but that was not entirely successful. The means that Professor Zwaardemaker used are worthy to be recorded.

In the first place, he built three rooms, one inside of another: then, since a vacuum is a poor conductor of sound, he had the air all pumped from between the walls. The interior walls of the rooms were covered with six layers of material; one layer was of stone blocks, treated by a special process. The cavities between the stones were filled with horsehair; next to the stone were placed layers of wood and cork. The other coverings were layers of lead plate, sea grass, and paper. The walls were further lined with tapestry to absorb the internal counds. Not the slightest sound can penetrate to the innermost chamber. In that room there rules an absolute quiet, a quiet that can be found in ot other place on earth.

THE SQUARE DEAL PAYS

And square with the enemy every man gets when he separates himself from his corns by Putnam's Corn Extractor. For fifty years "Putnams" has cured every man it treated—use "Putnam's" only—it's painless and sure, 25c. at all dealers.

POINTED PARAGRAPHS.

Necessity is often mistaken for courage.

We refuse to judge a man's character by his actions in public.

Love may be blind but the girl's small brother sees things.

Many a harmless-looking bottle contains a lot of fish stories.

And one good action is worth more than a hundred good intentions.

It's a lonely day in a yellow dog's life if nobody hands him a kick.

Gold may be the key to society, but poverty is the strongest bar.

Good judgment frequently enables a man to use the good judgment of others.

Faith, hope, and charity belong to the man who lends his new umbrella to a friend.

A maid of twenty tries to act like a widow of forty, a widow of forty tries to act like a maid of twenty—and there you are.

Take No Chances.

Alice—How many time would you make a man propose to you before you said yes?

Marie—If you have to make him propose better say yes the first time.

Minard's Liniment Cures Distemper.

Extinct.

Teacher—Now, James, do you understand the meaning of the word "extinct?"

James—Yes'm.

Teacher—Then name one bird that is now extinct.

James—Chipper.

Teacher—Chipper? What kind of a bird is that?

James—My pet pigeon. The cat caught him this morning.

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.

Improving.

Husband—There you are my dear; you see I'm improving. I've brought the umbrella back.

Wife—That is very extraordinary, considering your umbrella is still in the stand, and that you went out with your walking stick!

Minard's Liniment Cures Diphtheria.

Considered Others.

"How can you smoke those vile cigarettes?"

"Many great men have done the same thing. Robert Louis Stevenson smoked cigarettes."

"I know that, but Stevenson had the decency to go to the middle of the Pacific Ocean to do it."

Recent stories about the curious way in which some women endorse cheques are supplemented by this from a correspondent:—A young wife had got a cheque from her husband as a birthday present, and when asked by the banker to endorse it wrote on the back:—"Many thanks, dear. I've got the money. Your affectionate wife, Isobel."

CLARK'S SOUPS

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

$1. for a Horse

Save a horse and you won't have to buy one. Don't sell or destroy any horse on account of Spavin, Splint, Ringbone, Curb, Sprains or Lameness. Spend one dollar for a bottle.

KENDALL'S SPAVIN CURE

has saved a great many horses—has put them back to work, even after they have been given up. Over 35 years of success have proved its value.

Mr. J. M. Grondin of St. Lin, Que., writes:

"I have been using your Spavin Cure for many years, always with excellent results."

Get Kendall's Spavin Cure at any druggist's. Price, $1.00 per bottle, 6 bottles for $5.00. "A Treatise on the Horse" free at druggists or from

Dr. B. J. Kendall Co., Enosburg Falls, Vermont, 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.

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.

No Fiction.

"I want to get a book for my wife," said the man entering the book store.

"Something in the way of fiction?" asked the clerk.

"No; I've given her a lot of that, but she doesn't seem to care for it."

Minard's Liniment Cures Colds, Etc.

Two Objections.

Dad—What's your objection to that young fellow, Jaysport?

Daughter—His clothes are so awfully pronounced and his English is pronounced so awfully.

Wire Wounds

My mare, a very valuable one, was badly bruised and cut by being caught in a wire fence. Some of the wounds would not heal, although I tried many different medicines. Dr. Bell advised me to use MINARD'S LINIMENT, diluted at first, then stronger as the sores began to look better, until after three weeks, the sores have healed, and best of all, the hair is growing well, and is NOT WHITE as is most always the case in horse wounds.

F. M. DOUCET.

Weymouth.

Ladylike Husband.

Mrs. Goodwin—I wish to select a present for my husband and I can't find anything suitable. He doesn't smoke or drink or go out nights or play cards.

Salesperson—Is he fond of fancy work?"

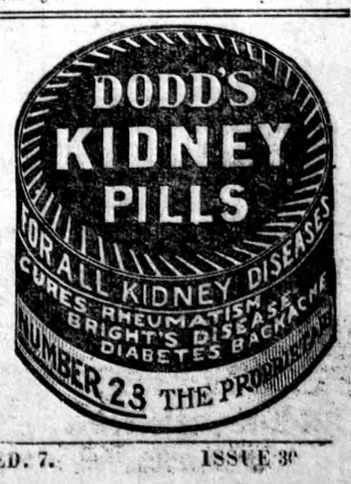
Minard's Liniment Cures Garget in Cows.

Hibernian Wit.

An Irish farmer was asked if he used any of the commercial fertilizers on his land.

"No, sorr," he replied. "To my notion there's nothing like the old barnyard kind."

"Nonsense, man," said the other, "the time is coming when a man can carry the fertilizer for an acre of land in one of his waistcoat pockets."

"Maybe he will, sorr," returned Pat. "An' he'll be able to carry the crop in the other pocket, I'm thinkin'."

Most men are industrial from necessity.