PALE AND SICKLY BOYS AND GIRLS

Need All the Strength That Good Red Blood Can Give

Youth is the time to lay the foundation for health. Every boy and girl should have plenty of pure, red blood and strong nerves. With thin, impure blood they start life with a handicap too great to win success and happiness. Pure, red blood means healthful growth, strong nerves, a clear brain and a good digestion. In a word, pure blood is the foundation of health.

The signs of thin, impure blood are many and unmistakable. The pale, irritable boy or girl, who has no appetite or ambition, is always tired out, melancholy, short of breath, and who does not grow strong, is the victim of anaemia, or bloodlessness—the greatest enemy of youth.

There is just one thing to do for these boys and girls—build up the blood with Dr. Williams' Pink Pills for Pale People. You can't afford to experiment with other remedies for there must be no guesswork in the treatment of anaemia. Through neglect or wrong treatment anaemia gradually develops into the pernicious form which is practically incurable. Dr. Williams' Pink Pills work directly on the blood, giving it just the elements which it lacks. In this way these Pills build up every organ and nerve in the body, thus developing strong, rugged boys and girls. Miss Anna Loseke, Grand Forks, B.C., says: "I think that before taking Dr. Williams' Pink Pills I was one of the most miserable girls alive. I was hardly ever free from awful headaches, was as pale as a ghost, and could not go upstairs without stopping to rest. Now since taking the Pills the headaches have gone, my appetite is good and I am equal to almost any exertion, and you may be sure I will always recommend Dr. Williams' Pink Pills."

Sold by all medicine dealers or sent by mail, post paid, at 50 cents a box or six boxes for $2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

JOHN REDMOND.

By Nature the Irish Leader Is Reserved and Even Shy.

One of the dominant and most powerful members of the British House of Commons to-day is John Redmond, the leader of the Irish Nationalist party. For four sessions now, since the general election of December, 1910, Mr. John Redmond has enjoyed this position of unusual power and pre-eminence in public life—or perhaps he has disliked it, for he is a reserved and somewhat shy man—as holder of the balance of political power in the votes of his party, over whom he wields undisputed sway. But, anyway, he would still be a commanding personality in the chamber by reason of his character and ability.

An English political writer recently said:

"Mr. John Redmond must be given place among the first twelve men of the House of Commons, his compeers, in my opinion, being Mr. Asquith, Mr. Balfour, Mr. Lloyd George, Mr. Bonar Law, Sir Edward Grey, Mr. Churchill, Sir Edward Carson, Mr. Austen Chamberlain, Mr. Ramsay Macdonald, Lord Robert Cecil, and Mr. Philip Snowden."

In the House of Commons, as in all bodies of men, looks and appearances tell in making lasting and true impressions. As the Nationalist leader rises to speak from the corner of the top bench below the gangway on the Opposition side, he is seen to be of a portly habit, with an impressive air of dignity, suavity, and strength.

Mr. John Redmond may perhaps, be described as the only orator in the House of Commons. His style of speech is far removed from the flowery and ornate, which is associated with the popular idea of Irish rhetoric. On the other hand, it is not stiff or formal or severe, like so much of the oratory of the British school. Mr. Redmond's speeches are models of consecutive and lucid statement and of terse and cogent reasoning, embellished with passages most eloquently expressive of feeling and emotion. He is also a perfect elocutionist, and there is not in the House a voice more melodious or persuasive than his.

From Wexford.

Mr. Redmond comes of a county family of good standing in Wexford His father sat in the House of Commons for the borough of Wexford in the seventies, and his mother was a daughter of General Hoey. He was educated at Clongowes, the great school of the Jesuits in Ireland. "All I am I owe to the Jesuit Fathers," he proudly declared at the St. Patrick's Day banquet of 1908, held at the Hotel Cecil. At school he distinguished himself as an actor, appearing as Hamlet and as Macbeth, and also shone as a speaker in the Clongowes Debating Society. Mr. Redmond was good, too, at games, especially cricket.

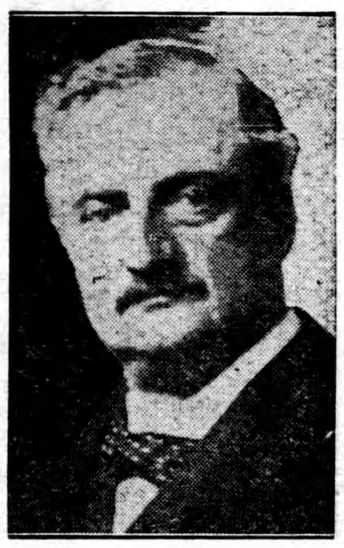
For a time the choice of a profession was a matter of doubt. Mr. Redmond thought of becoming a priest and joining the Jesuit order; he thought also of the army, with which his family was connected on both sides. The matter decided while he was a student at Trinity College, Dublin, and 22 years of age He was appointed a clerk to the House of Commone.

The appointment was decisive of Mr. Redmond's fate. The clerks of the House of Commons have the privilege of standing near the bar, or sitting in a section of the members' galleries, during a debate. Young Redmond was to be seen in the gallery every night, watching with interest and sympathy the development of the policy of obstruction which Parnell had initiated, the policy of speaking on any subject, or at any time, that at all tended to interrupt and delay the regular movement of business.

Took Seat in 1881.

Consequently Mr. Redmond was not new to parliamentary life when on Feb. 2, 1881, he took his seat as a Parnellite for New Ross, a Wexford borough extinguished by Mr. Gladstone's redistribution scheme of 1885. He was then in his twenty-fifth year. It was a memorable day that Feb. 2, 1881, in the annals of Parliament. At 9 o'clock that Wednesday morning Mr. Speaker Brand had terminated a sitting which had lasted continuously over forty hours, debating the motion for leave to introduce the measure of the Gladstonian Government for the better protection of person and property in Ireland, by refusing to alloww any more of the obstructing Nationalist members to speak, and thereupon peremptorily putting the question. There was then no rule, written or unwritten, to justify this unprecedented proceeding on the part of the Speaker; but that it was "in accordance with the evident sense of the House."

The House met again at 4 o'clock, seething with excitement, and after Mr. John Redmond was introduced as a new recruit of the Parnell-



Mr. John Redmond, the Nationalist Leader.

ites, a scene of unparalleled confusion and disorder took place. Gladston rose to give notice of a resolution investing the Speaker with a power of closure, the power which Mr. Brand had that morning exercised arbitrarily on his own responsibility. All the Nationalist members refused to obey the order of the Speaker to sit down and each was compelled to withdraw by the sergeant-at-arms.

Among those who were thus suspended was Mr. John Redmond, a couple of hours after taking his seat "As I regard the whole of these proceedings as unmitigated despotism," said he, in the first words he spoke in the House, 'I beg respectfully to decline to withdraw." "Mr. Redmond," said Hansard, "was by direction of Mr. Speaker removed by the sergeant-at-arms.

A BARGAIN IN CHEESE.

An Incident in a Spanish Market Place.

At early morning the market place of Medina is a rare sight, says Mr. C. Bogue Luffmann in his "Quiet Days in Spain." It is thronged with hundreds of tilted carts and pack animals, loaded with all the materials that the population requires. So universal is the practice of buying in the market square, that there are very few shops, and those are both small and old fashioned.

At a stall in the market place a bright-eyed dapper little woman was offering tiny cheeses of goat's milk. A countryman examined one carefully, tucked it in his pocket, and put down a real. I thought the cheese a bargain, and said to the little woman, "I'll have one," and gave her a peseta, which is four reals. She beamed, and gave back two reals. I remarked, "The price of the cheese is one real."

"Ah," said she, with a winning smile, "but you are a caballero."

I enjoyed her audacity so much that I had to laugh and say, "You are a little rogue"; and she, seeing that she had beaten me, curtsied and laughed as she cried, "Ah, great senor mine, you are many times a caballero!"

I do not complain. Such incidents and compliments are cheap at the price.

Plenty of Time to Reform.

"George, do you know that you haven't got home before 12 o'clock any night this week?"

"Well, whatch complainin' about? This is only Thursday."

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 marvelous 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 to-day 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."

A PERTINENT QUESTION.

"Is the Brain Necessary to Human Existence?"

Can a man live with faculties unimpaired after a large portion of his brain has been removed, or with no brain at all? Several recent cases are leading scientists to answer the question in the affirmative, however much such an answer would have been scouted a little while ago.

There is now in the service of Dr. Daniel Moliere, surgeon in the Hotel Dieu Hospital, Lyons, a capable little fellow of 12 years, who is apparently in perfect health. Some time ago, in sliding down the balusters, he fell and fractured his skull upon a chandelier below. As a bowl full of brain matter oozed from the wound, no hope was entertained for his recovery. He lay in a coma for ten days, in fact, but upon awakening began to improve and is at present apparently sound in mind and body.

The famous surgeon, M. Destot, comes forward with an incident as striking. It is the case of a stone mason, who in mounting a large cornice was so seriously wounded that he lost the left frontal bone and the left frontal lobe of the brain. After twelve days of unconsciousness he began to recover, and, according to the surgeon, is not only well, but in the possession of all his senses.

When in Algiers some time ago, Dr. Bruch treated an Arab for an ugly wound about the left eye, which had been caused by the blow of a hammer. The patient remained in the hospital service fully two months and during that time did not show the slightest evidence of cerebral trouble. At the end of that period he became unconscious and died in a few days. The post mortem examination developed the astounding fact that he was totally destitute of brains.

The anatomist and the psychologist alike are studying these cases with tremendous interest, but no explanation that harmonizes with our previous knowledge seems to be forthcoming.

NEW IDEA.

Helped Western Couple.

It doesn't pay to stick too closely to old notions of things. New ideas often lead to better health, success and happiness.

This couple examined an idea new to them and stepped up several rounds on the health ladder. The husband writes:

"Several years ago we suffered from coffee drinking, were sleepless, nervous, sallow, weak, and irritable. My wife and I both loved coffee and thought it was a bracer." (Delusion—and tea is just as harmful as coffee, because they both contain the drug, caffeine).

"Finally, after years of suffering, we read of Postum and the harmfulness of coffee, and believing that to grow we should give some attention to new ideas, we decided to test Postum.

"When we made it right we liked it and were free of ills caused by coffee. Our friends noticed the change—fresher skin, sturdier nerves, better temper, etc.

"These changes were not sudden, but increased as we continued to drink and enjoy Postum, and we lost the desire for coffee.

"Many of our friends did not like Postum at first, because they did not make it right. But when they made Postum according to directions on pkg., they liked it better than coffee and were benefited by the change."

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

Postum now comes in two forms: **Regular Postum**—must be well boiled. 15c and 25c packages.

Instant Postum—is a soluble powder. Made in the cup with hot water—no boiling. 30c. and 50c. tins.

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

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

ECZEMA ON FACE, SCALP AND HANDS

Came Off in Scales. Itched Badly. Had to Tie Hands. Little Watery Pimples. Cuticura Soap and Ointment Completely Cured.

1307 Davenport Road, Toronto, Ont.—"My eczema first started when I was a baby, on my face and scalp. It seemed dry and when I scratched it, it came off in scales. It itched very badly and I was obliged to have my hands tied up so as to prevent scratching my face. Little white watery pimples came on my hands and face and I had to stay home from school for nearly two weeks. It caused my face and hands to look badly. The eczema took a very bad form, appearing on my face in little watery ulcers so bad that I could hardly bear to be touched. My hair being naturally very thick I found to be getting thinner and wondered what could cause it to fall out.

"My mother tried ——— and ——— and spent no end of money trying to get me better but it did no good. At last a friend recommended Cuticura Soap and Ointment and my mother used them. We applied the Cuticura Ointment to my face, head and hands and washed with the Cuticura Soap and the eczema began to disappear. Before six months had passed I was completely cured." (Signed) Miss Constance Jane, May 26, 1913.

Cuticura Soap and Ointment do so much for pimples, blackheads, red, rough skins, itching, scaly scalps, dandruff, dry, thin and falling hair, chapped hands and shapeless nails, that it is almost criminal not to use them. A single set is often sufficient. Cuticura Soap and Cuticura Ointment are sold by druggists and dealers 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.

A FLY'S PROGENY.

The Complete Insect Emerges in Ten to Twelve Days.

The three kinds of flies commonly found in dwelling houses have similar or identical histories. The female deposits from 120 to 150 eggs at a time and may repeat this performance as often as four times in a season; a prolificity which, if unchecked, would leave little room for other forms of life upon the earth. The eggs are deposited by choice in horse-dung, but when that is not available, in any description of excremental or decaying refuse in which the larvae bury themselves as soon as hatched and on which they feed until they assume the pupa stage. The complete insect emerges in ten to twelve days, more or less according to temperature and other external conditions, and requires about ten days more in order to become sexually mature.

Dr. Howard gives a calculation of prolificity based upon the hypothesis that all the eggs are hatched and all the larvae come to maturity and shows that under these conditions a female surviving the winter and depositing 120 eggs on April 5 might occasion the issue of the tenth of the following September of 5,598,720,000,000 of adult flies, of which one half would be females.

CITY COUNCIL DOINGS

To put through the license reduction will require some tall hustling. Meantime lots of corns will be tramped on. The cure is "Putnam's," the old reliable corn extractor that has been curing corns and warts for years. "Putnam's" never fails. 25c. at all dealers.

Life Jackets for Children.

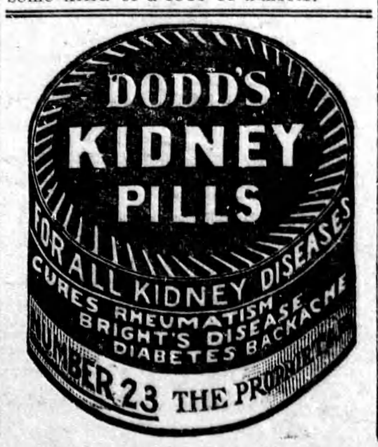
The international conference on safety at sea, held in London during January last, drew up provisions covering every conceivable point in the plan to render sea travel as free from disaster and death as human care and ingenuity can make it. In working out the big details the little essentials did not escape the painstaking attention that marked the treatment of the entire subject. "Even the question of special life-jackets for children was dealt with," says a London periodical, in commenting on the thoroughness of the work. The jacket has been put to most rigorous tests and the London Board of Trade has given a certificate that it will keep a child afloat and head above water. It is not a cumbersome or a complicated arrangement, and is very readily donned.

Minard's Liniment Cures Colds, Etc.

A Real Disappointment.

A young farm girl asked to have Saturday off in order to go and see a man hanged. Permission was given her, and she set out before daybreak, having twenty miles to walk. When she returned that evening she was in tears. "Why, Milly, what's the matter?" asked her mistress. "Oh, dear!" sobbed the girl. "Oh, dear! The man's been reprieved."

The average man might just as well fall in love, for he has to make some kind of a fool of himself.



HOW TO BECOME OLD.

Metchnikoff Eats No Raw Food of Any Kind.

Professor Metchnikoff, is seventy years old. According to the professor the phenomena of old age are the result of contamination of the blood by intestinal poisons. Among these one of the chief is Indol.

This poison can be eliminated by careful attention to diet along the lines indicated in his books and articles. The object of the diet is to introduce good microbes into the system. These are of two kinds, the one producing sugar and the other lactic acid. To an interviewer he said:

"For 17 years I have eaten nothing except what has been cooked; no raw food of any kind, in the form of fruit or otherwise. I find my sugar in dates surrounded with Bulgarian bacilli; the lactic acid comes from the well-known preparation of soured milk. This I take in the early morning at my first breakfast. I begin with a plate full of vegetable bouillon. After my pot of soured milk I drink a cup of weak tea—not black, as you have it in England."

Professor Metchnikoff is notoriously vigorous for his years, and seems to find no need for holidays. He is absenting himself from the Pasteur Institute during the month of July, and has taken up his residence in the forest of Rambouilet, where he is devoting himself more ardently than ever to scientific research.

Professor Metchnikoff says that he persists in his regime because in his own case it has given such good results. He comes from a short-lived family; he is the only one remaining, and he attributes this fact to his system of diet. Many savants of his generation are unable to continue their labors, whilst he supports with ease the close and exacting labor of the laboratory. He takes meat and vegetables at his two principal meals in the day, lunch and dinner, but his consumption of meat is very restricted, though he does not insist that it shall be white. Compote of fruit forms a part of each repast.

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.

His Anniversary.

The palm for absent-mindedness is probably taken by a learned German. One day the professor noticed his wife placing a large bouquet on his desk. "What does this mean?" he asked. "Why," she exclaimed, "don't you know that this is the anniversary of your marriage?" "Ah, indeed, is it?" said the professor politely. "Kindly let me know when yours comes round, and I will reciprocate the favor."

Minard's Liniment Co., Limited.

Gentlemen,—In June, 98, I had my hand and wrist bitten and badly mangled by a vicious horse. I suffered greatly for several days and the tooth cuts refused to heal until your agent gave me a bottle of MINARD'S LINIMENT, which I began using. The effect was magical; in five hours the pain had ceased and in two weeks the wounds had completely healed and my hand and arm were as well as ever.

Yours truly,
A. E. ROY,
Carriage Maker.

St. Antoine, P.Q.

Deeply Absorbed.

"You are charged with resisting arrest."

"It's all a mistake, your honor."

"What do you mean?"

"I got into an argument with a man and didn't notice his place had been taken by a policeman until I was half-way to the station house."

Minard's Liniment Cures Diphtheria.

A Timely Remark.

At the point of his gun Slippery Jim relieved the passerby of his watch. "My time is yours," was the victim's only comment.

Minard's Liniment Cures Distemper.

Quite So!

Judge—What is your occupation, my man?

Prisoner—I am a bus-driver, my lord.

Judge—You mean you are the driver of horses attached thereto?

Prisoner—Yes, sir.

Judge—You are charged with hitting this man on the face. Did you do it?

Prisoner—Certainly not!

Judge—What did you do, then?

Prisoner—I hit him on the nasal organ attached thereto.

If it is true the good die young, will the oldest inhabitant please offer an explanation?

Clark's Pork & Beans

Highest grade beans kept whole and mealy by perfect baking, retaining their full strength. Flavored with delicious sauces. **They have no equal.**

KEEP THEM WORKING

A horse in the field is worth two in the barn. You can't **prevent** Spavin, Ringbone, Splint, or Curb from putting your horse in the barn but you can **prevent** these troubles from keeping horses in the barn very long. You can get

KENDALL'S SPAVIN CURE

at any druggists at $1 a bottle, 6 for $5, and Kendall's will cure. Thousands of farmers and horsemen will say so. Our book "Treatise on the horse" free. 64

Dr. B. J. KENDALL CO., Enosburg Falls, Vt.

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.

FOR SALE.—TEN PAIRS BREEDING Fox, Coyote, Cross, Red, Silver. Correspondence solicited. Reid Bros. Bothwell, Ont.

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.

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SAVE MONEY

The Best Ever

issued: Guns, Rifles, Ammunition, Fishing, Tackle, Baseball, Golf, Tennis, Lacrosse, Camping Outfits, all Summer and Winter Sports. We want

Every Man

who Hunts, Fishes, or plays any Outdoor Game to get our large free Catalogue. Prices right, satisfaction guaranteed. Immense stock, prompt shipment

You save money by getting Catalogue to-day.

T. W. Boyd & Son,
27 Notre Dame St. West, Montreal

Ready for Him.

"How much are your four-dollar shoes?" asked the facetious customer.

"Two dollars a foot," replied the salesman, wearily.

Minard's Liniment Cures Garget in Cows.

A Timely Warning.

Willie (to visitor)—You'd better eat your pie slowly; ma never gives more'n one piece.

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.

Of Course Not.

"I'll tell you a great secret, but you must promise not to give it away." "Of course not." "I believe Miss Birdie M'Ginnis is gone on me. I've almost made up my mind to pop the question." "What did she say to you?" "She didn't say anything to me precisely, but on Tuesday she patted my dog on the head. Isn't that an encouraging sign?" "Yes; that's the next thing to patting you on the head. Your turn will come next."

Zam-Buk

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

All Druggists and Stores.—50c.