BRIGHT, HEALTHY, ATTRACTIVE GIRLS

This Condition Can Only Be Maintained Through Rich, Red Blood

It makes all the difference in the world to a girl whether she develops into a bright, healthy, attractive woman or sinks into a sickly, unhappy, suffering semi-invalid.

The girl whose blood is poor and scanty—who is anaemic, as the doctor terms it—starts life under too great a handicap. She is weaker and more frail than her companions who have rich, red blood. She is more easily fatigued in body and mind, and work of any kind exhausts her. In time her health breaks down. She becomes pale, looks worn out, is languid, irritable and nervous. Her heart palpitates violently at the least exertion, and she falls behind other girls in looks, health and a capacity for enjoying life. Abundant rich, red blood is the only thing that can restore good health to the many thousands of such girls. This rich, red blood can only be obtained through the use of Dr. Williams' Pink Pills. They have given thousands of weak, white-faced, bloodless girls robust, vigorous health and high spirits. Here is a bit of proof. Miss Olive Gauvreau, St. Jerome, Que., says: "I have reason to be more than grateful to Dr. Williams' Pink Pills, for they restored me to health after more than one doctor and many medicines had failed. I suffered as so many girls do from anaemia. I was all run down, tortured with headaches, could not stand any exertion, and had no appetite, though of course I had to force myself to eat. I was in this condition for nearly two years, and although doctoring continually, seemed to be steadily growing worse, and I was very much discouraged and despondent. Finally a friend urged me to try Dr. Williams' Pink Pills and I discontinued all other medicines and did so. In the course of a few weeks there was no room to doubt that I had at last found the right medicine. My appetite returned, the headaches began to come less frequently, and color was returning to my face. The continued use of the Pills for a little longer fully restored my health, and I have since been as healthy and active as anyone could wish. I cannot too strongly recommend Dr. Williams' Pink Pills to other weak and ailing girls."

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

IN A RIGHTEOUS CAUSE.

The Earl of Beaconsfield on Britain in Peace and War.

The late Earl of Beaconsfield, in replying to the toast of "Her Majesty's Ministers," during the unsettled state of Europe at the time, near the close of his speech used these words, which are now recalled as being particularly applicable to the present war:—

"The Lord Mayor has told us today that Britain is the country of all others whose policy is peace. We have nothing to gain by war. We are essentially a non-aggressive Power. There are no cities and no provinces that we desire to appropriate. We have built up an Empire of which we are proud, and our proudest boast is this—that this empire subsists as much upon sympathy as upon force. (Loud cheers.) But if the struggle comes it should be recollected that there is no country so prepared for war as Britain; there is no country whose resources are so great in a righteous cause. Britain is not a country that will have to inquire whether she can enter in a second or a third campaign. She will commence the fight that will not end until right is done."

Afterwards Blessed the Cat.

Maud—Did he fall on his knees when he proposed?

Marie—No, he was so rattled he stepped on the cat and fell on his neck.

Happy Mortal.

First Traveller — Why is that pompous fellow strutting about so absurdly?

Second Traveller — He found some ham in his railway sandwich.

THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day it is warm and bright and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Austria has a female population of nearly 15,000,000.

VALUE OF SUGAR AS FOOD.

What the Polar Explorer Eats and Drinks.

Sir Edward Shackleton, the antarctic explorer, who is leading another expedition to the south pole, gave an interview to a newspaper correspondent before he left London. He spoke, among other things, of the value of sugar as food to travellers in that region. The craving for it is very strong, he declared, and then he added:

To show you how valuable sugar is to the explorer, there was an occasion when we marched 321 miles, drawing laden sledges, in fourteen days and a half. Every two hours we each took two or three lumps of sugar. Within ten minutes of eating them, we could feel the heat go down through our bodies. The highest temperature of that march was sixty-two degrees below zero.

We shall take with us no stimulants except tea and cocoa. We drink the tea at midday to refresh us for the afternoon march. The cocoa is taken the last thing at night to preserve bodily heat during the hours of sleep. The greatest temptation that assails an arctic explorer is the desire to drink on the march. At his feet there is potential liquid in unlimited quantity. But the snow is at forty degrees below zero, and must be melted in the mouth. The heat required to melt it is much too precious to be used in that way; it is needed to keep up the bodily heat and energy.

"Catching cold" is almost unknown in polar regions. The only time we ever suffered from cold was just after we had opened a bale of English clothes to serve them out for winter wear. The germs, apparently, were lying dormant among the clothing. They "woke up" on being heated. The men whose duties took them into the open recovered in a day. The others suffered for four or five days.

General Ruzsky.

The general commanding the Russian forces in Galicia, who has gained a remarkable series of successes.

Where They Live.

A child from a country town, who lived near an orphan asylum, wondered why so many children were there. "Why," said her small hostess, "that is where the orphans live—lots and lots of them—little girls and boys—and Mr. and Mrs. Orphan are both dead."

She Should Know.

"Jack may have his faults, but his heart is in the right place."

"Well, you should know, my dear, for I saw you with your ear against it last night in the conservatory."

Chicago and North Western Ry. Entertained the Canadian Ticket Agents in Chicago.

As a farewell feature of the reception tendered to the members of the Canadian Ticket Agents' Association, and their wives, who attended their convention October 6, 7 and 8th, the CHICAGO AND NORTH WESTERN RY. entertained them at a luncheon in the Dining Room of their new Chicago Passenger Terminal October 8th.

The Dining Room was neatly decorated, and in deference to the nativity of the visitors sprays of maple leaves, (the emblem of Canada) adorned each table; and appropriate souvenir menu cards prepared especially for the occasion were distributed.

A personally escorted tour of the Passenger Terminal after the luncheon was made which the party enjoyed very much.

Careful of His Razor.

"Oh, George, before you get your razor I must tell you that I—I borrowed it yesterday."

"What, again!"

"Y-yes. I had to do some ripping. But it's just as good as ever. You'll never notice the difference. I sharpened it on the stovepipe."

To dream about a horse isn't necessarily a nightmare.

Mme. Bonard, a widow, has nine sons in the French army.

When a man suffers from insomnia he can hear the bed ticking in the silent watches of the night.

The great thing in the world is not so much to seek happiness as to earn peace and self-respect.

We all have need of the prayer of the British mariner—"Save us, O God. Thine ocean is so large, and our little boat is so small."

Every Stiff Joint Limbered, Rheumatism Cured!

That Old Family Remedy "Nerviline" is Guaranteed for the Worst Cases.

CURES NEURALGIA, BACKACHE, LUMBAGO.

Rheumatism to-day is unnecessary. It is so well understood and so readily curable that every day we have reports of old chronics being freed of their tormenter.

"I can speak confidently of the Nerviline treatment, for the simple reason that it cured me," writes Albert E. Cornelius, from Kingston. "You can't imagine how stiff and lame and sore I was. Nights at a time I couldn't sleep well. I followed the Nerviline directions carefully—had it rubbed into the sore regions four or five times every day. Every rubbing helped to reduce the pain. The swelling went down. I got a fair measure of relief in a week. I also took two Ferrozone Tablets with my meals. They increased my appetite and spirits, purified my blood and toned up my system generally.

"I am well to-day as a man could be—in perfect good health. I give Nerviline all the credit."

A large family size bottle of Nerviline costs only 50c., or the trial size 25c., and is useful in a hundred ills in the family. Whether it's toothache, earache, headache neuralgia, lame back or a cold, Nerviline will cure just as readily as it will cure rheumatism. For family use nothing equals Nerviline.

The Explanation

The bald-headed traveler, who had just returned to France, was relating his experiences to an enthusiastic young woman. With flourishing gestures, he had recited a list of the places he had visited.

"I am very well acquainted with Mexico—I have traveled extensively in Brazil—I have visited the redskins in their own wild land."

"Oh," cried the fascinated young woman, with a rapt glance at the shiny top of his head, "that is how you happened to be scalped."

Minard's Liniment for sale everywhere.

He Still Had a Chance.

Mr. Plintopp—They say that men of brains live long.

Miss Keen—Well, don't be discouraged, Mr. Plintopp; all rules have their exceptions, you know.

Dodging a creditor is one form of commercial activity.

A Well-known Man.

Minard's Liniment Co., Limited.

Dear Sirs,—I can recommend your MINARD'S LINIMENT for Rheumatism and Sprains, as I have used it for both with excellent results.

Yours truly,
T. B. LAVERS,
St. John.

He Was Cured.

And you say that Brownley was cured of a bad attack of insomnia by suggestion?" "Yes—purely by suggestion! His wife suggested that since he could not sleep he might as well sit up and amuse the baby. It worked like a charm."

Sore Eyes **Granulated Eyelids,** Eyes inflamed by exposure to **Sun, Dust and Wind** quickly relieved by **Murine Eye Remedy.** No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. **Murine Eye Salve** in Tubes 25c. For **Book of the Eye** Free ask Druggists or **Murine Eye Remedy Co., Chicago**

One Good Point.

"I'll say this for the prune," remarked the grouchy boarder.

We all listened attentively.

"You can eat it or leave it and that ends it. You don't find it continually bobbing up as a made-over."

Minard's Liniment Relieves Neuralgia.

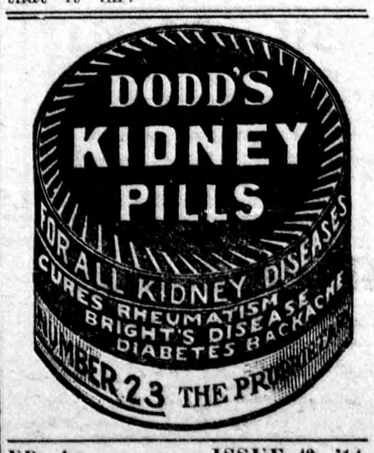
In Search of a Commission.

A doctor, says the London Opinion, stopped his car on a side street near the home of a patient. He was accosted by a woman whom he remembered to have seen several times, but whose name he did not know.

"I suppose," said the woman, "that yer gettin' a good fee, sir, for attendin' the little Smith boy?"

"Well, yes, I get a pretty good fee, but why do you ask?"

"Well, I 'ope yer won't forget that my little Algy threw the brick that 'it 'im!"



ED. 4. ISSUE 43—'14.

WATERY RASH ITCHED AND BURNED

On Arms. Would Tingle and Itch. In One Great Mass. Looked Scaly. Used Cuticura Soap and Ointment. Rash Disappeared.

So. Buxton, Ont.—"My skin trouble started about seven years ago. My arms began to tingle and itch. A watery looking rash, very fine and close together, would break out every summer. It would itch and burn as the trouble progressed and it became worse when I scratched it. It looked ashy and scaly and in one great mass. My arms were so disfigured I could not wear short sleeves. I could not help scratching it all the time and when I had taken a bath it would itch and burn for about an hour. My flesh was sore from scratching.

"I used all kinds of soap and used sulphur baths but nothing would relieve me. At last I saw the advertisement of Cuticura Soap and Ointment in the paper and I sent for a sample. The samples helped me so much I got a cake of Cuticura Soap and a box of Cuticura Ointment and began bathing with the Soap and water as hot as I could bear it, then I would take a little of the Ointment and put on the skin. I did this every night and morning. I used only two cakes of Soap and one box of Ointment and in less than six weeks the rash had all disappeared and now my arms look natural again." (Signed) Mrs. Andrew Johnston. May 29, 1914.

Samples Free by Mail

A single cake of Cuticura Soap and box of Cuticura Ointment are often sufficient when all else has failed. Sold throughout the world. Sample of each mailed free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. D, Boston, U. S. A."

The Eye of the Submarine.

A modern submarine has a marvelous eye by which the navigating officers on the boat can survey the surface of the ocean, even when the craft is completely below the waves. The eye of the submarine, or periscope, is a straight, hollow tube about six inches in diameter and fifteen feet long, that leads from the steering chamber of the vessel to the surface. The upper end of the periscope contains a mirror, inclined at an angle of forty-five degrees, that receives the images of objects on the surface of the water, and reflects them downward to a second parallel mirror at the lower end of the tube. In some cases prisms, which reveal a larger part of the horizon, are used instead of mirrors. The navigating officer of the submarines boat surveys the surface of the ocean by looking through a single or double eyepiece at the lower end of the tube, exactly as if he were using a good field glass. The periscope is the only means by which the presence of the submarine is revealed to the enemy; but as the small tube projects only a foot or two above the surface, it is a difficult object to discover, still more to destroy. Even if shattered by gunfire, a reserve tube can be quickly substituted for the damaged instrument.

A SEPARATION GRANTED

Not by process of law, but by the silent working of "Putnam's" are corns separated from aching toes. Any corn or wart that "Putnam's" won't cure hasn't been discovered yet. Insist on Putnam's Corn Extractor only, 25c. at all dealers.

Physician—This man's condition is not due to drink. He's been drugged. Policeman (turning and speaking timidly)—I'm afraid ye're right, sir. I drugged him all the way—a matter of a hundred yards or more.

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.

CANADIAN TROOPS FOR THE FRONT

EVERY CANADIAN will wish to have a record of the part our "Boys" are playing in this greatest war of history.

"THE WAR PICTORIAL" has secured splendid photos, at great expense, of the embarkation of our troops from Quebec. This is just one of the features of our "Special Embarkation Number," just published.

EMBARKATION PICTURES SHOW

ROYAL CANADIAN DRAGOONS
ALBERTA HORSE
GORDON HIGHLANDERS
48th HIGHLANDERS
ARMY SERVICE CORPS
FIELD HOSPITAL
GRENADIER GUARDS
CANADIAN FIELD ARTILLERY
CANADIAN NURSES FOR THE FRONT

PICTURES FROM THE WAR ZONE

THE BATTLE OF THE MARNE
BRITISH WOUNDED
GERMAN PRISONERS
RHEIMS CATHEDRAL

In addition to the fine illustrations, the Summary of the War gives a record of the outstanding happenings of each day in interesting story form.

The publication is issued in weekly parts, in handy size for binding. It is printed on fine enamelled paper, size 9 x 12, with attractive three-color cover. Price 15 cents, at all newsdealers.

Special Subscription Offer.—Send 50 cents (money order or coin) for four parts, or one dollar for eight parts, commencing with No. 1, and including Valcartier and "Special Embarkation Number." Postage paid anywhere in Canada or U.S.A. Send all orders to the publishers of

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1514 NOTRE DAME STREET WEST, MONTREAL, QUE.

GERMANY A PEACEMAKER.

What It Has Done for Better Feeling In Ireland.

As all the world knows, international war has proved a great conciliator in Ireland. As a contributor to the Bystander says, you cannot give much attention to the dismemberment of the empire when you are not certain whether you will have an empire to dismember.

There is a geniality about the Nationalist volunteer that makes you know that he would rather fight some one else—Germany in this case—than Ulster. A few stories are current that help to show how very ripe Ireland was for conciliation. Not long ago a company of Nationalist volunteers, passing a company of Ulstermen, and being uncertain as to the customary etiquette between deadly enemies—saluted. In a northern district there was only one field suitable for drilling, and as the two opposition armies wanted it, the owner began bidding them against each other. Northern canniness asserted itself. The commanding officer of one battalion approached the enemy, and they agreed to rent the field in common, and use it on alternate days!

A third anecdote relates that while some Ulster volunteers were drilling, a Nationalist was seen sitting on a fence, watching them. When he was questioned by an Ulsterman, he explained that his own company had mislaid their rifles and could not drill; "but," he added, "we were waiting to see if we could get the loan of yours when you've done with them."

When a Woman Suffers With Chronic Backache

There is Trouble Ahead.

Constantly on their feet, attending to the wants of a large and exacting family, women often break down with nervous exhaustion.

In the stores, factories, and on a farm are weak, ailing women dragged down with torturing backache and bearing down pains.

Such suffering isn't natural, but it's dangerous, because due to diseased kidneys.

The dizziness, insomnia, deranged menses and other symptoms of kidney complaint can't cure themselves, they require the assistance of Dr. Hamilton's Pills which go direct to the seat of the trouble.

To give vitality and power to the kidneys, to lend aid to the bladder and liver, to free the blood of poisons, probably there is no remedy so successful as Dr. Hamilton's Pills. For all womanly irregularities their merit is well known.

Because of their mild, soothing, and healing effect, Dr. Hamilton's Pills are safe, and are recommended for girls and women of all ages. 25 cents per box at all dealers. Refuse any substitute for Dr. Hamilton's Pills of Mandrake and Butternut.

FEW CITIES STRONGER.

Antwerp Fortified Since Middle of 16th Century.

The fortifications of Antwerp are reckoned among the strongest in the world. The city has been fortified since the middle of the sixteenth century. In 1860, twenty-eight years after the taking of the city by English and French troops, Brialmont, the noted Belgian fort builder, supervised the refortification of the city, and since 1877 it has had a line of forts well out from the inner defenses.

The growing effect of modern siege guns,, however, compelled the Belgians, if they desired to preserve their neutrality, to modernize their defenses. In 1907 the Government decided to do away with the inner line of walls and replace them with an inner line of forts on the right bank of the Scheldt.

The plan involved the barricading of the intervals between the eight forts with iron barricades and permanent redoubts. At the north and north-east great earthworks were planned for infantry, and ditches, which can be inundated from the Scheldt, were dug in front of these earthworks. The forts on the left bank of the Scheldt are to supplement this inner line of defences.

The greatest importance is attached to the outer works. They consist in part of new fortifications, in part of old forts rebuilt. The work was begun in 1913. It is probable that this idea was realized and that the fortification system is now practically complete.

Of the new forts on the outer line, five lie to the east of Antwerp—Gravenzel, Oeleghem, Broechen, Ressel and Konigshoyck. There are six redoubts to the west, and two more protect Ertbrand and Braschaet in the north, while three new forts, Breendonk, Liezele and Bornhem, have been erected on the south. The fort Haesdonk, protected by two redoubts, also has been erected on the west.

This outer chain of forts lies from ten to eleven miles outside the city and has a front of about 80 miles.

Minard's Liniment Cures Dandruff.

"Do you feel that my course of treatment is benefiting you?" "You bet it is, Doc! I have acquired a very true appreciation of the folly of throwing one's money away."

Minard's Liniment Cures Burns, Etc.

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

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.

FOR SALE.

REGISTERED HAMPSHIRE SWINE prize winners. All ages. Both sexes. Fisher Bros., Benmiller, 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.

AGENTS WANTED.

AGENTS, UP-TO-MINUTE WAR BOOK and Combination Christmas Gifts are SURE MONEY-MAKERS. Handsome Samples Free; Best Terms. ORDER NOW; Postage twenty-five cents. Nichols Company Limited, Publishers, Toronto

Your Last Chance!

Canada's Troops off to the war.

Just before embarking **21 magnificent copyright views** were taken, including **two large panoramic cards** and **handsome Souvenir booklet.** Yours for 35c. post-paid. Trade supplied. Agents wanted.

T. H. DAVIES
525 St. Paul St. - Montreal.

CONSUMPTION AND BRONCHITIS

Mrs. W. J. Martyn, 46 Garden Ave., Toronto, is another sufferer who has been relieved by Copeland's Cure for Consumption and Bronchitis.

It will be interesting for any having even traces of these dread diseases to read what Mrs. Martyn says:

"After taking several bottles of your Consumption Cure, I am now fully recovered and in four months have gained in weight 17 lbs. I cannot speak to highly of it, and will be pleased to recommend it to any one enquiring as to its benefits."

Copeland's Cure for Consumption will benefit even the worst cases. Try a bottle to-day.

SOLD BY ALL LEADING DRUGGISTS,

or a trial bottle will be sent prepaid on receipt of the regular price, $1.00.

COPELAND MEDICINE COMPANY, Limited
511 PAPE AVE., - TORONTO.

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WHAT IS *YOUR* MIRROR'S STORY?

YOU can't have a beautiful complexion for the asking.

Vaseline
Trademark
COLD CREAM

used regularly will remove blemishes, and make the skin smooth, clear, and sound.

Vaseline Cold Cream contains no animal or vegetable fats. It is sterilized in the making and delicately perfumed.

A full size jar of **Vaseline Cold Cream** will be sent to you direct on receipt of the price—15c.

Drug and department stores everywhere sell the various "Vaseline" preparations.

Write for free, illustrated "Vaseline" booklet telling all about them.

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