A WOMAN'S RIGHT TO HEALTH

No Reason Why They Should Suffer From Backaches and Headaches

To every woman belongs the right to enjoy a healthy, active, happy life; yet nine out of ten suffer, often in silence, from splitting headaches, torturing backaches, violent heart palpitation or some other of the many evils that follows anaemia, or bloodlessness.

That is why one sees so many women with pale, thin cheeks, dull eyes and drooping figures—sure signs that the blood is out of order. All suffering women should win the right to be well by refreshing their weary bodies with the new, rich blood of health that promptly transforms them into healthy, attractive women. There is no other medicine can supply this new, rich blood so speedily and so surely as Dr. Williams' Pink Pills for Pale People. Through this medicine thousands of tired, suffering women have found new health and strength. Mrs. James Drost, Chipman, N.B., says: "For years I did not know what it was to be entirely free from headache or backache. My hands were cold and clammy all the time. It was difficult for me to get my work done, and to walk even a short distance would leave me completely worn out. My life was one of constant worry, and I thought I would never be better. I was doctoring all the time, but without a bit of benefit, and finally the doctor stopped giving me medicine, as he said he could not help me. Do you wonder that I was in despair. My mother urged me to take Dr. Williams' Pink Pills, but I said "what's the use; medicine can't help me." However, my husband got six boxes of the pills, and to please him I began to take them. By the time I had finished them I undoubtedly had improved, and there was the signs of returning health in my cheeks and hands. My husband thought the improvement so great that he got another half-dozen boxes, and before these were completed I was enjoying such good health as I had not had in years; in fact, I was a well woman, and have since enjoyed the best of health. I sincerely feel that I owe my life to Dr. Williams' Pink Pills, and shall always recommend them to all sick people."

You can get these pills at any medicine dealers, or they will be sent by mail, postpaid, at 50 cents a box or six boxes for $2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

A TENNYSON CALL TO ARMS.

The following hitherto unpublished poem by Alfred, Lord Tennyson, has been forwarded to the editor of the Spectator (London, Eng.') by the present Lord Tennyson, who recently quoted one of the three stanzas in the course of a speech.

As the editor of the Spectator remarks, the poem seems almost as if it were written for the present crisis:—

O where is he, the simple fool,
Who says that wars are over.
What bloody portent flashes there
Across the Straits of Dover?
Nine hundred thousand slaves in arms
May seek to bring us under;
But England lives, and still will live,
For we'll crush the despot yonder.
Are we ready, Britons all,
To answer foes with thunder?
Arm, arm, arm!

O shame on selfish patronage,
It is the country's ruin.
Come, put the right man in his place,
And up now, and be doing!
O gallant, gallant volunteers
In every town and village,
For there are tigers—fiends, not men—
May violate, burn and pillage!
Are you ready, Britons all,
To answer foes with thunder?
Arm, arm, arm!

Up, stout limb'd yeomen, leave awhile
The fattening of your cattle—
And if indeed ye wish for peace,
Be ready for the battle!
To fight the battle of the world,
Of progress and humanity,
In spite of his eight million lies
And bastard Christianity!
Are we ready, Britons all,
To answer foes with thunder?
Arm, arm, arm!

—Tennyson.

WHEN BABY IS ILL.

When the baby is ill or out of sorts give him Baby's Own Tablets. They are the ideal medicine for little ones and never fail to relieve constipation and indigestion; cure colds, allay simple fevers and promote healthful sleep. Concerning them Mrs. F. Wurker, Ingersoll, Ont., says: "I have used Baby's Own Tablets for eight years and can highly recommend them to all mothers for babyhood and childhood ailments." The tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

SIR DOUGLAS HAIG.

In Command of the First Army of the British Force.

Cameron Brig in the Kingdom of Fife, Scotland, has been well acquainted with the Haigs for many generations, and it was here that Sir Douglas, Commander of the First Army Corps in the British Expeditionary Force, was born just fifty-three years ago. In due time he went to Clifton and from there to Brasenose College, Oxford, but the army was his love. He entered the Royal Military College, and very early in his career gave promise of what was to come, for he passed first out of Sandhurst, gaining the highly-prized Anson Memorial Sword.

In 1885 Haig was gazetted to the 7th Hussars, and four years later was lucky enough to get on the Soudan Expedition, where he was present at Atbara and Khartoum. Needless to say, this very thorough and masterful young man was mentioned in despatches, as well as getting the Egyptian Medal.

A Scientific Soldier.

Sir Douglas is believed to be a very scientific soldier, and has written a book called "Cavalry Tactics." His authorship gained for him the name of "Von Haig." He duly passed the qualifying examination for entrance to the Staff College and then had to go before a medical board for fitness. The board announced he was color blind. Haig emulated the example of our army of bygone days in Flanders; got specialists both in England and France to prove that he was not color blind, but the condemned Beechams, as he called the board, were obdurate. It seemed certain that he would never be able to write "P.S.C." after his name, when the late Duke of Cambridge, hearing of the matter, gave him the Commander-in-Chief's nomination, which exempted the recipient from all examinations. The situation was saved. Haig duly went to the College and passed out brilliantly.

Sir Douglas Haig.

On the outbreak of the South African War, Captain Haig was appointed staff officer to Sir John French, and was at Elandslaagte, Colesburg, the relief of Kimberley, Paardeberg, and Belfast, and after the cavalry division was broken up, had command of all the different columns in Cape Colony. The work was tremendous; but apparently it agreed with him, for the harder he worked and the less he slept the fitter he seemed to keep and the more unreasonable did he become when the plea of "tired" was put forward. This could not go on, so he was made a brevet-major and got a C.B., shortly afterward being promoted to command the 17th Lancers ("The Death or Glory Boys").

Went Next to India.

After the war he went to India as inspector-general of cavalry. There was much grumbling in the Shiny over the appointment. The Indian cavalry thought he was much too young, and that he knew too little about India. They shortly acknowledged they were wrong. Though he succeeded that brilliant cavalry soldier, Sir Edward Locke-Elliott, Haig was a great success, and only returned home in order to become the director of military training at the Army headquarters.

Five years ago he became chief of the staff in India, and on General Smith-Dorrien going to the southern command General Haig succeeded him at Aldershot. Smith-Dorrien had done much for Aldershot. Haig did more, and it is certain that the troops there were never so efficient as under this young and brilliant soldier. But—there is always a but—he made sad the hearts of many by publishing a very strong order on the subject of cigarette smoking. There is no doubt that General Haig was right, for the wild and fragrant Woodbine played greater havoc with young soldiers hearts than all the pretty girls in Aldershot, and stopped their powers of marching more even than tight boots. But T. A. was not the only one to come under Haig's eagle eye. Officers were blamed for spending too much on motor cars and not enough on their polo ponies and chargers. Cavalry officers had to be well mounted, and after all, good chargers make very good hunters, and polo and hunting General Haig looks on as being essential for the proper training of a cavalry officer.

Tortures of Rheumatism Yield to This Remedy

A Marvel of Speed, an Unfailing Cure for Old Chronic Cases.

GET A TRIAL BOTTLE TO-DAY.

With reliable old Nerviline you can rub out the pain of Rheumatism, Sciatica, Lumbago, or Neuralgia—rub it away so completely that you feel like new all over.

It matters not how deeply seated the pain is, how long you have had it—rubbing with the king of all liniments "Nerviline" will cure you.

Nerviline is highly concentrated—about five times stronger than the ordinary white ammonia liniment—therefore it penetrates quickly—sinks in deeply—and gets right at the core of the pain at once—draws out the lameness, takes away the stiffness—eases the joints that have hurt you so much.

Out comes the pain every time you rub on Nerviline, which contains some of the most valuable pain-subduing remedies known to science. Worth its weight in gold to every family in the land, and sure to cure the emergent and minor ills of a hundred kinds that constantly arise. Get the large 50c. family size bottle; small trial size 25c. Nerviline is sold by every dealer, everywhere.

RAISE BRITISH PENSIONS.

Scheme Proposed Would Mean a Fourfold Raise.

A campaign to raise British pensions and separate allowances has been started by G. N. Barnes, M.P., who proposes a minimum of one pound sterling a week for the widow of every soldier and sailor killed at the front, for the mother dependent on any soldier and sailor killed, for the wife of every soldier and sailor now in the fighting line, and also for every soldier and sailor permanently maimed by fighting.

Such an increase would mean a four-fold raise in most instances. From $1.25 a week the widow's pension would be raised to $5. Mothers dependent for support on men who die on active service are now unprovided for. The wives of men at the front at present get only $1.85 a week, while the minimum weekly pension allowed to disabled soldiers is 85 cents. Mr. Barnes also proposes to double the present allowance of 28 cents a week for each dependent child.

It is pointed out that the nation has to support these dependents in any case, and to throw the main burden on private charity does not relieve the country of the cost. An adequate separation allowance and pension would also relieve the men who are offering their lives for their country from the stigma of being objects of charity.

But as the proposed increase is likely to take the form of a super-tax on incomes, it is not popular with the wealthy classes.

PRESSED HARD

Heavy Weight on Old Age.

When people realize the injurious effects of tea and coffee and the change in health that Postum can bring, they are usually glad to lend their testimony for the benefit of others.

"My mother, since her early childhood, was an inveterate coffee drinker, had been troubled with her heart for a number of years and complained of that 'weak all over' feeling and sick stomach." (The effects on the system of tea and coffee drinking are very similar, because they each contain the drug, caffeine.)

"Some time ago I was making a visit to a distant part of the country and took dinner with one of the merchants of the place. I noticed a somewhat unusual flavour of the "coffee," and asked him concerning it. He replied that it was Postum.

"I was so pleased with it that, after the meal was over, I bought a package to carry home with me, and had wife prepare some for the next meal. The whole family were so well plesed with it that we discontinued coffee and used Postum entirely.

"I had really been at times very anxious concerning my mother's condition, but we noticed that after using Postum for a short time, she felt so much better than she did prior to its use, and had little trouble with her heart and no sick stomach; that the headaches were not so frequent, and her general condition much improved. This continued until she was well and hearty.

"I know Postum has benefited myself and the other members of the family, but not in so marked a degree as in the case of my mother, as she was a victim of long standing." Name given by Canadian Postum Co., Windsor, Ont.

Postum comes in two forms:

Regular Postum — must be well boiled. 50c 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.

Would You Like Hair Like This

Cuticura Soap Will Help You

Realize this ambition, when assisted by Cuticura Ointment, by keeping your scalp clean and free from dandruff, itching and irritation.

Samples Free by Mail

Cuticura Soap and Ointment sold throughout the world. Liberal sample of each mailed free, with 32-p. book. Address "Cuticura," Dept. K Boston, U.S.A.

An Unwilling Thief.

The captain of a steamer who, while loading at Burntisland, took on two hands—one, a Kirkcaldy man who was without a written "character," and another, a Dundee man who had abundance of documentary evidence as to his honesty and uprightness.

They had not been long at sea when they encountered rough weather, and the Dundee man, while crossing the deck with a bucket in his hand, was swept overboard. The Kirkcaldy man saw what had happened, and sought the captain.

"Dae ye mind yon man frae Dundee?" he asked, "that ye engaged wi' the fine character?"

"Yes," replied the captain. "What of it?"

"Weel, he's rin awa wi' yer bucket!"

Would Like to Prove It.

The German Emperor once paid a handsome compliment to the British marines. He was lunching with some Royal Marine officers at their headquarters at Eastney, by Portsmouth, and he told them: "I consider that the British Royal Marine is the best all-round fighting man in the world." That was twenty years ago; but the "Jollies" are now wishing for a chance of reminding him of the incident.

An Appalling Condition

Invariably results when you use a cheap corn salve. Be judicious, use "Putnam's," for fifty years it has cured corns and warts that nothing else can touch. Ask for Putnam's Painless Corn Extractor only. 25c., at all dealers.

The Clean-Up.

"Did you find anything in that house" asked the footpad.

"Nothing worth while," answered the burglar. "But it's bad luck to come away empty-handed, so I brought along the watchdog and a lot of burglar alarm apparatus."

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

More than a quarter of the working people in the United States are women.

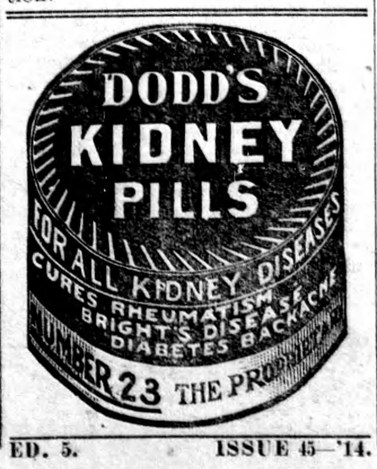
Minard's Liniment Cures Distemper.

Impossible.

"Women may learn to smoke and drink."

"Well?"

"But they will never adopt the habit of getting behind a newspaper at breakfast and contributing only grunts to the conversation."



THE KAISER AS A SHOW.

Russians Are Anxious to See him in a Cage.

A very curious suggestion comes from Rusia regarding the punishment to be meted out to the Kaiser. The peasants in far-away inland villages, for example, in the very poor province of Riazan, are clubbing together to maintain hospitals for returned wounded, are imposing voluntary taxation upon their villages for war purposes, and are in every way indicating their whole-hearted sympathy with the objects of this war. A friend from these parts says that the peasants there have what is considered by them to be an admirable idea for raising large sums for the war, namely, to capture the German Emperor and put his Majesty in a cage, which the Russian authorities could then take throughout the Empire as a spectacle to be shown to every village. The villagers would be willing to pay anything as an entrance fee for such a sight.

The proposal has been made in all seriousness, and is interesting from the historical point of view. Apart from the ancient history of Tamerlane and other such Oriental monsters, the Russian authorities a couple of hundred years ago took the archtraitor and pretender to the Throne of Catherine the Great round the central province of Russia on his way to Moscow for execution. The peasants would like to have an opportunity of paying a good fee to see the "German monster," as they term him, in a similar plight. They say, "Our cause is right, and we will take this William prisoner, but he is not Napoleon, and we will not send him to St. Helena, but will have him taken around every hamlet in Russia. There is not a Russian alive who will not pay his last farthing to see it done, and the Government may have the money, for they will want plenty before the war is concluded."

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 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.

Of No Use To Him.

Coal Dealer—Why don't you wheel the barrow along more quickly, Pat? It's not a very hard job; there's an inclined plane to relieve you.

Pat—Aye, master, the plane may be inclined, but hang me if I am!

Minard's Liniment Cures Carget in Cows.

"Why are you so down on Briggs, the hotelkeeper?" "He gave me bad quarters in exchange for a good dollar."

Minard's Liniment Cures Colds, &c.

His Report.

During the sugaring season a farmer sent his hired man to find out how the sap buckets were filling. The man investigated and reported as follows: "Some is full, half full, and some runnin' over; but they average about full."

We believe MINARD'S LINIMENT is the best:
Mathias Foley, Oil City, Ont.
Joseph Snow, Norway, Me.
Charles Whooten, Mulgrave, N.S.
Rev. R. O. Armstrong, Mulgrave, N.S.
Pierre Landers, senr., Pokemouche, N.B.
Thomas Wasson, Sheffield, N.B.

All Gone.

When the doctor called to see the baby its mother informed him that the medicine left for the infant the day before was all gone. "Impossible!" declared the surprised physician. "I told you to give him a teaspoonful once an hour." "Yes, but John and mother and I and the nurse have each had to take a teaspoonful, too, in order to get baby to take it."

Aunt Ethel—Well, Beatrice, were you very brave at the dentist's? Beatrice—Yes, Auntie, I was. Aunt Ethel—Then there's the fifty cents I promised you. And now tell me what he did to you. Beatrice—He pulled out two of Willie's teeth!

Minard's Liniment Cures Diphtheria.

CLARK'S POTTED MEATS—

Full flavored and perfectly cooked make delicious sandwiches.

The child's delight. The picnicker's choice. Everybody's favorite.

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.

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.

COPELAND'S CURE FOR CONSUMPTION

David Warnock, 202 Withrow Ave., Toronto, writes that he owes his life to the above remedy:

"Now that I am well and strong again, I write to state that the fact I am alive to-day witnesses to the merit of your medicine. The doctors gave me only 3 to 10 days to live. . . . I wish every one could know the worth of your medicine, especially those afflicted with consumption, as I was, for I undoubtedly saved my life to its use. Etc."

A doctor and a specialist attended David Warnock and gave him no hope. That was in March, 1911. Four months afterwards, he was a well man and had gained 56 lbs. If you suffer, or know of one, send us your address, and we will send a copy of Warnock's testimony in full and also many others; some of which have been cured of chronic bronchitis of over 30 years' standing.

At your druggist or direct from us at $1.00 per bottle.

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

More Likely.

"By feeling the bumps on your head I can tell exactly what sort of a man you are," said the phrenologist. "Faith," replied Pat, "Oi belave it wad give ye more of an idea what sort of a woman me woife is."

The National City Bank of New York city has a graduate woman cook whose duty it is to prepare good wholesome meals for its 400 employees.

Just A Scratch

BUT it needs looking after just the same. First aid treatment with

CARBOLATED Vaseline

Trademark

will help it to heal quickly and prevent risk of infection. **Carbolated "Vaseline"** contains 1½% of Carbolic acid, blended with a pure "Vaseline" base. It is a most effective antiseptic dressing for cuts, bruises, boils, and skin irritations of all kinds, such as eczema, poison ivy and barber's itch. Also good for corns.

Sold by drug and department stores everywhere, or sent to you direct on receipt of price—20c for a full size bottle. Free booklet on request.

CHESEBROUGH MFG CO.
(Consolidated)
1880 CHABOT AVE. MONTREAL