WHITE AS A GHOST

Pale or Sallow Cheeks One of the First Signs of Anaemia

Pale and sallow cheeks, with blanched lips and gums, and dark circles under the eyes, are the first signs that anaemia has begun its deadly progress. This first warning is followed by great weariness and breathlessness after any exertion. You grow melancholy, have frequent headaches, awake in the morning feeling tired. You become morbid and nervous, starting at the slightest noise, and your heart palpitates violently even on going upstairs. Most girls from fourteen to twenty suffer from anaemia. Neglect to supply new blood to the languishing, bloodless body, means a life of misery—indeed it is an open invitation to that most hopeless of all diseases, consumption.

The new, rich blood that cures anaemia and gives new health and strength is readily created by Dr. Williams' Pink Pills. That is why these pills have cured more cases of bloodlessness and blood disorders than any other medicine. They have made thousands of girls and women strong, well and rosy, with bright eyes and new energy, just because they nourish the body with new, rich, red blood of health. Here is a typical instance. Miss Laura Dempsey, Auburn, N. Y., says: "For several months I was in a very bad state of health, with many of the symptoms that accompany anaemia. I was pale and bloodless, had terrible headaches, would be breathless at the least exertion. Having tried a number of medicines without relief I naturally became discouraged and began to fear that I was doomed to continued illness. At this stage a friend who had herself been benefitted by Dr. Williams' Pink Pills urged me to try them. I did so and thanks to the pills I am now enjoying the best of health, and feel that I cannot recommend this splendid medicine to highly."

Other weak and ailing girls can also obtain new health and strength through the use of Dr. Williams' Pink Pills. You can get these pills through any medicine dealer, or they will be sent by mail post paid at 50 cents a box or six boxes for $2.50 by writing The Dr. Williams, Medicine Co., Brockville, Ont.

BELGIAN SOLDIER LIONIZED.

Emile Sapin Has a Great Record of Heroic Acts.

No Belgian soldier is receiving more acclaim in the French press than Emile Sapin, who, at the age of 22, has received the decoration of the Order of Leopold and the cross of the Legion of Honor. Le Matin, of Paris, confesses it could not believe all the brilliant exploits attributed to this young man, who was a private when war was declared, and who was made a Corporal only a month ago, but that it has investigated through inquiries not only of Sapin himself, who is now in Cherbourg hospital, but also of many others, and it cheerfully recognizes the following achievements:

First, during the siege of Liege, Sapin was in the fort of Loncin. Climbing a tree, and concealed by its leaves, he killed an entire battery of heavy artillery, said to number 42 men. It is claimed that the commanding officer of this battery reached the foot of the tree, revolver in hand, only to fall, as the rest had fallen, from a bullet sent out of Sapin's rifle.

Second, two weeks later he personally captured the flag of a regiment of Hussars, whose Colonel he also shot.

Third, near Louvain, sent out in a company of six men, Sapin succeeded in capturing 40 soldiers, including one officer.

Just how it has proof of such achievements, Le Matin does not say, but it adds that General Leo, of the Belgian army, and two Cabinet Ministers, have personally gone to Cherbourg to congratulate Sapin, who is not dangerously wounded.

CRYING CHILDREN

When baby cries it is because he is unwell—not because he is bad-natured as so many imagine. Crying is the way the little one has of telling of his pains and the wise mother can instantly tell what ails her little one simply by his cry. When baby cries a great deal give him Baby's Own Tablets and he will soon be happy again. Concerning the Tablets Mrs. Jas. Gaudreau, Notre Dame des Bois, Que., says: "My baby cried day and night and I was greatly discouraged. I began giving the Tablets and he was soon happy, healthy and fat." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Lady—Is this a pedigreed dog? Dealer—Pedigreed! Why, if that dog could talk he wouldn't speak to either of us!

Easymark—I've loaned so much money to my friends that I am almost broke. Owens—Let me make the finishing touch.

BRITAIN'S SUBMARINE HERO.

Lieut. Horton Would Sooner Hug a Torpedo Than Marry.

"The qualities demanded of a first-rate captain of sub-marine are extraordinary to the point of genius," says Admiral Bacon. It must be obvious to anybody who realizes something of the means and ends of the most obscure branch of naval service that the qualities required are extensive and peculiar. In aviation the range of control and change of conditions are wide enough; in submarine work they are even wider. The nearest point of resemblance is reached by aircraft travelling in cloud or fog; and even there the comparison is incomplete, for air-craft face none of the problems of torpedo launching. Bomb-throwing from an aeroplane is the most elementary form conceivable of getting at (or missing) your objective; you leave it all to the law of gravitation. The launching of a torpedo, on the other hand, is the most elaborate and delicate job that comes the way of a marksman.

Lieutenant - Commander Horton loves his torpedoes; they are perverse, erratic, and devious in their ways, and need the delicate handling that those who are wedded to the service can give them. "'Im marry!" exclaimed a seaman who was being teased about his pet commander. "'Im marry! He'd sooner hug a torpedo any day!"

The Double-Toothed Pirate.

The affection that Lieutenant-Commander Horton gives to this elaborate toy of a torpedo he gives likewise to his submarine. A few years ago, when it first attracted him, it was in reality hardly more than a plaything. That was before Sir Percy Scott declared that the "introduction of vessels that swim under water has, in my opinion, entirely done away with the utility of vessels that swim on the top of the water." Until then nobody had

Lieut.-Commander Max Horton of British Submarine "E9."

Lieut.-Commander Max Horton of British Submarine "E9."

ventured to draw conclusions, nobody had foreseen the fate of the Aboukir, the Cressy, and the Hogue—nobody had realized that a double-toothed pirate of the Max Kennedy Horton type could, in the course of three weeks, twice plant his "rooties" in ships protected not only by their own guns, but by mines and a fortress-base.

To "Cutts" Horton—the nickname is one of the mysteries of the deep—the difficulty of the enterprise is the crowning stimulus. When he leaves dock saying "I won't come back till I've done something," he only does what every sportsman has done since the beginning. The remark is remembered in his case because it was made good. In hundreds of less fortunate cases it is forgotten because it was not made good. There is no such thing as certainty in the business of getting home at the German fleet, and Lieutenant Horton knows and enjoys the whole gamut of uncertainties. He will tell you that even in the speedy enterprise of a submarine attack there is time for every sort of sensation, from the highest elation to the gloomiest boredom. To wait submerged until the right moment is a process that turns minutes into hours; and to refrain from letting go at the enemy (in one instance he had to keep his men in check for the very good reason that they were too near their objective, and would themselves have been sent to the bottom by an explosion) makes an eternity of fifteen minutes.

His "Records."

It is just because of the strain, both as science and sport, of a submarine attack, that a man like Lieutenant-Commander Horton is known for the excellence of his spirits. They are his armor-plating. He has more whimsies than a school-boy, and they serve his purpose well. His gramophone and card-games carry his men through the stress of inaction. If he is adored by his men it is because he knows not only how to achieve a triumph, but also how to enjoy it.

It may be noted, in regard to his manner of taking a win, that the legend of the skull and cross-bones is a legend founded on fact. The papers speak of it as if it were the accustomed thing for submarines to fly the pirate's flag as a signal of success, and those who knew that it had never been done before were, in consequence, inclined to disbelieve the whole episode. But though it had never been done before, it will always be done in future. "E9" did, as stated, hoist a little yellow flag, decorated with the grim insignia after the sinking of the Hela in September, and on October 8 she again hoisted it along with a little white flag of the same design, in token of her second success. Lieutenant-Commander Horton has similar flags of other colors stored aboard his boat.

A Nova Scotia Case of Interest to All Women

Halifax Sends Out a Message of Help to Many People.

Halifax, N.S., Dec. 15.—When interviewed at her home at 194 Argyle St., Mrs. Haverstock was quite willing to talk of her peculiarly unfortunate case. "I was always 'blue' and depressed, felt weak, languid and utterly unfit for any work. My stomach was so disordered that I had no appetite. What I did eat disagreed. I suffered greatly from dizziness and sick headache and feared a nervous breakdown. Upon my druggist's recommendation I used Dr. Hamilton's Pills.

"I felt better at once. Every day I improved. In six weeks I was a well woman, cured completely after different physicians had failed to help me. It is for this reason that I strongly urge sufferers with stomach or digestive troubles to use Dr. Hamilton's Pills."

Dr. Hamilton's Pills strengthen the stomach, improve digestion, strengthen the nerves and restore debilitated systems to health. By cleansing the blood of long-standing impurities, by bringing the system to a high point of vigor, they effectually chase away weariness, depression and disease. Good for young or old, for men, for women, for children. All dealers sell Dr. Hamilton's Pills of Mandrake and Butternut.

MY RIVER.

By Dr. J. L. Hughes, Toronto.

Clear was the spring in the pasture field,
Close to the foot of the tall elm tree,
Source of my river a half yard wide,
Wonderful river it was to me.

Far to the heart of the woods it ran;
Often I followed it there alone,
Daring to go with a throbbing heart
Into the depths of the great unknown.

Barefoot and hatless I worked all day,
Changing its course with my wooden spade;
Building a bridge or a water wheel;
Sailing my ships on the lakes I made.

Mine were great visions of power to plan;
Mine were the joys of achievement, too;
Mine were the glories of earth and sky;
Mine was a wonderful world all new.

Back to the farm as a man I went,
River and spring and tall elm had gone;
But all they started to grow in me,
Vision, and power, and joy, live on.

TOWN WITH A HISTORY.

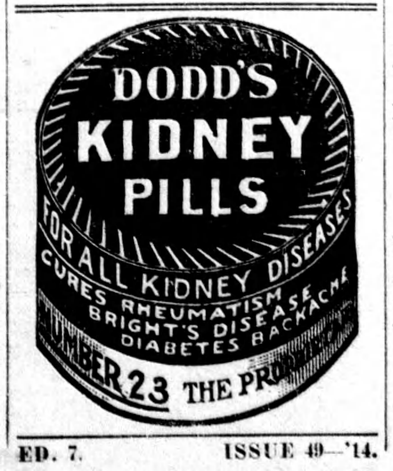
Something About Nieuport, in Belgium.

Nieuport, which is frequently mentioned in the press despatches from the European battle line, is a Belgian town situated half a mile from the sea coast and half way between Ostend and the French border. It has recently been the scene of some hard fighting. The town is on the Yser, a stream which the Germans succeeded in crossing only to be mown down by the guns of the Allies.

Although Nieuport is badly situated and unhealthy, it is visited by many tourists in the summer who are attracted there by its bathing facilities. It was destroyed in 1383 by the English, but was rebuilt and fortified two years later by Philip the Bold. It was captured three times by the French—in 1745, 1792 and 1794. The battle of the dunes, in which the Spanish were defeated by Philip of Nassau, was fought there in 1600. It has a lighthouse that was erected in 1284. The chief industries of Nieuport are shipbuilding, rope and net-making and fishing. Its population is about 4,000.

A man who is looking for trouble never loses his way.

"I think, William, I'll ask those new people next door to take dinner with us to-night." "What for?" "Well, the butcher, by mistake, left their meat order here, and it seems only fair."



DANDRUFF ON HEAD IN DRY CRUST

Hair Came Out. Scalp Itched and Burned. Scales Like Sawdust. Cuticura Soap and Ointment Healed In Six Weeks.

The Pas, Manitoba.—"Four years ago I began to lose my hair. It used to come out any time that I combed it. I think it was because my head was full of dandruff. Whenever I brushed it the scales flew off like saw-dust. My scalp also itched and burned and my head was like a dry crust. The dandruff showed very plainly.

"I applied several remedies but found no improvement till I used Cuticura Soap and Ointment. After using Cuticura Soap and Ointment a few days I found a great difference so I continued with them six weeks and they completely healed me." (Signed) L. D. Lockwood, June 4, 1914.

RASH OVER BABY'S CHEST

99 Follis Ave., Toronto, Ont.—"From birth my baby grandson had a rash over his chest which prevented his sleeping and seemed to irritate him a great deal. They were a mass of tiny red pimples on his chest and arms. He was too young to scratch but was very cross and fretful.

"I used the samples of both Cuticura Soap and Ointment and they appeared to afford him relief immediately so I bought more. In three or four weeks he was entirely healed." (Signed) Mrs. L. Compton, May 23, 1914.

Samples Free by Mail

Although Cuticura Soap and Cuticura Ointment are sold throughout the world, a sample of each with 32-p. Skin Book will be sent free upon request. Address post-card: "Cuticura, Dept. D, Boston, U. S. A."

MORTALITY IN WAR.

The Present War Will Set a New Low Record.

Since the outbreak of war, Sir William Osler, Regius professor of medicine at Oxford University, has supervised the work of the army hospitals in England. Toward the close of October, hesaid to a correspondent of the New York Times, "I think this war will set a new record for low mortality among the wounded. Formerly, with the best first-aid and hospital work, a mortality record of five or six per cent. of those who reached the base hospitals was considered creditable. Up to date, there has been only one fatality out of more than seven hundred wounded who have reached the base hospital at Oxford. That death was caused by tetanus. This result is owing partly to the self-sterilization of the modern high-velocity bullets, and partly to efficient field first aid. I have yet to see a wound inflicted by either a dum-dum or an explosive bullet. If the experience of the past counts for anything, the expeditionary force on the Continent has more to fear from the bacilli of typhoid fever than from bullets or bayonets. In the Boer War, bacilli accounted for fourteen thousand of the twenty-two thousand lives lost. I have never seen a group of recruits marching to a depot without mentally asking what percentage will die legitimate and honorable deaths from wounds, and what percentage will perish miserably from the neglect of ordinary sanitary precautions."

5,000 OUT OF WORK

Not men, but corns that were put out of business last week by Putnam's Corn Extractor. No corn can live if treated by Putnam's. It is safe, painless and sure. Use only Putnam's, 25c. at all dealers.

Both Were Sold.

"Gentlemen, I can't lie about the horse; he is blind in one eye," said the auctioneer. The horse was soon knocked down to a citizen, who had been greatly struck by the auctioneer's honesty, and after paying for the horse he said—"You were honest enough to tell me that this animal was blind in one eye. Is there any other defect?" "Yes, sir; there is. He is also blind in the other eye," was the prompt reply.

The Helpmeet.

Mr. Newlywed—Did you sew the button on my coat, darling?

Mrs. Newlywed—No, love; I couldn't find the button, and so I just sewed up the buttonhole

A WARM WINTER.

June weather prevails in California, the ideal Wintering place, reached comfortably and conveniently by the Chicago and North Western Ry.

Four splendid trains daily from the new passenger terminal Chicago—The Overland Limited, fastest train to San Francisco; the Los Angeles Limited, three days to Land of Sunshine, the famous San Francisco Limited and the California Mail.

Illustrated folders describing the great California Expositions, and also giving rates and full particulars, will be mailed promptly on application to B. H. Bennett, General Agent, Chicago & North Western Ry., 46 Yonge St., Toronto, Ont.

Sly.

O'Brien—Clancy's married a woman that weighs three hundred pounds.

Mulligan—He's the shly wan! He knows nobody can fight at that weight.

Minard's Liniment Cures Distemper.

Never say unkind things about acquaintances and friends. This world wants nothing so much as sunny people, who see the bright side of things, and find something good in others

He—"You'll be sorry you didn't marry me." She—"Well, I'd rather not be married and be sorry I wasn't married than be married and be sorry I was married."

GURKHAS PARALYZE ENEMY.

Fury of Attack Has Pitiable Effect on the Germans.

It is a tradition of the Indian army that Highlanders and Gurkhas work together. Here is a description of a charge by the Highlanders, which, in spite of the unflinching heroism, might have failed but for the timely intervention of the terrible kukris of Gurkhas. The Highland regiment was sent forward to carry a line of hostile trenches, but their heroic charge was checked by a murderous fire and barbed wire entanglements on which they stumbled. Between the gaps in their ranks slipped the Gurkhas. They insinuated themselves like cats between and under the barbed wire. Their kukris on their left hand disappeared in the enemy's trenches, then trose a terrible medley of cries, the harsh battle cry of the attackers and the groan or scream of the attacked, as the terrible knife went home. In the tumult of carnage the commands of German officers who sought to rally their men were lost. In the mud and slime of the trenches a terrible struggle, hand-to-hand and body-to-body, was proceeding. The end came quickly. In a mad frenzy of fear the Germans broke and ran, throwing their rifles from them and blundering into their own wire entanglements. Such prisoners as were taken bore in their eyes a nameless terror. For hours after they were brought into the British lines they trembled constantly. The terror of that charge deprived them of the power of volition, and almost of the mower of motion.

Magic "Nerviline" Ends Stiff Neck, Lumbago

Any Curable Muscular or Joint Pain Is Instantly Relieved by Nerviline.

GET TRIAL BOTTLE TO-DAY.

You don't have to wait all day to get the kink out of a stiff neck if you rub on Nerviline. And you don't need to go around complaining about lumbago any more. You can rub such things away very quickly with Nerviline. It's the grandest liniment, the quickest to penetrate, the speediest to ease muscular pain of any kind.

One twenty-five cent trial bottle of Nerviline will cure any attack of lumbago or lame back. This has been proved a thousand times, just as it was in the case of Mrs. E. J. Grayden, of Caledonia, who writes:—"I wouldn't think of going to bed without knowing we had Nerviline in the house. I have used it for twenty odd years and appreciate its value as a family remedy more and more every day. If any of the children gets a stiff neck, Nerviline cures quickly. If it is earache, toothache, cold on the chest, sore throat, Nerviline is always my standby. My husband once cured himself of a frightful attack of lumbago by Nerviline, and for a hundred ailments that turn up in a large family Nerviline is by far the best thing to have about you."

Resisting Temptation.

Sunday School Teacher—"Willie, did you ever resist temptation?" Willie—"Yes'm, once." Sunday School Teacher—"And what noble sentiment prompted you to do it?" Willie—"The jam was on the top shelf and I couldn't reach it."

Minard's Liniment Co., Limited
Gentlemen,—Last winter I received great benefit from the use of MINARD'S LINIMENT in a severe attack of La Grippe and I have frequently proved it to be very effective in cases of Inflammation.
Yours,
W. A. HUTCHINSON.

Boarding House Gossip.

"Billson yonder tells me he trusts his wife implicitly and absolutely, but——"

"Well,"

"Well, I notice he carries the change and his fishhooks loose in the same pocket."

Minard's Liniment Cures Garget in Cows.

Second Year of Married Life.

It is, say the philosophers, during the second year of married life when its glamor of newness is wearing off, that danger arises. The man then begins to settle down, but the woman is by nature retrospective. Much tact, therefore, is needed to harmonize the present with the past. Fortunately little Jenkins was eminently tactful. "Jack," said his wife to him one day, "I don't believe you love me any more, at any rate, nothing like so much as once you did." "Nonsense, dear!" replied the husband in a convincing, soothing voice. "But why?" "I don't know." A pause. "Lots of little ways." Another pause. "Why do you always let me get up to light the fire now?" "Nonsense, darling. Being able to come down to a nice warm room always makes me love you more."

Marriage often means exchanging a lot of little troubles for one big one.

Minard's Liniment Cures Colds, &c.

His Choice.

First Laborer (gazing into jeweller's window)—How would you like to have your pick amongst that lot, Bill?

Second Laborer—I'd sooner have my shovel.

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.

A Long Good-By.

"Come on, Bill," whispered the old burglar in disgust. "It's no use wasting time here."

"Don't you think those lovers will get off the steps soon?" queried the new burglar.

"No. I just heard him say that was the last kiss. They'll be an hour yet."

Minard's Liniment Cures Diphtheria.

Doctors are not as wise as they think their patients think they are.

"I hear the sea captain is in hard luck. He married a girl and she ran away from him." "Yes; he took her for a mate, but she was a skipper."

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.

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.

Machinery For Sale

Engine, shafting, belting, pulleys, etc. from large factory for sale. Wheelock engine, 18 by 42, complete with cylinder frame, fly wheel, bearings, etc., all in good condition. Shafting from one inch to three inches, pulleys thirty inches to fifty inches, belting six inches to twelve inches. Will sell entire or in part.

NO REASONABLE OFFER REFUSED.

S. Frank Wilson & Sons, 73 Adelaide Street West, Toronto.

Chapped Hands Quickly Healed

CHAPPED hands and lips always come with cold weather, but

Vaseline
Trademark

CAMPHOR ICE

brings sure and speedy relief.

Children especially need "Vaseline" Camphor Ice for their rough and smarting hands.

In tubes and tins—at drug and general stores everywhere. Insist on "Vaseline" Camphor Ice.

Our new illustrated booklet describes all the "Vaseline" preparations. A postcard brings it.

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