WOMEN'S WEAKNESS AND HEALTH PERILS

Anaemia Comes so Gratefully That the Victim Scarcely Realizes the Hold the Trouble Has Upon Her Until Almost in a Decline.

Woman's work is more wearing than man's because it lasts almost every waking hour. There is no eight or nine hour day for the breadwinner's wife, and often she toils under the greatest difficulty because her strength is below what it should be. The woman who is indoors all day is very often careless about what she eats and does not keep her blood up to the mark. It becomes thin and poor, which makes her weak, headachy, tired, breathless and liable to pains in the back and sides, the scourge of her sex. New blood will do wonders for the woman who is tired out, who aches all over when she rises in the morning and feels unaccountably depressed. She can gain new blood now, and drive away the pains and aches and tiredness if she will take Dr. Williams' Pink Pills. They have worked marvels for other women and will do the same for you if you are weak, tired, depressed or suffering from backaches or sideaches. Mrs. Elmer C. Taylor, Calgary, Alta., says: "I was so run down with anaemia that I could scarcely walk without aid. I was not able to leave the house. I had no color, no appetite, and was constantly troubled with headaches, dizzy spells and a general disinclination to move about or do anything. My friends did not think I would get better, and even the doctor was apprehensive. I was constantly taking medicine, but it did not do me a particle of good. One day a friend asked me if I had tried Dr. Williams' Pink Pills, and I decided to do so almost as a forlorn hope. After I had used a few boxes there was a decided change for the better, and people began to ask what I was taking, the change was so noticeable. As I continued the Pills my color came back, I could eat my meals regularly, the headaches and dizzy spells ceased, I gained in weight and took a new interest in life, my cure being complete. I have told many sickly women and girls what Dr. Williams' Pink Pills did for me and urged them to take them and shall continue to do so, knowing what a splendid medicine they are."

Every weak and ailing woman who will follow Mrs. Taylor's example and give Dr. Williams' Pink Pills a fair trial will find new health and strength through their use. Sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The Far-Flung Battle-Line.

Alexander the Great's campaigns, Caesar's wars and Napoleon's three-fold battle front seem limited and almost trivial when viewed in the light of one day's news of the present war. Russians, Austrians and Slavs struggle in Poland, Galicia and on the slopes of the Carpathian Mountains; West, Central and Eastern France, including Alsace, send reports of armies locked in a fierce struggle; Flanders gives the story of surging masses; the Caucasus witnesses fierce fighting; Persia sends word of a Moslem reserve; Turkish troops are routed on the sands of Arabia; Indian mutineers are suppressed on the Malay Peninsula; German colonial soldiers are driven from Kamerun, in Western Equatorial Africa; German East Africa chronicles an engagement; Smyrna, in Asia Minor, is shelled; British and French troops land near Enos, in European Turkey; Mesopotamia sees a route of Arab tribes in Turkish pay; the northern border of Italy is swarming with Italian regiments; an aerial engagement is fought over the beautiful Rhine; a submarine is sunk off Heligoland; Servia is reinvaded by Austrians; London awaits the Zeppelins; even our own peaceful Newport News is agitated about the Kronprinz Wilhelm. This is as near to Armageddon as earth has ever known.—Philadelphia Ledger.

KEEP YOUR BABY WELL

Mothers can keep their little ones happy and healthy by the occasional use of Baby's Own Tablets. There is no minor ailment of little ones that the Tablets will not cure, and above all they are absolutely safe and positively no injury can result from their use. Concerning them Mrs. Henri Huard, Kingston, Ont., writes: "There is no medicine I know of so good for little ones as is Baby's Own Tablets. They have certainly been of great service to me." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Vinegar comes from the French "vin aigre"—sour wine.

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.

MONEY IN LIVE STOCK.

The Canadian Farmer Will Benefit By the War.

Mr. Randolph Bruce, a well-known rancher in Western Canada, has just returned from Europe with many interesting opinions as to the effect that the war will have on the Canadian farmer. The immense slaughter of cattle for the armies in the field will, he thinks, very shortly cause a great increase in the price of beef, and those farmers who are raising cattle will make more money even than those who are raising wheat at a dollar-fifty per bushel. Every effort should be made to raise cattle for the market in as large quantities and as quickly as possible. Mr. Bruce is a great believer in alfalfa as the most satisfactory food for the rapid raising of cattle for beef.

In this connection it is interesting to note that fattening young stock is becoming very popular in the United States where the market for beef is increasing so rapidly that more study has been paid to methods of increasing production.

In the early days cattle were kept on the ranges from three to five years. Experience, however, has shown that the use of thorough-bred bulls and the consequent improvement in the quality and maturing ability of market cattle, together with heavier grain feeding, has made it possible to put just as much beef on the market at from 13 to 20 months old. Experts are of the opinion that with the continued improvement of breed stock it will be possible to market at an even earlier date. Among the advantages of earlier finishing of cattle, the following are mentioned by some of the leading cattle men: Firstly, younger cattle make heavier gains of beef on a similar amount of feed than old cattle; Secondly, the money invested is turned faster, being turned over in eighteen months, where formerly it took from three to five years; Thirdly, heifers under two years old sell as readily as steers and finish more rapidly.

As the census statistics prove without shadow of doubt, the value of beef cattle in Canada is steadily increasing. In 1901 there were 3,167,744, valued at $54,197,341, or an average of $17.12, taking the good with the bad. In 1911 there were 3,939,257, valued at $86,278,490, or, an average of $21.90, an increase of $4.78 per head. Mr. H. S. Arkell, Assistant Live Stock Commissioner for the Dominion Government, says that never in our statistical history have prices attained so high a figure, either for cattle on the hoof or for meat in the butcher shop, as to-day. What it will be next year, when the full effect of the war is felt, no one can tell.

Wit and Wisdom.

A woman sniffs every time she thinks of her daughter-in-law's method of rearing babies.

"He offers me a platonic affection." "Well, take it. A Platonic affection often leads to the real thing."

Doctor—"Do you talk in your sleep?" Patient—"No; I talk in other people's. I'm a clergyman."

Many a woman's mind is merely something she uses to guess with. If a man's sins don't find him out his wife will.

The secret of health lies in a careful selection of food and thorough mastication, says an expert. A case of pick and chews.

The source of true living is not in possessions, but in disbursements. The mould of a man's fortune is in his own hands.

Madge—"You shouldn't say he's a confirmed bachelor unless you know." Marjorie—"But I do know; I confirmed him."

"Is the man your sister's going to marry rich?" "Naw; every time the marriage is mentioned pa says, 'Poor man!'"

The average man chooses a wife as he would a buttonhole bouquet—just because she looks pretty and nestled gracefully on his coat lapel.

Client—"You ought to have gone into the army, not the law." Solicitor—"Why?" Client—"By the way you charge there would be little left of the enemy."

A Board School teacher, putting his hand on the shoulder of a boy of doubtful character, said, "I believe Satan has got hold of you." "I believe so, too," was the reply.

Tom—"But do you think, my dear, that I'm good enough for you?" Bessie (with a commanding look in her eyes)—"Good enough for me! You've got to be."

"Talk about your long hours. I know a couple of hands in a factory that never stop, day or night, all the year round." "Impossible! Where?" "On the factory clock."

The men are on earth chiefly to attract the women, but they don't know it. The women are on earth chiefly to attract the men, and they know it—though some pretend otherwise.

Newrich—"So she looks forward to a perfectly happy life?" Mrs. Newrich—"Yes. She has snubbed the last of the old friends who knew her in her early days when she was poor."

Daughter: "What does old-fashioned mean?" Mother: "Anything that I think is right, and you don't, dear."

Says They are The Very Best

MR. J. A. HILL TELLS WHAT DODD'S KIDNEY PILLS DID FOR HIM.

He Suffered for Four Months from Kidney Trouble but Found Quick Relief When He Used Dodd's Kidney Pills.

Sixty-Nine Corners, Ont., May 17th (Special). — "I know that Dodd's Kidney Pills are the very best of medicines." Such is the statement made by Mr. J. A. Hill, a well-known resident of this place. "I was sick for six months," Mr. Hill continues. "My troubles started from a cold that seemed to settle in my back. My joints were stiff and I had cramps in my muscles, my appetite was fitful and I was heavy and sleepy after meals. I had a bitter taste in my mouth and I was always tired and nervous.

"I used four boxes of Dodd's Kidney Pills, and the great benefit they did me is what makes me say, 'They are the best of medicines.'"

Dodd's Kidney Pills cure sick Kidneys, and Mr. Hill's symptoms are the symptoms of Kidney disease, consequently he found quick relief in Dodd's Kidney Pills. They always cure Kidney disease.

SUN SPOTS GET STRONGER.

Can Now Be Seen on Clear Days With Binoculars.

Eleven years have elapsed since the last pronounced appearance of sun spots, this is now the period for their recurrence, and photographs of the sun indicate that the spots have appeared. Any one with smoked glasses or even a pair of binoculars can see the great dark spots on the sun any clear day. The modern theory advanced by scientists is that these spots affect the earth's weather, cause thunder and lightning storms, greatly reduce the temperature and cause increased precipitation.

From photographs first taken on April 3, it is apparent, according to scientists, that the regular recurrence of sun spots appeared at about that time and since then they have been increasing. So much cloudy weather followed that perfect pictures could not be taken until May 2, and these plates show that the sun spots have increased in area and have acted just as astronomers said they would. That is, the large spots become larger, then split up into sections with one large spot leading a lot of smaller ones across the face of the sun, as a mother hen leads her chicks.

Previous observations that a lower temperature, rain and cyclonic disturbances result from the appearance of the sun spots every 11.1 years has been borne out by the weather recently.

The sun revolves on its axis every twenty-five days and the sun spots are there hidden to the earth. By the time the surface of the sun again appears exposed to the earth it is considered probable that the spots will have been dissipated on the flaming surface of the great orb.

INSOMNIA

Leads to Madness, If Not Remedied.

"Experiments satisfied me, some 5 years ago," writes a Western woman, "that coffee was the direct cause of the insomnia from which I suffered terribly, as well as extreme nervousness and acute dyspepsia." (Tea is just as injurious as coffee, because it, too, contains the health-destroying drug, caffeine).

"I had been a coffee drinker since childhood, and did not like to think that the beverage was doing me all this harm. But it was, and the time came when I had to face the fact, and protect myself. I therefore gave up coffee abruptly and absolutely, and adopted Postum for my hot drink at meals.

"I began to note improvement in my condition very soon after I took on Postum. The change proceeded gradually, but surely, and it was a matter of only a few weeks before I found myself entirely relieved—the nervousness passed away, my digestive apparatus was restored to normal efficiency, and I began to sleep restfully and peacefully.

"These happy conditions have continued during all of the 5 years, and I am safe in saying that I owe them entirely to Postum, for when I began to drink it I ceased to use medicines."

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

Postum comes in two forms:

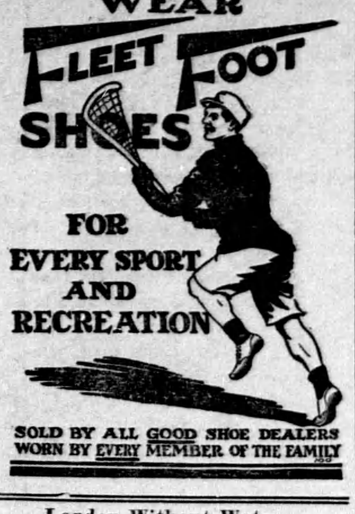
Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

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

Both kinds are equally delicious and cost about the same per cup.

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

WEAR FLEET FOOT SHOES



FOR EVERY SPORT AND RECREATION

SOLD BY ALL GOOD SHOE DEALERS
WORN BY EVERY MEMBER OF THE FAMILY

London Without Water.

Of late the Thames has been a deal too full of water for the comfort or convenience of the inhabitants of the Thames Valley. Yet there are on record several instances where the contrary was the case, and the people of London saw the river bed practically dry. In Stow's Annals is an account of an earthquake, which shook down many churches and houses while the River Thames "was dryed uppe, that all London might walke over the same dry shod." This was in the year 1158.

In 1591 came an amazing ebb tide, when the river was again so low that a man might ride over it on horseback at London Bridge. In 1687 a tremendous gale blew for thirty-six hours. The great storm blew straight down the valley of the Thames, and kept the water back, so that the bed was dry. On September 14, 1716, the same thing happened, and, according to the "Weekly Packet," a paper of that date, people crossed the river afoot both below and above the bridge, while the sands lay so clear to view that a silver tankard, a silver butted sword, a gold ring, a guinea, and other long-lost articles of value were picked up.

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 poinsons, 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.

Things You Should Know.

The swallow has a larger mouth in proportion to its size than any other bird.

In all the world there are about 580 millions of white people, and more than two-thirds of these form the population of Europe.

The invention of bells is attributed to the Egyptians, who are credited with having made use of percussion instruments to announce the sacred fetes of Osiris.

The first partition of Poland was actively commenced 142 years ago, under terms of a contract between Frederick the Great of Prussia and Catherine of Russia, in which Austria was invited to take part. About one-third of Poland was seized on this occasion.

Keep Minard's Liniment in the house.

Sure Proof.

Mother—Are you quite sure that you have ceased to love him?

Daughter—Absolutely! I don't even care if he has a pretty stenographer in his office!

Had ship's anchor fall on my knee and leg, and knee swelled up and for six days I could not move it or get help. I then started to use MINARD'S LINIMENT and two bottles cured me.
PROSPER FERGUSON.

He Could Prove It.

Mother—Son, I don't believe you washed your face at all.

Small Son—If you don't believe me, look at the towel.

Newfoundland is the oldest British colony.

Rifle-Firing in the Dark.

The activity of the sniper under cover of darkness has been responsible for much inventive ingenuity with a view to facilitating rifle-firing at night. Two ingenious devices have been perfected, one by a Glasgow staff-sergeant and the other by an Australian explorer. At night there is difficulty in directing the muzzle of the rifle upon the enemy, owing to the invisibility of the ordinary foresight. To meet this, the Scottish musketry instructor has fitted the ordinary service rifle with a luminous sight. No alteration in the service arm is necessary, and the night sight does not interfere with the ordinary front-sight for daylight shooting. The new sight has been subjected to exacting tests, and has proved efficient, only four misses being recorded out of fifty-four rounds in a trial under difficult conditions; and it has been applied to machine-guns with equal success. The Australian invention consists of a quick sight electric flashlight, which is fitted close to the muzzle by a simple contrivance, the current being supplied from a small battery carried in the butt, to which the sight is connected. The light throws a T-shaped mark which provides an almost automatic aim, because the bullet strikes at the intersection of the two lines. The sight can be fitted to any firearm, and the flashlight can also be used for signalling.

Method in His Reform.

"He is one of those near-vegetarians."

"What is a near-vegetarian?"

"He never eats meat, except when he is invited out."

Corns Drop Out

Instant Relief

Paint on Putnam's Corn Extractor to-night, and corns feel better in the morning. Magical the way "Putnam's" eases the pain, destroys the roots, kills a corn for all time. No pain. Cure guaranteed. Get a 25c. bottle of "Putnam's" Extractor to-day.

Staggering.

I want to trust my fellow-men;
I like to think their morals sound.
And yet the column headed "Lost"
Is thrice the size of that called "Found."

Ask for Minard's and take no other.

Shaving was introduced among the Romans about B.C. 300. The first shave was deemed the entrance to manhood and celebrated with great festivities.

Minard's Liniment used by Physicians.

A pan of freshly-sliced onions placed in a room where there is infectious disease will take up the poison.

An ounce of isinglass added to a pint of beef-tea will make the latter jelly more readily.

An infant does not hear until the third or fourth day after birth.

KERMATH Marine Engines

"America's Standard 4 Cycle Marine Motor"
4 Cycle, 4 Cylinder, 12 to 20 H.P. Highest quality. Silent operation. No vibration. Controls like the finest Motor Car engine. Extremely economical on fuel. Used as standard equipment by over 60 per cent. of the world's leading boat builders. Catalog on request. $190 to $360 depending on equipment.
KERMATH MFG. CO. Dept. Detroit, Mich.

KEELEY CURE
1253 DUNDAS TORONTO
FOR ALCOHOLIC & DRUG ADDICTIONS

What a Million Mothers Avoid

More than a million careful mothers have intuitively known the dangers of poisonous fly destroyers. They have known that such preparations contain arsenic in deadly quantities. They have realized the peril to little children that accompanies the use of fly poisons.

But for those who have not learned of these dangers, we quote from a recent issue of the Child Betterment Magazine, which comments upon thirty-five cases of children being poisoned last year:

"The danger to children is great, and the danger to adults is by no means inconsiderable."

In the December issue of the Michigan State Medical Journal, an editorial on the same subject cites 47 cases and goes on to state:

"Arsenical fly poisons are as dangerous as the phosphorus match. They should be abolished. There are as efficient and more sanitary ways of catching or killing flies. And fly poisons, if used at all, should not be used in homes where there are children, or where children visit."

TANGLEFOOT
"The Sanitary Fly Destroyer"
Non-Poisonous
Catches the Germ With the Fly
Made in Canada by
THE O. & W. THUM CO.
Dept. 253 Walkerville, Ont.
American Address: Grand Rapids, Mich.
(50)

A woman's brain on an average weighs five ounces less than a man's in proportion to her weight.

Minard's Liniment Lumberman's Friend.

Martial men, good fighters and of choleric temper, have red and spotted finger-nails.

SEED POTATOES.

EARLY IRISH COBBLER POTATOES, specially selected and Government inspected for seed. Only limited quantity. Price, One Dollar per bushel f.o.b. Brampton. Also Connoisseur's Pride and New Snow, two excellent new potatoes. Price, Two Dollars per bushel. Special prices for large quantity. Cash must accompany all orders. H. W. Dawson, Brampton.

NORTH WESTERN GROWN SEED Potatoes. Extra Early Seneation. New Early Short Season. Manitoba Wonder or White Elephants. Five pounds One Dollar postpaid. T. E. Bowman, Aldersyde, Alta.

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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.

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THE PETERBOROUGH CANOE COMPANY, LIMITED,
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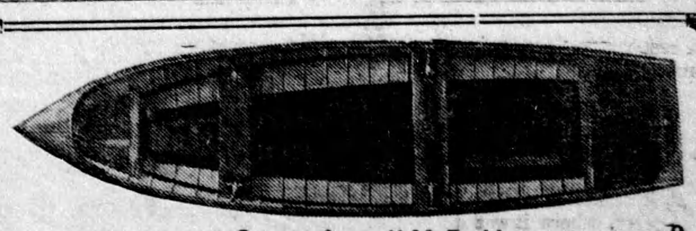

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Freight Prepaid to any Railway Station in Ontario. Length 15 Ft., Beam 3 Ft. 9 In., Depth 1 Ft. 6 In. ANY MOTOR FITS.
Specification No. 2B giving engine prices on request. Get our quotations on—"The Penetang Line" Commercial and Pleasure Launches, Row boats and Canoes.
THE GIDLEY BOAT CO., LIMITED, PENETANG, CAN.