ALL MOTHERS NEED CONSTANT STRENGTH

Their Strength is Taxed and They are Victims of Weakness and Suffering.

When there is a growing family to care for and the mother falls ill it is a serious matter. Many mothers who are on the go from morning to night, whose work, apparently, is never done, try to disguise their suffering and keep up an appearance of cheerfulness before their family. Only themselves know how they are distressed by backaches and headaches, dragging down pains and nervous weakness; how their nights are often sleepless, and they arise to a new day's work tired, depressed and quite unrefreshed. Such women should know that their sufferings are usually due to lack of good nourishing blood. They should know that the one thing they need above all others to give them new health and strength is rich, red blood, and that among all medicines there is none can equal Dr. Williams' Pink Pills for their blood-making, health-restoring qualities. Every suffering woman, every woman with a home and family to care for should give these pills a fair trial, for they will keep her in health and strength and make her work easy. Mrs. G. Strasser, Acton West, Ont., says: "I am the mother of three children, and after each birth I became terribly run down; I had weak, thin blood, always felt tired, and unable to do my household work. After the birth of my third child I seemed to be worse, and was very badly run down. I was advised to take Dr. Williams' Pink Pills. I found the greatest benefit from the Pills and soon gained my old-time strength. Indeed, after taking them I felt as well as in my girlhood, and could take pleasure in my work. I also used Baby's Own Tablets for my little ones and have found them a splendid medicine for childhood ailments."

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

CHEERY WORDS AND WISE.

With the will to conquer, we are certain of victory.—M. Poincare.

The women of this country can help us through to victory.—Mr. Lloyd George.

Do not let doubt creep into your mind . . . the essential condition of victory is patience.—M. Paul Cambon.

The world will not stand being bullied, especially by a graceless German bully.—Mr. Desmond McCarthy.

All the easy talk of peace is but froth upon the water when such a storm as this is raging.—Mr. Austen Chamberlain.

Men and women must do all things in proportion. They must be natural as well as national.—Bishop of Birmingham.

The secret of Germany's strength, wealth, and efficiency may be summed up in a single word: discipline. —Mr. J. Ellis Barker.

The moment has come when, so far as personal expenditure is concerned, it has become a virtue to be stingy.—Mr. Herbert Samuel.

A wholesome, good comic song very often helps a great deal in the cure of our wounded soldiers—quite as much as a hymn.—The Bishop of London.

For us, high or low, to whatever profession we belong, there must be no holidays till the great task is finally accomplished—Mr. Walter Long.

The true victory will not lie so much in the tactical gains on the battlefield to-day as in the quality of the men who have to carry on the work of the nation after the war is over.—General Sir Robert Baden-Powell.

FEED CHILDREN

On Properly Selected Food. It Pays Big Dividends.

If parents will give just a little intelligent thought to the feeding of their children the difference in the health of the little folks will pay, many times over, for the small trouble.

A mother writes: "Our children are all so much better and stronger than they ever were before we made a change in the character of the food. We have quit using potatoes three times a day with coffee and so much meat.

"Now we give the little folks some fruit, either fresh, stewed, or canned, some Grape-Nuts with cream, occasionally some soft-boiled eggs, and some Postum for breakfast and supper. Then for dinner they have some meat and vegetables.

"It would be hard to fully describe the change in the children, they have grown so sturdy and strong, and we attribute this change to the food elements that, I understand, exist in Grape-Nuts and Postum.

"A short time ago my baby was teething and had a great deal of stomach and bowel trouble. Nothing seemed to agree with him until I tried Grape-Nuts softened and mixed with rich milk and he improved rapidly and got sturdy and well."

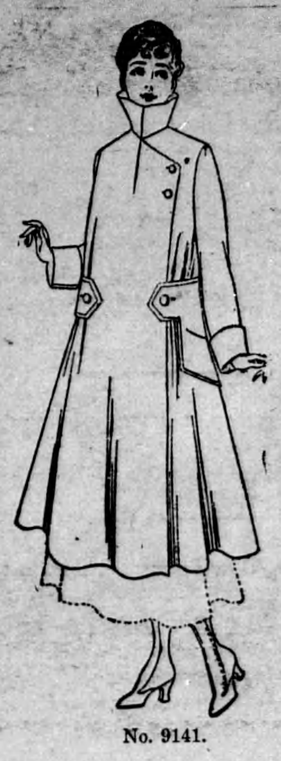
"There's a Reason."

Name given by Canadian Postum Co., Windsor, Ont.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

MONK'S COLLARS POPULAR.

In the fashion world it is just as futile to ask "what will not the designers think of next?" as it is to ask what they will think of next. The two queries are synonymous, inasmuch as a designer's field is limitless and his imagination infinite. One of the latest popular creations is the



No. 9141.

Monk's collar, shown here in the illustration on attractive Ladies' Home Journal coat pattern No. 9141. This smart collar is excellent for cold or milder weather, for it can be turned down and leave the neck quite open. The lower edge may be either straight or shaped as desired. The sleeves are full length with turn-back cuffs, and the pockets are novelly and attractively made from the same piece that forms the belt. The coat cuts in 7 sizes—34 to 46—size 38 requiring 5⅝ yards of 36-inch material.

Patterns, 15 cents each, can be purchased at your local Ladies' Home Journal dealer or from the Home Pattern Company, 183 George Street, Toronto, Ontario.

If After Eating You Have Pain, Stomach Needs Aid

Specialists who have devoted their lives to the treatment of stomach ailments, now tell us that many people who complain about their stomachs have no stomach ailment at all. You may suffer from bloating, gas, sourness and other unpleasant symptoms. If so your best course is to tone up the bowels with a reliable vegetable remedy like Dr. Hamilton's Pills. This old time family medicine is a wonderful corrective of all digestive and stomach disorders. There is no mystery about the quick effect you get from Dr. Hamilton's Pills. They simply supply the additional aid required by the system to enable it to do its work correctly. You'll enjoy your meals, digest everything you eat, look better, feel better, be free from headaches, constipation and indigestion,—all these benefits come to all that use Dr. Hamilton's Pills. Every man or woman with a stomach ill is advised to spend 25c. on a box of this wonderful vegetable remedy.

TO THE MOTHERS OF CANADA.

Appeal for Greater Precautions in the Use of Matches.

No fewer than 683 fires, one million and a half dollars damage to property and the loss of thirty-eight lives occurred during the year 1914 as the direct result of children playing with matches.

Matches should, therefore, receive attention as a danger of primary importance. Keep the matches away from the children. Place them on a high shelf far out of their reach, for they love to play with fire, and matches form an ideal toy from their point of view.

If it were only possible to convey in its horrid detail the account of the fires in Canada where thirty-eight children lost their lives, the excitement and nervous tension, the loss of property, the anguish of parents, the pain of the little child, some measure of reform might soon be effected.

Mothers should ever after guard their children against matches, as they would protect them against a terrible and menacing enemy.

Forest Protection Methods.

One of the most important features in connection with the control of forest fires is their prompt discovery, thus rendering it possible in most cases to extinguish the fire in an incipient stage, at small expense and with slight damage. One of the recent developments in this work is the use of a hydro-aeroplane for the discovery of fires in the forest reserves of Northern Wisconsin. This is a lake region, and excellent results have been secured, one fire being accurately located at a distance of thirty miles.

Girl (reading letter from her brother at the front)—"John says a bullet went through his hat without touching him." Old Lady—"What a blessing he had his hat on, dear!"

Lumbago's Misery Ceases, Every Aching Muscle Cured

JUST RUB ON OLD-TIME "NERVILINE."

Not necessary to drug inside!

That awful stiffness that makes you yelp worse than a kicked dog will be cured—cured for a certainty, and quickly, too, if you just rub on Nerviline.

Rub Nerviline right into the sore spot, rub lots of it over those tortured muscles, do this and the pain will go. You see Nerviline is thin, not oily. Therefore it sinks in, it penetrates through the tissues, it gets right to those stiff, sore muscles and irritated nerves that make you dance with pain.

You'll get almost instant relief from muscle soreness, stiffness, aching joints, lameness or rheumatics by rubbing with Nerviline. It's a soothing liniment, and doesn't blister, doesn't burn or even stain the skin.

It's the most harmless cure in the world for Lumbago, Back Strain or Sciatica. It takes away the ache at once and ends your misery quickly.

Now quit complaining—don't suffer another day—Nerviline, that good, soothing old-time liniment will limber you up mighty quick. Get busy to-day, the large 50c. family size bottle is the most economical, of course, the trial size costs but 25c. Any dealer anywhere can supply Nerviline.

TAUGHT BY THE HICKORY.

How Dr. Wyeth Learned to Use His Left Hand.

It is peculiarly fortunate for a swordsman, or a surgeon to be ambidextrous. Dr. John Allan Wyeth was not born to that good fortune, but he achieved it. How he did so, with the assistance of a long, lithe, extra tough hickory,—not applied in the manner that has rendered that useful tree so unpopular with boys,—he has related in his interesting autobiography, recently published.

When he was a boy of twelve, he attended school in a country schoolhouse built on the backbone of a high, wooded ridge that overlooked the village. At recess one slope of the ridge was the girls' playground, and the other the boys'; and boys and girls met and played together on the summit. A favorite sport was for the boys to bend the tough young hickory saplings down to the ground and seat themselves and their sweethearts upon them for "ridey-horses."

"I had a sweetheart," the doctor acknowledges, "and her name was Mugg. Can you imagine in all the category of names one more suggestive of ugliness—I am almost tempted to say of 'muggliness?' But Mugg was only her nickname. It was short for Margaret, and she was the prettiest girl in school—to me.

"There stood in our grove a slender, graceful, tight-bark hickory sapling, toughest of all tough timber, which bends but never breaks. It towered fully thirty feet to its topmost bifurcation. There was no other like it, as there was no other girl like Mugg. I made up my mind that I would bend it to the ground, and that she should have it; and to the top I climbed, twisted the terminal twigs round my hands and wrists, and swung boldly out into space toward the ground. I had struck the wrong hickory.

"Instead of swooping to the earth as I had anticipated, in a long, graceful curve, amid the plaudits of an admiring throng, with a glance at Mugg and her approving smile, I bent that obstinate sapling not more than three feet from the top, in fishhook shape; and there I dangled, helpless and hopeless, almost as much so as if I had had a noose about my neck and had been hanging from a gibbet. I could not clamber back, for the arc of the circle described by the bending tree top had a diameter beyond the swing of my wildly gyrating feet."

His suggestion that half a dozen boys climb up and add sufficient weight to bend the tree low enough for safety was disregarded in the laughter at his absurd predicament. A rival called up to him to stay where he was—he looked better at a distance; another amid a chorus of giggles suggested that if he would only drop, the ground would catch him. Before they realized that his plight was anything more than funny, his hold broke, and he did drop—slashing through the limbs and against them in such a way that when he reached the ground it was no longer feet foremost. His outstretched right hand saved his neck, but his right wrist was broken.

The fracture was mistaken for a sprain and was not set, and during the prolonged pain and weakness that ensued the boy took to using his left hand and arm. He became fairly ambidextrous; and in after years, appreciating the value of complete ambidexterity in his profession, he worked almost wholly with his left hand while teaching and studying anatomy. He was finally able, in performing an operation however delicate, to use whichever hand was more convenient or useful, without thinking whether it were right or left.

Persian carpets were formerly dyed with indigo, madder, or vine-leaves, and from these materials shades were evolved that were impervious to the action of sunlight. Aniline dyes, which have been much used in recent years, give colors which fade more rapidly.

Minard's Liniment Cures Distemper.

OLDEST FRENCH SOLDIER.

At 72 Fights for France the Second Time.

According to the Paris Figaro the oldest volunteer in the French army is Alcide Verd, born in April, 1843, at Rompont (Ardeche). He already has celebrated his seventy-second birthday when he became attached to the recruiting bureau at Troyes. A detachment recently was sent from there to fill gaps in the ranks of the Forty-seventh Territorial regiment, and Verd was so insistent on going to the front with the younger men that the commanding officer finally consented to enlist him for active service.

The aged volunteer now is a soldier in the Seventh company of the regiment, which is stationed somewhere in the trenches of the first line of defence. He is doing his duty as efficiently as any of his comrades in arms, whose unbounded admiration the spry septuagenarian has won through his vivacity and never failing good humor.

Alcide Verd has seen war before. He fought the fathers of his present adversaries during the Franco-Prussian conflict, in which he took part up to the ominous battle of Sedan, when he was made a prisoner and with thousands of others sent into captivity in Silesia.

CHILDHOOD CONSTIPATION

Baby's Own Tablets will promptly cure constipation of childhood. They act as a gentle laxative, regulate the bowels and stomach and are absolutely safe. Concerning them Mrs. A. Crowell, Sandy Cove, N.S., writes: "I can strongly recommend Baby's Own Tablets to all mothers whose little ones are suffering from constipation." The tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

FRANCE IS DOOMED?

Kaiser Said He Had Overestimated Gallic Chrivalry.

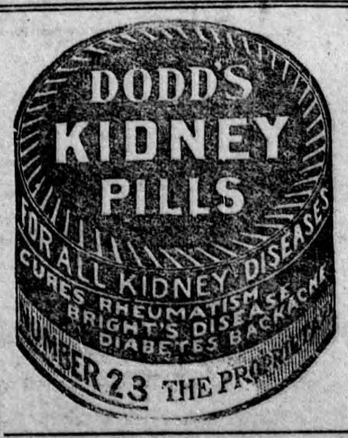
Herr Anton Fendrich, well known among German Socialists, describes in an article published in the Frankfurter Zeitung a conversation which he had with the Kaiser in the field. The main point revealed by Herr Fendrich is the declaration that the Kaiser is certain that France is doomed. The writer in this connection says:

"Nobody will suppose that the opinions of the Kaiser agree in all points with those of a man of the Left, but in two cases there was perfect accord between us. The first was when the conversation turned upon the French. Here the Kaiser's sorrow was my sorrow. The Kaiser speaks quite pure French and had hoped, like all of us, and especially us people from Baden, that with France first of all an agreement would be possible. We had grievously overestimated the Gallic nation as well as all other nations. The French are a people passing through their decadence. Their conduct of war is full of the most grievous horrors, full of such terrible things that only a private book of the war will ever be able to record them.

"For half an hour the Kaiser—with reluctance, but carried away by the horror of it all—narrated to me sworn facts about the behavior of French doctors, not only toward the enemy, but toward their own purpose. France is a doomed country. The tears which more than once came into the Kaiser's eyes as he told the tale were often tears of shame at such degradation in a people that had been thought to be still chivalrous and noble.

"The second happy point of agreement between the Kaiser and me showed itself when we talked about the meaning of the war. The meaning and purpose is the unification and purification of Germany, so that she may fulfil her world historic task of being the heart of Europe and of preparing the way for the spiritualization of European humanity. We are not all good, but we have the will to be good, and those who are sincere are permitted by God to succeed. These were the main ideas about the meaning of the war. An inner fire illuminated the conversation and it was as if outside the garden fresh children's voices were singing, 'Oh, Germany, high in honor, thou sacred land of loyalty!'"

Spinach was introduced into England in the reign of Queen Elizabeth, as also was the cucumber, whilst celery was introduced to English tables by a French prisoner in 1704.



MAGIC BAKING POWDER

CONTAINS NO ALUM

We unhesitatingly recommend Magic Baking Powder as being the best, purest and most healthful baking powder that it is possible to produce. All ingredients are plainly printed on the label

MADE IN CANADA

E.W. GILLETT COMPANY LIMITED
TORONTO, ONT.
WINNIPEG, MONTREAL

THIS THEFT WON A MEDAL.

British Officer Stole Over a Ton of Germans' Explosives.

News reached Blackburn, England, recently, that Lieut. W. Cooper, an old Blackburn amateur footballer, has been decorated at the front with the Military Cross for an act of remarkable coolness and resource.

He was driving a mine 192 yards long under the German position, and had got within a few yards of his objective, when he broke into a German mine crammed with high explosives. For a moment he thought his party were doomed, but he quickly cut the wires leading to the German trenches, and sending back for help proceeded to carry away the enemy's explosives piecemeal.

As the tunnel was very low, he and his men lay head to feet and passed the stuff back from hand to hand. The task occupied twelve hours, there being one ton and a half of explosives.

No mishap occurred, but five of Lieut. Cooper's men were rendered unconscious by fumes, and four of them received the D.C.M. for their share in this remarkable feat.

Sore Corns Go! Absolutely Painless

No cutting, no plasters or pads to press the sore spot. Putnam's Extractor makes the corn go without pain. Takes out the sting over-night. Never fails—leaves no scar. Get a 25c. bottle of Putnam's Corn Extractor to-day.

WOMEN REPLACE MEN.

200 Women Clerks in the Bank of England.

The very sanctum of British conservatism, the Bank of England, has been invaded by women clerks. More than 200 of them are now employed in the bank in various forms of clerical work. While it is the war that gave women the opportunity of replacing men of military age, it is also war that created additional work at the bank through the war loan business.

Women have been employed in the bank of England in the humble note-sorting capacity since 1895, but they had never before done clerical work. They often put in as much as 12 hours a day.

Other English banks, it is stated, now contemplate following the lead of the Bank of England, which, despite its former prejudice against women, has been historically known as the "Old Lady of Threadneedle Street."

Flaxseed Now a Wonderful Human Food.

as deodorized and used in Dr. Jackson's Roman Meal. It's the most nourishing seed grown. It has always been known as a wonderful food for stock, but since Dr. Jackson's discovery of a method of deodorizing it, it has become available as a delicious human food, 25% of it being used in Roman Meal. This food is guaranteed to relieve constipation or "money back." It also nourishes better than meat and prevents indigestion. Ask your doctor. At all grocers, 10 cents and 25 cents.

Undeniably True.

Among a squad of policemen who were being examined on their knowledge of ambulance work was a certain Irishman with whom the doctor had the following colloquy:

Doctor—What would you do to a man who had a cut on the forearm?

Policeman—Sure, sorr, I'd bathe it with warm, soft water.

Doctor—What do you mean by soft water?

Policeman—Och! Just soft water, sorr; wet water.

Doctor—And what is hard water?

Policeman—Ice, sorr.

Minard's Liniment Cures Colds, &c.

The Difference.

Little Molly had been very trying all day. That evening, when her grown-up sister was putting her to bed, she said she hoped the child would be a better girl to-morrow, and not make everybody unhappy with her naughty temper.

Molly listened in silence, thought hard for a few moments, and then said, wisely:

"Yes, when it's me it's temper; when it's you it's nerves."

Minard's Liniment Cures Diphtheria.

In Japan tea-leaves are often ground into powder before use.

His Specialty.

"I've got the best memory of anybody in the community!" triumphantly cackled old Uncle Totterly. "Why, I can remember things on 'most everybody 'round here that they wish I'd forgotten!"

Minard's Liniment Cures Garget in Cows

The Prophet.

"Yes," said the colonel pompously. "I am quite confident that the war will be over by October."

"What year?" asked Bildad.

"Ah," said the colonel, "that is another question."

A druggist can obtain an imitation of MINARD'S LINIMENT from a Toronto House at a very low price, and have it labeled his own product.

This greasy imitation is the poorest one we have yet seen of the many that every Tom, Dick and Harry has tried to introduce.

Ask for MINARD'S and you will get it.

The Relationship.

Mrs. Swiftley and her former husband were still friends. Noting the similarity of names and their familiar manner towards each other a lady who was a guest with them at a week-end party, thought they must be cousins.

"Is Mr. Swiftley a connection of yours?" she asked.

"No," laughed Mrs. Swiftley. "A disconnection."

PILES.

You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk, means cure. Why not prove this? *All Druggists and Stores.—50c box.*

Zam-Buk

FARMS FOR SALE.

IF LOOKING FOR A FARM, CONSULT me. I have over two hundred on my list, located in the best sections of Ontario. All sizes. H. W. Dawson, Brampton.

NEWSPAPERS FOR SALE.

PROFIT-MAKING NEWS AND JOB Offices for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide 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.

Positions at $1100 and $1400 Recently Filled!

ELLIOTT Business College

Yonge and Charles Sts., Toronto, is the Best place in Ontario for Superior Business or Shorthand Education. Enter now. Calendar free.

Big Drop in Prices of FURS AND FUR GARMENTS

No matter where you live or what you or your family want in Furs or Fur Garments, you can buy cheaper and better by dealing direct with us.

When you realize that we are THE LARGEST CASH BUYERS OF RAW FURS IN CANADA direct from the trapper, you will appreciate our unrivalled opportunity to select the finest skins, manufacture them into desirable Fur Sets and Fur Garments then by selling direct to you by mail, save the middlemen's profit by our system of selling

From Trapper to Wearer

BLACK WOLF SET. This is one of the many bargains illustrated in our FUR STYLE BOOK and is a beautiful set made from long haired—good quality—whole skins. The Stole is cut extra deep and wife over shoulder and back—giving good protection against cold—is trimmed with head and tail over shoulders and tail at each end—lined with good quality satin and warmly interlined.

No. 225 Muff $6.50
No. 224 Stole $6.25

The Muff is made in the large classy pillow style, trimmed with head, tail and paws and mounted on good down bed giving great warmth and comfort—lined with good satin—with wrist cord.

No. 224, Stole $6.25
No. 225, Muff $6.50

Every article is sold under OUR POSITIVE GUARANTEE to "SATISFY YOU OR REFUND YOUR MONEY."

Send for our Fur Style Book; 1915-16 edition, SENT FREE on request which contains 84 pages of illustrations of beautiful Fur Sets and Fur Garments.

We Pay All Delivery Charges

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