## LOOKING OLD TOO SOON

### The Condition of Too Many Women and Too Many Girls.

Too many women and too many girls look old long before they should. Their faces become pale and drawn; wrinkles appear and their eyes lack brightness. Can this be wondered at when they so frequently have headaches, backaches and a general feeling of wretchedness and weakness? In most cases it is the blood that is to blame. From one cause or another the blood has become thin and watery, and it is a fact that anaemia (bloodlessness) more than any other cause, gives women this prematurely aged appearance. It is important that the blood supply of girls and women be regularly replenished—important not only on the score of looks, but to restore robust health, which is of greater value. Dr. Williams' Pink Pills actually make new blood and restore the system shattered by overwork or worry. These pills give a glow of health to pale faces and make tired, weary women and girls feel bright and happy. With Dr. Williams' Pink Pills at hand there is no need for any woman or any girl to look ill or feel ill. Mrs. J. McDonald, jr., Hay, Ont., says: "I honestly believe Dr. Williams' Pink Pills saved my life. Some years ago I had anaemia, and as I did not realize the seriousness of the trouble I soon became a complete wreck. I got so weak I could hardly walk. I neither ate nor slept well, and could not go upstairs without stopping to rest. At times I had an almost unbearable pain in my back, and would have to remain in bed. I suffered almost constantly from a dull headache, and when sweeping if I would stoop to pick up anything I would get so dizzy that I would have to catch hold of something to keep from falling. At times my heart would beat so fast that I would have a smothering sensation. My eyes were sunken and my hands and limbs would be swollen in the mornings. I tried several kinds of medicines without benefit, and my friends thought I would not recover. Then I began taking Dr. Williams' Pink Pills, and before long could see and feel that they were helping me. I gladly continued the use of the pills until I was completely cured, and I cannot say enough in their praise, and I strongly recommend them to all run-down girls and women."

You can get Dr. Williams' Pink Pills from any dealer in medicines or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

### IMPORTANT ANNOUNCEMENT.

**Postage on Parcels Going to the Troops in France.**

The Post Office Department is in receipt of applications to have parcels addressed to our soldiers in France sent free or at reduced rates of postage, there evidently being an impression that the Department has control of these rates and could do as it wished, but this is not so, as the question of postage is fixed by International agreement, so that it is not within the power of the Canadian Post Office Department to undertake to carry the parcels free or at a reduced rate of postage. Under International law, provision is made for the free transmission of parcels for prisoners of war, but this privilege does not extend to parcels for troops engaged in active service, nor is it within the power of the Department to so extend it.

The rate of postage required on parcels addressed to the troops depends upon the location of the addressee. If the addressee is in England, the rate on parcels for England applies, which is twelve cents per lb; whilst, if he is in France, the parcels are subject to the rates applicable to parcels for France, which are as follows:

| | |
|---|---|
| 1 lb. | 32 cents. |
| 2 lbs. | 40 " |
| 3 " | 48 " |
| 4 " | 64 " |
| 5 " | 72 " |
| 6 " | 80 " |
| 7 " | 88 " |
| 8 " | $1.02 |
| 9 " | 1.10 |
| 10 " | 1.18 |
| 11 " | 1.26 |

These are exactly the same charges which existed for years between Canada, England and France before the war, and are the result of an agreement or convention made between these countries and Canada, and as these countries have not agreed to lower their rates between England and France, Canada has to pay to them the same rates as before the war and must charge the same postage.

In all cases parcels for the troops must be addressed Care of Army Post Office, London, England, but this does not in any way affect the rate of postage which depends entirely upon the location of the addressee.

**Missing No Tricks.**

Anna—Since you've been in love you seem to have a faraway expression in your eyes.

Amy—There's a reason, dear. Charley always kisses me when I'm not looking.

Norway possesses no fewer than 2,137 steamers and 1,902 sailing ships, besides 209 motor ships as deep sea craft.

## *New Lady Tupper*

**Wife of Sir Charles Stewart Tupper, of Winnipeg, who becomes Lady Tupper through the death of Sir Charles Tupper. Lady Tupper was Miss Margaret Peters Morse, only daughter of Dr. and Mrs. Charles Morse of Ottawa. Her father was a second cousin of the late Sir Charles Tupper's wife. Her husband, who succeeds to the Baronetcy, is about to leave for the front, having a commission in the Cameron Highlanders.**

### ECLIPSES FRIGHTEN ARMIES.

**Soldiers Have Always Been Rather Superstitious.**

The official explanation to the Russian soldiery and peasants about the recent eclipse of the sun, to save them from considering it an evil omen, was an unnecessary precaution, for when the French Marshal Tesse was marching from Barcelona in 1702 an eclipse of the sun—the emblem of the Bourbons—so depressed his troops that for some time they behaved little better than an unorganized rabble.

Soldiers, indeed, like sailors, have always been rather superstitious, and even in the remote times of Alexander the Great's march on Babylon an eclipse of the moon threatened to destroy his army. Well disciplined as they were, the Greek troops became seized with uncontrollable panic, and were more than half minded to fly. But Alexander, with great ceremony, consulted the gods, and then the priests diplomatically pointed out that, as the Greeks worshipped the sun and the Persians the moon, the eclipse was a good omen, portending the defeat of the latter. In this way discipline was restored.

### LONDON IN WAR TIME.

**Inhabitants Indifferent to the Tragic Side of War.**

To judge from the general aspect of London to-day, the nation, as represented by the inhabitants of the metropolis, appear somewhat indifferent to the tragic side of war. The restaurants and theatres are as crowded as in former times, and it is only to those who know the capital well that any great change is apparent. What mostly reminds London of the war are the men in khaki, the wounded driving in cars, and the darkened streets at night. After the shops are closed central London is as if the ninth plague of Egypt had fallen upon it. It is worse than in the time of oil lamps a hundred years ago, and a fog would bring everything to a standstill. The county of London in ordinary times spends £1,000 a day in street lighting, but, although much of this is saved, it is the lighting contractors, and not the public, who are benefiting most by this enforced economy.

### A FRIENDLY GROCER

**Dropped a Valuable Hint.**

"For about eight years," writes a lady, "I suffered from nervousness—part of the time down in bed.

"Sometimes I would get numb, and it would be almost impossible for me to speak. At other times I would have severe bilious attacks, and my heart would flutter painfully when I would walk fast or sweep.

"I have taken enough medicine to start a small drug store, but without permanent benefit. One evening our grocer was asking my husband how I was, and urged that I quit coffee and use Postum, so he brought home a package, and I made it according to directions, and we were both delighted with it. We quit coffee altogether and used only Postum." (Tea produces about the same effects as coffee, because they both contain the drugs caffeine and tannin.)

"I began to get better, and in a month's time looked like another person. The color came back to my cheeks, I began to sleep well, my appetite was good, and I commenced to take on flesh and become interested in everything about the house.

"Finally, I was able to do all my own work without the least sign of my old trouble." Name given by Canadian Postum Co., Windsor, Ont.

Postum comes in two forms:

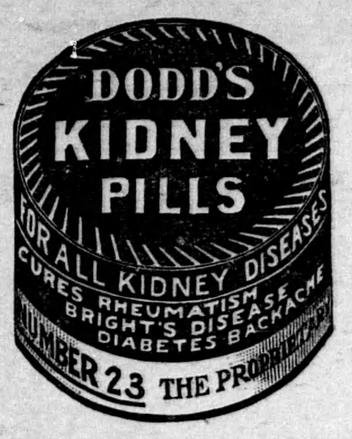
**Postum Cereal**— the original form —must be well boiled. 15c and 25c packages.

**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.




**Der Shky Pilot.**

Vunce I vas a vaiter
 In your good old London town;
But now I shteer der Zeppeleen
 Vhat drops der bik boms down.

I am von bold shky-pilot,
 I do der Var Lord's vill;
Some prettee Engleesh vimmen
 Und der leetle childs I kill.

Hoch! Hoch! I am so happy
 Up here among der shtars,
I vish der Vaterland vould be
 For effer in der vars.

To me it vas der great bik fun
 To hide above der clouds,
Und tink how many Engleesh dead
 You wrap up in deir shrouds.

Und vhat I likes about it best—
 Von ting you vill agree—
Vile I drops boms upon your head
 You cannot punish me.

It makes mein zides mit laughter shplit
 To look down from der shky,
Und dink der speshul constables
 Do "Vake up, England!" cry.

I come like thief in dead auf night,
 Ven sinks der red-eyed sun;
Und den your papers write und say
 I vas von pirate Hun.

But nicht care I for vhat you tink
 Of terrors in der nights!
I make you var in vays dat are
 Der latest ting in frights.

If England vins—vell, vell, I vill
 Again a vaiter be;
If Germany—I tink so—vins,
 Den you shall "vait" on me!

—Clyde Foster in London Answers.

### WHO IS DR. JACKSON ?

For years he taught food chemistry, dietetics, and diseases of the digestive tract in one of the large medical schools of the continent. In his extensive experience in free clinics he worked out the formula for Dr. Jackson's Roman Meal, a compound of whole wheat and rye, with deodorized flaxseed and bran. It nourishes better than meat, prevents indigestion and positively relieves constipation or "money back." Ask your doctor. At all grocers, 10 and 25 cents. Roman meal is made by Roman Meal Co., Toronto.

### DEAF TO ALL WAR NEWS.

**English Convict Gains a Rare Distinction.**

To have lived in England for the past fifteen months without knowing that war had broken out was the rare distinction of a prisoner charged recently at North London police court.

The man, who is very dear, had been arrested within eight days of his liberation from a term of penal servitude and he confided to a police officer that he had just heard there was a big war on in France costing £3,000,000 a day. He asked the officer if it was true, and, being told that it was, he expressed the opinion that the Government would save money if they paid the inmates of prisons to fight.

I was cured of painful goitre by MINARD'S LINIMENT.
BAYARD McMULIN.
Chatham, Ont.

I was cured of Inflammation by MINARD'S LINIMENT.
MRS. W. A. JOHNSON.
Walsh, Ont.

I was cured of Facial Neuralgia by MINARD'S LINIMENT.
Parkdale, Ont. J. H. BAILEY.

**Miles of Electric Wire.**

Through the United States and Canada there are 900,000 miles of electric wire stretched overhead, which require the support of no less than 25,000,000 poles. It is said that about 4,000,000 poles are needed annually for renewals and new lines. Well-stocked German forests, which are the best managed forests in the world, produce only 250 trees to the acre; the poles now standing would thus represent all the timber growing on more than 130,000 acres. In Canada considerably less than 100 poles are cut to the acre, so that nearly 500,000 acres of forests have been cut to obtain the poles now in use, and about 50,000 acres are cut over each year to furnish the poles for renewals. That means cutting at the rate of 100 acres a day.

**Minard's Liniment Cures Diphtheria.**

Iron rings were used as money by the ancient Britons.

Nine churches in England are named in honor of St. David, of Wales.

### PIGEONS IN WARFARE.

**Were Used Extensively During the Boer War.**

It is not generally known that all the armies and navies of the world can fall back on official pigeons, if necessary, and that the birds belonging to the British Navy have their official standing and numbers just as the handymen have.

During the Boer War the British Army had its carrier-pigeon system. The birds brought messages from all the towns beleaguered by the Boer invaders, and when Sir George White's force was cooped up in Ladysmith winged messengers carried several despatches from that gallant officer to the men who were slowly fighting their way to his relief.

The first war in which pigeons were used as messengers was the Franco-Prussian, and the birds carried news into and out of besieged Paris. A post was established at Tours, and right through the siege regular mails were carried between Paris and Tours by pigeons.

## Throw Away Your Eye-Glasses!

### A Free Prescription

**You Can Have Filled and Use at Home**

Do you wear glasses? Are you a victim of eye-strain or other eye-weaknesses? If so, you will be glad to know that there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time, and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefitted by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto. Fill a two-ounce bottle with warm water, drop in one Bon-Opto tablet and allow to dissolve. With this liquid, bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start, and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now, before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time. The Valmas Drug Co., of Toronto, will fill the above prescription by mail, if your druggist cannot.

**Made Artificial Leather.**

A substantial prize has been won by a Belgian inventor in Italy for an artificial leather made of cotton, which is said to be as durable and elastic as the genuine article.

A woman may have high ideals and still wear a low-cut gown.

Borrowed umbrellas cast the shadow of suspicion.

It's useless to waste hints on narrow-minded people.

**FARMS FOR SALE.**

FARMS — ALL SIZES — STOCK, Grain, Dairy or Fruit. When you want to buy, write H. W. Dawson, Brampton, Ont.

**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.

**FOR SALE.**

NEWFOUNDLAND PUPPIES FOR Sale from pedigreed stock. Also pure-bred Persian Kittens. Beautiful pets. Sure to attract attention. R. A. Gillespie, Abbotsford, Que.

**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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TORONTO, ONT.
WINNIPEG MONTREAL

**While Plumes Are All the Go.**

May—No, George, it cannot be. I am not good enough to be your wife.

George—What nonsense, dear. You are an angel!

May—George, even an angel could not be happy with a man who had only $1,250 a year, and feathers the price they are!

**Minard's Liniment Cures Distemper.**

**A Saving Anyway.**

O'Brien—So the landlord lowered the rint for yez. He'll save money at that.

Casey—How so?

O'Brien—Shure, it's less he'll be losin' when ye don't pay it.

**Minard's Liniment Cures Colds, &c.**

**Always Late.**

"Hind thought is better than forethought."

"Oh I don't know. I'd be a rich man to-day if I had thought of a lot of my ideas first."

**Lot of Difference.**

Lawyer (to witness)—Did you say that an incompetent man could keep an hotel as well as anybody!

Witness—No; I said an inn-experienced man could.

MURINE FOR YOUR EYES
Murine is prepared by our Physicians, as used for many years in their practice, now dedicated to the Public and sold by Your Druggist. Try Murine to Refresh, Cleanse, and Strengthen Eyes after exposure to Cold Cutting Winds and Dust and to restore healthful tone to Eyes Reddened and made Sore by Overwork and Eye Strain.
Some broadminded Physicians use and recommend Murine while others perhaps jealous of its Success, talk and rush into print in opposition; those whose Eyes need care can guess why, as there is no Prescription fee in Murine. Just hand your Druggist 50c and you have a Complete Pkg. Eye Book—Murine—Dropper—and Cork Screw—ready for use. Try it in your Eyes and in Baby's Eyes for Eye Troubles—No Smarting—Just Eye Comfort. Write for Book of the Eye Free.
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HOW TO GET YOUR COPY.
Below are the names and addresses of twelve firms. Select eleven of your best friends and either have them write, or write a postcard yourself to each of these firms asking them to send "Shepard's Housekeeper's Perfect Account Book" to the address supplied.
For instance, supply your name and address to the first firm on the list, a friend's name and address to the second firm on the list and so on.
Next week's issue of this paper will show another list of firms to whom you can send a further list of names and addresses.
Write your postcards to-day before you forget.
Canadian Shredded Wheat Co., Niagara Falls, Ont.
Christie Brown & Co., Toronto. C. Turnbull Co., Ltd., Galt, Ont.
Cowan Co., Ltd., Toronto. Clare Bros. & Co., Preston, Ont.
Maple Leaf Milling Co., Toronto. Dominion Canners, Co., Hamilton.
E. W. Gillett Co., Toronto. Wm. Clark Co., Ltd., Montreal.
Fairweathers Limited, Yonge Street, Toronto.
Standard Tube & Fence Co., Woodstock, Ont.
Atlantic Sugar Refineries Limited, Montreal

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Easy payments, if desired.
Other Victrolas, $33.50 to $400

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The Victrola will play all your favorite songs and instrumental music. They are to be found in the list of over 6,000 Victor Records, including standard and popular music on ten-inch, double-sided records at 90 cents for two selections.

Any of "His Master's Voice" dealers will let you hear them. If there is not one in your vicinity notify us and we will see that you are not disappointed on Christmas morning.

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