HARD WORKING WOMEN

Will Find New Strength Through the Use of Dr. Williams' Pink Pills.

It is useless to tell a hard working woman to take life easily and not to worry. Every woman at the head of a home; every girl in offices, shops and factories is subjected to more or less worry. These cannot be avoided. But it is the duty of every woman and every girl to save her strength as much as possible, and to build up her system to meet unusual demands. Her future health depends upon it. To guard against a break-down in health the blood must be kept rich, red and pure. To keep the blood in this condition nothing can equal Dr. Williams' Pink Pills. They strengthen the nerves, restore the appetite, bring the glow of health to pallid cheeks, and renewed energy to listless people. Women cannot always rest when they should, but they can keep up their strength and keep away disease by the occasional use of Dr. Williams' Pink Pills. Mrs. A. Rhodes, Hamilton, Ont., says: "A few years ago on coming to Canada, working long hours, and close confinement began to tell upon me. I was completely run down, and finally could do no work. I was pale, suffered from headaches, did not rest well, and felt altogether very miserable. The doctor said that the trouble was anaemia, and after doctoring for some weeks without getting any relief, I decided to drop the doctor and take Dr. Williams' Pink Pills. Very soon I began to notice a change for the better, and by the time I had used a half dozen boxes of the Pills I was again enjoying the best of health. I have never had any return of the sickness and never felt better in my life than I do now. I give my experience, therefore, that it may be used for the benefit of others."

You can get Dr. Williams' Pink Pills from 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.

ENGLISH WOMEN DESERTING CITIES

2,000,000 MORE JOIN TRADES DURING YEAR.

Receive Better Pay and More Consideration by Employes in Munition Mills.

Hardly less remarkable than the swift transformation of England into a powerful military nation has been the silent upheaval that has placed the civil work and the industries of the workshops in the hands of women. It has been estimated from official figures that there were fully 2,000,000 more women in active employment on March 1, 1916, than on the corresponding day 12 months earlier. Moreover, the number is increasing week by week.

Every class of women, including those previously regarded as leisured and well-to-do, are adding to the total. The call is reaching the remotest hamlets as well as the quiet market towns, and the women and girls are responding. The women are mobilizing in a great army, ready to serve wherever they are most needed—even to the hard labor of the tilling of the soil.

Such changes in the national, commercial and industrial spheres are naturally creating considerable readjustment of social conditions, with the result that the Young Women's Christian Associatiton, Women's Unions, suffragist organizations and scores of women's clubs are confronted with many new problems in helping to care for the thousands of women suddenly thrown into a new environment.

The Initial Difficulty

To be dealt with has been that of housing the workers in the munition factories. All sorts of factories have been requisitioned in the provincial towns up and down the country, calling for large drafts of workers from outside. Lodgings have been hard to find, and of course, following all laws of supply and demand have been costly, even if they could be found at all. Railway communication with places at any distance have been unsatisfactory, especially for those on the night shifts. Only in the larger centres of population has the service of tram cars or omnibuses been of any help to those living at a distance.

Thousands upon thousands of young women and girls were suddenly shifted from their familiar surroundings in the larger cities to the new life in the country where many of the huge munition factories have been erected. The manufacture of high explosives is not permitted in the vicinity of homes. Therefore, canteens had to be established close to such works so that the women would not have to go long distances for their meals and relieve them of much fatigue and strain.

A Colony for Workers.

Perhaps the ideal conditions have been reached by one famous firm engaged in the manufacture of cordite. A colony for the workers was erected in a long series of wooden huts, each containing some 28 two-bedded rooms. In the centre of all is a dining hall with a perfectly equipped kitchen, a recreation room and a small model hospital. As soon as these plans had been approved the firm had one of the women's organizations take up the responsibilities for them in behalf of the girls employed.

Public imagination is more stirred at the idea of women's labor in shell, fuse and explosive making than it is over the vast army engaged in the more humdrum round of business routine. But the fact is that the women who is forced to work in the offices of the Government, municipalities, banks, factories and stores is much worse off than her sister in the munitions works. She receives less pay and very little attention is paid to her welfare. But she is sustaining the fabric of the state to no less extent.

TAX ON MATCHES NOT NEW.

English Statesmen Borrowed Idea From U. S. in 1871.

This is not the first time that a British Chancellor of the Exchequer has tried to raise money from the taxation of matches. The proposal was put forward by Robert Lowe (afterward Lord Sherbrooke) in 1871. He suggested a halfpenny stamp on boxes of 100 wooden matches or less and a penny on boxes of 100 wax matches, or fuses, because they were "more aristocratic." He estimated that the tax would yield for the first year £550,000 ($2,750,000).

The idea was borrowed from America, which at that time made £400,000 $2,000,000) a year from the tax.

Mr. Lowe's reason for suggesting it was that the "cost of matches was so inappreciable that they were wasted in a most reckless and dangerous way." He suggested as the motto for the new stamp "Ex luce lucellum" (out of light a little profit), and he thought this more appropriate than the usual rather watery device of a "Noah's Ark."

The match tax was regarded in 1871 as a frivolous measure, although it was at first favored by Parliament. A procession of tattered matchmakers to Westminster to protest against it gave the coup de grace to the measure, but not before trial proofs of the duty stamp printed in a pale blue, and now become very rare, had been prepared. The stamps were to be so pasted on as to be broken by the opening of the match box.

INDIANS LIKE FRANCE.

Many of British Expeditionary Force Will Settle There.

The contact which the Indian troops have with western life, religion and customs during their stay with the British expeditionary force in France may have a far reaching effect on the religion and habits of the people of India.

A correspondent of the Associated Press was informed by British officers that the Indian troops were so impressed with the superiority of the customs observed in France that many of them were preparing to return and settle there after the war. It will be comparatively few of the Indian soldiers, of course, who will come back and it is from those who remain in India that the influence on their own people is expected to emanate. How great a change the persuasion of these soldiers with advanced ideas will work on the people as a whole remains to be seen.

MEAL-TIME CONSCIENCE.

What Do the Children Drink?

There are times when mother or father feeds the youngsters something that they know the children should not have. Perhaps it is some rich dessert but more often it is tea or coffee.

It is better to have some delicious, hot food-drink that you can take yourself and feed to your children, conscious that it will help and strengthen, but never hurt them.

An Eastern lady says: "I used coffee many years in spite of the conviction that it injured my nervous system and produced my nervous headaches." (Both tea and coffee are injurious to many persons, especially children, because they contain the subtle, poisonous drug, caffeine.)

"While visiting a friend I was served with Postum and I determined to get a package and try it myself. The result was all that could be desired—a delicious, finely flavored, richly colored beverage. Since I quit coffee, Postum has worked wonders for me.

"My husband, who had suffered from kidney trouble when drinking coffee, quit the coffee and took up Postum with me and since drinking Postum he has felt stronger and better, with no indication of kidney trouble.

"You may be sure I find it a great comfort to have a warm drink at meals that I can give my children, with a clear conscience that it will help and not hurt them as tea or coffee would."

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 pkgs.

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 forms are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.

—sold by Grocers.

AT FRONT, GETS $400,000.

French Count, Serving as Private, Has Good News From Home.

There is in France a nobleman of ancient lineage, a scholar, well versed in the law, who at one time was in the French diplomatic service as an attache. He left the service, and living a leisurely life in Paris and at his magnificent chateau in Brittany, exercised his knowledge of the law—he had passed the examinations as an avocat—by assisting poorer people in knotty law cases. When the war broke out he was called up as a private, and was a great favorite in the ranks. Then, still holding a private's rank, he became an interpreter with the British army.

While engaged in that work he attended by correspondence to the affairs of his estate and to the details of a long inheritance dispute in the American courts, his wife being an American. In consequence of a strong German attack the battalion to which he was attached was driven from its billets and got "quarters" for some days in a field. There the Count lived in the shelter of a hedge, sleeping under a cart sheet tied to posts. While he was occupying that simple residence he received the news that the American action was at an end and he was the richer by between 2,000,000 and 3,000,000 francs ($400,000 or $500,000).

His fortune brought only one little break in his life as a private. He received twenty-four hours leave at a time when leave was generally suspended in order to see his wife at Calais and to sign certain important documents.

Grippe Left Her Seriously Ill

BUT DODD'S KIDNEY PILLS CURED HER COMPLETELY.

Mrs. Halquist Tells Just Why She is the Firm Friend of the Grand Canadian Kidney Remedy, Dodd's Kidney Pills.

Bangsund, Sask., May 15th (Special).—Mrs. Pete Halquist, a well-known resident here, is a firm believer in Dodd's Kidney Pills, and is always ready to tell the reason why.

"About a year ago," Mrs. Halquist says, "my little girl was taken ill with the grippe. She was sick in bed for three weeks with pains in the joints. They were swollen and stiff.

"She had cramps in her muscles, so it was awful hard for her to get around for the longest time. After she was able to be around her skin became harsh and came off in scales.

"After using two boxes of Dodd's Kidney Pills she was as well as ever she was in her life. She has been strong and healthy ever since."

The after-effects of grippe are more to be dreaded than the disease itself. That is because they generally act on weak kidneys and put them out of working order. Sick kidneys are the cause of rheumatism, backache, dropsy and numerous other diseases. The one sure way to avoid them is to keep the kidneys toned up and able to do their work. The best way to keep the kidneys healthy is to use Dodd's Kidney Pills.

WHEN TIBETAN BATHES.

Soaks Himself for Hours, Removing Several Layers of Dirt.

Near the ancient wall across the road at Yatung, Tibet, there are some remarkable hot springs, the water in some cases registering boiling point.

Many Tibetans congregate around these springs to bathe, and the water, which is highly charged with sulphur, is considered specially efficacious in cases of skin disease.

Bathing is a simple proceeding on the part of the Tibetan. All that is considered necessary is to scoop out a depression in the deposit round any spring, and this, filled with water, makes the bath. A tent is sometimes thrown over it, and the whole family—men, women and children sit for hours in the steaming water, and they look a different color after a prolonged immersion, the process removing several layers of dirt.

CAPTURE WIVES IN FRANCE.

British Soldiers Make Marital Alliances in France.

Army officers along the British front say that many hundreds of British soldiers have married French girls since the expeditionary force landed in France, and hundreds of others have become engaged, a fact not generally known even in London. Some of the Tommies plan to take their wives back to England, but the majority have declared their intention of settling in France when the war is over.

The love affairs of Tommy cause his superiors considerable amusement for he knows no French, excepting the little that he has picked up since he came to France, and his sweetheart knows no English, save what Tommy has taught her.

Two hundred penitentiary prisoners at Lansing, Kan., attempted to mob "Fre" Bissell, of Topeka, suspected of murdering ten-year-old Edna Dinsmore.

Better Muscle, Better Work—the power to do things comes from food that supplies the greatest amount of strength-giving nutriment with the least tax upon the digestive organs. **Shredded Wheat Biscuit** contains all the muscle-making material in the whole wheat grain—the most perfect food given to man—made digestible by steam-cooking, shredding and baking. Contains more real nutriment than meat or eggs and costs much less. Being ready-cooked and ready-to-serve, it is the ideal Summer food. Delicious for breakfast, for luncheon or any meal with milk or cream, or with fresh fruits.

Made in Canada.

ACROSS THE BORDER

WHAT IS GOING ON OVER IN THE STATES.

Latest Happenings in Big Republic Condensed for Busy Readers.

Boston children are to have 118 burros from Mexico to ride in the parks.

Chicago announces that it can accommodate 50,000 at its bathing beaches this summer.

For driving his horse while drunk, a wealthy Atlantic City man was sent to jail for thirty days.

To take care of an old horse for the rest of his life, a $14-a-week Hoboken barber is left $62,000 by his aunt.

The City Commissioners of Passaic, N.J., have passed an ordinance prohibiting the serving of free lunch in a saloon.

The Treasury Department at Washington announces a $5,000 cheque from a New York resident to conscience fund.

A Minneapolic hotel guest took off his hat when a lady entered the elevator and was savagely abused by a jealous husband.

Governor McCall, of Massachusetts, vetoed the bill allowing "Billy" Sunday to erect a wooden tabernacle, in violation of fire laws.

Senator Knox and other prominent Republicans assailed President Wilson at the Grant day dinner of the Americus Club in Pittsburg.

Edward Dolphini, of New York, was fined $1 for "blocking traffic" while arguing about "neutrality" with a Frenchman, who disappeared.

One woman was killed and 38 other passengers injured when a street car in Cincinnati, O., jumped the track and crashed into a telegraph pole.

Charles H. Mansfield, engineer of a New Haven train which killed five passengers at Bradford, was indicted at Providence, R.I., for manslaughter.

After vainly calling twenty pastors to a Paterson pulpit, vacant two years, the congregation has succeeded in getting a preacher from Iowa.

Mrs. Henry James Lamar Washington, of New York, is plaintiff and defendant in a double divorce case. Her husband is a direct descendant of John Washington, brother of America's first president.

Minard's Liniment used by Physicians.

Welcome Intruder.

The man in the next flat was pounding on the wall.

"Look here!" he cried. "I can't sleep with that kid yelling like that. If you don't make him stop I will."

"Come right in," said the baby's father. "You'll be as welcome as the flowers in spring."

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.

Resemblance.

Wife—Are my doughnuts like those your mother used to make?

Hub (sampling them)—Well-er the holes are just the same.

Sore Eyes **Granulated Eyelids,** Eyes inflamed by exposure to **Sun, Dust** and **Wind** quickly relieved by **Murine Eye Remedy.** No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. **Murine Eye Salve** in Tubes 25c. For **Book of the Eye Free** ask Druggists or **Murine Eye Remedy Co., Chicago**

A Kid's Idea.

"It is called the altar because that's where a girl alters her name when she gets married." explained one youngster to another.

Ask for Minard's and take no other

CARRY THEIR OWN BATHS.

Ingenious Devices for Soldiers Displayed at Red Cross Sale.

An active service exhibition is being held at Knightsbridge, in London, at which are displayed hundreds of ingenious devices for the comfort, health and safety of officers and men at the front. The money raised by the sale of these articles goes to funds of the British Red Cross and the Order of St. John of Jerusalem.

Among the devices on sale is a small safety razor that will fit easily into a waistcoat pocket, a compact hot bath cubes of "condensed heat," which will raise the temperature of water to the proper degree, a shower bath outfit and other toilet articles.

In order to enable the soldiers to write in the dark a combination pencil case and electric torch, to throw light on the paper, has been invented. The "nutshell canteen," as one little case is called, contains thirty-three assorted drink tablets, tea, coffee, beef tea and cordial ginger, six shields for corns, and a checkerboard.

A steel body shield, light but effective, also is for sale. Cases of bath salts for disinfecting purposes are displayed. A trenching tool with numerous uses attracts much attention. It is shorter than a man's arm, weighs less than four pounds, and will cut wire and dig up a macadamized road.

CHILDHOOD AILMENTS.

The ailments of childhood are many but most of them are caused by some derangement of the stomach and bowels. Therefore to banish these troubles the stomach must be kept sweet and the bowels regular. To do this nothing can equal Baby's Own Tablets. Thousands of mothers have proved this. Among them is Mrs. Thomas Holmes, Blissfield, N.B., who writes: "Every mother in this locality uses Baby's Own Tablets as we all consider them the very best medicine for childhood ailments." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Curious Effect of Shell Fire.

Shell fire produces curious effects at times, and not the least remarkable is the cross made by enemy fire over the graves of soldiers in France. It occurred between Barcy and Varredes, where, according to the Illustrated London News, the top of a tree was cut off by a shell. In falling the severed part of the tree was caught on a projecting branch and hung balanced in a horizontal position at right angles to the trunk, thus forming the transom of a cross. Near by are the graves of thirty soldiers who were killed there in September, 1914.

Minard's Liniment Lumberman's Friend

Quite Different.

"I thought I told you to quit using tobacco!" exclaimed the specialist.

"I have quit it," replied the patient.

"Then what is it that I smell on your breath?" demanded the specialist.

"Cigarettes," replied the patient.

ABSORBINE STOPS LAMENESS from a Bone Spavin, Ring Bone, Splint, Curb, Side Bone, or similar trouble and gets horse going sound. It acts mildly but quickly and good results are lasting. **Does not blister or remove the hair** and horse can be worked. Page 17 in pamphlet with each bottle tells how. $2.00 a bottle delivered. **Horse Book 9 M free.**
ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins; heals Sores. Allays Pain. Will tell you more if you write. $1 and $2 a bottle at dealers or delivered. Liberal trial bottle for 10c stamps. W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

QUEEN'S UNIVERSITY
KINGSTON ONTARIO
ARTS EDUCATION APPLIED SCIENCE
Including Mining, Chemical, Civil, Mechanical and Electrical Engineering.
MEDICINE
During the War there will be continuous sessions in Medicine.
HOME STUDY
The Arts Course may be taken by correspondence, but students desiring to graduate must attend one session.
SUMMER SCHOOL JULY AND AUGUST — GEO. Y. CHOWN REGISTRAR

Machinery For Sale

Wheelock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and Dynamo 30 K.W. belt driven. All in first class condition. Would be sold together or separately; also a lot of shafting at a very great bargain as room is required immediately.

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

MAGIC BAKING POWDER — MADE IN CANADA — CONTAINS NO ALUM

Not That Kind.

Captain—What! You want another furlough two inside of a year? Why, I haven't been home once in a year and a half.

Tommy Atkins—That's all right for you, sir; but me and my missus ain't that kind.

Keep Minard's Liniment in the house

No man with a poor memory has any business to become a liar.

Howell—"Do you believe in heredity?" Powell—"I should say I did. I married the daughter of a judge, and she is alway laying down the law to me."

SEED POTATOES

SEED POTATOES, IRISH COBBLERS, Deleware, Carman. Order at once. Supply limited. Write for quotations. H. W. Dawson, Brampton.

FOR SALE.

AUTOMOBILE BUSINESS AND NEW Garage for sale. Overland agency, lots of repairing. W. E. Hawes, Otterville, Ont.

REGISTERED HOLSTEINS, ALL ages. Some very fine bulls. Quebec prices. R. A. Gillespie, Abbotsford, Que.

SEWING MACHINE SUPPLIES—15 Superior Needles 25c, Shuttles 75c, Bobbins 5c, Belts 20c for any Machine. Superior Supplies Co., Hamilton, Ont.

HELP WANTED.

BAKERS AND BAKER'S HELPER wanted at once. Apply Canada Bread Co., 160 Avenue Rd., Toronto.

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance. Charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

MALE ATTENDANTS, NURSES FOR Training School, Dining-room and Kitchen Maids wanted for Sanitarium. Apply to Superintendent, Homewood, Guelph, Ontario.

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 Street, Toronto.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

America's Pioneer Dog Remedies — BOOK ON DOG DISEASES And How to Feed. Mailed free to any address by the Author H. CLAY GLOVER, V. S. 118 West 31st Street, New York

Lump Rock Salt — Best for Cattle. Write for Prices. TORONTO SALT WORKS, 60-62 Jarvis St., Toronto, Ont.

DEAFNESS IS MISERY — I know because I was Deaf and had Head Noises for over 30 years. My invisible Anti-septic Ear Drums restored my hearing and stopped Head Noises, and will do it for you. They are Tiny Megaphones. Cannot be seen when worn. Easy to put in, easy to take out. Are "Unseen Comforts." Inexpensive. Write for Booklet and my sworn statement of how I recovered my hearing. A. O. LEONARD, Suite 228 1505th Ave. - - N Y City

FITS — We have sworn statements from patients cured of Fits, Epilepsy, Falling Sickness or Convulsions by a free sample of Dr. Roof's remedy. We PAY EXPRESSAGE on FREE TRIAL BOTTLE if you CUT OUT and RETURN THIS AD in your letter. Hundreds of testimonials on file. Give age and full particulars. Dr. F. HARVEY ROOF CO. Dept. A 1408 Sta. N, New York

HOW I CURED MY CATARRH — TOLD IN A SIMPLE WAY — No Salves, Lotions, Smoke, Inhalers, or Electricity — HEALS 24 HOURS OF THE DAY. It is a new way. It is something absolutely different. No lotions, sprays or sickly smelling salves or creams. No atomizer, or any apparatus of any kind. Nothing to smoke or inhale. No steaming, or rubbing or injections. No electricity or vibration or massage. No powder, no plaster, no keeping in the house. Nothing of that kind at all. Something new and different—something delightful and healthful—something instantly successful. You do not have to wait, and linger, and pay out a lot of money. You can stop it over night—and I will gladly tell you how—FREE. I am not a doctor and this is not a so-called doctor's prescription—but I am cured, and my friends are cured and you can be cured. Your suffering will stop at once like magic.
I AM FREE—YOU CAN BE FREE My catarrh was filthy and loathsome. It made me ill. It dulled my mind. It undermined my health and was weakening my will. The hawking, coughing, spitting made me obnoxious to all, and my foul breath and disgusting habits made even my loved ones avoid me secretly. My delight in life was dulled and my faculties impaired. I knew that in time it would bring me to an untimely grave because every moment of the day and night it was slowly yet surely sapping my vitality. But I found a cure, and I am ready to tell you about it FREE. Write me promptly.
RISK JUST ONE CENT Send no money. Just your name and address on a postal card. Say: "Dear Sam Katz, Please tell me how you cured your catarrh and how I can cure mine." That's all you need to say. I will understand, and I will write to you with complete information, FREE, at once. Do not delay. Send the postal card or write me a letter today. Don't think of turning this page until you have asked for this wonderful treatment that it can do for you what it has done for me
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