LITTLE WORRIES IN THE HOME

It Is These That Bring Wrinkles And Make Women Look Prematurely Old.

Almost every woman at the head of a home meets daily many little worries in her household affairs. They may be too small to notice an hour afterwards, but it is these same constant little worries that affect the blood and nerves and make women look prematurely old. Their effect may be noticed in sick or nervous headaches, fickle appetite, pain in the back or side, sallow complexion and the coming of wrinkles, which every woman dreads. To those thus afflicted Dr. Williams Pink Pills offer a speedy and certain cure; a restoration of color to the cheeks, brightness to the eye, a hearty appetite and a sense of freedom from weariness.

Among the thousands of Canadian women who have found new health through Dr. Williams Pink Pills is Mrs. N. Worrall, Broughdale, Ont., who says:—"After the birth of my second child I was so weak and run down that I was unable to do anything. The doctor said I had scarcely any blood in my body. I could not walk half a block without being completely exhausted and all the treatment of the doctor did not seem to help me. I called in another doctor, but with no better results. My feet and legs became frightfully swollen, I suffered with severe pains in my back and sides. I would be all day dragging around at my housework, and I was beginning to give up all hope of recovery. I had been urged to try Dr. Williams Pink Pills, but like many others, thought they could not help me when doctors had failed to do so, but after much urging I decided to try them. To my surprise in a few weeks I found myself getting better. I then gladly continued their use and found myself constantly growing stronger, and eventually able to do my house work without fatigue. I strongly advise every weak woman to give Dr. Williams Pink Pills a fair trial."

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.

MEN BLINDED IN WAR.

Taught Trades at St. Dunstan's Hostel, Regent's Park, London.

Fifty-one soldiers who have suffered perhaps the worst injury possible in war—blindness—have been taught to support themselves despite their handicap, at St. Dunstan's Hostel, Regent's Park, London, during the first year's work of the institution. St. Dunstan's was donated by Otto Kahn of New York for this work.

The work has been largely done by the instruction of blind tutors, for it has been found that a newly blinded man is inspired to greater efforts under the supervision of ateacher similarly handicapped who undergoes the same difficulties and appreciates to the same degree the difficulty of the task.

The fifty-one men who left the hostel after receiving courses of instruction had learned one or more of the following occupations: boot repairing, mat making, net making, basket making, joinery, poultry farming nnd market gardening. In addition, typewriting, Braille shorthand and massaging are taught.

The hostel started on March 26, 1915, with fourteen blinded soldiers. It has grown until there are now at St. Dunstan's or at annexes at Brighton and Torquay 140 non-commissioned officers and men. These include seven Australians and seven Canadians. In addition ten blinded officers live at 21 Portland place, which was at the disposal of the committee in charge of the hostel by Sir John and Lady Stirling-Maxwell.

In typewriting the blind soldiers have shown great proficiency. The typewriting test, to write a page of descriptive matter and a long business letter at a fair rate of speed without a mistake, has been passed by eighty-three of the pupils. A typewriter is presented to men who pass this test. A typewriter ompany, after consultation with the most expert teachers of the blind, has constructed special machines for blind men.

Six men, besides one officer, have learned to be masseurs and to these are offered positions in military hospitals, where they receive lodging, attendance and about $13 a week.

The work of St. Dunstan's extends beyond the mere instruction of blind men, however, for each man receives free of charge when he leaves the tools of his trade and is helped to settle in a good locality.

T. H. Martin, an expert in work for the blind, will be in charge of the department which keeps in contact with men who have left the hostel. The blind men will be supervised to see that their work does not deteriorate and they will receive raw materials and their finished products marketed. Masseurs and shoemakers will receive steady employment.

BRIGGS' FLY MATS PRICE 5¢

ARE CLEAN NO STICKINESS ALL DEALERS G.C.Briggs & Sons HAMILTON

Scored Air Service

LORD CHARLES BERESFORD.

He recently made strong allegations in the House of Lords against the efficency of the British air service, and later, before the investigating committee, retracted his charges.

HAS REALIZED $24,250,000.

Great Britain's Net Gain From Seizure of Enemy Ships.

A net gain of $24,250,000 has been realized by Great Britain from the seizure of enemy ships and their cargoes in the last twenty months of the war, according to the record of the prize court. The Government has captured 157 ships, which have been disposed of after decision by the prize court as follows:

	No.	Tonnage.
Sold	42	54,772
Requisitioned	42	56.162
Detained till after the war and requisition-war and requisitioned	73	85,036
Total	157	195.970

The results of the sales have been approximately:

Proceeds of condemned vessels and interests, $1,674,025; expenses of sale, $826 540! total proceeds of sale of ships and cargoes, $34.250,000. There are many more vessels and a large quantity of cargo still before the court.

They All Went Away Together

P. A. BONNOT'S RHEUMATISM CURED BY DODD'S KIDNEY PILLS

And With It Went All Those Symptoms Which Mark the Earlier Stages of Kidney Trouble.

Grand Clairiere, Man., May 29th (Special.)—"All persons who suffer from rheumatism should use Dodd's Kidney Pills." This is the statement volunteered by Mr. P. A. Bonnot, a well-known resident of this place. Asked to give the reasons why Mr. Bonnot said:

"I suffered for three years from rheumatism. I consulted a doctor without getting any results. Four boxes of Dodd's Kidney Pills fixed me up."

That rheumatism is caused by sick kidneys failing to strain the uric acid out of the blood was again shown in Mr. Bonnot's case. His earlier symptoms were: heart flutterings, broken and unrefreshing sleep, fitful appetite, a tired nervous feeling, a heaviness after meals, neuralgia and backache.

When he cured his kidneys with Dodd's Kidney Pills the rheumatism and all the other symptoms of kidney trouble disappeared.

NEW BRITISH ECONOMY.

Railroads Decide to Suspend All Tourist Tickets.

The congestion on the principal English railroads and the necessity for economy will result in the suspension of tourist tickets and the withdrawal of a number of dining cars from service.

It is thought that the suspension of tourist tickets will cause a greatly lessened volume of passengers on their way to holiday resorts at considerable distances from their homes.

The transportation of military and naval suplies is the most important function of the English railroads at present, and passengers and ordinary freight must give way before the war needs.

Your Spring House-Cleaning should not be confined to beating rugs and scrubbing floors. Clean out the accumulated "toxins" that come from heavy Winter foods that clog the liver and lower the muscular tone and vitality of the body. Eat **Shredded Wheat Biscuit** with fresh berries or other fruits and green vegetables. Get back to Nature. Shredded Wheat will bring the bounding bouyancy of new life and vigor. Contains all the goodness of the whole wheat grain made digestible by steam-cooking, shredding and baking. Nothing so strengthening, healthful and satisfying. Delicious for any meal. Easily prepared. Made in Canada.

PRINCESS LIKE "PETER PAN."

Mary Is Nineteen, But Very Girlish In Her Ways.

"She's just like one of our own lasses," a Canadian soldier remarked of Princess Mary the day he was one of the party of wounded entertained by the King and Queen at Buckingham Palace, and he proudly displayed the invitation card to the Palace which the Princess had autographed for him.

It was only one of dozens of such cards that she had good-naturedly signed. When she wasn't pouring out tea she was surrounded by little groups of soldiers and sailors who begged her to write her name on their cards, too, and in each case the Princess smilingly agreed.

Princess Mary has been aptly called the "Peter Pan" Princess, so extremely girlish and youthful is she in her ways, so much so that it seems hard to believe that she recently celebrated her nineteenth birthday, and that if there had been no war she would have been one of last season's debutantes.

But she enjoyed the homely birthday tea-party given to her own intimate little circle of girl friends who came to help her eat the wonderful three-tiered cake the royal chef had made for her, even so much more than she would have enjoyed a regullation court ball given in her honor with all its attendant trappings of state for, like Queen Mary, the Princess has very simple tastes. She is gifted with the sound common sense of her mother, too, and forms very decided views.

Once some of her friends were having a friendly little argument as to which profession produces the bravest men. Some said the army, others the navy, others voted for the medical profession.

The Princess listened very quietly to what they all had to say, and then remarked very deliberately, "I think you're all wrong. To my mind airmen are the bravest men that can be found."

She goes about a great deal with her mother now, accompanying her to most social functions which have the helping of our soldiers and sailors as their object. She works very hard indeed for the Queen's Needlework Guild, and the table in her own little sitting-room at Buckingham Palace is always covered with garments she is making for the soldiers and sailors and for the children of the poor.

"What a pity it isn't Mary who's to be King," the Prince of Wales remarked one day as a tiny lad, "she's so clever and she's so good at managing us all."

And her brothers are managed by "Mary" to this day.

FISHES CAN SMELL.

Odor Travels Through Water As It Does Through Air.

A fish hasn't a nose, but it can smell. Recent experiments have proved this. What is more, these experiments have proved that odor travels through water, just at is does through air. Anglers have laid so much stress on the need of exciting a fish's interest by the look of food that the effect of scent has been overlooked. A shark will bite at a hook containing a piece of fat pork, although the pork does not look like any kind of fish that swims the sea. Why, then, should the trout be expected to be interested only in an artificial "grey hackle"?

It may be heresy in angling to suggest that a "fly" should smell like a fly. These scientific experiments show how large a part smell plays in the food pursuit of fish. Bait such as small crabs was found and eaten by the fishes two or three times as rapidly when the shells were broken. Bait placed inside a gauze bag was smelt within three minutes of being lowered in the water, and almost at the same time all the fishes began nibbling at the bag. When cotton was stuffed into its so-called "nostrils," the dogfish would seldom observe the food that came near them. If they saw other dogfish eating, those whose nostrils were stuffed would join them and take a share in the feast, but when kept to themselves they starved in the midst of plenty.

It's a waste of time to tell hair rising stories to bald headed men.

SECRET OF SNAKES GLIDE.

Method of Contraction That Enables it to Crawl and Climb.

A snake moves along the ground by contracting the ribs on one side of his body and separating those on the other side, says the Philadelphia Record. This forms one curve. Another contraction takes place at the end of the expanded side, and bends the body in the opposite direction. Thus there is a series of alternate constrictions and spreadings of the numerous ribs throughout the length of the reptile as it lies on the ground.

When the snake is in motion some part of the bdy must secure itself against rough or projecting surfaces, from which the forward part can be impelled. Then the forward part takes hold and the hinder length is dragged to a new position. The row of shields along the snake's belly is very quick in seizing upon the slightest projection, so that any rough surface affords a good track.

In climbing a tree the snake uses the same process. It must find points of vantage for its curves.

BABY'S WELFARE.

The welfare of the baby is the fond mother's greatest aim. No mother wants to see her little ones suffering from colds, constipation, colic or any other of the many ills that so often afflict little ones. Thousands of mothers have learned that by giving an occasional dose of Baby's Own Tablets to their children they can keep them well. Concerning the Tablets Mrs. Richard Boston, Pembroke, Ont., says:—"Baby's Own Tablets saved my little girl when nothing else appeared to help her. I would not attempt to raise a baby without keeping the Tablets in the house." They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Sold er Sarcasm.

For several weeks a wounded soldier had had no solid food—nothing but milk. At length the doctor told him that the next day he could have a light meal, and the soldier, greatly rejoicing, conjured up visions of underdone beefsteak, potatoes, cheese, etc. What he was given for his first meal, however, was about a tablespoonful og tapioca. He swallowed it, growing and grumbling.

"That's all the dinner yuo can have," the nurse said, "and the doctor orders that everything else must be in the same proportion."

The patient pushed away the plate.

"We'll I'll do some reading now," he said. "Bring me a postage stamp."

Keep Minard's Liniment in the house

Urged to Keep Chickens.

Householders throughout England are being urged to keep a few chickens to increase the home production of eggs. Each year in normal times England imports 258,000,000 eggs. The woman's section of the National Poultry Society, which is behind the movement, declares that much waste could be avoided if householders had a few chickens to throw scraps from the table to.

Hopeful.

Parked—"How is your rheumatism getting on?"

Ferry—"It's getting along slowly, but I'm very hopeful now."

Parker—"I'm glad to hear that."

Ferry—"Yes, it commenced in my feet and has gradually worked up to my shoulders. I'm in hopes that in about a week it will go off into my hat."

WANTED!

Help for Woolen Mill

Carders, Weavers, Fuliers, Napper Tenders.

Good wages paid in all Departments, and steady work assured. We have several openings for inexperienced help, where energy and ability will bring promotion. Wages paid to apprentices while learning weaving. Special inducement to Family workers. Write, stating full experience, if any. Age, Etc., to

THE SLINGSBY MFG. COMPANY, Ltd., Brantford, Ont.

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.

Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

Philadelphia, Pa. Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis 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 benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water 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.

Note: Another prominent Physician to whom the above article was sumitted, said: "Bon-Opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is one of the very few preparations I feel should be kept on hand for regular use in almost every family." It is sold in Albany by Wm. Sautter & Co.

It is sold in Toronto by Valmas Drug Co.

Words in Your Vocabulary.

The vocabulary of a rich and long-cultivated language like the English may be roughly estimated at about 100,000 words (although this excludes a great deal which, if English were understood in its widest sense, would have to be counted in) but 30,000 is a very large estimate for the number ever used, in writing or speaking, by a well-educated man; 3,000 to 5,000, it has been carefully estimated, cover the ordinary needs of cultivated intercourse.

Minard's Liniment Lumberman's Friend

Struck to What She Said.

In one of the English Courts a lady, who had appeared more than once as a witness, was on this particular occasion asked her age by the presiding judge. "Thirty," said the lady. "Thirty!" said the judge; "why I have heard you give the same age in this Court for the last three years." "Yes," responded the lady, "but then, you see, I'm not one of those persons who say one thing to-day and another thing to-morrow.

At the Yarmouth Y.M.C.A. Boys' Camp, held at Tusket Falls in August, I found MINARD'S LINIMENT most beneficial for sun burn, an immediate relief for colic and toothache.

ALFRED STOKES, Gen. Sec'y.

Reptiles as Pets.

Singing insects and reptiles are great pets with the Japanese and many varieties are caged and trained for the delight of their almond-eyed masters, it being said that Crown Prince Hirohito himself keeps a private stock of kajika, or singing frogs. The favorite singing insect is the kantan, a species of loucust, which must always be kept in the shade and never sprinkled with water if he is to vocalize.

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

Pants Warmed by Electricity.

The latest invention of war is pants warmed by electricity. Two German professors invented it, Professor Max Beck of Innsbruck and Dr. Von Schrotter of Vienna. The soldier puts on a pair of pants into which are woven extremely supple wires designed with a view to insulation. Each pair looks exactly like the ordinary trousers of the khaki uniform and can be connected and disconnected at will to batteries. With each pair are a couple of connecting wires a hundred or more yards long which permit the wearer to walk about with some freedom. Soldiers in the trenches find these garments very comfortable during the winter, and it is suggested that aeroplanists will find in them much relief from the chill air of the altitudes.

Ask for Minard's and take no other

Off the Track.

"We were bounding along," said a recent traveler on a local South African single line railway, "at the rate of about seven miles an hour, and the whole train was shaking terribly. I expected every moment to see my bones protruding through my skin. Passengers were rolling from one end of the car to the other. I held on firmly to the arms of the seat. Presently we settled down a bit quieter; at least I could keep my hat on and my teeth didn't chatter.

"There was a quiet-looking man opposite me. I looked up with a ghastly smile, wishing to appear cheerful, and said:

" 'We are going a bit smoother, I see.'

" 'Yes,' he said, 'we're off the track now.' "

Minard's Liniment used by Physicians.

Father—"When we're young, my son, we think we know everything." Son—"And when we get older we know we do—eh?"

Wife—"Would you be lonely and miserable if I went away for a week?" Husband—"No, not a bit, dear." Wife—"Then I won't go."

Classified.

Her old man—Well, you wasn't no spring chicken when you married me, neither!

Her—Indeed not! I was a big goose.

SEED POTATOES

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

FOR SALE.

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

HELP WANTED.

EXPERIENCED AND INEXPERIEnced Girls for Hosiery and Underwear Mill. Also a few Young Men. Highest wages paid. Mercury Mills, Limited, Hamilton.

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.

WANTED—EXPERIENCED OPERators on Ladies' Wash and Fancy Dresses. Permanent work. Highest wages. Ideal factory conditions. H. C. Boulter Co., Ltd., 445 King St. W. (near Spadina), Toronto.

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.

Write for Special Offer!

This Latest Model Hand Cement Mixer pays for itself in 7 days. Mixers in all sizes and styles. Write for Catalogue. Wettlaufer Bros. Ltd 178 D Spadina Ave. Toronto.

Lump Rock Salt Best for Cattle. Write for Prices.

TORONTO SALT WORKS, 60-62 Jarvis St., Toronto, Ont.

Save Money on Roofing

Get my prices, direct from mill to you. I have Roofings for every purpose. Samples free. Address

Halliday Co., Ltd., Hamilton, Ont.

SILVER highest in years. Send your old silver, jewelry, etc., to us to refine and get highest cash price.

Canadian Seamless Wire Co. Ltd. REFINERS, 198 Clinton St., Toronto, Ont.

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Reduces Bursal Enlargements, Thickened, Swollen Tissues, Curbs, Filled Tendons, Soreness from Bruises or Strains; stops Spavin Lameness, allays pain. Does not blister, remove the hair or lay up the horse. $2.00 a bottle at druggists or delivered. Book 1 M free.

ABSORBINE, JR., for mankind—an antiseptic liniment for bruises, cuts, wounds, strains, painful, swollen veins or glands. It heals and soothes. $1.00 a bottle at druggists or postpaid. Will tell you more if you write. Made in the U. S. A. by

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During the War there will be continuous sessions in Medicine.

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The Arts Course may be taken by correspondence, but students desiring to graduate must attend one session.

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