A WOMAN'S HEALTH NEEDS CONSTANT CARE

When the Blood Becomes Poor Disease Speedily Follows

Every woman's health is peculiarly dependent upon the condition of her blood. How many women suffer with headache, pain in the back, poor appetite, weak digestion, a constant feeling of weariness, palpitation of the heart, shortness of breath, pallor and nervousnes. Of course all these symptoms may not be present—the more there are the worse the condition of the blood, and the more necessity that you should begin to enrich it without delay. Dr. Williams Pink Pills are beyond doubt the greatest blood-building tonic offered to the public today. Every dose helps to make new, rich red blood, which goes to every part of the body and brings new health and strength to weak, despondent people. Dr. Williams Pink Pills are valuable to all women, but they are particularly useful to girls of school age who become pale, languid and nervous. Thin blood during the growing years of a girl's life uscually means a flat-chested hollow-cheeked womanhood. There can be neither health nor beauty without red blood, which gives brightness to the eyes and color to the cheeks and lips. Dr. Williams' Pink Pills do all this, as is proved in thousands of cases. Mrs. Wm. Rowe, Carlaw Ave., Toronto, says :—"I have received so much benefit from Dr. Williams' Pink Pills that I feel it my duty to recommend them to others. I was about completely prostrated with anaemia. I had no appetite, was terribly weak and subject to fainting spells. I suffered greatly from dizziness, and the various other symptoms that accompany a bloodless condition. Remedy after remedy was tried, but to no avail until a friend advised me to try Dr. Williams' Pink Pills. Before completing the second box, I was again enjoying splendid health, and have since remained in that happy condition."

You can get Dr. Williams' Pink 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.

GRATITUDE OF A HUN.

Prisoner's Testimony of His Splendid Treatment in England.

No greater contrast to the letters which come from Germany from our heroes imprisoned there can be imagined than the following letter addressed by a German prisoner in England to his "Dear M——, my dear children and my dear mother" in Germany, says the London Sketch.

"I have hitherto not been treated as a prisoner," he writes, "but have received nothing but love and care for my wounds.

"Everything is done for me to relieve my pains; in fact, everything that can be done for a wounded man.

"Therefore, my dear ones, respect our enemies.

"I always had a great dread of falling into English hands, but now that fate has overcome me I have learned better, and I see no trace of anything but tender love on the part of my former enemies.

"I have a splendid dinner every day, plenty of meat and potatoes, beautifully cooked.

"They give me almost too much, but for the sake of good manners I eat till it is all finished.

"Tea does not suit me, so coffee is specially prepared for me. Could a wounded prisoner ask for anything better?

"Do you, therefore show nothing but kindness towards our wounded enemies, particularly Englishmen."

For
Pure Goodness
and delicious, snappy flavour no other food-drink equals

POSTUM

Made of wheat and a bit of wholesome molasses, it has rich color, aroma and taste, yet contains no harmful elements.

This hot table drink is ideal for children and particularly satisfying to all with whom tea or coffee disagrees.

Postum comes in two forms: The original **Postum Cereal** requires boiling; **Instant Postum** is made in the cup instantly, by adding boiling water.

For a good time at table and better health all 'round, Postum tells its own story.

"There's a Reason"

Sold by Grocers everywhere.

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

From the Middle West

BETWEEN ONTARIO AND BRITISH COLUMBIA.

Items From Provinces Where Many Ontario Boys and Girls Are Living.

Regina observed "Care for the Animals" Day in all the schools.

The entire village of Steelman, Sask., was wiped out by fire.

The Saskatchewan Legislature has made it lawful to kill cow moose.

Two women were appointed to sit with the Manitoba University Council.

A Bantam Battalion for Alberta's short men is now recruiting in Calgary.

The citizens of Unity, Sask., presented a field kitchen to the 65th Battalion.

Property amounting to $300,000 will be sold for taxes in the city of Winnipeg.

Calgary was one of the first cities to adopt the weekly half-holiday during summer months.

Joe Bernie and A. McDermid, of Moose Jaw, were drowned while out canoeing on the river.

George W. Young, grocer ,of Calgary, was fined $100 for giving voice to seditious sentiments.

Wheat acreage in Manitoba is much smaller. The high winds have played havoc with the seeding.

A. Gussek, of Edmonton, a Russian soldier, committed suicide by hanging himself in a police cell.

Fire destroyed the North Star Elevator Co.'s elevator at Kelsey, on the C.N.R., 17 miles east of Camrose.

J. C. Williams, Edmonton, who stabbed a conductor on a C.N.R. train, was sentenced to 5 years in the penitentiary.

Mayor Weaver and Lieut. Drabble, both of Edmonton, are in a London hospital, after being wounded in the trenches.

The wives of Winnipeg soldiers are indignant over the action of Dominion Government in retaining part of pay allowance.

Sir Rider Haggard, the famous novelist, paid a visit to Regina. He is on a tour of the Dominion on behalf of the British Government.

Terry Carroll, of Lethbridge, is dead as the result of striking his head on the pavement when thrown from the Dallas Hotel, by an Austrian porter.

Nevilina St. Laurent, Winnipeg, was accidentally shot by her sweetheart, Herbert Manning. He was showing her a revolver at the time.

Calgary is proud of a talented son, R. H. MacLachlan, who made a clean sweep of all the prizes in the third year medicine class of McGill University.

The body of Miss Mabel Booth, Brandon, has been found in the Assiniboine river, two miles from the spot where her father's body was found 24 hours previously.

George L. Roberts, of Winnipeg, claims to have discovered that creosote oil can be used in an ordinary automobile with 50 per cent. greater efficiency than gasoline.

Harvey M. Elliott, physician, at Swalwell, Alta., is being sued by Walter Parge for $9,000, alleging that his son was subjected to unnecessary pain through ineffective methods.

Dr. A. O. MacRae, when speaking to the Women's Canadian Club of Calgary recently, said that Calgary women were indifferent to the war, their extravagant clothing being but one evidence.

Hudson's Bay Co. refused to close liquor store in Manitoba. The Government has accepted the challenge. The company will set up test case involving the question of their privileges to trade without interference since the year 1870.

RECORD WORK IN SHIPYARDS.

One Has Launched a War Craft a Month Since War Began.

In the shipyards of Great Britain, where fleets are born, there has been tremendous activity since the commencement of the war, and the effort to provide the navy with all it requires has been stupendous.

James Bone gives a picturesque account of the wonderful work that has been accomplished.

"When we speak of German's industrial inventiveness and resource," he says, "we are apt to forget that she neither discovered the application of steam as a motive force nor did she invent any of the great devices by which nations have been brought closer and time and space have been telescoped. The German navy exists only as the result of British inventions.

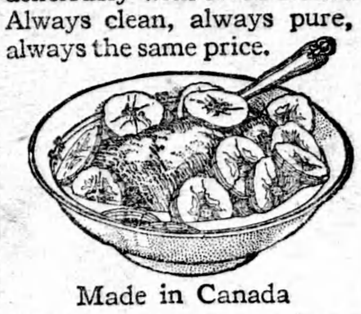
"Now, in the great world-struggle all our shipbuilding resources of peace have been tremendously expanded for war One yard alone has launched a battleship, cruiser, torpedo boat destroyer, or submarine every month since the war began. One famous marine engine shop has produced 1,000 horsepower of machinery every day since the beginning of last year.

"Wonderful engine shops, up to a thousand yards in length, of cathedral height and spaciousness, splendidly lit, with railways linking up every part of the organization, have sprung up in many parts"

It's easier for trouble to find your address than it is for good luck.

"Did you ever realize anything on that investment ?" "Oh, yes, "What did you realize on it ?" "What a fool I had been."

For Summer Camp or Bungalow—the ready-cooked, ready-to-eat food—that keeps in any climate, that supplies the greatest nutriment in smallest bulk, is **Shredded Wheat Biscuit**, the ideal Summer food, because it supplies everything the human body needs in a form that is easily and quickly digested. Combines deliciously with fresh fruits. Always clean, always pure, always the same price.



Made in Canada

From the Ocean Shore

BITS OF NEWS FROM THE MARITIME PROVINCES.

Items of Interest From Places Lapped By Waves of the Atlantic.

A census of school children is planned for Fredericton, N.B.

The next convention of fire chiefs is to be held at Truro, N.S.

Fredericton soldiers have been quarantined on account of measles.

Mrs. Hayes, widow of James Hayes, Dorchester, was found dead in bed.

A dog saved the life of a little St. John girl when she fell off a small boat.

Henry Whittle, a young Englishman, of Sydney Mines, committed suicide; cause unknown.

After twenty years' service as yardmaster of the I.C.R. at St. John, N.B., T. L. Irvine retired.

Conductor James M. Lewis, of the C.P.R., died at Fredericton, N.B., as a result of blood poisoning.

Fred Woodard, a South African veteran, fell and broke his leg in the Saint Andrew's, N.B., soap factory.

Joseph O. Gallant, editor of the Acadian Evangeline, died in Moncton, N.B., last week after a long illness.

Frank La Montague, watchman of the Quebec Bridge Works, was killed by a huge piece of steel falling on his head.

Mrs. Julia Angers, Quebec, dropped dead just after church service. This is the fourth tragic death in the Angers family.

The schooner Nellie Dickson, under Capt. Cook, arrived at Beaver Harbor from the Magdalen Islands with 1,000 barrels of herring.

Timothy Sullivan, sr., of Oromocto N.B., died last week at the age of 103. He was born in Cork, Ireland, and came to N.B. in 1845.

A. L. Kerr, manager of the Bank of Nova Scotia at Sydney Mines, was presented with a chest of silver last week, as he has been transferred to Newcastle, N.B.

Mrs. H. Larose and her daughter-in-law, of Lorette, Que., were terribly burned, the result of the explosion of a petrol ironing stove.

Mr. W. H. Irving, of Moncton, and four bandsmen were seriously injured when their recruiting car went over the bank near Riverside.

Mrs. N. H. Otty, of St. John, N.B., has received from her son, Sergt. Allen Otty, Walmer Hospital, a very interesting souvenir in the shape of a buoy from a net used by the British so cleverly in capturing enemy submarines.

Sometimes a man does a sensible thing by mistake.

BRIGGS' FLY MATS PRICE 5¢
ARE CLEAN NO STICKINESS
ALL DEALERS
G.C.Briggs & Sons HAMILTON

FORD OWNERS

$6.00 a year protects your new Ford Touring Car from loss by fire to the extent of $500, including loss from explosion and self-ignition.

Covers fire loss while car is in any building—or on the road—lower rates and more liberal terms than any other policy you can procure.

Write for rates on Ford cars up to three years old.

Similar rates and conditions are granted to owners of Chevrolet cars.

LONDON MUTUAL FIRE INSURANCE COMPANY
F. D. WILLIAMS. MANAGING DIRECTOR
HEAD OFFICE - 33 SCOTT ST TORONTO.

CANCER DUE TO MEAT.

London Physician Advises Fruit Diet to Kill Disease.

"Every death from cancer is a death from suicide, because cancer is a self-imposed disease due to a persistent defiance of dietetic and hygenic laws," is the opinion of Dr. Robert Bell, president of the British Medical Association for the Reduction and Prevention of Cancer.

After a close study of the disease for nearly forty years, Dr. Bell is convinced that cancer is curable without operation.

"I have not operated upon a cancer patient since 1894," he stated, "and since that time have had some remarkable cures."

Dr. Bell maintains that the alarming growth of the disease has corresponded with the great increase in the consumption of meat, and that a fruitarian diet will maintain the purity of the blood and blood cells and make it impossible for cancer to develop.

HEALTHY BABIES SLEEP WELL AT NIGHT

A well child sleeps well and during its waking hours is never cross, but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well ; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. Concerning the Tablets Mrs. Chas. Diotte, North Temascaming, Que., writes :—"My baby was greatly troubled with constipation and cried night and day. I began giving her Baby's Own Tablets and now she is fat and healthy and sleeps well at night." The Tablets are sold by medicine dealers or by mail at 25 cents a box, from The Dr. Williams Medicine Co., Brockville, Ont.

No Drill Needed.

Dentist—Excuse me a moment please.

Patient—Where are you going?

Dentist—Before beginning work on you I must have my drill.

Patient—Great Scott, man, can't you pull a tooth without a rehearsal?

Minard's Liniment Lumberman's Friend

Ideal Combination

Miss Gotrox—"One can be very happy in this world with health and money."

Dedbroke—"Then let's be made one. I have the health and you have the money."

Minard's Liniment Co., Limited.

Gents,—I cured a valuable hunting dog of mange with MINARD'S LINIMENT, after several veterinaries had treated him without doing him any permanent good.

Yours, &c.,
WILFRID GAGNE.
Prop. of Grand Central Hotel
Drummondville, Aug. 3, '04

Deceiving Them.

A submarine commander has but one means of judging the speed of the vessel to be attacked—by noting the size of the bow wave thrown up by the intended victim. The correctness of the estimate means either a hit or a miss. To deceive the submarine in this manner British ship owners have devised the clever ruse of painting a huge bow wave on the sides of a ship, rendering it extremely difficult for the underwater craft to judge the speed accurately.

Minard's Liniment used by Physicians.

Quick Aid Needed.

Beggar—Stranger, I have a sick wife; could you help me out?

Passer-by—I can give you a job next week.

Beggar—Too late!! She'll be able to go to work herself by then!

Handsome Prizes Will Be Given

The Management of the Toronto Fat Stock Show announce their intention of holding a show at the Union Stock Yards, Toronto, December 8th and 9th, 1916. We understand the prize list will contain many new classes, and offer handsome prizes to breeders and feeders of cattle, sheep and hogs.

A New Steam Philosophy.

"Papa," said the hopeful youth, "can you tell me what is natural philosophy?" "Of course I can," said papa, proud and relieved to find that there was at last something he could tell his offspring. "Natural philosophy is the science of cause and reason. Now, for instance, you see the steam coming out of the spout of the kettle, but you don't know why or for what reason it does so, and——" "Oh, but I do, papa," chirped the hope of the household. "The reason the steam comes out of the kettle is so that mamma may open your letters without your knowing it."

Distance and Enchantment.

Wilie—"Ma, may I have Tommy Wilson over to our house to play, Saturday?"

Mother—"No; you make altogether too much noise. You'd better go over to his house and play."

EXHIBIT OF WOOL.

Canadian National Exhibition Will Feature It.

Through the wool display of the Dominion Live Stock Branch, Ottawa, which will be presented at the Canadian National Exhibition, farmers will be given a splendid opportunity for obtaining a thorough knowledge of the sheep and wool industry of Canada. The exhibit has been prepared by T. Reg. Arkell, chief of the Sheep and Goat Division of the Branch, who will be in charge with Mr. James A. Telfer as demonstrator. The object of the exhibit will be to explain the various classifications and grades, and to show how wool may be handled in such a way as to secure the best advantages to both the producer and buyer. In order to command the highest market prices, wools should be presented in a carefully folded and packed condition and should contain as little foreign matter as possible. Actual demonstrations in grading and sorting will be given daily by wool experts. One of the most interesting and instructive features will be samples of wool in both the greasy and scoured condition, showing the injurious effects of using insoluble paints, which are difficult to remove, rather than the standard dipping fluids for marking purposes. Samples of wool that have been tied with binder twin will show how the sisal fibre becomes incorporated into the wool with the consequent defect in the finished product. The injurious effects of shearing wool while damp or permitting it to become damp while in storage, will be shown, together with the damage caused by the incorporation of straw and chaff into the fleece.

1,400 NURSED BY SWISS.

French and German Prisoners on Neutral Ground.

The work of bringing back to health and activity the hundreds of sick and wounded war prisoners who are not so hopelessly wounded as to be eligible for repatriation is described in despatches from Switzerland.

It is in this healthy country, among the kindly people of the various health resorts, that many of these prisoners who have been transferred from he crowded prisons of Germany and France are being nursed back to health.

They are still prisoners, of course, and will remain so until the end of the war, but their chances for recovery in Switzerland are far greater than in the necessarily uncomfortable quarters in France and Germany.

The arrangements for the sending of wounded prisoners of war to Switzerland were originally made between Germany and France and Germany and Belgium, but negotiations for a similar agreement between England and Germany have been nearly completed. About 1,400 sick and wounded prisoners have already been sent the health resorts of Switzerland, 500 Germans and 900 French. The French contingent, which includes 100 officers, ha been quartered at Montana, Montreux, Interlaken, Wildenswill, Meiringen and Brienz, and the Germans are near Lucerne and Davos.

The guarding of the prisoners is simplified by an agreement with the Governments of the soldiers that all who manage to reach home will be returned to Switzerland. The camps are under the supervision of sanitary officers of the Swiss army medical department. Non-commissioned officers chosen from among the prisoners are entrusted with the maintenance of discipline among the men. It is probable that, so successful has been the experiment, the number of prisoners in Switzerland will be greatly incrased.

The sick and wounded men are selected at the various prison camps in Germany and France as cases sufficiently serious for transportation to Switzerland by medical commissions composed of two Swiss medical officers and a physician of the country in which the soldier is held. These commissions, of which there are twenty, move from camp to camp selecting the worst cases. Supervision over their work is exercised by a superior commission of three French and two Swiss physicians at Lyons, or three German and two Swiss at Constance. The judgment of the inferior commissions is very rarely challenged, however.

Ask for Minard's and take no other

Bombay averages more than seventy-two inches of rain a year and gets most of it within four or five months.

His Daughter—"Papa, did you know mamma long before you married her?" Her Father—"Just between you and me, my dear, I don't know her yet."

DODD'S KIDNEY PILLS
FOR ALL KIDNEY DISEASES
CURES RHEUMATISM BRIGHT'S DISEASE BACKACHE DIABETES
NUMBER 23 THE PROPRIETARY

ROYAL YEAST
MAKES PERFECT BREAD

Preserve the Equilibrium.

Native—There are the Oldboy twins. They are 98 years old."

Stranger—"To what do they credit their long lives ?"

Native—"One 'cause he used terbacker, and one 'cause he never used it."

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

The hope of somehow getting something which we have not earned, whether in power or privilege or enjoyment, is the chief source of human misery.

Keep Minard's Liniment in the house

The Lady—"Why, that doesn't look like my husband; he never smiles." Artist—"Then let this go as a picture of him before he married."

HELP WANTED.

BOX NAILERS, SAWYERS, LABORERS, good wages. Apply or write Firstbrook Bros. Limited, Toronto.

WANTED—MACHINISTS, MOULDERS and Pattern Makers, steady work, state age, experience and wages. Boving Hydraulic & Engineering Co., Limited, Lindsay.

SEED POTATOES

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

HELP WANTED.

MEN WANTED FOR ALL branches of Finishing trade, including Rubbing and Polishing, also Cabinet Makers and Trimmers. Steady work and good wages for competent men. When applying state experience and whether married or single. Apply The Geo. McLagan Furniture Co., Limited, Stratford, 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 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.

For Freezing Ice Cream
you get best results with
CRUSHED ROCK SALT
A more even freeze. Smoother Ice Cream. Takes one-third less salt and keeps Cream hard twice as long. Write
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

THE LATEST
PHONOGRAPH.
(Stewart's)
$7.50
This is the most wonderful Phonograph value in Canada. It is neat, compact, and finished in beautiful black and nickel, will harmonize with the furnishings of the best homes.
Inexpensive, durable and attractive. Just the phonograph for the rural home. Will play discs 12 inch or smaller.
Sent in neat wooden box with 100 needles on receipt of price.
Weight 15 lbs. packed.
HENDERSON & RICHARDSON,
Distributors. Dept. 4
Board of Trade Building,
Montreal, Que.

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.