GOOD RICH BLOOD MEANS GOOD HEALTH

Just a Little More Rich, Red Blood Cures Most Ailments.

The lack of sufficient rich, red blood does not end merely in a pale complexion. It is much more serious. Bloodless people are tired, languid, run-down folk who do not enjoy life. Food does not nourish; there's indigestion, heart palpitation, headache, backache and nearly always nervousness. If this bloodlessness is neglected too long, a decline is sure to follow. Just a little more rich, red blood cures all these troubles. Then you have new health, new vitality and pleasure in life. To get more rich, red blood the remedy is Dr. Williams' Pink Pills. No other medicine increases and enriches the blood so quickly or so surely. This is not a mere claim. Dr. Williams' Pink Pills have done this over and over again and that is why thousands of people always have a good word to say for this medicine. Miss Gertrude Haffner, Kingston, Ont., says:—"About two years ago I was suffering greatly with anaemia, so much so that I had to give up my situation. I became so weak that I could scarcely walk without help. I had no ambition, no color, no appetite and was constantly troubled with headaches and dizzy spells. I was taking medicine from the doctor, but it did not do me a particle of good. One day a friend asked me if I had tried Dr. Williams' Pink Pills. Though as the result of my condition I was greatly discouraged, I began the use of the Pills, and thanks to that good friend's advice after using a few boxes I began to feel much better. Under the continued use of the pills I gained in weight, my color came back, and I grew gradually stronger. I looked so much better that people would ask me what I was taking and I had no hesitation in giving the credit to Dr. Williams' Pink Pills. I am so grateful for what this medicine has done for me that I will do all I can to extend its use."

You can get these 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.

FOOD PRICES IN GERMANY.

Table Shows War Increase—Butter Over 66 Cents a Pound.

Food stuffs are getting more and more costly in Germany!

According to the statistical office prices of some foods have trebled.

No figures are given on the price of different kinds of meat, cheese, farinaceous foods and so on. There are other products also of which no report has been given for more than a year.

The variation of prices of different articles since the war began is shown in the table below.

The prices are given in so many pfennig per pound; 100 pfennig is equivalent to about 24 cnts.

The table:

	1914.	1916.
Potatoes (10 lbs.)	30	95
Landleberwurst	110	240
Herrings (single)	7½	28
Table butter	144	280
Margarine	80	200
Salad oil	100	260
Rye flour	14	22
Wheat flour	18	24
Beans (pr'd. 21 lbs.)	33	58
Carrots (pr'd. 21 lbs.)	32	42
Cocoa	120	550
Chocolate powder	100	339
Sugar	21	30
Salt	11	12

It's an easy matter to fool anyone. including yourself.

Grape-Nuts

(Made in Canada)

embodies the full, rich nutriment of whole wheat combined with malted barley. This combination gives it a distinctive, delicious flavour unknown to foods made from wheat alone.

Only selected grain is used in making Grape-Nuts and through skillful processing it comes from the package fresh, crisp, untouched by hand, and ready to eat.

Through long baking, the energy producing starches of the grain are made wonderfuly easy of digestion.

A daily ration of this splendid food yields a marvelous return of health and comfort.

"There's a Reason"

Sold by Grocers everywhere.

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

WHAT THE OCEAN WAVES CAN DO

APPALLING FORCE OF THE GREAT ROLLERS.

Some Wonderful Examples of the Strength of the Mighty Deep.

If war were not filling every page of every newspaper, we should have been thrilled by descriptions of the awful storm which recently swept across the West Indies and the Gulf of Mexico, says London Answers.

Galveston, the great cotton port, was turned into an island, and the McClellan, a large army transport steamer of some six thousand tons, was lifted by one gigantic wave and set down half a mile inland, where she now lies high and dry.

Unless you have been in a storm at sea—or, rather, out in the ocean—it is impossible to imagine the strength of the enormous rollers.

These green hills of water, crested with snowy foam, are sometimes forty feet high, and the distance between one crest and the next as much as a quarter of a mile. Such waves travel at a speed of between thirty and forty miles an hour.

350 Feet Above Sea-Level.

These huge ocean waves, disporting themselves on top of water two or three miles deep, are not dangerous unless a ship be driven into them. It is when they come crashing into shoal water that they pile themselves up into real mountains and achieve such extraordinary feats of power.

Near the Eddystone Lighthouse the sea is 200 fathoms, or 1,200 feet, deep. Within a little distance this decreases to thirty fathoms. Here storm-waves heap up into real mountains of solid water fully one hundred feet in height.

In a westerly gale the Atlantic breaks with incredible force on the huge, bare cliffs of the Irish coast. Here Lord Dunraven has actually measured wave-crests which struck the rocks one hundred and fifty feet above sea-level.

Yet even this is child's play with what happens in the Mariana Islands. Here is a giant pillar of rock known as Lot's Wife. It stands three hundred and fifty feet clear above the surface of the ocean, yet in storms the spray drenches it to its topmost pinnacle.

Drowned by the Thousand.

The Bishop's Rock lies between the Scillies and Land's End, and is exposed to the full force of the winter gales. At the top of the massive tower there used to be a great bell, used for warning in fogs. In one storm a wave washed this bell clean away and covered the upper gallery with sand. This gallery is just one hundred feet above ordinary high-tide.

The greatest waves—apart from the true earthquake wave—are those caused by cyclones or circular storms. In such a storm the barometer may be lower by three inches in the centre of the storm than at its edge. The consequence of this tremendous reduction of pressure is that the sea in the vortex rises high above the usual level, and in this way are produced waves of appalling size and height.

It was a wave of this type which, in the dreadful cyclone of 1876, swept upon the mouth of the Ganges, and drove in over an area the size of Devonshire. By marks upon the trees it was ascertained that this great wall of salt water rolled in forty-five feet high. The damage done was appalling and more than one hundred thousand unfortunate natives were drowned.

Carried Over the Tree-Tops.

One of the worst hurricanes of which we have any record was that which swept Karatonga, in the Pacific Ocean, in the year 1846. Believe it or not, a vessel from Tohiti was lifted by the great wave, carried over the tops of the palm-trees, and dropped far inland. The captain, who survived, deposed on oath that he felt the tree-tops grating against the schooner's timbers as she was swept along on the crest of this monstrous roller!

The greatest of ordinary wind-waves are seen in the so-called "Roaring Forties," south of Cape Horn. They rise to forty-six feet. The Bay of Biscay deserves its bad name, for there waves thirty-six feet high have been measured. In the North Sea waves do not exceed fourteen feet, but they are steep and very dangerous, while in the Mediterranean fifteen feet seems to be the limit.

DUBLIN'S PITIFUL RUINS.

Fairest and Richest Part of City is in Condition of Rheims.

The fairest and the richest part of Dublin, the centre of its life, is in the condition of Ypres or Rheims. The stately thoroughfare in which it justly took pride as one of the finest in Europe is a desert of hideous ruins, and acres of the handsome business streets surrounding it, hives of stirring commerce, are simply obliterated. This is the work chiefly of bombardment and of conflagrations started by bombardment. (Had the authorities taken the most ordinary routine measures of protection and placed a guard of even 25 men on the alert at the General Post Office and other strategic positions which they knew, or ought to have known, were to be attacked, no such bombardment would have been called for; the rising would have been nipped in the bud.) Not merely are the streets destroyed, but so are the money-making and employment giving businesses that were carried on there. And some of the tokens of Dublin's claim to be a national metropolis, the marks of her civilization, are gone likewise. Her Royal Hibernian Academy, which had just been holding its annual exhibition of pictures, looks with its skeleton walls and its battered friezes like a building in Pompeii—or perhaps like the Library of Louvain.

HOW TO CREATE AN ESTATE.

The Way a Man May Have Something When Old Age Creeps Upon Him.

As a means of preventing poverty and as a method by which families deprived by death of the providing member may not become objects of charity, there has never in the world been anything devised which equals the power for good as a well-managed life insurance company.

Life insurance as developed to-day is of the greatest economic value. It is the bonding together of many men, and the paying in of certain sums by each, to minimize the financial loss experienced by other members of the company.

Life insurance in the beginning was solely for protection, but variations in the different forms which exist today have been brought forth to meet the demands of the public, as they arose from time to time, but we believe the farther a company varies from the primal idea—namely protection—the less is its power for good.

As an investment we have nothing to say against it, and the vast accumulations of surplus which the different companies have made and which they hold for policyholders speaks for itself, but the principle of making provision is often lost sight of in the attempt to create an asset, at a future date, for a person's own benefit.

It is a curious thing that no matter how badly a man may need life insurance, he has a tendency to sidestep it until he is finally caught, and, as has been aptly said, some men get life insurance to-day much in the same manner as they get religion. His emotions must be appealed to, and he often takes the step in a moment of enthusiasm; generally he is pleased with himself afterwards, and if he is a right-thinking and a proper business man he seldom or never lapses his policy.

In going over the daily press week by week and year by year, we see the probates of wills of many people, and we are often astounded by the smallness of the estate, if any, to take care of those left behind, and in many cases we find that the principal asset, when any, is usually a life insurance policy taken out by the breadwinner.

The building of an estate at the present time, or even at any time, is a tedious and long-drawn-out matter. It is not generally known that fully 95 per cent. of the people who enter business fail during some time or other. Neither is it generally known that fully 97 per cent. of the public, when they attain advanced age, have little or nothing to live upon. If even a small fortune is to be accumulated it must be wisely and intelligently managed, and when people are so busy, as they are to-day, endeavoring to make ends meet, they have not much time at their disposal to look into investments.

By putting aside a small sum yearly, as one's means permit, the moment the first payment is made on a life insurance policy an estate is created of the face value of the policy, and if a man would only continue to add to this, in the best years of his earning capacity, he would have something when old age creeps upon him which would be security against many of the troubles he might have to meet, and if he has this sum at his disposal when he comes to advanced age he will have many people anxious to give him the comforts to which he is entitled.

Bessie's Smile.

One evening the mother of a 3-year-old miss said: "Bessie, I see you yawning. It is time you were in bed."

"I wasn't yawning, mother," replied Bessie; "that was a new kind of a smile."

Keep Minard's Liniment in the house

Time Will Alter This.

"How long have they been married?"

"Only a few months, I think. Anyhow his wife gets up in the morning to have breakfast with him."

House Conscripts.

A national convention of Austrian women, according to reports published in the latest German papers, unanimously adopted a resolution calling upon the Government to introduce "compisory service" for women in the form of one year's instruction in housekeeping. The "service" should be performed, the convention further resolved, after girls and young women have concluded their ordinary schooling and before marriage.

BRIGGS' FLY MATS PRICE 5¢

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

The Summer "Life-Savers" are fruit, cereals and green vegetables. Meat in Summer overtaxes the liver and kidneys, potatoes cause intestinal fermentation. Get away from the heavy Winter diet; give Nature a chance. One or two **Shredded Wheat Biscuits,** served with milk or cream or fresh fruit, make a deliciously nourishing, satisfying meal. Such a diet means good digestion, good health and plenty of strength for the day's work. All the goodness of the wheat in a digestible form. For breakfast with milk or cream; for luncheon with fresh fruits.

Made in Canada

PUT BAN ON ALL DOCUMENTS.

No Printed Matter Can Be Taken Over German Frontier.

Unprecedentedly harsh regulations are now in force regarding the carrying of any written or printed matter over the German frontiers. The following notice has just been promulgated by the military authorities:

1. Travellers on principle may take nothing written or printed across the Imperial frontiers.

2. Letters, post-cards, or other communications must be sent through the post.

3. Exceptions to the above are letters or documents, written or printed, especially business papers, if (a) the taking of them is absolutely necessary to fulfill the object of the trip; (b) they are confined to the smallest possible dimensions; and (c) they have been officially examined and sealed up before arrival at the frontier.

4. Travellers can only reckon with safety on being permitted to take documents across the frontier if the envelope or packet containing them bears an undamaged seal.

Minard's Liniment used by Physicians

Not the Man.

Arduppe—"My love for you, dear Miss Roxley, is like a consuming fire that burns everything in its path."

Miss Roxley—"Then I fear it would be unwise to choose such a husband to handle my money."

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

Going to an Extreme.

"A little learning is a dangerous thing."

"Yes," replied Miss Cayenne, "But that fact doesn't justify some of us in being proud of how little we know."

Ask for Minard's and take no other

Utterly Worthless.

"No, you can't marry him. He's too no-account."

"You ought not to say, that, dad. He may have some good points that you have overlooked."

"No chance. I mopped up the floor with him just now and he didn't even make a good map."

I bought a horse with a supposedly incurable ringbone for $30.00. Cured him with $1.00 worth of MINARD'S LINIMENT and sold him for $85.00. Profit on Liniment, $54.

MOISE DEROSCE.

Hotel Keeper, St. Philippe, Que.

Memories of Sermons.

Parson Prosy—We need a night watchman for the church. If I give you the job, do you think you can keep awake?

Aplicant—Do you preach at night?

Minard's Liniment Lumberman's Friend

A Moving Target.

A Highlander with bagpipes entered the street and commenced his plaintive lay, at the same time marching up and down in time-honored fashion.

"Why does he move about all the time he plays?" asked Johnny of his father.

"I don't know," answered the lad's father, wearily, "unless it is to prevent me getting the range with the inkpot."

Got Him.

Two men were cycling past a prison wall. "I wonder where you would be if the prison had its due?" remarked one.

"Riding alone," replied the other.

When a man goes into a restaurant and is given a tough fowl, he is very apt to lose his respect for old age.

JOKE WAS ON THE SURGEON.

Declined Pocketbook Which Contained Double His Fee.

Velpeau, the great French surgeon, successfully performed a serious operation on a little child. The mother, overjoyed, called at the surgeon's office, and said:

"Monsieur, my child's life is saved, and I do not know how to express my gratitude to you. Allow me, however, to present you this pocket-book embroidered by my own hands."

The great surgeon smiled sarcastically. "Madame," he said, "my art is not merely a matter of feeling. My life has its necessities, like yours. Allow me, therefore, to decline your charming present, and to request some more substantial remuneration."

"But, monsieur," asked the woman. "what remuneration do you desire?"

"Five thousand francs."

The lady quietly opened the pocketbook, which contained ten notes of one thousand francs each, counted out five of them and, politely handing them to the amazed physician, retired with the remainder.

How to Keep Yourself Looking Young.

It has been proven that the woman who protects her skin will keep herself free from wrinkles and marks of age far longer than the woman who says "Oh no, I never do anything for my complexion."

If your skin is not naturally clear and fresh, or if it has suffered from inattention—worry—sickness—age or the ravages of wind, sun and weather, the regular and persistent use of USIT will soon restore to your complexion its natural color and freshness.

USIT is a valuable formula of an old and famous beauty secret.

It feeds and nourishes the skin, wards off wrinkles and makes the complexion clear, smooth and faultless. It is not necessary to use any other treatment during the day. Apply USIT at night before retiring, and it will tone the skin and give that silky softness and glowing freshness that alone indicates perfect skin health.

USIT is put up in handsome opal bottles. It may be secured through T. Eaton Co., Limited, Robt. Simpson Co., Limited, Toronto, and other high-class Drug Stores, or direct from us.

Send 50c. (2c. war tax) to-day for trial bottle sufficient for six weeks' use.

See our exhibit at National Exhibition, Toronto

USIT MFG. CO., LTD., TORONTO, ONT.

THE LIFE OF THE GUNS.

Depends on Their Size Before They Require Relining.

The life of a gun depends upon the progress of erosion, which sooner or later is certain to impair the accuracy of fire. Erosion is caused by the action of the explosive gases at high temperature and pressure. According to the Iron Age, the hot gases cause a thin film of steel to absorb heat. The film expands and becomes set. Upon the release of the pressure, it contracts, which causes minute cracks that grow larger with every discharge. As they increase in size they form passageways for more hot gas, and that tends to enlarge them still further. The inner surface thus becomes roughened, and the bands begin to corrode. Finally, the bore becomes so enlarged that it allows the gases to escape. The shell does not then acquire its proper rotation, and its flight becomes erratic. All guns except small ones are now constructed with linings in the tube which, when the bore is worn out, are removed and replaced by new ones. The cost of relining a gun is approximately 30 per cent. of the cost of the gun. There appears to be no limit to the number of times that a gun can be relined. The small arms are considered to be worn out after 5,000 to 7,500 rounds have been fired. Small naval guns can be fired about 1,000 times before they are regarded as worn out. Large twelve-inch and fourteen-inch naval guns are considered to have a life, on one lining, of from 150 to 200 rounds. Low-velocity guns, such as howitzers and mortars, have correspondingly longer lives than high-velocity guns of the same calibre, because the pressures they develop, and hence the temperatures, are lower.

Mrs. Glen—"There are times when I wish I was a man." Glen—"Well, when, for instance?" Mrs. Glen—"When I pass a milliner's shop window and think how happy I could make my wife by buying her a summer hat."

Jones—"Can you tell what ails my wife?" Doctor—"She does not take enough outdoor exercise." "She says she does not feel equal to it." "True. She needs toning up." "What have you prescribed?" "A new bonnet."

"My brothers," said a waggish colored man to a crowd, "in all inflictions ob your troubles dar is one place you can always find money and sympathy?" "Whar? Whar?" shouted several. "In de dictionary," he replies, rolling his eyes skyward.

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

ROYAL YEAST MAKES PERFECT BREAD

The Right Idea.

"Do you think you could serve a seven-course dinner?"

"Yes, mum," replied the applicant,

"Well, where would you start from?"

"I'd start from the kitchen, mum."

SEED POTATOES

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

FOR SALE.

FOR SALE CHEAP, FOR BREEDING, silver cross, and red cross foxes and fisher. T. Chambers, Sioux Lookout, Ont.

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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.

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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.

MECHANICS WANTED

We want a few good mechanics. Have steady work and good wages for lathe hands, fitters, handy men, also a few wood-working machinists and handy men for wood shop wanted. Apply in person only.

Dodge Manufacturing Co.

West Toronto.

Become a Registered Nurse and receive pay while learning

The Beth Israel Hospital of New York City Founded 1890

Accredited by the New York State Education Dept. Offers a two-and-one-half year course in training for nurses with allowance and maintenance. Applicants must have one-year high school instruction or its educational equivalent. For particulars address Beth Israel Hospital, 66 Jefferson St., New York

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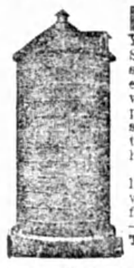

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Therefore it lasts, simply because it can't very well do anything else. Our folder explains more fully —Write Dept. U.

T. E. BISSELL CO., LTD. Elora, Ontario.

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Reduces Strained, Puffy Ankles; Lymphangitis, Poll Evil, Fistula, Boils, Swellings; Stops Lameness and allays pain. Heals Sores, Cuts, Bruises, Boot Chafes. It is a SAFE ANTISEPTIC AND GERMICIDE

Does not blister or remove the hair and horse can be worked. Pleasant to use. $2.00 a bottle, delivered. Describe your case for special instructions and Book 5 M free. ABSORBINE, JR., antiseptic liniment for mankind, reduces Strains, Painful, Knotted, Swollen Veins. Concentrated—only a few drops required at an application. Price $1 per bottle at dealers or delivered.

W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.

Absorbine and Absorbine, Jr., are made in Canada.

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.

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