PE[illegible]REST HEALTH [illegible]UE TO THE BLOOD

No Girl or Woman Need Be Constantly Ailing and Unhappy.

[illegible]ure intended every girl and every woman to be happy, attractive, active and healthy. Yet too many of them find their lives saddened by suffering—nearly always because their blood is to blame. All those unhappy girls and women with colorless cheeks, dull skins and sunken, lusterless eyes, are in this condition because they have not enough blood, red blood in their veins to keep them well and in the charm of health. They suffer from depressing weariness and periodical headaches. Dark lines form under their eyes, their heart palpitates violently after the slightest exertion, and they are often attacked with fainting spells. These are only a few of the miseries of bloodlessness. Nothing can secure girls and women from the inevitable decline that follows anaemia except a generous supply of new, rich, red blood, and nothing has ever proved so successful in creating red, good blood as Dr. Williams Pink Pills for Pale People. Thousands and thousands of girls and women owe their good health and charming complexion to the use of this medicine. Here is one example of its power to cure. Miss Dorina Bastien, St. Jerome, Que., says: "For over a year my health was gradually failing, my blood had seemed almost to have turned to water, my cheeks were pale, my lips bloodless, and the slightest exertion left me breathless. I suffered frequently from severe headaches, my appetite failed, and my friends feared I was going into consumption. I had been doctoring but did not derive any benefit, and finally I had to give up my work and return home. It was at this stage that a friend brought me a box of Dr. Williams' Pink Pills and urged me to try them. By the time the box was used I thought they were helping me, and decided to continue using the pills. I took a half dozen boxes more, when my strength had completely returned, my appetite was restored, my color returned, headaches had disappeared and I was feeling better than I had been for years. I would urge every weak and ailing girl to give Dr. Williams' Pink Pills a fair trial."

These pills are sold by all medicine dealers or may be had by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

WHY YOU REST ON ONE LEG.

Reason Why an Erect Position is Tiring to Human Beings.

As human beings we are supposed to stand erect, and therefore standing straight ought to be the most natural and easiest thing in the world. There are few things, however, which are as fatiguing as holding an erect position for a long time or when we are tired.

The reason which medical men have given for this is that man is recently evolved from the lower species which are not able to stand erect, and that as yet we are not fully adjusted to holding ourselves upright. Our hip bone does not fit vertically into the bones of the pelvic girdle. This does not lie directly under the spine.

The upright position is maintained only by a complex cross-strain of one set of muscles pulling forward and another set of muscles pulling backward. This demands a new adjustment with every movement. It is a tremendous muscular strain which holds the hip bone and leg joints in position and which has to meet the constant adjustment of keeping the body erect. The most natural way to relieve it is to slump a little to one side and throw the weight upon one leg. In this way the joints are placed more directly up and down and so reduce the width of the angle which is formed by the hip bone not fitting vertically into the bones of the pelvic girdle.

The fact that military men have employed this means of gaining rest when in drill is not without significance. When the order is given "At ease" or "In place—rest," the weight is shifted to one leg.

Prosperity gives us friends and adversity proves them.

Increased production per laborer may be obtained by extending the farm operations or by increasing the yield per acre—economists have held that the extensive type of agriculture is limited to that point where the interest on capital invested in equipment plus the depreciation equals the expense of employing the number of men which have been replaced by the equipment.

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KINGSTON ONTARIO

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MEDICINE EDUCATION
APPLIED SCIENCE
Mining, Chemical, Civil, Mechanical and Electrical Engineering.

HOME STUDY
Arts Course by correspondence. Degree with one year's attendance.

Summer School July and August — Navigation School December to April

15 GEO. Y. CHOWN, Registrar

THOUGHTS ON MOTHER'S DAY.

By Chas. M. Bice, Denver, Colo.

"Mother's Day" is a momentous occasion here. It has always meant a day of a year of sacrifice for those gray-haired angels who seem to do nothing but sacrifice for others. It is a day of 1917 momentous for the reason that war is calling, brutal, stark, cold-blooded war, calling the boys and men of this country, calling them from the last handclasp, the last lingering touch of mother hands, the last trembling kiss of mother lips, calling them to—God only knows what!

There are mothers who have said good-bye to the sons they cherished and loved, said good-bye to them for the last time. For when many of those sons return, it will only be to find that mother has gone on, that she sits no more by the windows of nights, watching the stars, and whispering to the imaginary baby form she holds in her arms, the baby that has grown to manhood and has travelled out into the world, out from the protection of her arms, out from the soft touch of her cheek against his.

There will be mothers, white haired, with little touches of Father Time about their eyes, who will watch the lists day by day, hoping against hope, hoping, hoping—finally at last to seat herself in the old rocker, to look again at the toys he played with when he was a baby, then to fold her hands and to pray for the time when she can join him, her hero, her Little Boy Blue of the Army, who fell as he fought. You think of her to-day and wear a flower commemorative of her pure and noble life. Yes, think of your dear old mother to-day, and if she is far away write to her. If she has gone beyond the reach of letters, go now to where she sleeps and kneel beside her grave, as once you knelt beside her knee.

If she is still near you—lucky person that you are—go to her and allow your arms to steal softly about her neck and kiss her. Kiss her and brush aside the straying gray hair and whisper to her that you love her, and that she is your "bestest girl of all." And remember, that while you are grown up into manhood or womanhood, to everyone else in the world, to one person you are still that happy, smiling, cooing little being who played at her feet in the years of long ago, the most wonderful treasure of all the treasures in the world—her baby. And so, if the tears come to her eyes as she sits and holds your hands tight against her breast, if she is silent with those mother lips quivering in their worldless ecstasy, don't be ashamed if the tears should come to your own eyes, too.

And kiss the tears away and be proud and happy of the opportunity—and think of those who would give many and many a year of their life for the same privilege. And remember, as you do so, that the lane of life is long and the pathway of love has many turnings. But there is One who never falters as she treads her way along it towards the sunset. One who never wavers come what will, and that One is Mother. If she is gone, gone into that quiet haven where there are no worries, no troubles, no nights and days of anguish for the safety and comfort of those who were a part of her life, her heart, her being—if she has gone onward to the peace her quiet love has earned, are you going out today to the little mound wherein she rests, and whisper a benediction over her, a little psalm to your Maker that He keep her safe within His arms? Yes, you are, for you are a man or a woman—and today is Mother's Day!

RIVERS OUT OF THE ORDINARY.

A Stream of Ink is One of the Freaks of Nature.

A river of ink is formed in Algeria by the union of two streams, the water of one being impregnated with iron, and the other, which drains a great swamp, with gallic acid. This combination of iron and acid forms a pure ink. All rivers of Africa seek the ocean that is farthest away from their source.

In Siberia rivers flow over ice, old and solid as rock. A tributary of the Lena River has underneath the soil which forms the bed of the river a bed of pure ice over 9 ft. thick. A freak of Nature is the lost river in Kentucky. It is known as the Hidden River, because no one knows its origin, and it vanishes into a cave leading no one knows where. It flows without a ripple and is of a pale bluish color.

A singing well is one of the natural curiosities of Texas. In fine weather a sound like that of an aeolian harp is given out by the well. At times the sound is clear; then it recedes, as if far away; and then t reaches the ear very faintly. These changes take place every few minutes, and with great regularity. With an east wind blowing the water in the well gets very low, and the mysterious musical sound is faint. A strong west wind causes the water to rise and the sound to increase in volume and clearness. Before a north wind the well plays its wildest pranks. The water rises nearly to the top of the well, which is about 60 ft. deep, and gives out wild, weird noises.

Windbreaks protect the orchard from both summer and winter evaporation, and from cold. Snow lies more evenly in the protected orchard, and melts less rapidly. The blossoms are protected from severe winds, and the number of windfalls is lessened.

A Useful Design

Simple separate blouses are the order of the day, and are very smart when they have large collars and are worn with plaid skirts. These plaid skirts are made of a variety of materials from gingham to heavy silk poplin. The illustration shows a model with a draped effect which is particularly pleasing. McCall Pattern No. 7771, Ladies' Waist, in 5 sizes; 34 to 42 bust; and No. 7777, Ladies' Two-Piece Skirt, in 39 or 37-inch length, in 5 sizes, 22 to 30 waist. Price, 20 cents each.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

HEALTHY CHILDREN

It is natural for little ones to be well, and with care every baby can be kept well. The main thing towards keeping little ones well is to keep their little stomach sweet and their bowels regular. Baby's Own Tablets will do this. Thousands of mothers keep the Tablets in the house, as they find them an efficient guard against illness. Concerning them Mrs. Hilaire Desmarais, St. Joseph de Sorel, Que., writes: "I believe Baby's Own Tablets are the best medicine in the world for children. My baby was terribly constipated but the Tablets promptly cured him and now he is a big healthy child." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

ENCOURAGE CULTIVATION

Campaign by Canadian Pacific Ry. to Meet Food Shortage.

In order to encourage the settlement and cultivation of vacant lands in the Western Provinces, the Canadian Pacific Railway Company, through its Colonization and Development Department, of which Mr. J. S. Dennis is the head, has undertaken an active campaign to try and induce absentee owners to cultivate their holdings.

A circular has been issued to some 8,000 absentee owners, pointing out the profits which can be made by cultivating their lands, and showing how many farmers sold their last years' crop for more than the original cost of their farms.

The Company offers the advice and assistance of its Colonization and Development Department free of charge, in supplying reliable information as to how to go about getting the land under cultivation and will send, on request, the fullest details as to routes of travel, customs regulations, passenger and freight rates and similar data.

In undertaking this camaign the Company is following its usual broad policy of Dominion-wide development, realizing that every new settler means greater production to meet the food shortage which at present threatens the world, and which Canada, with its extensive and fertile unplowed areas, can provide.

DEAF MUTES MAKE GOOD.

They are Successfully Employed in French Munition Factories.

The intensive production of munitions in France, with its enormous requirements in hand labor, has opened up a new future for the deaf and dumb who, before the war, were excluded from factory work. Now hundreds of them are making shells and parts of automobiles and aeroplanes for the army. They learn even quicker by sight than do many workmen by ear, and their attention never being divided by conversation, their output is of the best finish and equal in volume to that of the best mechanics. They are even more attentive to danger than ordinary men.

If you expect nothing all you get is so much velvet.

Keep Minard's Liniment in the house.

Whole Wheat and Milk—the two most perfect foods given to man. Dietetic experts may quarrel about everything else, but they are agreed on this. The proper combination is **Shredded Wheat Biscuit** with milk—the greatest amount of protein (the element that builds muscular tissue) for the least money. Two or three of these Biscuits with milk make a nourishing breakfast on which to start the day's work and they cost only a few cents. A boon to the housewife because they are ready-cooked and ready-to-eat. Delicious with berries or other fruits. Made in Canada.

JAPANESE ARE VEGETARIANS.

Natives of the Flowery Kingdom Consume Little Meat.

Very little meat is produced or consumed in Japan, the people depending mainly on vegetables, such as rice, fish, certain bulbs such as tiger lily and seaweed, which are very nourishing and different from anything found along our seacoast.

Peas and beans are largely cultivated in Japan, which resemble our bush beans and are very prolific, including twenty or more varieties; radishes in all sizes, including the sakurajima, which grows from half a pound to a pound. The long white radish nerine is ten to twelve inches long and very delicious.

Cucumbers include the climbing variety which has been introduced in this country; carrots of large size and fine flavor; eggplants, turnips and a pumpkin which in size and flavor rivals our best, excellent as a pie filling or cooked as we cook turnips. The udo compares favorably with asparagus.

The delicious Chinese cabbage makes an excellent table dish and is used in many ways.

In Japan vegetables in seasonable assortment are peddled in two baskets carried across the shoulders on a bamboo pole, brought fresh daily to the door for the housewife's selection.

All these vegetables can be grown in our Canadian gardens and the cultivation is the same as required for our vegetables.

The Kid Has Gone to the Colors.

The Kid has gone to the Colors
And we don't know what to say;
The Kid we have loved and cuddled
Stepped out for the Flag to-day.
We thought him a child, a baby,
With never a care at all;
But his country called him man-size—
And the Kid has heard the call.

The Kid has gone to the Colors;
It seemed but a little while
Since he drilled a schoolboy army
In a truly martial style.
But now he's a man, a soldier,
And we lend him a listening ear;
For his heart is a heart all loyal,
Unscourged by the curse of fear.

Minard's Liniment Co., Ltd.

Gents,—I have used your Minard's Liniment in my family and also in my stables for years and consider it the best medicine obtainable.

Yours truly,
ALFRED ROCHAV,
Proprietor Roxton Pond Hotel and Livery Stables.

The Secret.

The south wind told the brooklet,
As over the field he blew;
The brooklet told the rushes,
Who whispered it to the dew;
The dewdrops told the robin
(Who never could keep a thing!)—
He perched all day on a blossoming spray,
And warbled, "It's spring! It's spring!"

YES! LIFT A CORN OFF WITHOUT PAIN

Cincinnati man tells how to dry up a corn or callus so it lifts off with fingers.

You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezone applied directly on a tender, aching corn or callus, stops soreness at once and soon the corn or hardened callus loosens so it can be lifted off, root and all, without pain.

A small bottle of freezone costs very little at any drug store, but will positively take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to irritate the surrounding skin.

If your druggist hasn't any freezone tell him to get a small bottle for you from his wholesale drug house. It is fine stuff and acts like a charm every time.

THE VICTORIA CROSS.

The Cross is Cast from Cannon Taken at Sebastopol.

The famous symbol of British valor is a little Maltese cross of bronze, insignificant to look at beside many a more showy medal, and intrinsically worth only a few pence, but it is the most coveted decoration of all that soldiers and sailors can aspire to.. The Order of the Victoria Cross—if it can be called an order—was practically an outcome of the Crimean War; possibly the immortal charge of the Light Brigade inspired the idea. For those who have not handled a Victoria Cross it may be as well to say that it is adorned with a crown surmounted by a lion and a small scroll bearing the pregnant words, "For Valor." On the reverse of the medal is given the date or dates of the deeds of heroism for which it was awarded, the name of the recipient being inscribed at the back of the bar, to which it is attached by a V. The Cross is cast from cannon that were taken at Sebastopol. The first presentation of the V.C. took place in Hyde Park on June 26, 1857, on which occasion sixty-two men were decorated. The pinning on of the Crosses by the Queen occupied only about ten minutes, and a great review brought the proceedings to a close. Five of the Crosses won at the battle of Alma were gained in defence of the colors.

Speak Of Them In The Highest Terms

Why Mr. and Mrs. West Recommend Dodd's Kidney Pills.

They Cured Mr. West's Lumbago and Made Mrs. West Feel Like a New Person. They Are the Best Tonic.

St. James, Man., May 28th (Special)—That Dodd's Kidney Pills are living up to their great reputation in the West is twice proved by Mr. and Mrs. G. West, well known and highly respected residents of this place. Let Mrs. West tell the story of what the great Canadian kidney remedy has done for her husband and herself.

"My husband suffered from attacks of lumbago," she states, "and the doctor did him no good, but I can truthfully say that since using Dodd's Kidney Pills he is entirely free from lumbago.

"I myself took six boxes of Dodd's Kidney Pills and am just like a new person. I have gained 10 lbs. since using them and my friends compliment me on how well I look.

"I have recommended Dodd's Kidney Pills to some of my lady friends who were complaining of not feeling well, and they, like myself, speak highly of them."

Dodd's Kidney Pills cure the kidneys. Cured kidneys make pure blood. That is why Dodd's Kidney Pills are the best tonic.

With The Best Intentions.

Teddy had been invited out to tea. He wanted to have the afternoon off from school, but his mother would not hear of it. As his bedtime was seven o'clock, he had rather a short visit, and as he was leaving his hostess said cordially:

"I'm so sorry you've been able to stay such a little while, dear."

Tommy remembered his mother's injunctions to be police on all occasions, and answered sweetly: "Oh, it's quite long enough, thank you!"

Minard's Liniment Lumberman's Friend.

Tiny Rumanian Farms.

There are a million small farms in Rumania and only a few thousand large ones; but the few big landowners have more land than the many small ones. The average size of the million small farms is eight acres, while that of 4,471 large ones is 2,200 acres, says the National Geographic Magazine. In times of peace the Wallachians go into Hungary by the tens of thousands to help with the sowing and reaping.

MONEY ORDERS
Send a Dominion Express Money Order. They are payable everywhere.

Importance of Farming.

Agriculture must not only be self-supporting, but, in large degree, agriculture must support our other great industries. Without agriculture, the coal and iron would be left in the earth, the forest would be left uncut, the railroads would be abandoned, the cities depopulated, and the wooded land and waterways would again be used only for hunting and fishing. Shall we not remember, for example, that the coal mine yields a single harvest—one crop—and is then forever abandoned; while the soil must yield a hundred—yes, a thousand crops, and even then it must be richer and more productive than at the beginning, if those who come after us are to continue to multiply and replenish the earth.

Rather Mixed.

Henry, aged five, had a habit of using in his conversation every big word he happened to hear, regardless of its meaning. One morning he and his elder brother were trying to wash from the same basin, to Henry's detriment, and he ran into the kitchen, exclaiming: "Mamma, Charlie's metropolizing the whole laudatory."

Ask for Minard's and take no other.

GILLETT'S LYE

Plenty Left.

"You must keep your mouth closed while in the water, Edna," said the nurse as she was giving the little one her morning bath; "if you don't you'll swallow some of it." "Well, what if I do?" queried little Edna. "There's plenty more in the pipes isn't there?"

When Your Eyes Need Care

Use Murine Eye Medicine. No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Sore Eyes and Granulated Eyelids. Murine is compounded by our Oculists—not a "Patent Medicine"—but used in successful Physicians' Practice for many years. Now dedicated to the Public and sold by Druggists at 50c per Bottle. Murine Eye Salve in Aseptic Tubes, 25c and 50c. Write for book of the Eye Free. Murine Eye Remedy Company, Chicago. Adv.

Manurial Value of Clover.

Chemically, physically and biologically the growth and turning under of clover improves the soil, and we have been enabled to demonstrate over and over again that a crop of clover in the rotation has a manurial effect equal to an application of farm manure of ten to fifteen tons per acre.—Frank T. Shutt, Dominion Experimental Farm.

Minard's Liniment used by Physicians.

There was much talk about the onion maggot. It is very difficult to control. It is practically impossible to trap the fly that lays the eggs. One of the best ways to fool the creature is to plant what is called a trap crop. Plant radishes, and let the maggot get in his work on them then destroy them and put in your onions.

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 Adelaide St., Toronto.

MISCELLANEOUS

BICYCLES, NEW AND SECOND Hand, $12.00 up. Send for special price list. Varsity Cycle Works, 413 Spadina Ave., Toronto.

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.

AUTOMOBILES FOR SALE

1910 CADILLAC IN GOOD RUNning condition. Has spare tire. Price $250.

HUDSON, 1916 MODEL, 6 CYLINder, 7 Passenger Touring Car. Electric lights and starter. Recently overhauled and newly painted. Tires in good shape. Price $1,300.

HUDSON, 1915 MODEL, 6 CYLINder, 7 Passenger Touring Car, with electric lights and starter. Thoroughly overhauled in our shop and newly painted. Seat covers on all seats and doors. Oversize tires. Price $1,200.

HUDSON, MODEL 37, 5 PASSENGER, 4 cylinder Touring Car. Electric lights and starter, in good running order and newly painted. Looks like a new car. Price $650.

PAIGE SEDAN. A VERY FINE looking closed car seating five. Electric lights and starter, also inside dome light. Nearly all the windows open, which gives ample ventilation for summer driving. Price $700.

HUDSON, MODEL 33. 5 PASSENger, 4 cylinder Touring Car, in good running order, at a special price, $350.

HUDSON 1913 MODEL "54," A HIGH powered, six cylinder, 5 passenger Touring Car. In good running order and looks like new. Price $750.

STUDEBACKER, SEVEN PASSENger, 4 cylinder Touring Car, in good running order. Tires in good shape. This car was painted this year and looks very nice. Price $350.

JACKSON, 5 PASSENGER, 4 CYLINder Touring Car. Has electric lights and starter, good tires, and is a bargain at the price, $300.

RUSSELL, 3 PASSENGER CABRIOlet. A very handsome closed car, suitable for a doctor. Price $1,000.

We only sell used cars after the purchaser has had a demonstration and satisfied himself of the running qualities of the car he is buying. Call at our showroom next time you are in Toronto and let our salesmen show you any of our used cars and give you a demonstration.

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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.