THE BUSINESS WOMAN

To-day, more than ever before, is woman's opportunity. Many new occupations are now opened to her, which, before the war, she was deemed unfitted to fill. And truth to tell she has risen to the opportunity, and now shares many business responsibilities in former times confined to men. But, as women are subject to more frequent fluctuations of health than men, many will be handicapped early, if they regard their health requirements too lightly.

The nervous strain, long hours and prolonged mental or physical fatigue thin the blood and weaken the nerves. Such conditions as women are now called upon to undergo can only be endured by a full-blooded constitution. This is as true for men as for women, only weaker women suffer soonest. The woman worker, in any line, requires her blood replenished frequently. She needs new, rich blood to keep her health under the trying conditions of business life, and to fortify her system against the effects of overwork. This applies also to the woman in the home, who, perhaps, has more worries and anxieties than usual. So let all girls and women take heed and renew their blood promptly at the first approach of pallor, lack of appetite, headache and backache. This can be best and most effectively accomplished by taking Dr. Williams' Pink Pills which make new, rich blood and thus help womankind so perfectly. No woman need fear failure of health if they take these pills occasionally to keep them well, or give them a fair trial if they find themselves rundown.

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.

ORCHIDS WITH ICE CREAM.

Flavoring Extract, Vanilla, is Obtained From Highly Prized Flower.

Few people think of orchids, which are highly prized and admired for their beauty as flowers, as contributing any edible product, yet one of the most widely known and commonly used flavoring extracts—vanilla—is obtained from an orchid.

The commoner forms of the orchid are very widely scattered throughout the world. Out of a total of 15,000 different species there is only one genus known to have any practical value.

There are but a few species of this genus and the most important one of these is that from which the vanilla bean of commerce is obtained. The genus is native in the warmer parts of Mexico and in portions of Central America, but it has been introduced and is now extensively cultivated in parts of the West Indies and in islands of the East Indian archipelago.

The various species of vanilla are all climbing plants. The slender stems send out aerial roots and by these the vines climb upon the trunks and limbs of trees.

The fruit consists of long slender pods, resembling a thick, somewhat flattened lead pencil in shape, being firm but slightly wrinkled. The pods are gathered and dried before they are fully ripe, the drying process being a very important feature of their preparation, developing their color and giving them the peculiar quality desired for flavoring purposes.

Britain's Hero.

A London schoolmaster named Wiman, who enlisted and lost an arm and a leg in France, returned to teaching after his recovery and became the idol of his students.

The discipline among members of his class was perfect, the boys enforcing it among themselves. Finally, after the authorities discovered him to be a better teacher than ever, the school arranged for an exhibition hearing of one of his history lessons. At this exhibition Wiman asked:

"Now, boys, who is the greatest outstanding British military hero of all time?"

The boys instantly stood, cheered thrice and shouted in chorus "Mr. Wiman!"

POSTUM

A wholesome table beverage with winning flavor.

Used everywhere by folks who find that tea or coffee disagrees.

"There's a Reason"

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

DANGER FOR THE TOURIST.

Strange Animal Inhabits the Desert Valley of California.

That most frightful of deserts, Death Valley, in California, lies between two lofty ranges, one of which is called the Funeral Mountains.

The higher levels of these mountains are rather densely forested, with here and there little meadows and "parks" (natural clearings), in which dwells a strange animal known as the terrashot. So inaccessible are those inhospitable heights, however, that the creature, rarely seen, has remained almost unknown.

Respecting its habits little can be said. There is no reason for supposing that it is dangerous to man. Nobody knows even whether it is carnivorous or a plant feeder. It has a coffin-shaped body, six or seven feet long, with a sort of shell running the whole length of its back.

Having (it is presumed) few natural enemies, the terrashot increases in numbers until it is seized with an impulse to migrate—possibly because its food supply no longer suffices. The animals then form long processions, marching down into the desert in single file, with the evident intention of crossing the valley to the mountains on the other side.

But none of them ever get across As they encounter the hot sands they rapidly distend with the heat, and one after another they blow up with loud reports, the places where this happens being marked by deep, grave-shaped holes.

W. T. Cox, State Forester of Minnesota, has found records which show that early Mormon emigrants observed this remarkable animal, chancing to witness such a procession as that above described, and beholding the tragic fate of the creatures.

A MARVELLOUS MEDICINE FOR LITTLE ONES

Mrs. Delvina Pelletier, Ste. Perpetue, Que., writes: "I have much pleasure in stating that Baby's Own Tablets have been a marvellous medicine in the case of my baby. I have been using the Tablets for four years and don't think there is anything to equal them." In using the Tablets the mother has the guarantee of a government analyst that they do not contain one particle of opiates or other harmful drugs—they cannot possibly do harm—they always do good. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

GOD BLESS YOU.

So I breathe a charm
Lest grief's dark night oppress you.
Then how can sorrow bring you harm
If 'tis God's way to bless you?

And so, not "all thy days be fair
And shadows touch thee never,"
But this alone—God bless you, dear,
So thou art safe forever.

—Julia A. Baker.

MURINE FOR YOUR EYES Granulated Eyelids, Sore Eyes, Eyes Inflamed by *Sun, Dust* and *Wind* quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes. No Smarting, Just Eye Comfort

Murine Eye Remedy At Your Druggist's or by mail, 50c per bottle. Murine Eye Salve, in Tubes 25c. For *Book of the Eye*—Free. Ask Murine Eye Remedy Co., Chicago

Attached.

Little Mary had been sent to the store to get some fly paper. She was a long time in returning, and her mother began to feel a bit anxious.

Going to the door, she spied the little girl coming up the street, and said, "Mary, have you got the fly-paper?"

"No, mother," cried Mary, "it's got me; but we're both coming together."

Minard's Liniment Cures Dandruff.

The Pen of Destiny.

Sir Douglas Haig signs all official despatches and other official documents with the gold fountain pen that was a present to his wife from Queen Alexandra. The British Commander-in-Chief devotes half an hour out of what is often a working day of fifteen or sixteen hours to signing official documents. This is the outside limit of time he can afford to devote to work of this kind. Sir Douglas Haig is as fit as can be and has an iron constitution, but he has nevertheless lost over fourteen pounds in weight in the past twelve months. The burden of responsibility that the Commander-in-Chief of the B.E.F. in France carries on his shoulders would wear most men to a shadow in a few months.

Volcano is Hottest on Top.

Notwithstanding what the old textbooks say, it now appears that a volcano is hottest on its surface. This is the conclusion drawn by a scientist who has made extensive investigations in craters in Hawaii and has obtained samples of gases and lava before they reached the air. Laboratory studies of these samples make it appear probable that much of the heat required to keep an open lava basin in fluid condition is supplied by the chemical action of the gases. From these investigations the scientist concludes the temperature at the surface of a volcano undoubtedly is higher than that below the surface.

Kisses and rumors go from mouth to mouth.

Minard's Liniment for sale everywhere.

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

DEEDS.

As 'round some forgotten tome,
Among whose leaves a rose has lain,
lingers perfume;
Though tome and rose have each become,
The yellow hue of time's slow stain,
That robbed its bloom.

So memory of deeds we've done,
If good or ill, they still live on to follow far;
After this earthly course is run,
Blessing or curse the meed we've won
To help or mar.

—Winfield Lionel Scott, Detroit.

This is to certify that I have used MINARD'S LINIMENT in my family for years, and consider it the best liniment on the market. I have found it excellent for horse flesh.

(Signed) W. S. PINEO.
"Woodlands," Middleton, N.S.

To disinfect a bathtub, scrub and scald it well, then allow a little water to run into it and drop into this a small quantity of carbolic acid and brush every part of the tub with this.

Seed ears for next year's crop, if selected in the field from standing corn, may be chosen more wisely, be stored more carefully and will then produce a larger yield in return than if picked from the shock or crib.

WOMEN! IT IS MAGIC! LIFT OUT ANY CORN

Apply a few drops then lift corns or calluses off with fingers—no pain.

Just think! You can lift off any corn or callus without pain or soreness.

A Cincinnati man discovered this ether compound and named it freezone. Any druggist will sell a tiny bottle of freezone, like here shown, for very little cost. You apply a few drops directly upon a tender corn or callus. Instantly the soreness disappears, then shortly you will find the corn or callus so loose that you can lift it right off.

Freezone is wonderful. It dries instantly. It doesn't eat away the corn or callus, but shrivels it up without even irritating the surrounding skin.

Hard, soft or corns between the toes, as well as painful calluses, lift right off. There is no pain before or afterwards. If your druggist hasn't freezone, tell him to order a small bottle for you from his wholesale drug house.

A FRIEND'S ADVICE

Woman Saved From a Serious Surgical Operation.

Louisville, Ky.—"For four years I suffered from female troubles, headaches, and nervousness. I could not sleep, had no appetite and it hurt me to walk. If I tried to do any work, I would have to lie down before it was finished. The doctors said I would have to be operated on and I simply broke down. A friend advised me to try Lydia E. Pinkham's Vegetable Compound, and the result is I feel like a new woman. I am well and strong, do all my own house work and have an eight pound baby girl. I know Lydia E. Pinkham's Vegetable Compound saved me from an operation which every woman dreads."—Mrs. NELLIE FISHBACK, 1521 Christy Ave., Louisville, Ky.

Everyone naturally dreads the surgeon's knife. Sometimes nothing else will do, but many times Lydia E. Pinkham's Vegetable Compound has saved the patient and made an operation unnecessary.

If you have any symptom about which you would like to know, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free.

THE PATHS OF PAIN.

The paths of pain are lonely,
But the loneliest path of all
Is trodden by the children,
Pitiful, weak and small;
The fatherless and motherless
Who live unloved, and die,
Sobbing their little souls away,
Under a silent sky.

The paths of pain are holy,
But the holiest path of all
Is sacred to the children,
Innocent, frail, and small;
The friendless and forsaken,
The lambs without a fold,
Till He shall call them to Him
Over the sands of gold.

—Ernest H. A. Home.

Minard's Liniment Cures Burns, Etc.

A quart of canned peaches or tomatoes on the shelf is worth a bushel rotting on the ground.

The white of an egg when used instead of water for mixing mustard poultices prevents the skin from blistering.

SELDOM SEE a big knee like this, but your horse may have a bunch or bruise on his ankle, hock, stifle, knee or throat.

ABSORBINE TRADE MARK REG. U.S. PAT. OFF.

will clean it off without laying up the horse. No blister, no hair gone. Concentrated—only a few drops required at an application. $2 per bottle delivered. Describe your case for special instructions and Book 8 M free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins; allays Pain and inflammation. Price $1 and $2 a bottle at druggists or delivered

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

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

CUTICURA HEALS BAD CASE ECZEMA

Relief Instantaneous, Healed With 3 Cakes of Soap and 2 Boxes of Ointment.

"I was very much annoyed by an irritation on my back. I found out I had a bad case of eczema. My back was in a very bad shape, and my clothing irritated so that the skin became very sore. I sent for Cuticura Soap and Ointment. Relief was instantaneous and with the use of three cakes of Cuticura Soap and two boxes of Ointment I was healed." (Signed) B. F. Grosch, Y. M. C. A., St. Catherines, Ont., July 4, 1917.

For hair and skin health Cuticura Soap and Ointment are supreme.

For Free Sample Each by Mail address post-card: **"Cuticura, Dept. A, Boston, U. S. A."** Sold everywhere.

MAGIC BAKING POWDER

CONTAINS NO ALUM.

The only well known medium priced baking powder made in Canada that does not contain alum and which has all its ingredients plainly stated on the label.

E.W. GILLETT COMPANY LIMITED
WINNIPEG TORONTO, ONT. MONTREAL

MAKES THE WHITEST, LIGHTEST
MAGIC BAKING POWDER
CONTAINS NO ALUM

Growing children need more tissue-building foods than do persons whose growth is completed. Milk, eggs, meat, fish, cheese and legumes are all tissue-building foods, but milk and eggs are best for young children.

MONEY ORDERS

When ordering goods by mail, send a Dominion Express Money Order.

Flour is apt to gather dampness if it rests right on the floor. The boys can make a neat box, a few inches high, to set the barrel or bin in. This will keep the flour dry.

Minard's Liniment Relieves Neuralgia.

The phrase "a cock and bull "a concocted and bully story," the latter term being derived from the Danish word bullen—"exaggerated."

The oldest railway in France runs between Paris and Havre. It was built more than half a century ago.

FURS

LOVELY PERSIAN LAMB, MINK and other furs by mail. Wholesale prices. Send for illustrated catalog of bargains. McComber's Limited, Manufacturers, 420 D St. Paul West, Montreal

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.

When buying your Piano insist on having an "OTTO HIGEL" PIANO ACTION

Like A Boy at 50 Bubbling Over With Vitality--Taking Iron Did It

Doctor says Nuxated Iron is greatest of all strength builders—Often increases the strength and endurance of delicate, nervous folks 100 per cent. in two weeks' time.

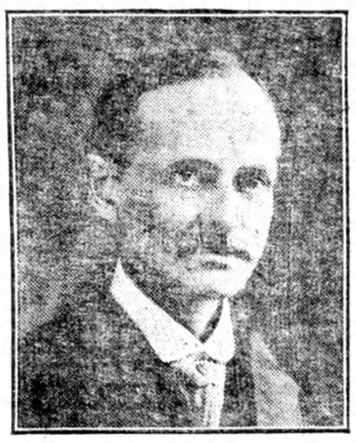
NEW YORK, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man; in fact a young man he really was notwithstanding his age. The secret he said was taking iron—nuxated iron had filled him with renewed life. At 30 he was in bad health; at 46 he was careworn and nearly all in. Now at 50 after taking Nuxated Iron a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over, iron is the greatest of all strength builders. If people would only take Nuxated Iron when they feel weak or run-down instead of dosing themselves with habit-forming drugs, stimulants and alcoholic beverages I am convinced that in this way they could ward off disease, preventing it becoming organic in thousands of cases and thereby the lives of thousands might be saved who now die every year from pneumonia, grippe, kidney, liver, heart trouble and other dangerous maladies. The real and true cause which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it and as a consequence you become weak, pale and sickly looking just like a plant trying to grow in a soil deficient in iron. If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous run-down people who were ailing all the while, double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless. Many an athlete or prizefighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the affray, while many another has gone down to inglorious defeat simply for the lack of iron.—E. Sauer, M.D.

NOTE: Nuxated Iron, recommended above by Dr. E. Sauer, is not a patent medicine nor secret remedy, but one which is well known to druggists, and whose iron constituents are widely prescribed by eminent physicians everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary, it is a most potent remedy in nearly all forms of indigestion as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to forfeit $100.00 to any charitable institution if they cannot take any man or woman, under 60, who lacks iron, and increase their strength 100% or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed by all good druggists.

Dr. Beck, The Well Known Eye Specialist and Doctor Judkins, The Medical Author, Publish Astonishing Report on Wonderful Remedy To Strengthen Eyesight

Say it Strengthens Eyesight 50% in One Week's Time in Many Instances

DR. BECK



DR. JUDKINS

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

New York.—Dr. Beck, a New York state eye specialist, and Dr. Judkins, a Massachusetts physician, were asked to make a thorough test of the popular eye remedy, Bon Opto. Their reports were most interesting. Here they are:

Dr. Beck reports, "When my attention was first called to the wonderful eye remedy, Bon Opto, I was inclined to be skeptical. I make it a rule to test every new treatment which is brought to my attention. Having specialized in eye work for the past twenty years, I believe I am qualified to express an intelligent opinion on remedies applicable to the eyes. Since Bon Opto has created such a sensation throughout the United States and Canada, I welcomed the opportunity to test it. I began to use it in my practice a little over a year ago and I am frank to say that the results obtained are such that I hesitate to tell of my experience for fear it will sound incredible. Some of the results I have accomplished with Bon Opto not only astonished myself but also other physicians with whom I have talked about it. I have had many individuals who had worn glasses for years for far-sightedness, near-sightedness, astigmatism and other eye weaknesses, tell me they have dispensed with them through the adoption of the Bon Opto principal. Many eye troubles can be traced directly to muscular contraction and relaxation and since Bon Opto method tells how to exercise and develop the eye muscles, it reaches conditions not possible through other means. I advise every thoughtful physician to study Bon Opto principal, give it the same careful trial I have and there is no doubt in my mind they will come to the conclusion I have, namely, that the Bon Opto method opens the door for the cure of many eye troubles which have heretofore been impossible to cope with. The treatment is so simple in its application that it can be used at home by anyone of average intelligence. In my own practice I have seen it strengthen the eyesight more than 50 per cent in one week's time. I have also used it with surprising effect in cases of work strained eyes, pink eye, inflammed lids, catarrhal conjunctivites, smarting, painful, aching, itching eyes, eyes weakened from colds, smoke, sun, dust and wind, watery eyes, blurred vision, and in fact many other conditions too numerous to describe in this report. A new and startling case has just come under my observation, which yielded to Bon Opto, is that of a young girl, 12 years old. Two prominent eye specialists, after a thorough examination of the young girl, decided in order to save the sight of her right eye, the left eye must be removed. Before permitting her to be operated on, the young girl's father decided to use Bon Opto. In less than three days a marked improvement was noticed. At the end of a week the inflammation had almost disappeared, and at the end of six weeks the eye was saved. Just think what the saving of that eye means to this little girl. Another case is that of a lady ninety-three years old. She came to me with dull vision and extreme inflammation of the lids and the conjunctiva was almost raw. After two weeks' use of Bon Opto the lids were absolutely normal and her eyes are as bright as many a girl of sixteen."

Dr. Judkins, Massachusetts physician, formerly Chief of Clinics in the Union General Hospital, Boston, Mass., and formerly House Surgeon at the New England Eye and Ear Infirmary of Portland, Maine, and medical author for many years, reports:

"I have found oculists too prone to operate and opticians too willing to prescribe glasses while neglecting the simple formulas which form the basis of that wonderful home treatment for eye troubles, Bon Opto. This, in my opinion, is a remarkable remedy for the cure and prevention of many eye disorders. Its success in developing and strengthening the eyesight will soon make eye glasses old fashioned and the form of eye baths which the Bon Opto method provides, will make its use as common as that of the tooth brush. I am thoroughly convinced from my experience with Bon Opto that it will strengthen the eyesight at least 50 per cent in one week's time in many instances. Dr. W. H. Devine, director of medical inspection in the Boston schools, in his report published February 20, 1917, states that only 14,016 out of 89,175 examined, need to wear glasses now, a marked decrease over the previous report. Bon Opto is hastening the eyeglassless age in bespectacled Boston."

Victims of eye strain and other eye weaknesses and those who wear glasses will be glad to know that according to Dr. Beck and Dr. Judkins, there is real hope and help for them. Many whose eyes were failing say they have had their eyes restored by this remarkable prescription and many who once wore glasses say they have thrown them away." One man says, after using it: "I was almost blind. Could not see to read at all. Now I can read everything without my glasses and my eyes do not hurt 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 15 days everything seems clear. I can read even fine print without glasses." Another who used it says: "I was bothered with eye strain caused by overworked, tired eyes which induced fierce headaches. I have worn glasses for several years, both for distance and close work and without them I could not read my own name on an envelope or the typewriting on the machine before me. I can do both now and have discarded my long distance glasses altogether. I can count the fluttering leaves on the trees across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what it has done for me."

"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 the use of this prescription at home. 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 let it 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 and redness will quickly disappear. If your eyes bother you even a little, it is your duty to take steps to save them now before it is too late. Many hopelessly blind might have saved their sight if they had cared for their eyes in time.

NOTE—Another prominent physician to whom the above article was submitted, said: "Yes, the Bon Opto prescription is truly a wonderful eye remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through overwork or misfit glasses. It is one of the very few preparations I feel should be kept on hand for regular use in almost every family." Bon Opto referred to above, is not a patent medicine or a secret remedy. It is an ethical preparation, the formula being printed on the package. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It is dispensed by all good druggists, including general stores; also by G. Tamblyn and T. Eaton & Co., Toronto.