STRONG PEOPLE NEEDED

The need for people to be healthy is urgent. Those whom illness has put outside the ranks of robust men and women feel their position keenly. They are handicapped in every walk of life and weak men and nerve-worn women need more earnestly than ever to put their health right and become active and strong. Many who began "patching" months ago are as ill now as on the day they began vainly tinkering with common drugs. Every ailing man and woman should remember that the ills of debility, nerve exhaustion, indigestion, sleeplessness, neuralgia, and depression come from a faulty blood supply. Worry, over-work or other causes have impoverished the blood and left the life-stream impure. The nerves thereby are starving and the whole system is languishing for new blood. In this condition many thousands have won back strong nerves and new health and strength through the new rich blood Dr. Williams Pink Pills actually makes. In a weak or bloodless condition it is not only a waste of time and money, but also a further menace to your health to tinker with common drugs. Follow the example of so many thousands by giving Dr. Williams' Pink Pills a fair trial, and they will transform you into healthy, active men and women.

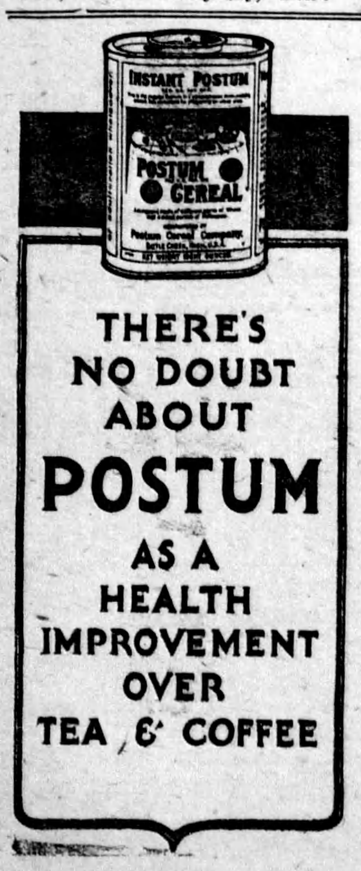
You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

ALGOMA AND AN AUTHOR.

If an author can be said to be the product of any particular district—and why not, just as much as a variety of flower, or fruit, or grain?—Alan Sullivan, the distinguished Canadian poet and novelist, should be most properly identified with Algoma, that curiously shaped county of Ontario which stretches from the cities and settlements of the shores of Lake Huron and Lake Superior, up through the 2,900 square miles of the Mississauga Forest Reserve, to the great fur-trading territories three hundred and sixty miles north, where it is bounded by the Albany River, the chief tributary of James Bay. The southern shores of this county were colonized some thirty years ago at the instance of C.P.R. agents, by hardy pioneers from the older counties of Kincardine and Bruce, but the city of Sault Ste. Marie has its roots in the remoter past, as it was a trading post for the voyageurs, who travelled for the furtraders of Montreal into the far West. Alan Sullivan, whose father was Bishop of the Algoma Diocese, was at one time engineer of the work of construction and ballasting the Algoma branch of the C.P.R. between Sudbury and the Sault Ste. Marie, and uses the local color in several of his short stories. "It was fascinating," he says, "in those days to watch the psychological effect of the arrival of the track, or even of the survey party on the settlers. They brightened up, and looked at their farms with new eyes. They were in touch with the world that heretofore had seemed so distant." The bush fires, the miners, the hunters, the mail carriers, the Indian agents and the trappers have provided rich material for Alan Sullivan's stories, some of the best of which have been collected in the volume called "The Passing of Owl-I-But." More recently he has enlarged his field, and in his latest volume, "The Inner Door," he takes for atmosphere the labor movement in a small industrial town. But the town is still in Ontario, a fact that makes it all the more interesting to the Canadian reader, who takes an interest in the now rapid growth of a distinctive Canadian literature.

Peasant women are harvesting the crops in Italy.

The latest advice is not to char the ends of fence-posts before setting them in the ground. The charcoal is said to hold water and thereby hastens rotting of the post. How things do change! A while ago experts said, "Char," and now they say, "Don't"



THERE'S NO DOUBT ABOUT POSTUM AS A HEALTH IMPROVEMENT OVER TEA & COFFEE

"TACTICAL MINES."

Are Inefficient Instruments of Naval Warfare at the Present Time.

In the last great sea fight in the North Sea the retreating Germans threw overboard great numbers of so-called "tactical mines," in the hope that the British warships would hit them and be thereby demolished.

Nobody knows whether or not any damage to the British fleet was accomplished on that occasion by this means. But it is at least doubtful.

Vice-admiral William S. Sims, now in command of the American naval forces in European waters, declares that the menace of tactical mines in a sea battle is not regarded very seriously. If squarely bumped, such a mine will blow up a ship, but ordinarily the "bow wave" of a warship will throw the mine aside and out of the vessel's path.

Many experiments in the use of such mines have been made by the United States naval experts. They have been attached in pairs by a line 200 or 300 feet long, but the line sank, bringing the two mines together, so that they were no better than one.

Corks were put along the line to hold it up; but, even so, the cutwater of a ship, bearing a thin sheet of steel with a razor edge, would bite it in twain. A steel line suitably buoyed by floats has been tried, but even that is liable to be cut, for it cannot be very thick.

Thus the tactical mine remains to this day an inefficient instrument of naval warfare. It represents an unsolved problem.

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Mrs. A. C. Smith, Goodwood, Ont., writes:—"I have used Baby's Own Tablets for the past two years and have found them the best medicine a mother can give her little ones and I would not be without them." The Tablets never fail to banish the simple ailments of childhood. They regulate the bowels; sweeten the stomach and make the cross sickly baby bright, healthy and happy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

BELGIAN MILLS STRIPPED.

Invaders Send Machinery to Germany Or Wreck It.

Official dispatches confirm the reports recently brought from Belgium and northern France that the Germans are stripping textile mills of their machinery, destroying it or sending it to Germany. Actual removal of machinery has been reported from Roubaix, Tourcoing and near Courtrai, and the purpose of the conquerors to carry out this policy throughout Flanders is forecast by an order to all mills to furnish inventories of their equipment.

In some quarters these reports have been interpreted as a possible sign of an approaching evacuation of a large section of Belgian territory. It is pointed out, however, that reports from the same sources tell of the importation of children from ten to fifteen years of age from Germany for office work, and apparently discredit the evacuation theory.

Requisitioning by the Germans of wine, textile fabrics in retail stores and blankets in private houses is described in the dispatches.

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.**

To stop the creaking of a door apply a little soap to the hinge. This is as effective as oil, and the soap does not spoil the appearance of the paint.

Minard's Liniment Relieves Neuralgia.

Palaces Going Begging.

Would you care to purchase a castle, drawbridge and ghost inclusive, for the small sum of two thousand pounds? This was the market value of Henry VIII.'s famous residence at Kingsbury, which recently came under the hammer, and which is now the property of a local dealer.

Many palaces have figured recently in the property sales, and some have been acquired at an absurdly low figure. The owner of four houses in Suburbia may reckon his possessions as equalling in monetary value an ancient seat of the mighty.

Fringed by the banks of the River Thames stands Linsey Palace, in Cheyne Walk—not of large dimensions, but notable as the home of both Stuart and Hanoverian rulers. A current advertisement tells us that "this delightful residence may be acquired by an immediate purchaser at a very reasonable figure."

Turn the garden over with a spade or plough this autumn and, if it is to be had, cover the soil with manure a foot deep before turning it under. Repeat the operation next spring and see what a garden will result. Dig deep in spading. There is a way to get down two feet with the proper determination and effort. If manure is not applied this autumn apply lime liberally, air slaked or hydrated, and turn it under and apply the manure in the spring. Lime and leaves can be worked in together this autumn.

YES! MAGICALLY! CORNS LIFT OUT WITH FINGERS

You say to the drug store man, "Give me a small bottle of freezone." This will cost very little but will positively remove every hard or soft corn or callus from one's feet.

A few drops of this new ether compound applied directly upon a tender, aching corn relieves the soreness instantly, and soon the entire corn or callus, root and all, dries up and can be lifted off with the fingers.

This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that freezone dries in a moment, and simply shrivels up the corn or callus without irritating the surrounding skin.

Don't let father die of infection or lockjaw from whittling at his corns, but clip this out and make him try it.

If your druggist hasn't any freezone tell him to order a small bottle from his wholesale drug house for you.

What She Wanted.

An old dame who had never budged from her native village in her life before was travelling to London to see her wounded son. It was a long journey, and she began to be very hungry. She had heard that it was possible to get tea on express trains; but no attendant passed along the corridor. Then a bright thought struck her. One should ring for a servant, of course She reached up and pulled the communication-cord. There was a screech of brakes, and presently the guard came rushing along.

"Who pulled that bell?" he shouted.

"I did!" said the old lady, sweetly.

"Well, what do you want?" asked the guard.

"A cup of tea and a ham-sandwich for me, please!" said the dame.

Minard's Liniment Co., Limited.

Dear Sirs,—I can recommend MINARD'S LINIMENT for Rheumatism and Sprains, as I have used it for both with excellent results.

Yours truly,
T. B. LAVERS,
St. John.

When you have an invalid to care for, baste ten or a dozen sheets of old newspapers together, cover with a layer of old cotton cloth, and you will have a mattress protector, easily destroyed if necessary.

Men in Training

Fighting isn't the only duty of a soldier, and exposure to bullets is not as serious as exposure to all kinds of weather and dampness.

Rheumatic aches, sore and stiff muscles, strains and sprains, chilblains and neuralgia, all are enemies of the soldier, and the relief for all these pains and aches is Sloan's Liniment. Clean and convenient to carry or use; does not stain, and penetrates without rubbing.

Generous sized bottles, at all druggists, 25c., 50c., $1.00.

Sloan's Liniment KILLS PAIN

PAINS SHARP AND STABBING

Woman Thought She Would Die. Cured by Lydia E. Pinkham's Vegetable Compound.

Ogdensburg, Wis.—"I suffered from female troubles which caused piercing pains like a knife through my back and side. I finally lost all my strength so I had to go to bed. The doctor advised an operation but I would not listen to it. I thought of what I had read about Lydia E. Pinkham's Vegetable Compound and tried it. The first bottle brought great relief and six bottles have entirely cured me. All women who have female trouble of any kind should try Lydia E. Pinkham's Vegetable Compound."—Mrs. ETTA DORION, Ogdensburg, Wis.

Physicians undoubtedly did their best, battled with this case steadily and could do no more, but often the most scientific treatment is surpassed by the medicinal properties of the good old fashioned roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.

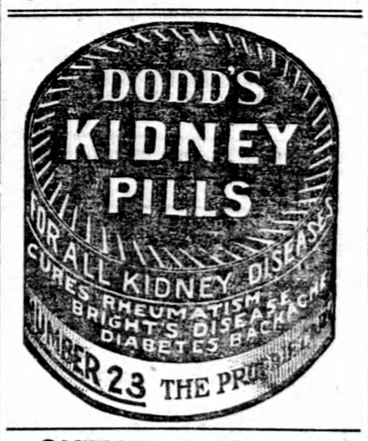
If any complication exists it pays to write the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special free advice.

Blackbirds Saved the Crop.

A few days ago, Grant Mitchell, living near Windfall, Indiana, gave up for lost a ten-acre field of tomatoes, says the Indianapolis News. In one last effort to save at least a part of the crop, Mr. Mitchell and two or three farm employees went to the field one morning to destroy as many worms as possible, but they found that every worm had disappeared. A neighbor told Mr. Mitchell the field had been alive with blackbirds the afternoon before. Similar stories are reported by other farmers of the county.

Minard's Liniment Cures Dandruff.

Seed ears from the best producing stalks in the field produce more than seed ears apparently as good, but gathered without considering the productiveness of the parent stalk. The place to select seed corn is in the field, not in the crib; the time to select it is as soon as it is mature, not at husking time.



CUTICURA HEALED VERY ITCHY SCALP

Burning Kept Her Awake Nights. Hard Lumps Came Then Turned to Scales.

"My scalp began by being very itchy and burning which would keep me awake nights it was so bothersome. First there would come little hard lumps and when I scratched them they would turn to flaky scales and dry.

"I got no relief until I got Cuticura Soap and Ointment. They gave instant relief and in a week I was completely healed." (Signed) Mrs. Alfred Berthelotte, Ed River Crossing, N. B., February 11, '16.

Most skin troubles might be prevented by using Cuticura Soap and Ointment for every-day toilet purposes.

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

ROYAL YEAST

Has been Canada's favorite yeast for over a quarter of a century. Bread baked with Royal Yeast will keep fresh and moist longer than that made with any other, so that a full week's supply can easily be made at one baking, and the last loaf will be just as good as the first.

MADE IN CANADA

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

I think that every mother's son
And every father's daughter
Should drink, at least till twenty-one,
Just nothing but cold water.
And after that they might drink tea,
But nothing any stronger.
If all folks would agree with me,
They'd live a great deal longer.

Minard's Liniment for sale everywhere.

You will find it much easier to both hear and talk over the telephone if you close your eyes.

MONEY ORDERS

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

October is the month to plant tulip, crocus, narcissus and hyacinth bulbs. Do it now!

Minard's Liniment Cures Burns, Etc.

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

South Australia hopes to become a producer of radium, as it has discovered a deposit of uranium.

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

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.

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

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

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

W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.
Absorbine and Absorbine, Jr., are made in Canada.

NUXATED IRON

The Power behind the Strong Vigorous Iron Men of Today

Dr. Ferdinand King, a New York City Physician and Medical Author says: "There can be no strong, vigorous, iron men nor beautiful, healthy, rosy-cheeked women without iron—Nuxated Iron taken three times per day after meals will increase the strength and endurance of weak, nervous, run-down folks 100 per cent. in two weeks' time in many instances. Avoid the old forms of metallic iron which may injure the teeth, corrode the stomach, and thereby do more harm than good. Take only organic iron—Nuxated Iron." 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.