WEAK, ANAEMIC GIRLS

Can Regain Good Health Through Dr. Williams' Pink Pills.

Bloodlessness is the trouble of many girls who ought to be full of life and good spirits. Instead they are pale, their lips have no color, they have no appetites, their digestion is poor, and if they walk fast, either in the street or going up stairs they are so tired and out of breath that their hearts beat as if to burst. Almost always such girls are thin, flat-chested and sallow, with nothing attractive about them. If they do not get better they will have a cough in the winter and then, not unlikely, consumption, that most hopeless of all diseases will develop. No girl should be like this. She should be plump, rosy-checked and full of life, able to talk fast and to stand exertion without being breathless and palpitating. To be in this healthy, happy condition she must have plenty of good, rich, red blood, as it is only through the blood that the body can be healthy. And the only medicine that will keep the blood supply rich and red and pure is Dr. Williams' Pink Pills. Their effect upon the pale, weak girl who gives them a fair trial is wonderful. They improve the appetite, backaches and headaches disappear, the glow of health tinges the cheeks, the eyes sparkle, and the step becomes light and elastic. Thousands of girls throughout Canada owe their health and attractive appearance to Dr. Williams' Pink Pills and do not hesitate to say so. Miss Jennie Book, Beamsville, Ont., says:—"I suffered for over two years from anaemia, and gradually grew very ill. Previously I had been strong and robust, but grew pale and a mere shadow of my former self. I tried several medicines, and while some seemed to give me temporary relief, I soon grew worse again. As the months went by I began to despair of getting better, when my mother happened to read an advertisement of Dr. Williams' Pink Pills and suggested that I should try them. By the time the first box was finished I knew they were helping me, and I continued the pills for nearly three months, using in all nine boxes, when I was restored in every respect to my old time strength. This was several years ago, and as I have not since had any return of the trouble, I cannot speak too highly of Dr. Williams' Pink Pills as a permanent cure for this trouble, and I strongly recommend them to all anaemic girls."

You can get these 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.

Germans Salute British.

"During my first few days in Lucerne I had an experience that was humorous and seemingly anomalous until I got an explanation," said a Red Cross worker who returned recently to the United States. "The mountain republic is filled with interned soldiers from both sides, and I went about a good deal with a British officer in charge of many British prisoners.

"'Is he a German?' civilians whispered to one another as we walked to our hotels. The Britisher was literally bombarded with salutes from German soldiers, and at the outset it became embarrassing for him. But his embarrassment could not continue long, as the salutes were too frequent. Soon he was acknowledging them as mechanically as if he had been walking through the streets of London.

"The matter was made plain to me when later I found out that it is the rule in Switzerland that soldiers of all armies salute officers of all armies. German discipline did the rest."

Marion Bridge, C. B., May 30, '02.

I have handled MINARD'S LINIMENT during the past year. It is always the first Liniment asked for here, and unquestionably the best seller of all the different kinds of Liniment I handle.

NEIL FERGUSON.

A flock of sheep add to the appearance and value of the farm, both by keeping down the weeds and manuring the ground that they are grazed over. Ton for ton sheep manure is more valuable as fertilizer than that of any other farm animal.

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, 60c per bottle. Murine Eye Salve, in Tubes 25c. For Book of the Eye—Free. Ask Murine Eye Remedy Co., Chicago.

If there is an old building in the neighborhood and the plaster can be had from the walls and ceilings gather it and spread over the garden. The lime will improve the condition of the soil. When old ceilings are torn down be sure to save the old mortar for use on the garden.

Gunns Shur-Gain Fertilizer

Beside the Marne.

Beside the Marne fair Springtime comes again,
Wild flowers breathe fragrance and the soft winds blow,
And all day long and while the night hours creep
White crosses stand on guard where brave men sleep,
And winding waters ever onward flow
Beside the Marne.

Beside the Marne the graves lie very close,
And sacrifice is writ on earth and air and sky,
We bare our heads for lo! 'tis God we see,
Clearly as on the Hill of Calvary,
Where heroes fought and laid them down to die
Beside the Marne.

Beside the Marne did the great dead behold
The Flag upborne by our dear lads and fit?
Did journeying sun record each well-loved name
On some clear page within the Book of Fame?
The Empire's debt forevermore is writ
Beside the Marne.

Beside the Marne Canadian glory lives,
In those who sleep where crosses heav-enward turn,
And mothers yet unborn the tale shall tell,
How Godlike men o'ercame the powers of hell,
And future sons a code of honor learn,
Beside the Marne.

Lucy C. Gilmour.

Brockville, March, 1918.

NEED OF BETTER DEVELOPMENT

Recognized by All the Belligerent Countries.

The importance of promoting more scientific methods of rural as well as of urban development is engaging the attention of prominent groups of citizens in all belligerent countries. It is generally agreed that recovery after the war in each nation will be the more rapid in proportion as more efficient methods are applied to secure the increase of production. Canada has never failed to apply the doctrine of Adam Smith to incite the natural efforts of the producers by means of promoting a condition of freedom amongst its citizens and encouraging the settlement of land by the real users of the land. Unfortunately, however, land speculation has been so little controlled and the planning and laying out the land for economic use has been so much neglected, that production has been hampered and bad social conditions have grown up. Incitement to natural effort by means of mere ownership of the land has proved inadequate because of these deficiencies—and the quality of the natural effort has been impaired as a result of overcrowding and bad sanitation in the cities and isolation and poverty in the country.

THE ONLY MEDICINE FOR LITTLE ONES

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else. Their use teaches her they are absolutely safe; that they never fail to give relief and that the little ones do not dread taking them as they do castor oil and other harsh purgatives. Concerning the Tablets Mrs. John M. Weaver, Blissfield, N.B., says:—"I have used Baby's Own Tablets for the past ten years and have found them so good I always keep a box in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Water in which rice has been boiled makes one of the best starches for old lace.

Minard's Liniment Relieves Neuralgia.

NINETY-MILE FIGHT AT SEA.

Gunners, After Long Range Duel, Score a Perfect Hit.

An officer of a steamer from an American port gives a stirring account of a ninety-mile fight with a U-boat in the Atlantic. It lasted from the firing of a torpedo, which just missed, at a quarter to twelve a.m., until twenty minutes to six p.m. During that time the stokers worked without ceasing to get every ounce of speed out of the boilers. The engineers got her up from a normal ten or eleven knots to more than thirteen and a half.

"The gunners were on duty every second," said the officer. "From the bridge we could see every shot from the submarine. We formed a big, high target 500 feet long, and the enemy showed only a small dome five miles astern. A couple of hours ineffectual shelling made him a bit venturesome, but our gunners speedily showed him that it was unhealthy to come too close.

"We had plenty of ammunition, and we used it lavishly. With constant practice, too, our gunners began to get better. Nevertheless, about three o'clock the German gunners got out some better shells and shrapnel began to rain on our decks. The man in the wheelhouse was struck by a splinter. A shot pierced the scupper over the boatswain's room. Another struck us abaft the engine room on the port side.

"For a while the fight was fierce. Then for half an hour no shot were fired, while the submarine manoeuvred for position. Our ship was vibrating with the speed. Our captain paced the bridge, keenly observant. When the U-boat finally got the position he wanted and renewed the shellfire, our gun crew decided to let them have it as hot as our gun would stand. After a few minutes we landed a shell squarely on the German's back. It apparently disturbed him a good deal, for he stopped firing at once, then slackened speed, altered coudre and submerged.

Proved Once More In Southampton, Ont.

That Dodd's Kidney Pills Cure Rheumatism.

Harold D. Bertram Had Inflammatory Rheumatism and One Box of Dodd's Kidney Pills Cleared It Out of His System.

Southampton, Ont., March 25th—(Special)—That rheumatism is caused by disordered kidneys and that Dodd's Kidney Pills will cure it is again proved by the case of Harold D. Bertram, a young man well and favorably known here. He had inflammatory rheumatism for two months. Dodd's Kidney Pills cured him.

"The doctor said my trouble started with the grippe," Mr. Bertram states. "My hands and feet were badly swollen and the doctor did not seem to be doing me any good. My grandmother, Mrs. G. Grasser, advised me to take Dodd's Kidney Pills. I took one box of them and I haven't been bothered since. I am clear of the rheumatism."

That Mr. Bertram's trouble came from his kidneys is shown by his other symptoms. He had stiffness in the joints, was tired and nervous, and there were flashes of light before his eyes. He had a dragging sensation across the loins, was always thirsty and felt heavy and sleepy after meals.

Rheumatism is caused by uric acid in the blood. Cured kidneys strain the uric acid out of the blood. Dodd's Kidney Pills cure the kidneys.

KHAKI DATES BACK TO 1848.

It Was First Adopted in That Year in British India.

Khaki is said first to have been adopted in British India in 1848 by Sir Henry Burnett Lumsden, who had been asked to equip a corps of guides to collect intelligence and to conduct an English force on the northwestern frontier of India.

The cloth was a light cotton drill, as suited the climate of Hindustan, and took its name from a native term "khaki," which means in the Urdu language "dusty," being derived from "khak" or dust. Thus the term applied to the color of the cloth rather than to the material.

According to the dictionary, it is pronounced kaykee by the natives, but the English pronounced it kharkee, and this is correct.

But as cotton was not warm enough for all climates, uniforms of the same kind were made of serge, and the term khaki thus included woollen.

Because it was well fitted for the climate of Cuba and the Philippines the United States chose khaki for the soldiers' uniforms during the Spanish American War.

EX-CZAR UNSOCIABLE.

Empress Says He Has Grown Dull Since Dethroned.

Imprisonment has affected greatly the mental capacities of the former Emperor Nicholas II., according to a letter from the former Empress Alexandra Alix, written from Tobolsk to one of her former maids of honor in Petrograd, which has been intercepted. In it the former empress gives a detailed account of the royal family's life in Tobolsk.

The former emperor, she writes, seems to have grown dull and very unsociable. He does not evince the slightest interest in current events, has ceased to think about the crown, and only wants to be allowed to live in his own way. His only regret is that he cannot live in his old palace at Livadia in the Crimea. Nicholas dresses in civilian clothes and spends much of his time with his son Alexis. He corresponds only with his mother.

Order Now

ONTARIO FERTILIZERS, LIMITED
WEST TORONTO CANADA

Wakeful Nights

go out of style in the family that once drank tea or coffee but now uses

Instant Postum

This wholesome beverage of delicious flavor contains no drug elements to upset heart or nerves and its cheery goodness is just the thing in the way of a hot table drink.

"There's a Reason"

LEMON JUICE IS FRECKLE REMOVER

Girls! Make this cheap beauty lotion to clear and whiten the skin.

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles and blemishes disappear and how clear, soft and white the skin becomes. Yes! It is harmless.

Where Trousers Grow to Order.

When the poorest class of Gauchos, who live in a very primitive state in the southern Argentine pampas, need a pair of pants they kill an old mare and strip off the hide of the forelegs, as one would draw off a glove.

These are drawn, hair side in, over the feet and legs up to the hips, when they adjust themselves like tights. They are thus worn continuously day and night until a new pair is needed.

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.

Nothing so good for a sprain as bathing with very hot water, to which turpentine has been added, an ounce to a quart.

Minard's Liniment Cures Dandruff.

Nothing will take the place of sunlight for a vegetable garden. Don't try to raise crops under trees. The shade is bad, and the roots of a tree, spreading as far out as the crown spreads, "wolf" the moisture that the vegetables need.

50¢

Heals like Magic—burns, cuts, chafing, blisters, piles, abscesses, sunburn, boils, bruises, and other inflammation. At dealers, or write us. HIRST REMEDY COMPANY, Hamilton, Canada.

Bruises and Sprains

Have Sloan's Liniment handy for bruises and sprains and all pains and aches. Quick relief follows its prompt application. No need to rub. It quickly penetrates to the trouble and drives out the pain. Cleaner than mussy plasters or ointments. Sloan's Liniment does not stain the skin nor clog the pores. For rheumatic aches, neuralgia, stiff muscles, lame back, lumbago, gout, strains, and sprains, it gives quick relief. Generous sized bottles at all druggists.

Sloan's Liniment KILLS PAIN

Sloan's prices not increased 25c 50c $1

A Boy That Laughs.

I know a funny little boy—
The happiest ever born;
His face is like a beam of joy,
Although his clothes are torn.

I saw him tumble on his nose.
And waited for a groan—
But how he laughed! Do you suppose
He struck his funny bone?

There's sunshine in each word he speaks,
His laugh is something grand;
Its ripples overrun his cheeks
Like waves on snowy sand.

No matter how the day may go,
You cannot make him cry;
He's worth a dozen boys I know,
Who pout and mope and sigh.

Baked Indian Pudding.—Mix together 2 table spoons cornmeal with 1 pint cold milk, ½ cup molasses, a little salt and 1 well beaten egg. Stir gradually into a quart of boiling milk, stirring until thick and free from lumps. Pour into a buttered pudding dish and bake slowly three hours. Serve with rich milk or cream.

Minard's Liniment for sale everywhere.

FOR SALE

WEEKLY NEWSPAPER IN WESTern Ontario. Doing a good business. Death of owner places it on the market. A great chance for a man with cash. Apply Box 82, Wilson Publishing Co. Limited, Toronto.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried $1,500. Will go for $1,200 on quick sale. Box 69, Wilson Publishing Co., Ltd., 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.

Cause of Early Old Age

The celebrated Dr. Michenhoff, an authority on early old age, says that it is "caused by poisons generated in the intestine." When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15 to 30 drops of "Seigel's Syrup" after meals makes your digestion sound. 10

The world is short of horses. To get the most out of your team use

MICA AXLE GREASE

"Use half as much as any other"

The mica flakes fill the pores and crevices in the axle and the grease keeps them there. Mica Grease means fresher horses at the end of the day and longer life for your harness and wagons.

EUREKA HARNESS OIL

"Lengthens leather life"

Overcomes leather's worst enemies—water and dirt. It makes harness pliable and waterproof, prevents breaking of stitches and imparts that rich black lustre to all dark dressed leather.

Sold in standard sized packages by live dealers everywhere.

IMPERIAL OIL LIMITED

BRANCHES IN ALL CITIES

To Brighten Linoleum.

To make linoleum or floor oil-cloth look brighter and keep it bright heat buttermilk and wash the linoleum with it, allowing it to dry thoroughly before stepping on it.

Minard's Liniment Cures Burns, Etc.

The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION

Cuticura Stops Itching At Once

Treatment: Cleanse With Cuticura Soap, Dry and Heal With Cuticura Ointment

For eczemas, rashes, itchings, irritations, pimples, dandruff, sore hands and baby humors, Cuticura Soap and Ointment are supremely effective as well as ideal for toilet purposes.

Samples Each Free by Mail
Address "Cuticura, Dept. N, Boston, U. S. A." Sold throughout the world.

IN MISERY FOR YEARS

Mrs. Courtney Tells How She Was Cured by Lydia E. Pinkham's Vegetable Compound.

Oskaloosa, Iowa.—"For years I was simply in misery from a weakness and awful pains—and nothing seemed to do me any good. A friend advised me to take Lydia E. Pinkham's Vegetable Compound. I did so and got relief right away. I can certainly recommend this valuable medicine to other women who suffer, for it has done such good work for me and I know it will help others if they will give it a fair trial."—Mrs. LIZZIE COURTNEY, 108 8th Ave., West, Oskaloosa, Iowa.

Why will women drag along from day to day, year in and year out, suffering such misery as did Mrs. Courtney, when such letters as this are continually being published. Every woman who suffers from displacements, irregularities, inflammation, ulceration, backache, nervousness, or who is passing through the Change of Life should give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For special advice write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.

Dangerous Gas and Acids That Hurt The Stomach---Sour The Food Cause Dyspepsia, Indigestion

Recommends a Safe Way to Treat Stomach Trouble At Home

Many stomach sufferers who are always full of gas and whose stomachs burn with acid after nearly every meal think these things are the RESULT of indigestion when in reality they are the CAUSE.

It is just as foolish to give artificial digestents such as pepsin, etc., to a stomach full of gas and acid as it would be for a man who had stepped on a tack to rub liniment on his foot without removing the tack.

Some stomachs generate too much gas and acid. Gas distends the stomach walls, causing a full, bloated oppressive feeling while the acid irritates and inflames the lining of the stomach. Naturally the food ferments and sours, digestion is often delayed and stomach misery is the result. Artificial digestents will push this sour, fermenting mass into the intestines and so relieve the stomach pain but the acid still remains in the stomach to generate more gas and produce more trouble at the next meal.

If you are using digestive aids after meals drop them for a while and instead get a few 5-grain tablets of pure bisurated magnesia from any druggist and take two with each meal. Bisurated Magnesia does not digest food but will neutralize the excessive acid in your stomach, keep the food sweet and will drive the gas and bloat right out of your body. As Magnesia is prepared in various forms be sure to get Bisurated Magnesia for this purpose as it is not a laxative and in this refined form will not injure the stomach in any way.