Are you miserable and run-down?

WOMEN of all ages, all over the world, are finding new health in Dr. Williams' Pink Pills.

Actual microscopic tests have shown that the medicinal elements contained in them *increase the blood count* and build up and revitalize the entire system. Miss Juliette Seguin, of Dalkeith, Ont., testifies as follows :—

"Two years ago I became weak, nervous and run-down. Various prescribed treatments did not help me. I began taking Dr. Williams' Pink Pills and it was not long before I noticed a big improvement; and soon I was in the best of health. A year ago also my mother was badly run-down; her nerves were shattered and life became a burden. She began taking the pills and as a result she is in perfect health."

Buy Dr. Williams' Pink Pills now at your druggist's or any dealer in medicine or by mail, 50 cents, postpaid, from The Dr. Williams Medicine Co., Brockville, Ont.

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Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 54 COUNTRIES"

While London Sleeps

"Turning a Dishonest Penny" A British Broadcasting Co. Radio Talk by "W. Sikes, Esq."

I dare say some of you imagine that a burglar's life is all stout and billiards. You might think from the stories you read in the magazines that every one of us had as easy a time as the 'smash and grab' shop raiders with their high-power motors and brick ends wrapped up in brown paper. Believe me, this is not so. The life of a modern burglar is a very hard one. Every man's hand is against me—and the chap who teaches me Safe-blowing by Post in a plain wrapper kicks up a fearful dust if I am a day late on sending in the instalment due on my oxy-acteylene apparatus. He threatens he will send a van to remove it. The police, too, have got a down on me. It is wrong to say that the police in this country are a fair-minded body of men. They have a down on burglars. But enough logic—and let us get to the real point. I must not keep you all awake with this talk or London will not be asleep when it is time for my day's work to begin, which would be a pity.

At ten o'clock p.m., when most of you are coming home from the pictures, I get out of bed and, putting a jemmy, a spanner, a monkey-wrench, a lantern, a mask and a coil of rope in my pocket, I walk to the public-house to met my mate. At 10.31 he arrives and, over a pint of beer, we discuss the evening's work. He has spent the afternoon looking round—it will be my 'day on' to-morrow—and says that in Such and Such a Road, Kensington, he has seen a diningroom full of cups and monthly medals won by a golf champion. "Go on," I say, and he replies that it is all quite true. He has drugged the maid and the Alsatian dog and everything will be quite ready for us when we go along. By the time he has outlined the evening's job, it is "time, please, gentlemen," so we take a number 33 bus down to Kensington, sitting on top smoking cigarettes we have swiped from the conductor's pocket on the way up. I very much enjoy the evening ride to work, for we discuss what we have heard on the wireless. I listen very often to the children's hour, though reception from Brookman's Park is disappointing. Still I have seen the latest in sets in a window in Waterloo Bridge Road which would not be a difficult job.

But I am wandering from my story —and you will not want to hear another burglar on the wireless if I do that. By the time we arive at our destination it is nearly midnight and the people of Kensington are switching off their dance music and retiring. We are in a rough district and so we go careful . The copper on the beat where our friend the golf champion lives looks at us suspiciously. If he asks us what we are doing we tell him that we are burglars waiting about till it is time to do a job. This makes him laugh fit to bust himself, if you will pardon the expression.

The clocks strike midnight. One by one the lights go out in the houses. We wait in the shadow of an area untill two o'clock, cutting through the pack to while away the hours. At two o'clock the real work of the night begins. The silent street in Kensington begins to assume an appearance which would strike you as strange. Burglars arrive from all parts of London, on foot, on bicycles, on horseback, the big men of the profession in their own cars. Dark lanterns make the night as bright as day. The street is filled with the murmur of voices and the gleam of well-polished jemmies. Each has his special job to do and, such is the freemasonry of our profession, that no burglar will refuse to lend another a hand. I may have to prise open a front door and find I have left my crowbar in the bedroom at home. I go across the street and ask a colleague, who is engaged in breaking into a chapel, whether he will lend me his. If he refuses I hit him with a sandbag.

My mate has done his work well. The dog lies in the area, the maid, we can see through the kitchen window, is lying sound asleep against the meat safe. There will be trouble for her in the morning, poor girl, but this is our means of livelihood and we cannot afford to be sentimental. My mate with a deft twist of his jemy, behind which is a lifetime of experience, unfastens the kitchen window and stealthily we creep inside.

Our first move on entering a "job" is to examine the larder. Those who say that burglars are not psychologists are liars. I would like to meet them in a dark street and prove to them how wrong they are. If we find in the larder the remains of a lobster salad or toasted cheese what does this fact convey to our trained minds? That someone in the house may be sleeping badly, so we had better go extra carefully and not make a noise. The worst part of our work is that of going upstairs. It is a real adventure into the unknown. You may be greeted when you arrive at the top by an Alsatian dog, a revolver, or, what is worse, a hysterical lady who insists upon clinging round your neck and fainting there. The real trouble, however, is the uncertainty. Few realize the needless strain to which burglars are subjected in their daily round and common task. We have no Union to plead for better working conditions, but we argue that in this life someone must always perform the unpleasant tasks, if it is not one man, it is another. We creep up the back stairs as silently as cats. My mate has carefully noted the room where the swag reposes on the sideboard. One by one we remove the massive silver cups and place them carefully in a carpet bag. There is a great deal of unnecessary damage done by rough handling of swag.

It is now nearing dawn and we have almost completed our work. A hundredweight of silver has been transferred from sideboard to bag with a minimum of delay. Packing up our tools, we descend to the kitchen and are about to leave the premises via the basement when we hear a window open above and a rough voice shout, "Who's there?" A raw hand would falter but my mate has been twenty years in the same line and without a trace of hesitation he calls out "Milk-oh'" The voice replies, "Two pints and a half dozen new-laid, please," and with a sigh of relief we hear the window banged down.

It is now broad daylight and the trains are running. Taking workmen's tickets, we proceed to a side street off Pentonville Road, knock up our favorite "fence," dispose of the night's catch and, tired and happy, reach home at about 6.45 a.m. I sleep until 11.30 a.m., make myself tea and kipper, read Spinoza for an hour and then, as it is my spell of afternoon duty, start off to mark down a likely "job" for the following evening. Such is the life of a burglar while London sleeps.

CONSTIPATED CHILDREN

Constipation is one of the most common ailments of childhood and the child suffering from it positively cannot thrive. To keep the little one well the bowels must be kept regular and the stomach sweet. To do this nothing can equal Baby's Own Tablets. They are pleasant to take and can be given to the newborn babe with perfect safety. Thousands of mothers use no other medicine for their little ones but Baby's Own Tablets. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

"How'd you get into the show the other evening?"

"Passed a counterfeit dollar at the door."

"How was the show?"

"Well, I got my money's worth."

Scots Trials For Crime Are Taken As Model

Fairness and Effectiveness Claimed for Them by Mr. William Mitchell, K.C.

System Has Prevailed From Time Immemorial

There have been so many criticisms of late of English procedure in the courts that the explanation of the system that prevails in Scotland, given by Mr. William Mitchell, K.C., in the "Contemporary Review," will be of special interest.

"Let us follow the course of a typical case of serious crime. A magistrate, on information of a crime being given by the police or the fiscal, may grant a warrant to arrest; in certain cases no warrant is necessary. The person arrested is entitled to have intimation sent at once to a law agent informing him that his assistance is required and where the judicial examination it to take place; and the prisoner must be brought before a magistrate for the juricial examination without delay, usually not later than the first lawful day following the arrest.

No Pressure On Accused

'Bail may then be granted. If the crime is a serious one a lower magistrate, e.g., a police magistrate, may remit the accused to a higher, e.g., to the sheriff. The accused is entitled to have a private interview with his law agent before examination and to have him present during the examination. In presence of the magistrate, in order to secure fairness, the procurator-fiscal puts his questions, which the accused is not bound to answer; no pressure is exerted on the accused.

"The examination, which must take place before witnesses, is reduced to writing, and forms the 'declaration' which may be used in evidence against the accused. The subsequent discovery of important testimony may be a ground for re-examination. When the accused has been examined he may be committed to prison until liberation 'in due course of law' or for further examination within a reasonable time. Commitment can take place only upon a signed warrant specifying the crime and upon a signed information; and bail can be applied for either before or after commitment.

"Meanwhile the procurator-fiscal and the police have been preparing the case for submission to Crown Counsel, who thereupon gives directions as to the future course of proceedings, i.e., an indictment in the High Court, or in the Sheriff Court with a jury, or before the Sheriff summarily, or if they deem the evidence insufficient for a conviction may direct that no further proceedings shall be taken.

"Such then is a brief description of the steps taken to bring a person to trial in Scotland. Except for his appearances for commitment, at the first or pleading diet, and at the actual trial, the accused never appears in public court. No police-court proceedings or coroners' inquests or appearances before the Grand Jury add a new terror to life. All preliminaries are carried out swiftly, secretly, and fairly. The public know nothing except the facts of arrest and commitment.

"The accused's interests are guarded from the first, and the court is jealous to prevent any irregularity in procedure. No dragging out, before the actual trial, of the past history of the accused or his actions at the time of the crime is possible. Popular prejudice is thus avoided and a fair trial is ensured, which seems almost impossible in many English criminal trials. Another important feature of the Scottish system should be noted. Preliminary speeches by counsel are not permitted; the case begins with the evidence, from which, and not from counsel's speeches, the jury gather the facts of the case.

"This may sometimes be a disadvantage, e.g., in complicated cases of fraud or embezzlement, but in the great majority of cases the fact that the jury approach the case with open minds is an inestimable advantage to the accused. Lastly, after the whole evidence is led, counsel for the Crown addresses the jury, then counsel for the accused, who thus has the last word—another benefit to the accused. The judge's charge and the verdict end the case.

"Such, briefly, ihs the simple, dignified course of the Scottish criminal investigation and trial. Of its fairness and effectiveness no one can entertain a doubt. That it has prevailed substantially in this form from time immemorial and still commands the confidence of the country is the best tribute to its excellence. Surely some of its features can be adopted in English procedure with advantage and thus remove the objections associated with that system of criminal prosecution."

HARD LUCK

The chances are that what you call "hard luck," or "fate" that is against you, is some weakness, some vicious habit, which is counteracting all your efforts and keeping you down.

Minard's for the Ideal Rubdown.

Tales Told By Admiral From A Slave State

Faithful Negro Who Buried Money in Tins in the Garden

Days of Sailing Ships As Well As Slavery

When America entered the war she sent a division of battleships commanded by Admiral Hugh Rodman to serve under Admiral Beatty in the Grand Fleet.

Admiral Rodman came to love Englishmen and Englishmen came to love him, and there will be friends on both sides of the Atlantic for his memoirs.

He comes from Kentucky, and says that Kentucky folk believe that their chief town, Frankfort, is the centre of the Universe.

Kentucky was a slave-keeping State in Rodman's boyhood, but the Negroes belonging to his father were well treated and faithful. Once Mr. Rodman wanted to send money to a brother who had to hide during the Civil War. Uncle Jim was given the bags of gold, and set off on horseback. He returned after six weeks, having failed to find his master's brother. At the time his master was away, and he buried the money in tins in the garden.

WHERE MONEY CAME FROM

When Mr. Rodman returned and counted the money he found 20 dollars too much.

"Jim," he said, "the money is not right. How is this?"

Jim trembled and declared that he had not stolen anything. Mr. Rodman said there was too much, not too little, and then Uncle Jim confessed. He had feared someone would tamper with the gold and that suspicion would fall on him. Again and again he dug it up and tried to count it, but the poor old fellow could never count it all, so he decided to make good any possible deficiency by adding all the money he had to his master's.

Those were days of sailing ships as well as slaves. As a young officer Rodman had a colleague who was always in trouble for his lack of initiative.

Once, when it was his watch, the captain came on deck, looked at the black skies, and, having heard no order given to shorten sail, said: "Mr. X., this looks like an exceptionally heavy squall coming; have you made any preparation for it?"

"Yes, sir," came the reply, "I have sent below for my rain clothes."

"Then go below and take ten days to put them on," roared the captain.

During many years at sea, Admiral Rodman has seen all sorts of queer people and queer customs, but nothing queerer than the shark tournaments held in the Hawaiian Islands, when a swimmer would dive into a pool and try to get alongside a shark in order to slip his fingers into its gills so as to stop its breathing.

What would these youths think of the white men who do their big game hunting from cars with powerful rifles. The Hawaiian would not think much of their sportsmanship.

That word reminds us of one of the best yarns of this Kentucky admiral. A boy at the naval academy had to do an examination paper in naval history, and was nonplussed by the question: Why did the Continental Allies lose the Battle of Trafalgar to the British forces under Lord Nelson?

But he had a lucky shot and replied, "For lack of three ships—leadership, seamanship, and marksmanship."

In the admiral's opinion there is little wrong towady with any British ship—except statesmanship.

YOUR HAIR NEEDS **LUXO** TO GIVE IT HEALTH AND LUSTRE ASK YOUR BARBER

SAW it with a SIMONDS SAW Stays sharp longer Cuts easier. Saws faster SIMONDS CANADA SAW CO. LTD. MONTREAL TORONTO VANCOUVER, ST. JOHN, N.B. 14-29

What to Serve With Meats

Sauces and relishes and dishes to serve with meats or poultry make or mar the piece de resistence of the important dinner. The following table, compiled after much experimentation and thought, will prove invaluable to the inexperienced woman giving her first company dinners:

Roast turkey — Chestnut dressing and cranberry jelly, sauce, relish or frappe.

Roast duck—Orange juice, baked oranges or orange salad.

Roast goose—Tart apple sauce, baked apples, sour cherry conserve or cider sauce and green olives.

cranberry jely or kumquat preserve, or wild beach plum jelly.

Fried chicken—Cream gravy and corn fritters.

Roast venison—Black currant or grape or barberry jelly.

Roast mutton—Currant or barberry jelly and turnip or asparagus tips.

Roast beef—Brown gravy and grated horseradish.

Roast veal—Tomato or horseradish sauce.

Roast lamb—Mint sauce or jelly and spinach or green peas.

Roast pork—Baked or panfried apples and sweet potatoes, and any green vegetable daintily cooked and seasoned.

That Sore Throat Needs Minard's.

1914 Invasion Not Forgotten

Brussels.—Belgian newspapers published despatches stating that King Albert had absented himself from the Italian army review during the wedding celebration in Rome because of the presence of Prince Rupprecht, who was commander of the German troops who invaded Belgium in 1914.

Of all men perhaps the book-lover needs most to be reminded that man's business here is to know for the sake of living, not live for the sake of knowing.—Frederick Harrison.

Could not Eat or Sleep after Husband's Death

Her husband's death left her very run down in health, unable to eat or sleep much. Now she is brighter in spirits and eats and sleeps well. What caused the difference? Let her answer in her own words.—

"I think Kruschen Salts are a splendid tonic. After my husband's death in December last I became very run down in health. Had terrible fits of depression and was unable to eat or sleep much. I was also troubled with rheumatism. I decided to take Kruschen Salts and have now taken the little daily dose for nearly two months, during which time my health has greatly improved. The rheumatism has completely left me. I am much brighter in spirits and both eat and sleep well."

When life begins to "get you down," when you begin to feel the results of modern artificial conditions—errors of diet, worry, overwork, lack of exercise—then you should turn to Kruschen Salts. They possess a wonderful power of giving new life and vitality to the countless millions of cells of which the human body is composed. The way to keep smiling is to take Kruschen Salts every morning—just a pinch in your first morning cup of coffee or tea. S.C.11

Too Much ACID

Many people, two hours after eating, suffer indigesti n as they call it. It is usually excess acid. Correct it with an alkali. The best way, the quick, harmless and efficient way, is Phillips' Milk of Magnesia. It has remained for 50 years the standard with physicians. One spoonful in water neutralizes many times its volume in stomach acids, and at once. The symptoms disappear in five minutes.

You will never use crude methods when you know this better method. And you will never suffer from excess acid when you prove out this easy relief. Please do that—for your own sake—now.

Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any drugstore.

EGGS sell yours in the highest Market

We are paying the following prices for fresh eggs delivered our warehouse at the present time:

Fresh Extras	50c doz.
Fresh Firsts	47c doz.
Fresh Pullet Extras	40c doz.
Fresh Seconds & Cracks	30c doz.

Deal with an old reliable business house with a reputation of more than sixty-five years for square dealing. Best prices paid. Prompt payments. Cases returned quickly. Cases supplied, 60c each, complete, delivered, payment in advance.

Reference:—Your Own Banker.

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One package makes four gallons. Mail 75c today and we will forward you postpaid one package of this delicious beverage.

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Ironized Yeast did it, says Mrs. Benoit. Thousands say 5 to 15 lbs. gained in 3 weeks. Nervousness, constipation vanish overnight. Skin clears like magic. Get Ironized Yeast tablets from druggist today.

The soothing, cooling touch that brings comfort to the babe

Cuticura Talcum

The newest of the Cuticura preparations. With a background of 50 years of dependable quality and service.

25c. Everywhere

ASTHMA

FREE TRIAL PACKAGE of Dr. J. H. Guild's Green Mountain Asthma Compound sent on request. Originated in 1869 by Dr. Guild, specialist in respiratory diseases. Its pleasant smoke vapor quickly soothes and relieves asthma—also catarrh. Standard remedy at druggists, 35 cents, 60 cents and $1.50, powder or cigarette form. Send for FREE TRIAL package of 6 cigarettes. Canadian Distributors, Lymans, Ltd., Dept. CC2, 286 St. Paul St West, Montreal, Canada.

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For Instant Ease From COUGHING take BUCKLEY'S MIXTURE

Acts like a flash

A SINGLE SIP PROVES IT 15A

Getting Bald?

You needn't! Minard's checks falling hair and stimulates new growth—adds new life to the entire scalp.

Rub into scalp four times a week.

MINARD'S "KING OF PAIN" LINIMENT

Weak After Operation

"I was very weak after an operation. My nerves were so bad I would sit down and cry and my husband would not go out and leave me alone. Now my nerves are much better, thanks to a booklet that was left under the door. Lydia E. Pinkham's Vegetable Compound surely put me on my feet. I have taken eight bottles. My friends tell me I look fine. My sister has taken this medicine too."—*Mrs. Annie Walton, 67 Stanley St., Kingston, Ontario.*

Lydia E. Pinkham's Vegetable Compound

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