

Healthy, Happy Girls.



Healthy, happy girls often become languid and despondent, from no apparent cause, in the early days of their womanhood. They drag along, always tired, never hungry, breathless and with palpitating hearts after slight exercise, so that to merely walk up stairs is exhausting. Sometimes a short, dry cough leads to the fear that they are going into consumption. Doctors tell them they are anemic—which means that they have too little blood. Are you like that?

More pale and anemic people have been made bright, active and strong by Dr. Williams' Pink Pills than any other medicine.

Mrs. M. N. Jones, Berthier, Que., writes:—"My daughter aged fifteen has been restored to good health through the use of Dr. Williams' Pink Pills. She was very feeble, her blood was poor and watery, and she was troubled with headaches, poor appetite, dizziness, and always felt tired. After using four boxes of Dr. Williams' Pink Pills she is enjoying as good health as any girl of her age, and we are glad to give the credit to your grand medicine. Mothers will make no mistake if they insist upon their young daughters taking Dr. Williams' Pink Pills.

Do not take anything that does not bear the full name "Dr. Williams' Pink Pills for Pale People." It is an experiment and a hazardous one to take a substitute. Sold by all dealers or post paid at 50 cents a box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville.

HINTS FOR THE FARMER.

WATER CARE OF MANURE.

Where cows stand upon a platform of the cellar make a light chestnut trough 15 in wide and 6 or 8 in deep for the cows. The cow floor should be made of plank, or mangle iron, or as long as from half way on the cow's neck to a line vertical with her ribs when standing in a normal position. Between this trough and the manger, tamp well with earth nearly even with the top of the floor timbers. This will keep the manure from falling into the trough. This is a very important matter, as it will keep the manure from being soiled by the water in the trough. The trough should be made of plank, or mangle iron, or as long as from half way on the cow's neck to a line vertical with her ribs when standing in a normal position. Between this trough and the manger, tamp well with earth nearly even with the top of the floor timbers. This will keep the manure from falling into the trough. This is a very important matter, as it will keep the manure from being soiled by the water in the trough.



CANADA LIFE'S NEW PRESIDENT.

As announced some time ago, the general office of Mr. A. G. Ramsay from the office of President and General Manager of the Canada Life Assurance Company, has been elected to the position of President of the Board of Directors of the company. Mr. Ramsay has been in the service of the company for many years, and has been a member of the Board of Directors since 1911. He is a man of high standing in the community, and his election to the position of President is a great honor to the company. He will continue to be a member of the Board of Directors, and will be assisted in his duties by the other members of the Board.

GRASSHOPPER PLAGUE.

The authorities in Algeria gave \$10,000 toward fighting grasshoppers. In one district 3,200 camels were employed to carry the material for burning over the places where eggs had been deposited.

STIR IN KENMORE

Durham Brown's Letter Published Last Week Cause of Comment. One of Many Such Cases in Kenmore-Dodd's Kidney Pills Well Known There—Eloquent Corroboration of Brown's Statement. Kenmore, Jan. 15.—No little comment has been caused here by the publication of a letter signed by Durham Brown, in the paper's last week. Mr. Brown is one of the most expert book-makers in the country, his cheese being turned out in a remarkably quick time. He has the reputation of being able to drive one-and-a-quarter-inch nails at the rate of five hundred in eighteen minutes, and keep it up steadily. Mr. Brown is an enthusiast about Dodd's Kidney Pills. He cannot say enough in their favor, and he means every word of it. His brother also thoroughly believes in Dodd's Kidney Pills, having seen how they affected Durham. Durham Brown's letter, as published last week, is corroborated by his brother and all who know him. Many other people in Kenmore know from personal experience the value of Dodd's Kidney Pills. Whether for the two formerly incurable and fatal maladies, Bright's Disease and Diabetes, or for any of the other forms of Kidney Disease—Rheumatism, Headache, Dropsy, Urinary and Bladder Complaints, Female Troubles, Blood Disorders—Dodd's Kidney Pills are considered infallible. Dodd's Kidney Pills are the only medicine that ever cured Bright's Disease or Diabetes, and people here have a wonderful faith in them.

THE CHEERFUL IDIOT.

Then the heroine, said the young boarder, who has the habit of telling about the stories he reads, discovers that her idol has feet of clay. As a part of that, of course, his name is mud, said the Cheerful Idiot.

Investors Should Examine.

We would direct the attention of investors to the advertisement of the Sun Savings and Loan Company, Toronto. They are offering a safe and profitable investment for your surplus funds. They want agents in all unrepresented districts.

O'KEEFE'S MALT

A simple room is dangerous when too many samples are taken. The man who has nothing to do but clip coupons cuts quite a figure.

TO CURE A COLD IN ONE DAY

Take Laxative Bromo Quinine Tablets. All colds properly treated with this contain about two pounds of available protein, which is the only milk-making material in the food.

THE "Salmoral" Free Bus

Hotel Carlslake, European Plan, Rooms from \$1 a day up. A. G. R. Station, Montreal. Geo. Carlslake & Co., Proprietors. AVENUE ROUGE—McGill—College Avenue. Phone 1000. Hotel rates \$1.00 per day.

ST. JAMES' HOTEL

Opposite G.T.R. Depot, 100 St. James Street, Montreal. Modern, comfortable, clean, and well managed. Rates moderate.

Remedies of the Complexion

Send one cent stamp for circular. W. J. LEQUHART, Analytical Chemist, 455 1/2 St. W., Toronto.

Deafness Cannot be Cured

By local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflammation of the mucous lining of the Eustachian tube. When this tube is inflamed you have a rattling sound or imperfect hearing, and when this sound or imperfect hearing is not cured, the hearing will be destroyed forever. This case out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces. We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that can not be cured by Hall's Catarrh Cure. Send for circulars free. F. J. CHENEY & Co., Toledo, O. Sold by Druggists. The best. Hall's Family Pills are the best.

Pharaoh 106

Some men ride a hobby merely for exercise.

Manure is fine enough it will never spread further than in the raw state. For the purpose of the stock farm, green manure is fine enough if before using. Long cornstalks, straw or hog manure are not good absorbents. If a man cannot afford a powder cutter to reduce coarse rubbish to a suitable length, he can at least have a handchopping cutter to do it.

GILT EDGED BUTTER.

A dairy woman tells how she makes butter for a select trade in private families: She has a hand-separator, and hence has nothing but cream to care for in the dairy room. The cream room is a middle room on the north side of a log house, and keeps a very even temperature. In this room there is running water, supplied from a spring by means of a hydraulic ram. The temperature of the cream is of great importance in making "gilt edge" butter. The writer's plan was, when enough cream was gathered for a churning, to place the can in warm water and stir the cream until it reached 70 degrees, then when it was thick, churn it. But the difficulty was to maintain the temperature at 70 degs. in cold water and it was sufficient to churn it. She found that by reheating the cream to facilitate the ripening, the flavor of the butter was injured, and leaving it to ripen at a lower temperature would do the same, besides delaying the work. To obviate this difficulty she planned a heating box, which she calls a cream-brooder, a big box so suit the height of the cans. From two shoe boxes the tops and bottoms are removed. On one place a sheet-iron top, with two or three holes bored in it, the side ones, over this at a foot or two above the top, she placed a lid and placed under box cut a hole large enough to receive a low lamp. After warming the cream, place the can in the upper box, close the lid, light the lamp, it very low and in about twelve hours you may expect the cream to be ready for the churn, after it is cooled to the required temperature.

DAIRY NOTES.

Not the least valuable merit of good silage is its palatability; to make the cow's "mouth water" is a wise part of feeding.

When feed is cheap, farmers can make money by using an ordinary cow, but under present conditions the cow must be specially adapted for dairy work if a reasonable profit is wanted.

Cows, when turned out in the cold, don't always know enough to skip around and keep warm. They are more likely to find the most protected spot and stand still while they ruminate upon the proposition that their owner is a fool.

An ordinary cow can digest only about 28 pounds of dry food or 60 pounds of green food per day, and if she is properly fed, she will contain about two pounds of available protein, which is the only milk-making material in the food.

If eating when being milked, the cows are never so tranquil as if the racks or troughs were empty; their attention will be troubled to wither rather than to the yielding of their milk. The opinion is that during the milking the cow ought to be left in a complete state of repose, and fed only after being milked.

A cow is hardly because she uses all the vitality of potential energy she gets from her food to with stand the adverse conditions of climate. In order that she may use her food for making milk you must make her surroundings such that less food goes to make animal heat and flesh, and the natural protection from exposure is that she become more to with stand the needs to be placed in the most favorable environment, that she may exercise the function for which she is bred—making the most butter-fat from the food she consumes.

RHODES ON MARRIAGE.

Cecil Rhodes regards marriage as a hindrance to the full employment of a man's business capabilities. When one of his secretaries got married, Rhodes dismissed him, but gave him a check for \$25,000 as a set-off.

Can Catarrh Be Cured?

Shepherd G. Frost, Chatham, N. B., writes: "For a number of years I have been troubled with catarrh and headache, and have tried many remedies during that time, but without avail. At last I heard of your medicated air treatment and procured a Catarrh-cure outfit. Within twenty-four hours my headache disappeared and has not since returned, and in a short time I have been completely cured of Catarrh. I recommend Catarrh-cure as the safest and cheapest cure for Catarrh. One bottle did the trick for me." Catarrh-cure is sold by all druggists. Trial outfit sent for ten cents in stamps. Mc. Polson & Co., Kingston, Ont., Proprietors.

Every man has been, is, or will be handsome in the eyes of some woman.

It's laughable to read some tea advertisements, but it's no joke to drink the tea. Better stick to Blue Ribbon Ceylon.

LUDELLA

CEYLON TEA

Lead packages: 25, 30, 40, 50 & 600.

WE DESIRE

That citizen of Canada could read this advertisement. For many months at every man's door at some time. Now it is knocking at yours. WE SHOW YOU how you may live in easy circumstances, earning big money honestly and honorably without leaving home. The first applicant from each town or country district will get this unparalleled chance. Capital not necessary, for full particulars, address enclosing two stamps, EASTERN DISTRIBUTING CO., Belleville, Ontario.

Father—So my daughter referred you to me? The Suitor—Yes, just as a matter of form.

FOR OVER FIFTY YEARS MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children teething. It soothes the child, softens the gums, relieves pain, cures the colic, and is the best remedy for diarrhoea. 25c a bottle. Sold everywhere. Beware of cheap imitations. Write for full particulars throughout the world. Be sure and ask for Mrs. Winslow's Soothing Syrup.

W P C 1007

CALVERT'S

Carbolic Disinfectants, Soaps, Ointments, Toilet Powders, etc., have been awarded 100 medals and diplomas of excellence. Their regular use prevent infectious diseases. Ask your dealer to obtain a supply. Also mailed from our applications. F. C. CALVERT & CO., MANCHESTER, ENGLAND.

Music Teachers Wanted

To send for our complete SHEET MUSIC CATALOGUE and SPECIAL LIST OF DISCOUNT. We are equipped with the latest MUSIC TEACHERS IN CANADA. Whaley, Royce & Co., 155 Yonge St., TORONTO, ONT.

REPRESENTATIVE WANTED

In your town. Large income—flexible position—pay prompt. Like positions making \$0 per week. Write for particulars, enclosing stamps. 501 Dickinson Building, Toronto.

I.O.O.

permanently cure Catarrh of nose and bladder. \$2 a box. Write for particulars. Indian Catarrh Cure Co., 144 St. James St., Montreal.

LAW

Millie Mills & Helen Barriars, etc., removed to 100 St. James St., Toronto.

POULTRY, BUTTER, EGGS, APPLES,

to ensure best results contact with The Dawson Commission Co., Limited, Cor. West-Market & Colborne St., Toronto.

Garters GOLD CURE

for Corns, a Jiffy. F. McCormack & Co., Agents, Montreal.

THE DES MOINES INCUBATOR

—Best and cheapest. O. Rolland, sole agent for the Dominion. Send for stamp for catalogue. 373 St. Paul Street, Montreal.

Catholic Prayer

Books, Rosaries, Crucifixes, Pictures, Statues, and Candles. Educational Works. Mail orders receive prompt attention. D. J. SAULIER & CO., Montreal.

COMMON SENSE NILES

Kidney Cure, Buz, Buz, Rats and Mice. Sold by all Druggists, or 281 Queen W. Toronto.

HARRIS

Best Scrap LEAD, COPPER, BRASS. Wholesale only. Long Distance Telephone 1179. WILLIAMS ST., TORONTO.

Sausage Casings

—New importations from Austria. Best quality. Reliable goods at right prices. PARK, BLACK & CO., Toronto.

Dyeing & Cleaning

—The very best work done to the "BRITISH AMERICAN DYEING CO." Look for agent in your town, or send direct. Montreal, Toronto, Ottawa, Quebec.

Michigan Land for Sale.

8,000 ACRES GOOD FARMING LANDS—ARENAC Co., Mich. (Dumond and Crawford Counties, Michigan). On Michigan Central, Detroit & Mackinac and Loon Lake Branches, at prices ranging from \$1 to \$5 per acre. These lands are close to Gutteridge, New Towns, Churches, Schools, etc., and will be sold on reasonable terms. Apply to R. M. PIERCE, Agent, West Bay City, Mich. or J. W. CURTIS, Whittemore, Mich.

WE ARE OFFERING

TO INVESTORS Special stock, guaranteeing large dividends; also an investment stock, yielding monthly instalments, drawing cash dividends, half yearly. Parties wanting safe and profitable investments should correspond with the Sun Savings and Loan Company, Toronto; money loaned on favorable terms; agents wanted in unrepresented districts; write us.

THE MOST NUTRITIOUS.

EPPS'S COCOA

GRATEFUL—COMFORTING. BREAKFAST—SUPPER.

ANGIER'S PETROLEUM EMULSION

A most efficient substitute for cod-liver oil, pleasant to the taste, and agreeing with the most sensitive stomach. Used by physicians in the treatment of all throat and lung troubles, and results count for anything almost no limit to the good it can do.

Sample bottle mailed free on receipt of 10 cents to cover postage.

Angier Chemical Co. Ltd., Toronto

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MAIL STEAMSHIPS

Port of Call: Liverpool, via Halifax, St. John's, and other ports.

Large and comfortable ships.

Rate of passage: 1st Cabin, 2nd Cabin, 3rd Cabin, 4th Cabin, 5th Cabin, 6th Cabin, 7th Cabin, 8th Cabin, 9th Cabin, 10th Cabin.

For full particulars, apply to the Dominion Line, 100 New Toronto.

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Wholesale and Retail. All kinds of machinery, tools, and supplies. W. H. BUTTON, 100 New Toronto.

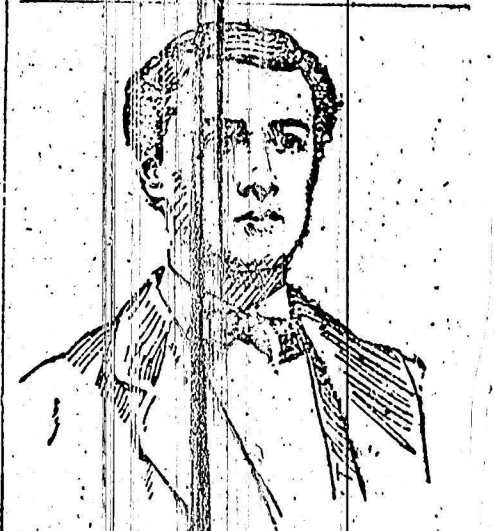
The Canadian Hoine Safety Co.

Esplanade, Toronto

High Pressure Water Tube Steam

Bolters, All Pressures, and Fuel.

SEND FOR DESCRIPTIVE CATALOGUE.



A WORD TO MERCHANTS

Bears Importation. News to His Fellow Citizens.

Here is a letter we hope every one of our readers will peruse: "I am 30 years old. I have been troubled for four years with what I thought was Rheumatism—muscles of my legs, soon the stiffness changed to aching. I went to Hot Springs, and back a little better. Was a peddling liquor agent, and carefully regulated my diet. One day I got wet and then three weeks later I had a severe attack. Had headache, pain in the back, and could hardly get up. Dr. Arnold's Emulsion of Pure Cod Liver Oil cured me. I feel confident they will give me the same relief. I have since I have used your Emulsion." H. LEWIS, Toronto, Jan. 10, 1911.

Dr. Arnold's Emulsion of Pure Cod Liver Oil is the only medicine on earth that cures Rheumatism, Gout, and all other ailments of the joints. It is sold by all druggists. Write for full particulars to Dr. Arnold's Emulsion of Pure Cod Liver Oil, 100 New Toronto.