

A TALK WITH GIRLS.

HOW TO OBTAIN BRIGHT EYES AND ROSY CHEEKS.

Pale Anæmic and Easily Tired Girls Can Fall a Prey to Consumption.

In young girls we look for abundant health and strength, rosy cheeks, bright eyes, firm, plump flesh and constant cheerfulness. How often, however, we meet young girls who seem prematurely old, feeble, pale, listless, thin and irritable. These abnormal and dangerous conditions are due to a general weakness of the blood, and should be cured just as promptly as possible or the whole life of the patient will be ruined, if, indeed, death and consumption do not speedily follow. Dr. Williams' Pink Pills for Pale People are the natural, logical and sure cure for weak girls. These pills make rich, red blood with every dose. They strengthen the nerves, act upon the whole system and bring health, strength and happiness to those who use them.

Mrs. Hiram Ripker, South Pelham township, Welland County, Ont., says: "It is with pleasure that I give this tribute to the health-giving virtues of Dr. Williams' Pink Pills. When my daughter Lena began the use of your medicine she was in a most wretched condition. In fact we were seriously alarmed lest she might not recover. The symptoms were a feeling of languor and weakness, gradually growing worse. She became pale, lost flesh, had little or no appetite and was apparently going into a decline. Finally the trouble became complicated with a persistent sore throat, which gave her great difficulty in swallowing. She was placed under the care of a doctor who said her blood was poor and watery and her whole system badly run down. The doctor's treatment did not help her much, and then acting on the advice of a neighbor, I began to give her Dr. Williams' Pink Pills. The confidence with which this medicine was urged upon us was not misplaced, as I soon noticed a distinct improvement in my daughter's condition. The use of the pills for some weeks completely restored her, and from that time she has been a cheerful light-hearted girl, the very picture of health."

"These pills never fail to restore health and strength in cases like the above. Through their action on the blood and nerves they also cure such diseases as rheumatism, sciatica, St. Vitus' dance, indigestion, kidney trouble, partial paralysis, etc. There are many so-called tonic pills, but they are all mere imitations of this great medicine. Be sure that you get the genuine with the full name, 'Dr. Williams' Pink Pills for Pale People' on every box. If your dealer does not keep them they will be sent postpaid at 50 cents a box or six boxes for \$2.50 by addressing the Dr. Williams' Medicine Co., Brockville, Ont."

PULP AND PAPER

Canada is Pre-eminently the Greatest Pulp Wood Producing Country in the World.

The prospectus of the Atlantic Pulp and Paper Company, Limited, issued by Colonel Scoble, Messrs. Sutherland & Cameron, Ottawa, contains some interesting reading matter. The mills of the Company will be situated on the Little Cascapedia River, at New Richmond, on the Baie des Chaleurs, where it is proposed to erect a paper mill with a daily capacity of 54 tons, a ground wood pulp mill with a daily capacity of 50 tons and a sulphite pulp mill with a daily capacity of 40 tons. The wood used will be principally spruce, and it is believed that pulp and paper can be more economically manufactured there than at any other place in America. The properties and limits acquired by the company contain about 302 square miles. The company has reports on the property made by five different rangers, whose reports show that there is sufficient wood to afford a perpetual supply of timber. One of the rangers who has traveled and examined limits in the State of Maine, New Brunswick and Quebec and worked in Wisconsin and Minnesota, says it is the best pulp limit he has ever traveled over.

The water which will be used in the manufacture of paper is pure and clean, the Little Cascapedia River being fed by springs and is suitable for making the finest grades of paper without the expense of filtering.

W. O. Edwards, M.P., of W. O. Edwards & Co., Limited, Lumbermen, Ottawa, the president of the company; R. Y. Ellis, director of P. W. Ellis & Co., Limited, manufacturing jewelers, is the vice-president; and the other directors are: Charles H. Waterous, president of the Waterous Engine Works Company, Limited, Brantford; R. H. Thompson wholesale paper merchant, Buffalo; A. F. H. Eckardt, manufacturer, Toronto; Charles Lyman, president of the Lyman-Knox Company, Limited, Montreal; J. W. Waite, director of the New Richmond Lumber Company, Limited, Montreal; William H. McIntyre, paper manufacturer (late mechanical superintendent Laurentide Pulp Company), and W. R. P. Parker, barrister-at-law, Toronto.

The subscription books are now open, and prospectuses, with full information and application forms, may be obtained from the office of Sutherland & Cameron, Ottawa; Canada, or the National Trust Company, Limited, Toronto, Montreal and Winnipeg.

"I am not wealthy," he said, "but if the devotion of a true and tender heart goes for anything with you, Miss Clara—" "It goes very well with me, Mr. Spoonbill," interrupted the fair girl, with a pensive look in her face; "but how will it go with the grocer and butcher?"

TABLE OF RISKS B. C.

Insurance Systems Practiced in the Early Ages.

Accident insurance companies base their awards on systems of statistics that are supposed to be the outgrowth of highly modern research. All companies of any importance support a highly paid staff of experts, whose sole duty is to figure out what a man's left leg, or three fingers on a child's hand may be worth in figures which are necessary to computations as to an ordinary mind would be as staggering as the higher calculus to a boy in common fractions. The expert can figure the precise difference in the risks of a railroad man and those of a lady teaching school. His tables take account of habit, temperament, diet, climate, occupation and various other conditioning circumstances.

All this is supposed to be the outcome of scientific investigation reaching back only some fifty years, but though the method may be new, the idea of paying for injuries according to a carefully adjusted scale is old, and was practiced in England and Germany long before Caesar conquered Gaul.

Which of the early globe trotters, the Epicureans, returned from venturesome trips along the west coast of Europe and told strange stories of a strange people who were giants in size and had light hair, these same blonde giants practiced elaborate schemes of justice that were based on tables of risks. They did not rate the price of a man as high as he may rate himself in a modern insurance company; he was worth in Saxon computations about 100 shillings; if he lost an arm or a leg, he could make the offender pay him something like 50 shillings, while a severe wound might bring him 36 shillings. To-day an arm or a leg is worth usually about \$1,500, and a wound varies in proportion to its severity and to the closeness of your friendship with the attending physician.

Early in those days were looked upon in the light of superstitious notions, and the loss of one brought 12 pence in compensation, while, strange to say, you could indulge your wrath by biting off an enemy's thumb, if he would permit, at not greater expense. A finger was marked down yet 2 pence lower.

The insurance expert is the life of the company, and his figures and theories are part of the boast of civilization, but the idea of these peculiar estimates originates in those inventors of beer and mysticism, the Teutons.

A scientific professor was once lecturing in a provincial town on natural philosophy, and in the course of his experiments he introduced a most powerful magnet with which he attracted a block of iron from a distance of two feet. "Can any of you conceive a greater attractive power?" demanded the lecturer, with an air of triumph.

"I can," answered a voice from the audience.

"Not a natural, terrestrial object?" "Yes, indeed."

The lecturer, somewhat puzzled, challenged the man who had spoken to name the article.

Then up rose an old countryman. Said he: "I will give you facts, Professor, and you can judge for yourself. When I was a young man there was a little piece of natural magnet doped up in a neat cotton dress as was called Betsy Maria. She could draw me fourteen miles on Sunday, over ploughed land; no matter what the wind or weather, there wasn't a resisting her. That magnet of yours is pretty good, but it won't draw so fast as Betsy Maria."

A NATURAL MAGNET.

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TEETHING TIME.

Is the Critical Age in the Life of All Little Ones.

During the teething period great care should be taken of baby's health. The little one suffers greatly; the gums are hard and inflamed and any disorder of the stomach or bowels increases the peevishness of the child and often fatal results follow. Mother's greatest aid at this period is Baby's Own Tablets—the surest of all remedies in curing the minor ailments of children. Among the many mothers who testify to the value of these Tablets is Mrs. R. B. Bickford, Glen Sutton, Que., who says: "My little baby suffered much from teething and indigestion. I procured a box of Baby's Own Tablets and it worked wonders in baby's condition—in fact I believe it saved my little one's life. I sincerely believe that where now many a home is saddened through death of a little one, joy would be supreme if these tablets had been used. I consider them baby's best doctor and would not be without them."

Baby's Own Tablets when given in accordance with the directions prevent restlessness and nervousness—cure simple fever, diarrhoea, constipation, colic and all stomach troubles. Guaranteed to contain no opiate or other harmful drug. By dissolving a tablet in water it can be given with absolute safety to the very youngest baby. Sold by druggists, or direct by mail, post paid, at 25 cents a box, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

"Then, when you have finished your lecture," said the professor of elocution and deportment, to young Dulle, "how gracefully, and leave the platform on tip-toe." "Why on tip-toe?" queried Dulle. "So as not to wake the audience," replied the professor.

SUNLIGHT SOAP EXPENSE REDUCES

Ask for the Octagon Bar
A copy of illustrated booklet "Weekly Expenses Reduced" sent free to your address by writing to
LEVER BROTHERS LIMITED, TORONTO 223

THE WONDERFUL X-RAYS IN CANCER CASES.

Recent articles have appeared in the press announcing the wonderful discovery by a celebrated European surgeon, of the cure of cancer by the X-Ray treatment, and while it appears as a new thing in the medical world it is not generally known that during the last two years several wonderful cures have been effected in our own country, in the City of Hamilton, by one of its well-known physicians, Dr. Cummings, who was one of the first in America to introduce the X-Rays in his practice, and has effected several remarkable cures in cases where the Knife and Plasters have failed entirely. Two Hamilton cases in particular merit to be mentioned, one a Mr. John Langton, who had cancer and had tried all kinds of treatments without avail. Hearing of a wonderful cure in the City by Dr. Cummings, he placed himself in his hands, with the result that to-day there is not a trace of the disease left. The other case was that of a widow, Mrs. Wm. Gleason, who after several operations—both by Knives and Plasters, found the disease recurring. Her physician recommended her to Dr. Cummings and she is now permanently cured. One feature of the X-Ray treatment is that no scars or traces of the disease are left. From this it will be seen that Canada is not behind the older countries of Europe in the wonderful developments of Medical Science.



MISSISS' SHIRT WAIST.

Waists with deep tucks at the shoulders, are in the height of style for young girls, as they are for their elders. Pique, duck, chambray, madras and Oxford make the favorite washable fabrics; but taffeta, peau de soie and such simple wools albatross and velveteen are all in use for the cold weather waists. The admirable model shown is of white mercerized cloth with handsome pearl buttons, used for the clinging, and is unlined, but the fastening is a desirable for all silks and woolen materials.

To cut this waist for a miss of 14 years of age, 3 3/8 yards of material 21 inches wide, 2 5/8 yards 27 inches wide, 2 yards 32 inches wide, or 1 3/4 yards 44 inches wide will be required.

SINGING BREAKS GLASS.

Russia boasts of the world's greatest choir. It is in the Cathedral of Alexander Nevski, in St. Petersburg, and is attached to a convent erected in honor of the patron saint of the city, whose members, which there are about thirty, are all monks, and are chosen from the best voices in all the Russian monasteries. When a fine singer appears among the novitiates he is sent to the monastery of Alexander Nevski, where he is trained as carefully as an opera singer, and remains there doing nothing except assisting at the music in the afternoon, until he becomes good when he returns on a pension. Some of the voices are of marvellous strength and sweetness, and it is said that some members of the choir can shatter a thin glass into fragments by singing into it, so powerful are the vibrations of their tones. The monks are all vegetarians; they never eat meat. The rules of the Roman Church forbid monks to shave and their hair is worn like a woman's. Unlike ordinary monks they are fastidious about their appearance, and put up their hair and whiskers in papers every night, so that they are wavy and curly.

The Oaths Act, 1888, provides that "if any person to whom the oath is administered desires to swear with uplifted hand, in the form and manner in which the oath is usually administered in Scotland, he shall be permitted to do so." It is evident (says the Law Journal) that this provision is among the things not generally known, for it is certain that if it were better known many more witnesses would avail themselves of it. Those whose duty it is to administer the oath might be instructed to acquaint any witnesses that they may be sworn with uplifted hand. Perhaps a better course would be for the Legislature to put an end altogether to the practice of kissing the Book.

Over Sixty Years
Mrs. Wynlow's nervousness has been used by millions of mothers for their children, while teaching themselves the child, the gums, always pain, a little cold, regular, in the morning and evening, and is the best remedy for Diarrhoea. Twenty-five cents a bottle. Sold by druggists, or direct by mail, post paid, at 25 cents a box, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

Page Acme Poultry Netting
isolated mounted at bottom and does not require mitered support at sides. Having strong straight wire (No. 18 gauge) at top, bottom and in centre, cannot be bent and is easy to open. The mesh is very durable and cheap. Will make light and transparent fence, gates, walls and such things. The wire has been treated with a special stain. The Page Wire Fence Co., Limited, Walkerville, Ont.

THE DOZEN RICHEST MEN.

There is just a round dozen of men in the United Kingdom who pay tax on incomes exceeding £50,000, eleven in Great Britain and one in Ireland. The eleven Englishmen are assessed on more than £1,400,000, so most of them must pay income tax on much more than £50,000. Their gross income, equally divided between them, would give them each a nice little sum of £127,000 a year, with more than £200 over to make a private secretary uncommonly happy.

SALADA

Ceylon Tea is the finest Tea the world produces, and is sold only in lead packets.

Black, Mixed and Green. Japan tea drinkers try "Salada" Green tea.

CHANCE FOR INVENTION.
"Shall I clip your hair a little at the ends sir?" asked the barber of his customer, who posed as a wit among his friends.
"I suppose you'll have to," was the sober answer, "unless you've invented some method by which you can clip it out from the middle and save the ends, which are curly. I should prefer that, of course."

A RAILWAY MAN.

EXTRAORDINARY UNPLEASANT SYMPTOMS OF KIDNEY TROUBLE IN THIS CASE.

Tortured by All Kinds of Pains And Aches He Tries Everything but fails to find Relief Till a Friend advises Him to Use Dodd's Kidney Pills—They Have Made a Well Man of Him and He is Grateful.

Ottawa, Ont., Mar. 31. (Special)—Frank Chartland, a railway man, whose home is at 130 Little Chaudiere Street, has acknowledged that Dodd's Kidney Pills have done more for him than anything else in the world has ever done. He says: "I suffered with backache and was always drowsy and had a very heavy feeling in my limbs. I had frequent severe headaches, and more times very sharp pains in the top of my head, which gave me much annoyance in my work. "My fingers would cramp and I would have all kinds of unpleasings and occasional pains in the loins. "I was dizzy in spells and short of breath. If I ate a hearty meal I would have a pain in my left side. My appetite would sometimes be very good and sometimes I couldn't eat anything. "I had a constant soreness and tenderness on the spine and tired feeling in the region of my kidneys. "I suffered quite a little with a dragging heavy feeling across the loins. "Dodd's Kidney Pills were recommended to me by a friend of mine who had been cured, and I began to use them. "Almost from the start I began to feel the wonderful improvement, which continued as the treatment proceeded, till the unpleasant symptoms had one by one entirely disappeared. "Dodd's Kidney Pills have worked a wonderful cure in my case and I cannot speak too highly of this great and good remedy. "What Dodd's Kidney Pills have done for Mr. Chartland they have done for thousands of others, and they'll do the same for you if you give them a chance. There are many railway men in Canada to-day who find Dodd's Kidney Pills indispensable. They are the railway man's surest and best friend. The constant vibration on trains and engines is very hard on the kidneys and Dodd's Kidney Pills make these organs well and able to resist disease."

Keep Minard's Liniment in the House

If all the houses in the United Kingdom were grouped together, it is estimated that they would cover about 480 square miles of land.

Minard's Liniment is used by Physicians

In England 133 in 1,000 people are children; in Greece 144 in 1,000, and in France only 97.

Over Sixty Years
Mrs. Wynlow's nervousness has been used by millions of mothers for their children, while teaching themselves the child, the gums, always pain, a little cold, regular, in the morning and evening, and is the best remedy for Diarrhoea. Twenty-five cents a bottle. Sold by druggists, or direct by mail, post paid, at 25 cents a box, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

THE MOST NUTRITIOUS.

EPPS'S COCOA

GRATEFUL-COMFORTING.
BREAKFAST-SUPPER.

Keeps the Cough and works off the Cold.
Laxative Bromo-Quinine Tablets cure a cold in one day. No Cure, No Pay. Price 15 cents.

Perth was the last British town to abolish the tax of births.

WILSON'S

MAPLE SYRUP
We are handling large quantities. We can handle yours to advantage.
The Dawson Commission Co., Limited, Toronto.
Sole Importers of the Dominion of Canada.

A PAINT SURPRISE

RAMSAY'S PAINTS

The oldest and best known paint in Canada to-day, made from the best paint material to fight off hot sun and storm, to outlast all others, and at just the right price for pure paints.
Drop us a line and ask for BOOKLET "K" FREE.
Drop us a card and ask for
A. RAMSAY & SON, estab. 1842
MONTREAL Paint Makers

China devours nine million edible birds' nests yearly. Fifty of these make a pound.

TO WERK A COLD IN ONE DAY. Take Laxative Bromo-Quinine Tablets. It will relieve the most distressing colds. W. W. Grove's signature is on each box. Price 25c.

The average weight of a grown man is 140 lb. 6 oz.; the weight of his skeleton is only 14 lb.

Deafness Cannot be Cured by local applications, as the disease reaches the hearing portion of the ear. There is only one reliable remedy, Deafness caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this is inflamed you have a running ear, or a feeling of heaviness, and when the Eustachian Tube is inflamed you have a constant ringing or buzzing in the ear, and when the Eustachian Tube is inflamed you have a constant ringing or buzzing in the ear. Write for FREE CURE OF DEAFNESS. For any case of Deafness caused by a running ear, or a feeling of heaviness, or a constant ringing or buzzing in the ear, can be cured by Mail's Eustachian Tube Cure. Send for circulars free.

Eddys "Headlight" Parlor Matches

Non-Sulphurous. Odorless. Every Stick—A Match. Every Match—A Lighter.

The earliest mention of a double Christian name is that of John Philip Curpel, of Fincham, in 1385, A.D.

Edward's Liniment Lumberman's Friend
About 41 in every 1,000 men in the British army are six feet in height, or over.

BOYS BRIGADE Bugle Band

Instruments, Bugles, Flutes, Drums, Caps, etc. EVERY TOWN OR SCHOOL. Can have a File and Drum or Bugle Band. Wholesale prices. Write for particulars. W. W. B. S. G. WALBY, ROYCE & CO., Limited, Winnipeg, Man. Toronto, Canada.

PROPRINTERS

FOR SALE.—Two 2-revolution Campbell Presses, hood 48x38 inches. Splendid condition. Price \$1,800 each. Terms easy. S. FRANK WILSON, 73 West Adelaide St., Toronto.

Chaffing Gores.

Don't put powder on chaffing sores. It simply makes the sores worse. Use CHAFFING GORES. It keeps the sores moist and prevents them from becoming inflamed. It also keeps the sores from becoming infected. It is the best remedy for chaffing sores. Write for particulars. International Medicine Co., London, Ont.

Dominion Line Steamships

Montreal to Liverpool. Quebec to Liverpool. Montreal to London. Montreal to Portland.

AGENTS WANTED

The want of one trustworthy man and woman in every locality local or traveling, to introduce a new and superior article of domestic manufacture. The man and woman who are interested in a career of success in the future, or who are seeking a position of honor and emolument, will find this an excellent opportunity. Write for particulars. International Medicine Co., London, Ont.

WOOD & PHOTO ENGRAVING

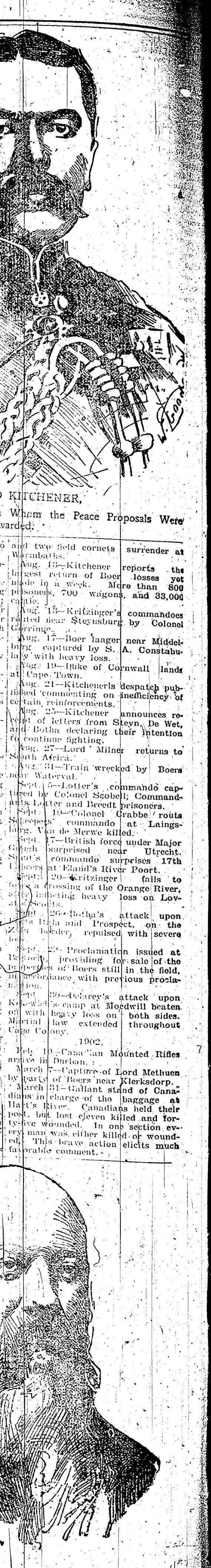
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Invites investors of large or small amounts to investigate its
Four Per Cent. Mortgages
with half-yearly interest coupons attached. They are issued for fixed terms of not less than one year, and are secured by assets amounting to

\$23,000,000.

OFFICES: Toronto Street, Toronto.



Dr. Williams' Pink Pills for Pale People.