

**ARE YOU AS WELL AS A YEAR AGO!**

**Dr. Williams' Pink Pills Point the Way to Health and Strength**

Ask yourself the important question whether you are as strong as you were a year ago, as bodily fit as you should be. Many a reader has to confess "No." Some weakening ailment has during the past year laid hold of the system, unfitting you for the duties of life and seriously clouding the outlook of the coming days. It may be rheumatism with its sharp twinges of pain, indigestion, bradache, nervous debility, depression and lack of energy, or the pains and ailments which only common folk know. It is well to know that all these weakening disorders arise from an impoverished condition of the blood. Renew and enrich your blood and all your troubles will cease. This is a strong statement, but it is made on the testimony of thousands who once suffered, but who have gained health and strength by the aid of the new, rich blood supplied by Dr. Williams' Pink Pills. We can quote thousands of cases similar to the following: Mr. Jos. Grandmaison is a young man well known in the town of St. Jerome, Que. He says: "For a couple of years I began to find my strength failing, but did not dream that the trouble was serious. As I grew weaker I began to doctor, but it did not help me. The least exertion made my heart palpitate violently, my stomach seemed out of order and my whole system became so run down that I was finally forced to quit work. I had now been doctoring for almost six months and was very naturally growing discouraged. At this juncture I read of a case similar to mine, cured through the use of Dr. Williams' Pink Pills, and decided to try them. I took the Pills faithfully for about two months, gradually growing stronger and at the end of that time I was as well as any man could be. I shall always praise the medicine that raised me from despair to the blessing of good health."

Sold by medicine dealers everywhere or sent by mail at 50 cents a box, or six boxes for \$2.50, by The Dr. Williams' Medicine Co., Brockville, Ont.

**WAY ROYALTY IS GUARDED.**

**Special Soldiers or Attendants Watch Over Sleeping King.**

Every night the palace at which King George is sleeping is patrolled by night-watchmen, who pass along the corridors throughout the night inspecting doors and windows. These watchmen wear carpet slippers to deaden the sounds of their footsteps, and are specially trained to know exactly what to do in case of fire. In addition to the night patrol, there is always a sentry on duty outside the chamber in which the King sleeps.

King Alfonso of Spain is guarded at night by specially selected soldiers, who take charge of the keys of all the palace doors each night. These men pledge themselves that the doors shall not be unlocked until daybreak, and no one is allowed

**Girl Cured of Disfiguring Pimples**

By Cuticura Ointment. Broke Out on Face when Twelve or Thirteen. Were Most Embarrassing. Had Tried Everything.

A Nova Scotia girl, Miss Mabel Morash, of Dover West, writes: "When I was about twelve or thirteen years of age, my face broke out with pimples, and I tried everything to get rid of them, but failed. The pimples were the worst on my forehead and chin. They came out in groups and developed later into sores. Being on my face they caused great disfigurement, and were most embarrassing."

"After trying so many remedies without success, I saw the Cuticura Ointment advertised, and I sent for a box. I then applied it to the pimples, and in a week I saw a great change in my face. I kept using it, and in a few months it rendered a complete cure. Now you cannot tell I ever had pimples, thanks to the Cuticura Ointment." (Signed) Miss Mabel Morash, Mar. 31, 1911.

**Baby's Face Like Raw Beef**

"My baby boy had a large pimple come on his forehead. It burst and spread all over his face which soon looked like a piece of raw beef, all smothered with had pimples. It was awful to look at. The poor little thing used to scratch it and cry terribly. I took him to a doctor but he only got worse until I was quite frightened that he would always be disfigured. Then I got two tins of Cuticura Ointment, together with Cuticura Soap, and in two months had quite cured him. Now of course I use Cuticura Soap for all my children (Signed) Mrs. E. Perry, 98, Waterloo Rd., Aldershot, England, May 21, 1910.

Cuticura Soap and Ointment are sold throughout the world, but to those who have suffered much, lost hope and are without faith in any treatment, a liberal sample of each with a 32-p. booklet on the skin and scalp will be mailed free, on application. Address: Potter Drug & Chem. Corp., 50 Columbus Ave., Boston, U. S. A.

to enter or leave the palace until the night is over. The guards sleep outside the royal bedchamber, so that no one may enter during the night.

King Albert of Belgium is another carefully guarded monarch whom no one may disturb once night has set in. Soldiers patrol the corridors of the king's palace, and his special valet locks himself in the king's ante-chamber, which no other person is allowed to enter. The valet is forbidden to open either door until morning under penalty of death.

The Czar of Russia, the closest guarded of any monarch, is protected at night by several companies of soldiers, including Englishmen, members of the secret police, and a body of Cossacks. The various companies work independently of one another.

The Sultan of Turkey is nightly watched over by a very large number of soldiers and councillors, who remain within the neighborhood of his bedroom until morning. The Sultan changes his sleeping apartment oftener than any other monarch. He has the choice of two score bedchambers, and he visits many of these in turn throughout the year.

His Holiness the Pope is guarded by an attendant who is able to watch the welfare of his master through a spyhole in the wall of his bedchamber, so that the Pope is always under observation.

**Fact and Fancy.**

An oyster's life is twelve years. If a skyscraper fell down, the papers would write it up.

Money is the best thing going—but it is still better coming.

Morocco is the only civilized country without a newspaper.

Does the ocean greyhound drink out of the trough of the sea?

Some folks never put off till tomorrow the mean things they can do to-day.

While proud of a good field of corn, the farmer hates to have it crowded over.

Many British army officers secretly wear bullet-proof shirts of chain mail under their tunics.

The blue-eyed are immune to melancholia, hypochondria and other complaints of the mind.

**IF YOUR BABY IS SICK GIVE BABY'S OWN TABLETS**

The little ills of babyhood and childhood should be treated promptly, or they may prove serious. An occasional dose of Baby's Own Tablets will regulate the stomach and bowels and keep your little ones well. Or they will promptly restore health if sickness comes unexpectedly. Mrs. Lenora M. Thompson, Oil Springs, Ont., says: "I have used Baby's Own Tablets for my little girls as occasion required, and have found them always of the greatest help. No mother, in my opinion, should be without the Tablets." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**The Chase.**

"I understand you have just bought an automobile?"

"Yes, I saw seven of them chasing one pedestrian the other day and I decided that I was on the wrong end of the sport."

**Cure For Consumption.**—For consumption weak lungs, lingering coughs, laryngitis and bronchitis. Names and addresses of those only given a few days to live by specialist and doctors, after taking this cure are alive and well, will be sent on request. Write Wm. B. Copeland, 511 Pope Ave., Toronto, Ont.

**Exact.**

"That lawyer of mine has a nerve."

"Why so?"

"Listen to this item in his bill: 'For waking up in the night and thinking over your case, \$5.'"

**Minard's Lintment Cures Cargat in Cows.**

**Great Presence of Mind.**

One of the best stories given in the newly published life of Mark Twain is the one illustrating his presence of mind in an emergency. "Boys," said Mark, "I had great presence of mind once. It was at a fire. An old man leaned out of a four-storey building, calling for help. Everybody in the crowd below looked up, but nobody did anything. The ladders weren't long enough. Nobody had any presence of mind—nobody but me. I came to the rescue. I yelled for a rope. When it came I threw the old man the end of it. He caught it, and I told him to tie it round his waist. He did so, and I pulled him down."

A statesman is a politician who can say nothing at the right time.

**Are You Droopy, Tired, Worn Out?**

Here is Good Advice to All Who Feel as if Their Vigor and Life Had All Oozed Away.

This Condition Can be Quickly Cured by a Good Cleansing Medicine.

Your experience is probably somewhat similar to that described by Mr. J. T. Fleming in the following letter from his home in Lebanon: "I think I must have the most sluggish sort of a liver. In the morning my mouth was bitter, and that foul, soft feeling that tells you, 'No breakfast needed here this morning.' A cup of coffee would sort of brace me up, but in two hours I was disposed to quit work, all energy having oozed out of me. Supper was my only good meal, but I guess I didn't digest very well, for I dreamt to beat the band. A friend of mine put me wise to Dr. Hamilton's Pills. I think they must have taken hold of my liver, perhaps my stomach, too, because at the very start they made things go right. Look at me now—not sleepy in the daytime, but hustling for the mighty dollar and getting fun out of life every minute. That's what Dr. Hamilton's Pills have done for me—they have rebuilt and rejuvenated my entire system."

To keep free from headaches, to feel young and bright, to enjoy your meals, to sleep sound and look your best, nothing can help like Dr. Hamilton's Pills, 25c. per box, five for \$1.00 at all druggists and storekeepers or postpaid from The Catarrhozone Co., Buffalo, N.Y., and Kingston, Canada.

**WHY HAY HEATS.**

**Bacteria in Stack Makes Centre Sterile.**

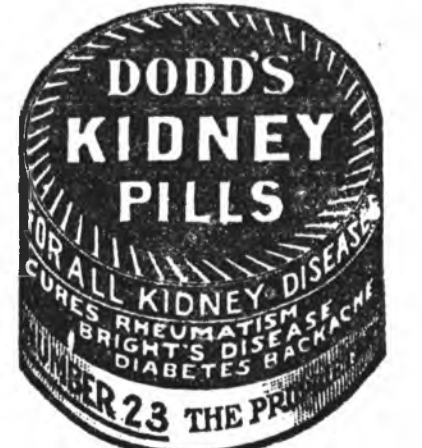
The familiar phenomenon of the heating of hay in the stack has usually been ascribed to purely chemical reactions. Recent researches carried out by Michel, however, show that the process is a physiological one, and due to bacteria and other lowly organisms. It was found that sterilized hay would not heat, but that if sprinkled with water contaminated with earth or ordinary hay it did so. A species of bacillus and a fungus were found to be chiefly responsible for temperatures up to 50 degrees centigrade. For higher temperatures another species of bacillus was found to be responsible. The work of the bacteria in the heating of hay illustrates the curious fact that these organisms usually end by killing themselves. In the centre of a large heated stack the hay is found to be sterile. And this is attributed to the killing of the bacteria by the heat which they themselves evolved. In other cases they are poisoned by the toxins which they themselves produce.

**Minard's Lintment Co., Limited.** Gentlemen.—Last winter I received great benefit from the use of MINARD'S LINTMENT in a severe attack of La Grippe, and I have frequently proved it to be very effective in cases of Inflammation. Yours, W. A. HUTCHINSON.

She—"You're always late. You were late at the church the day we were married." He—"I wasn't late enough!"

**Minard's Lintment Cures Distemper.**

Mrs. Jones—"My sister is worried to death over her son Reginald. She wants him to enter the ministry, his father wants him to go into business, while Reginald himself has got his mind set on being an actor and says nothing shall keep him from it." Mrs. Brown—"How old is he?" Mrs. Jones—"He's getting on for seven."



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**VAN HORNE'S MEALS.**

Professor Knight, of Queen's University, Kingston, while addressing his biology class recently on the relation of sleep and food, and how the abnormal use of viands often serves nature in place of lost slumbers, took Sir William Van Horne as an illustration of what the human body can stand when deprived week after week of a fair share of rest.

The professor stated that in the days when the pressure on the executive officers of the Canadian Pacific demanded an almost constant service and unwearied vigilance and initiative, Sir William



Sir Wm. Van Horne.

allowed himself only three hours' sleep in each day, sometimes for a week at a time. That he could keep up his strength and handle gigantic problems under such treatment was due, declared Prof. Knight, to the fact that he temporarily increased his meals to three times their usual quantity, thereby giving nature a substitute for the loss of vitality occasioned by his grind of twenty-one hours a day.

**THE MAGISTRATE'S STORY.**

What He Owes to Zam-Buk. Mr. C. E. Sanford, of Weston, Kings Co., N.S., a Justice of the Peace for the county, and a deacon of the Baptist Church in Berwick, says: "I have used Zam-Buk for piles and found it a splendid remedy. It cured me."

Mr. Thomas Pearson, of Prince Albert, Sask., writes: "I must thank you for the benefit I have received from the use of Zam-Buk. Last summer I had a fever, which left me with piles. I started to use Zam-Buk and found it gave me relief, so I continued with it. After using three or four boxes it effected a complete cure."

Zam-Buk will also be found a sure cure for cold sores, chapped hands, frost bite, ulcers, eczema, blood-poison, varicose sores, scalp sores, ringworm, inflamed patches, babies' eruptions and chapped places, cuts, burns, bruises, and skin injuries generally. All druggists and stores sell at 50c. box, or Zam-Buk Co., Toronto, for price. Refuse substitutes.

**Beating the Law.**

"You are charged with going forty miles an hour," said the rural Justice, "and you are fined \$40."

"Judge," said the motorist, "I have only got \$2."

"Well, you've got a nerve going forty miles an hour on a reserve of \$2. Hand me the money."

**WHY NOT SPEND THE WINTER IN CALIFORNIA!**

Attractive rates will be quoted by variable routes, affording finest scenery. The Los Angeles Limited, leaving Chicago daily 10:16 p.m. for Southern California, the San Francisco Overland Limited, leaving Chicago 8:30 p.m., less than three days en route, provide the best of everything in railway travel. The China and Japan Mail leaves Chicago daily 10:45 p.m. for San Francisco and Los Angeles. Illustrated literature on application to B. H. Bennett, General Agent, Chicago and North Western Ry., 46 Yonge St., Toronto, Ont.

"Money, after all, means nothing but trouble." "Still, it is the only kind of trouble which it is hard to borrow."

**Minard's Lintment Cures Diphtheria.**

**Why Bread Gets Stale.**

The staleness of bread is not due to the bread's becoming actually drier by the gradual loss of water, for stale bread contains almost exactly the same proportion of water as new bread after it has become completely cold. The change is merely in the internal arrangement of the molecules of the bread. A proof of this is that if a stale loaf is placed in a covered tin and exposed for half an hour or an hour to a heat not exceeding that of boiling water and then allowed to cool, it will be restored in appearance and properties to the state of the new bread.

**Minard's Lintment Cures Colds, &c.**

Just what you need after a hard day's work—A Refreshing cup of

**LIPTON'S TEA**

Goes farthest for the money

Our aim in life should always be to do our best. Our life will be a failure if we are satisfied with the aim simply to make our life better, her father. "Absurd, indeed—nonsense! Let me tell you that I consider Mr. Jenkins a hard-working, steady, respectable, young fellow—just the very sort of husband for you. You'll die an old maid, Matilda, if you're so confoundedly particular. Just you tell Mr. Jenkins to see me, and I'll make it all right!"

**FARMS FOR SALE.**

**H. W. DAWSON, Ninety Colborne Street, Toronto.**

**HUNDRED ACRES—COUNTY HALTON;** Good House; Buildings; Orchard; Cheap and on easy terms.

**SEVENTY-SIX ACRES WITH GOOD** buildings and apple orchard; about five miles from Hamilton.

**H. W. DAWSON, Toronto.**

**92 ACRES—5 MILES FROM LONDON** market, soil clay loam, 2 acres orchard, good frame house, barn, etc. Would exchange for city, town or village property or for smaller farm. The Western Real Estate, London, Ont.

**FARMS WANTED.**

**FARMS WANTED—LOW PRICED FOR** old country buyers. J. Drummer, 18 Toronto St., Toronto.

**STAMPS AND COINS.**

**STAMP COLLECTORS—HUNDRED DIFFERENT** Foreign Stamps, Catalogue, Album, only Seven Cents. Marks Stamp Company, Toronto.

**MISCELLANEOUS.**

**CANCER, TUMORS, LUMPS, ETC.,** Internal and external, cured and without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

**WANTED—BLACK, SILVER AND** Cross Foxes, Marten, Fisher and Mink, alive. Blake Vannatter, Bailinford, Ontario.

**CALL STONES, KIDNEY AND BLADDER** Stones, Kidney trouble, Gravel, Lumbago and kindred ailments positively cured with the new German Remedy, "Sanol," price \$1.50. Another new remedy for Diabetes-Mellitus, and sure cure, is "Sanol's Anti-Diabetes." Price \$2.00 from druggists or direct. The Sanol Manufacturing Company of Canada, Limited, Winnipeg, Man.

**Men's Suits** FRENCH-CLEANED or DYED. Best Work in Canada. Gold Medalist. **BRITISH AMERICAN DYEING CO.,** P. O. BOX 233, MONTREAL.

**THINGS WORTH KNOWING ABOUT CHRISTMAS BUYING** Write to-day for Catalogue. It's FREE. **The Le Roy Import Co.,** 13 Bloor St. E., Toronto.

**BLANKETS** Warm, Heavy, Government Pair Stamped. **\$2.75** Delivered. **15th A. M. Y. made Blankets, \$2.75** per pair Delivered Free. Cash with order. **The General Imports Co. of Canada** 14 Cartier Bldg., Montreal.

**Of Vital Interest to Syrup and Maple Sugar Makers** Wide-awake Maple Syrup makers will consult their best interests by ordering their supplies now instead of delaying until Feb. and March—our busiest time. Write for free booklet telling about our Champion Evaporator, made in 22 sizes, suitable for large or small groves. **THE GRIMM MFG. CO., LIMITED** 58 Wellington St., MONTREAL, QUE.

