Do You Feel Moody, Irritable, Depressed?

When That Languid, Laggy, Easily-Tired Feeling Comes, Your Liver is Slow.

Tells How to Cure Quickly.

"Even when I was young I was not robust and healthy like other girls. I suffered from headaches, and had sort of blue feelings that deprived me of the joyful spirits and pleasures other girls seemed to get. After I married I found I could not throw worries off like other women, and those full feelings of despondency and weariness made me very unhappy. There was no cause to feel so, and my doctor said my liver was sluggish, and this accounted for my poor color, my tiredness, langour and despair. The pills the doctor gave me were too purgative, made me weaker because they were too active for my constitution. Dozens of my friends recommended Dr. Hamilton's Pills, and they were so mild and helpful. Well, I never used a pill that acted so quietly as Dr. Hamilton's. They were so comfortable to use, I was afraid they might not help. But in a week I knew they had been actively engaged in cleaning up my system. They did the work of a tonic and blood medicine combined. I improved to a marvelous degree with Dr. Hamilton's Pills, and I now maintain the most perfect kind of health by using them just once or twice a week."

It is Mrs. E. V. Erlanger, well known at Gloucester, who relates the above experience. She proved what you and all others, men and women, can prove—that Dr. Hamilton's Pills are best for restoring health and best for keeping the system in perfect running order. Don't be misled into using anything but Dr. Hamilton's Pills, 25c. a box, five for $1.00, at all druggists and storekeepers, or postpaid by the Catarrhozone Co., Buffalo, N. Y., and Kingston, Canada.

THE LENGTH OF LIFE.

Too Much Ignorance Concerning the Care of the Health.

Dr. Wiley is right in his contention that people die too young. Human life should be prolonged, and it can be by higher education on matters of hygiene. The average expectation of life in the United States is only about forty-four years, says the Boston Globe. It should be much higher, and probably will be hereafter, for people are learning more and more concerning the prevention of disease.

As a matter of fact the most valuable study in our schools is hygiene. If the young folks are taught the value of food and moderate exercise they will grow up strong and possess a knowledge of how to take care of their bodies. There is too much ignorance among young and old concerning the proper care of the health. How few there are who know even how to eat—that is, to consume only those things which will agree with and upbuild the system and create a sufficient supply of vitality with which to ward off disease.

A child with a large head and an emaciated body should be kept from difficult mental tasks and be put through a course of hygienic instruction and training that would conserve his energies

The sooner more attention is paid in all our institutions of learning to hygiene and kindred topics the better it will be for the students. None but the strong and healthy can enjoy life or engage successfully in its battles.

A Mean Woman.

"I think that Mrs. Jones is the meanest little cat in this town," remarked Mrs. Piety Hill to her husband.

"How is that, m'dear?" asked Mr Hill.

"Well, I had fixed up something real sarcastic to say to her about her new hat, and she said the same thing about mine and said it first."

HARD FOOT CALLOUSES REMOVED QUICKLY

Anything on your feet that shouldn't be there—whether corns, callouses or sore lumps—they can all be removed in short order by Putnam's Corn Extractor. Think of the pain you are saved when that sore corn goes. It is foolish to experiment with untried remedies—better use Putnam's Extractor and the work will be done quickly and without pain. Putnam's Extractor costs 25c. per bottle, sold and recommended by druggists.

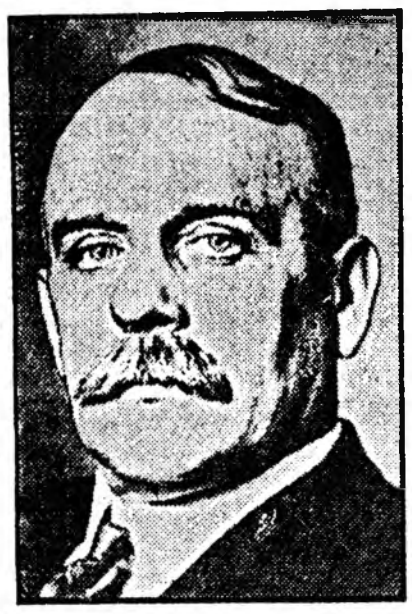
POISONED LOZENGES.

Thousands of Samples Distributed Around Milan.

Criminals or madmen, so far untraced, have been busy recently in sending around to house proprietors in Milan, Italy, thousands of poisoned lozenges and capsules, in the form of sample advertisements purporting to be an infallible cure for all kinds of stomach troubles.

Many very serious cases of poisoning followed. Among other the proprietress of the house where I reside, says a correspondent of the London Chronicle, is lying at the point of death and the physicians, who have watched continually at her bedside for 36 hours, despair of saving her life.

Over 2 000 of these samples have been collected by the police, and on examination by the municipal analyst they have been found to contain cyanide of potassium and metallic salts. The outrages are supposed to be an abominable form of revenge on local owners of property for the recent heavy rises in house rent.



F. M. RYAN.

President of the Structural Iron Workers' Union, who was convicted, with other members of the union executive, of participation in the McNamara-McManigal dynamite plots.

THE BEST TEACHER.

Old Experience Still Holds the Palm.

For real practical reliability and something to swear by, experience—plain old experience—is able to carry a big load yet without getting swaybacked.

A Western woman found some things about food from Old Experience a good, reliable teacher.

She writes:

"I think I have used almost every breakfast food manufactured, but none equal Grape-Nuts in my estimation.

"I was greatly bothered with weak stomach and indigestion, with formation of gas after eating and tried many remedies for it, but did not find relief.

"Then I decided I must diet and see if I could overcome the difficulty that way. My choice of food was Grape-Nuts because the doctor told me I could not digest starchy food.

"Grape-Nuts food has been a great benefit to me for I feel like a different person since I begun to eat it. It is wonderful to me how strong my nerves have become. I advise everyone to try it, for experience is the best teacher.

"If you have any stomach trouble—can't digest your food, use Grape-Nuts food for breakfast at least, and you won't be able to praise it enough when you see how different you feel." Name given by Canadian Postum Co., Windsor, Ont. Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

Steeplejack's New Feat.

Mr. W. Larkins, the London (England) steeplejack who climbed the Nelson Column and restored the statue in 1905, the centenary of Trafalgar, has been engaged to repair the monument of the first Duke of Sutherland, near Dunrobin Castle. The journey from London is 652 miles, and the monument stands on the summit of Ben Vraggie, 1,300 feet high. The statue itself stands on a solid stone pedestal 90 feet high, and measures 33 feet in height, nearly twice the size of the statue of Nelson in Trafalgar Square. It takes two hours to climb the mountain, and work has to cease in time for the descent before dark, the top of the mountain being covered with snow nearly all the winter.

PIMPLES THICKLY SCATTERED ON FACE

In Bad Condition. Pimples Large, Face Sore and Itchy. Looked Badly. Cuticura Soap and Ointment Cured in Two Weeks.

Muncey, Ontario.—"Some time ago my face was in a very bad condition with some kind of pimples. The pimples were thickly scattered. The tops of them were white; matter was in them. They were quite large and my face was sore and itchy and looked badly. I had to scratch to be comfortable and sometimes lost my sleep. The sores lasted about two months and I tried some ointments but didn't like them. Then I sent for some Cuticura Soap and Cuticura Ointment, used them for two weeks and I was completely cured." (Signed) Alex. R. Oko, April 2, 1912.

SCALY ECZEMA ON FACE

Clarkson, Ontario.—"My little girl, aged two years, started with a skin disease on her face, so I called in the doctor and he said it was eczema. The skin was quite red and all scaly. I washed the parts well with the Cuticura Soap and then I put the Cuticura Ointment on. You ought to see her now—as fair as a lily!

"I suffered a great deal with piles. I had them very bad, and they itched and burned so I could hardly bear it. When I got the Cuticura Ointment I tried it. Now it has entirely cured me." (Signed) Mrs. Cyrus Ward, Jan. 1, 1912.

Cuticura Soap and Cuticura Ointment are sold throughout the world. Send to Potter D. & C. Corp., Dept. 53D, Boston, U.S.A., for free sample of each with 32-page book.

Her Plan.

"How do you estimate the success of a social function?"

"By the number of people who were disappointed at not getting invitations."

Minard's Liniment Cures Colds, Etc.

A Sop to Her Conscience.

Hub (after a night out)—I feel like a two-spot. I wish you'd telephone to the office that I'm in bed with the grip.

Wife—That would be a lie.

Hub—How particular you women are! Fetch over that grip and lay it on the bed near my feet. There! Now will you telephone?

PILES CURED IN 6 TO 14 DAYS

Your druggist will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days. 50c.

Lifelike.

"These mechanical toys are very lifelike."

"How so?"

"Johnny's automobile has run down the cat and knocked the sawdust out of two dolls."

Minard's Liniment Cures Distemper.

Lord Nelson's "Hint."

The Scotsman's conviction that Scotland is the leaven and the rest of the universe the lump comes out amusingly in this story from the Dundee Advertiser:

At the Battle of Trafalgar, two Scots, messmates and cronies from the same village, happened to be stationed near each other when the celebrated signal was displayed from the admiral's ship.

"Look up and read, Jock," said one to the other. "'England expects every man to do his duty'—not a word for puir auld Scotland!"

Jock cocked his eye at the flags and turned to his crony. "Man, Geordie, is that a' your sense?" he asked. "Scotland kens well enough that her bairns will do their duty—that's just a hint to the Englishmen."

WAS A CONFIRMED DYSPEPTIC

Now Finds it a Pleasure to Enjoy Meals

Here is a case which seemed as bad and as hopeless as yours can possibly be. This is the experience of Mr. H. J. Brown, 384 Bathurst St., Toronto, in his own words:

"Gentlemen—I have much pleasure in mentioning to you the benefits received from your Na-Dru-Co Dyspepsia Tablets and can cheerfully recommend them. I simply had confirmed dyspepsia with all its wretched symptoms, and tried about all the advertised cures with no success. You have in Na-Dru-Co Dyspepsia Tablets the best curative agent I could find. It is now such a pleasure to enjoy meals with their consequent nourishment that I want to mention this for the benefit of others."

The fact that a lot of prescriptions or so-called "cures" have failed to help you is no sign that you have got to go on suffering. Try Na-Dru-Co Dyspepsia Tablets and see how quickly this sterling remedy will give you relief and start your stomach working properly. If it doesn't help you, you get your money back. 50c a box at your druggist's. Compounded by the National Drug and Chemical Co. of Canada, Limited, Montreal. 146

COWS MADE JERSEY RICH.

Little Island Keeps the Breed Pure by Stringent Laws.

Undoubtedly the little island of Jersey has been enriched by the profit of its cows. In modern days potato raising and fruit culture have helped, but it is the solid, continual profit of the cattle that has made the island rich.

So careful do they tend them there, and so frugal are they of waste in trodden pastures, says Our Dumb Animals, that they actually tether their animals, and the children or indoor servants shift them at morn, noon and night.

Gentleness is their cue in handling the calf, which after a short dose of mother's milk has to be content with skimmed milk, or skillegalee. She is haltered and fed by hand and becomes docile and gentle and when two years old yields indoors or out her bountiful bucket of frothy, rich milk to the quiet women folk who milk her.

The Jersey breed is kept pure by stringent laws against the importation of foreign stock. The summer pasturage is very rich, and cattle remain out from May till October, but during the winter they are always comfortably housed.

The milk is used almost exclusively in making butter. A good Jersey is beautiful in form and her abounding dairy products make her a favorite with the household, an ornament to any farm or estate and a source of great profit to her owner.

Try This.

Laugh at old Trouble and you'll see
That he'll go at your bidding;
For Trouble is a grouch, and he
Will never stand for kidding.

Minard's Liniment Co., Limited.

Gentlemen,—I have used MINARD'S LINIMENT from time to time for the past twenty years. It was recommended to me by a prominent physician of Montreal, who called it the "great Nova Scotia Liniment." It does the doctor's work: it is particularly good in cases of Rheumatism and Sprains.

Yours truly,
G. G. DUSTAN,
Chartered Accountant.

Halifax, N. S., Sept. 21, 1905.

Depends.

"Is a ton of coal very much, pa?"

"It depends on whether you are shovelling it or burning it."

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

Perfect.

"Doesn't Ida keep her hardwood floors in beautiful condition?"

"Perfect! Everyone who goes there is carried out with a fracture or a dislocation."

Minard's Liniment Cures Diphtheria.

A Good Fellow.

A good fellow is usually a man who can pay 90 cents a round for drinks because his wife does her washing and makes her own waists.

When Your Eyes Need Care

Try Murine Eye Remedy. No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Watery Eyes and Granulated Eyelids. Illustrated Book in each Package. Murine is compounded by our Oculists—not a "Patent Medicine"—but used in successful Physicians' Practice for many years. Now dedicated to the Public and sold by Druggists at 25c and 50c per Bottle. Murine Eye Salve in Aseptic Tubes, 25c and 50c.

Murine Eye Remedy Co., Chicago

Why is a naughty boy like a stamp?—He requires licking.

Minard's Liniment Cures Garget in Cows.

WEARS REMAINS OF WIFE.

Has Body Cremated and Uses Iron In It as Set for Ring.

An ingenious method of disposing of the ashes of a cremated body has been recorded. After a woman had been cremated the husband took the ashes to a chemist for the purpose of extracting the iron, which he is now wearing set in his ring as one would wear a diamond.

The amount of iron in a human body, according to the statement of a well known analytical chemist, is at best very small—a matter of grains—and it varies very much according to the state of health. Anaemic people have very slight traces of iron in their bodies, but in normal persons there is enough to use, as it has been used, in place of a stone in a ring.

The London (England) Cremation Company has knowledge of the case of a woman who always carried the ashes of her late husband about with her, and gave instructions that when her end came her body was to be cremated and the ashes mixed with those of her husband. With the growth in the number of cremation cases it is becoming quite a usual practice to have the ashes compressed into a small tablet, with a short inscription upon it.

A GOOD HABIT

Tea when you are tired, particularly if it's

LIPTON'S TEA

Goes farthest for the money

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 ample orchard; about five miles from Hamilton.

H. W. DAWSON, Toronto.

3 ACRES—CLOSE TO LONDON MARKET; new frame cottage, stable. Would exchange for farm. 5 cent fare to city. The Western Real Estate, London, Ont.

AGENTS WANTED.

HOME WORK, $7 TO $10 PER WEEK—We want reliable parties to knit for us at home, whole or spare time. We furnish machine, yarn, etc. Send your name and address at once for full particulars. The Canadian Wholesale Distributing Co., Dept. W., Orillia, Ont.

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 without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

GALL 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.

DYEING! CLEANING!

For the very best, send your work to the

"BRITISH AMERICAN DYEING CO."

Look for agent in your town, or send direct.

Montreal, Toronto, Ottawa, Quebec.

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

BOILERS New and Second-hand, for heating and power purposes. **TANKS AND SMOKE STACKS.** Agents for Sturtevant Ventilating and Heating Systems.

POLSON IRON WORKS LIMITED TORONTO

Engines and Shipbuilders

Send your Raw FURS to John Hallam

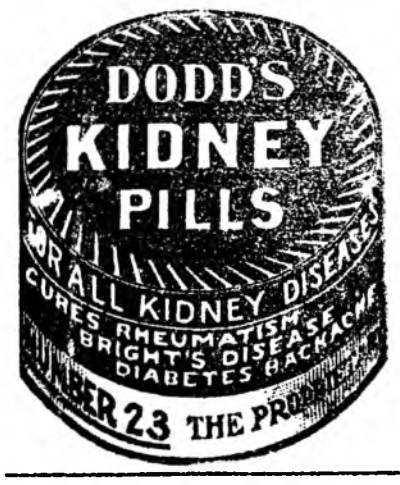
Sixty Thousand trappers now send us their Raw Furs. Why not you? We pay highest prices and express charges, charge no commission and send money same day goods are received. Millions of dollars are paid trappers each year. Deal with a reliable house. We are the largest in our line in Canada.

FREE Our "Up to the minute" Fur quotations and the last Edition of **HALLAM'S TRAPPERS GUIDE,** a book of 96 pages, mailed FREE.

Write to-day to John Hallam, Mail Dept. 83 TORONTO, 111 Front St. E.

Feminine Finance.

"Well, dear," said the young husband to his bride, "I'll make out the deposit slip in your name and all you have to do is to take it to the bank."

"Yes," she responded, "but suppose I want to draw out some money some day how will they know which is my money?"

It's easier for a girl to knit her brows than to darn socks