

PALE ANAEMIC GIRLS

Find New Health Through Dr. Williams' Pink Pills for Pale People.

There must be no guesswork in the treatment of pale, anaemic girls. If your daughter is languid, has a pale, sallow complexion, is short of breath, especially on going upstairs; if she has palpitation of the heart, a poor appetite, or a tendency to faint, she has anaemia—which means poverty of the blood. Any delay in treatment may leave her weak and sickly for the rest of her life—delay may even result in consumption, that most hopeless of diseases. When the blood is poor and watery, there is only one certain cure—that is Dr. Williams' Pink Pills, coupled with nourishing food and gentle out-of-door exercise. Dr. Williams' Pink Pills actually make new blood, which flowing through the veins stimulates the nerves, increase the appetite, give brightness to the eye, a glow of health to the cheek, and makes weak, despondent girls full of healthy activity. The case of Miss J. H. Lassalle, Sorel, Que., is typical of the cures made by Dr. Williams' Pink Pills. She says: "I was weak and all run down. My face was pale and covered with pimples. My lips were pale. I suffered from pains in all my limbs, which would at times be swollen. I was hardly ever free from headaches, and I found work about the house a burden, as the least effort left me fatigued and breathless. I had no appetite, and notwithstanding that I was constantly doctoring I seemed to be growing worse all the time. One day mother said that she thought I ought to try Dr. Williams' Pink Pills, and I decided to do so. I soon discovered that I had found the right medicine, and after using nine boxes I was once more enjoying the best of health, and I have not been unwell a day since." You can get Dr. Williams' Pink Pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

CAN WE LIVE WITHOUT SALT?

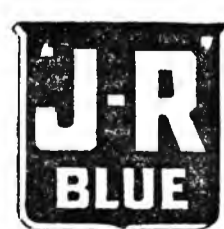
The Longer Without It the Less You Long For It.

Most people are in the habit of looking up the articles of our accustomed diet, and especially upon salt, as necessities. We have not found them so, writes Mr. Stefansson, the Arctic explorer. The longer you go without grain foods and vegetables the less you long for them. Salt I have found to behave like a narcotic poison—in other words, it is hard to break off its use, as it is hard to stop the use of tobacco, but after you have been a month or so without salt you cease to long for it, and after six months I have found the taste of meat boiled in salt water distinctly disagreeable. In the case of such a necessary element of food as fat, on the other hand, I have found that the longer you are without it the more you long for it, until the craving becomes more intense than is the hunger of a man who fasts. (The symptoms of starvation are those of a disease rather than of being hungry.) Among the uncivilized Eskimos the dislike of salt is so strong that a saltiness imperceptible to me would prevent them from eating at all. This circumstance was often useful to me, for whenever our Eskimo visitors threatened to eat us out of house and home we could put in a little pinch of salt, and thus husband our resources without seeming inhospitable. A man who tasted anything salty at our table would quickly bethink him that he had plenty of more palatable fare in his own house.

It's awfully hard to convince a man that he is getting a square deal.

ON

Wash Day



JR BLUE

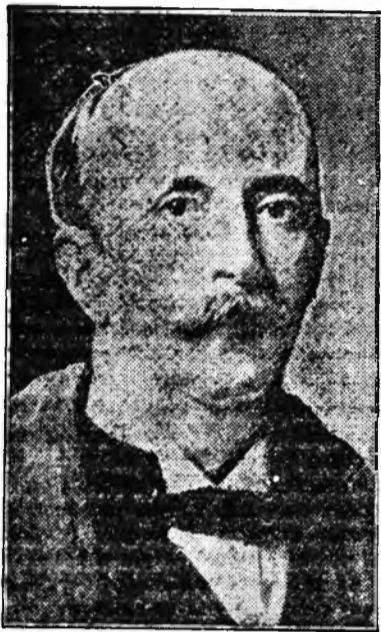
25 Bluings
10 cents.

Makes the Clothes as
White as Snow
Try It!

Manufactured by
The Johnson-Richardson Co.
Limited, Montreal, Can.

EARL GREY'S MEMORY.

When Earl Grey was Governor-General of Canada he never spoke in public without first memorizing his remarks. As most platform speakers well know, the "memoritor" system has the disadvantages incident to a nervous breakdown, as well as distinct advantages. His Excellency, however, adhered to the one method and carefully committed every phrase of his speeches to memory. It is not generally known that upon his appearance at one of the Ottawa Canadian Club's luncheons a curious catastrophe occurred. He had taken great pains with a speech dealing with a most important subject, and an extra large audience was on hand.



Earl Grey.

When his Excellency arose, a burst of handclapping made him hesitate in his spoken introduction. That instant spelled his doom, for, when the sound of applause died down, not a word could the speaker recall. For perhaps half a minute he faced his audience, trying desperately to get the introductory sentences out of his memory, but they refused to obey. The silence of the room was painful. Finally, his Excellency sat down without uttering more than a few indistinct pleasantries, and the chairman, an official of resource, glossed the incident over by calling upon another member to say something.

Any Headache Cured, Tired Systems Re-toned

When You're Dull, Tired, Restless Day and Night Something Is Wrong in the Stomach.

A Prominent Publishing Man Says the Quickest Cure Is Dr. Hamilton's Pills.

Headaches never come to those who use Dr. Hamilton's Pills, and this fact is vouched for by the Assistant Manager of the Poultry Success Magazine, of Springfield, O., Mr. J. H. Callander, who writes: "No better medicine than Dr. Hamilton's Pills. We use them regularly and know of marvelous cures that resisted everything else. They cleanse the whole system, act as a tonic on the blood, enliven digestion, help the stomach, and make you feel strong and well. For headaches, indigestion and stomach disorders I am confident that the one prescription is Dr. Hamilton's Pills." Being composed of natural vegetable remedies, Dr. Hamilton's Pills possess great power, yet they are harmless. They aid all organs connected with the stomach, liver, and bowels. In consequence, food is properly digested, the blood is pure and nourishing, the body is kept strong and resists disease. All druggists and storekeepers sell Dr. Hamilton's Pills, 25c. per box, 5 for \$1.00, or by mail from the Catarrhzone Co., Buffalo, N. Y., and Kingston, Canada.

ABDUL HAMID'S QUEER PRIZE

Ex-Sultan Gets \$26,000 in Will to Build Peace Temple.

Abdul Hamid, ex-Sultan of Turkey, comes into possession of \$26,000, given him by a German admirer for the purpose of erecting a temple of peace in Constantinople. Of all men in the world, Abdul would probably be the last to lay the cornerstone for such an edifice. Two years ago at Leipsic a curious old man by the name of Zoeliner died, leaving his fortune, \$26,000, to the ex-Sultan with the above stipulation. He evidently had forgotten that he had a niece in very poor circumstances, who was just able to make her living by her work. She brought suit to break the will, but the Supreme Court of Leipsic ruled against her. The ex-Sultan gets the money then, and one wonders when he will lay the first stone of his temple of universal peace.

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

LIPTON'S TEA

Goes farthest for the money

PERSIAN RIVERS.

Traveller Says It Is Difficult to Learn Their Right Name.

In Persia a river is generally called by the name of the town on its banks, and therefore changes its name at each town it reaches. This, writes Colonel Stewart in "Through Persia in Disguise," makes it very difficult to learn the right name of the rivers.

My groom was an Armenian, and very much more intelligent than ordinary Persians, since he had been educated at a mission school at Ispahan. One day he was swimming about in some water we passed, and I said to him, "No doubt you learned to swim in the Zayendeh Rud?"—the river that flows by Ispahan. "No, sir," he replied, "I did not learn to swim in the Zayendeh Rud, but in the Ispahan River." He actually did not know that the large river passing his native town was called the Zayendeh Rud, or, in other words, that the Ispahan River and the Zayendeh Rud were one and the same.

Another instance of this confusion is shown by what people call the Abrishmi River. The name of the river is the Kal Mura, but the majority of Persians and also Europeans cross it on the main post-road between Meshed and Teheran by a bridge that was built by a silk merchant, and that is called "Pul-Abrishmi," or the silken bridge; so they call the river the "Abrishmi" or the Silken River, which is certainly not its name. The river, which flows by Khushf, although at this point very slightly brackish, lower down becomes very salt indeed, and finally is lost in the desert.

Karez, or underground canals, carry the water of this river in every direction over the country. I think the wonderful patience shown by the Persians in the labor of excavating these underground channels for water is surprising. Every drop of water has to be bored for and tunneled through miles and miles of ground before the precious liquid reaches the crop for which it is intended.

The wonderful era of prosperity that is now being enjoyed in Canada is exemplified by the report of the "SALADA" Tea Co., which states that, during the year just ended, there were 1,223,437 pounds more "SALADA" tea sold than in 1911. This INCREASE would supply every household in the Dominion with one pound of tea.

Obeying Orders.

The mistress came downstairs and tried the door of the sitting-room, only to find it locked against her, while the key, which was usually in the lock, was missing.

"Bridget, I can't get into the sitting-room," she cried.

"Shure, it's mesilf knows that; an' ye won't, fur I hev the kay in me pocket."

"Open the door immediately."

"Will yez go in if I do!"

"Certainly, I will."

"Then, yez won't get the kay."

"Open the door, I say. What do you mean?"

"Shure it's by your own. Just yesterday ye said—'Don't let me come downstairs in the morning an' see any dust on the sitting-room furniture.' So I just put the kay in me pocket, an', I says, 'then she sha'n't!'"

The German Emperor's favorite winter dish is smoked bear's paws. Few of us who are entitled to the consequences are willing to take them.

BOYS AND GIRLS Don't Miss This

It's the "Best Ever"

Send Post Card to-day for particulars. 74 St. Antoine St., Montreal, Can.

TORONTO CORRESPONDENCE

INTERESTING BITS OF GOSSIP FROM THE QUEEN CITY.

Is the Water Supply in Doubt?—Hydro Electric System on the Defensive—Miss Booth at Massey Hall.

The city has been agitated by the remarkable question of whether water will run down hill. The question arises out of the plans for a new water works system to cost over six million dollars, the money for which was voted by the ratepayers on New Year's Day. At present, Toronto's water supply comes through a pipe extending into the lake from the island and lying more or less unprotected on the lake bottom, and therefore liable to injury or total destruction under extreme weather and ice conditions. From the island the water is pumped to the city by means of a tunnel under the bay. Under this system there is a danger of destruction to the intake pipes and also more or less remote danger of pollution getting into the tunnel under the sewage-filled bay.

It is proposed under the new system to establish a new pumping plant at the Scarborough Cliffs, some ten miles east of the city. Here the lake has a rock bottom, as distinguished from the sand bottom at the island, and through this rock can be bored out under the lake, a tunnel which would serve as an ideal intake pipe, being absolutely unexposed to the elements and being at a location free from danger of pollution. A reservoir located on the top of the cliffs to which the water would be pumped would be some 350 feet above the level of the city, and the plan is to let the water from this reservoir run down to the city by force of gravitation.

One Doubting Expert.

This in brief was the plan recommended by four engineering experts who collected fees to the sum of \$23,000 for their report. Now comes along one of these experts with the proposition that the scheme will not do, because the water will not run down from the reservoir with sufficient pressure to establish a practicable system of water works for the city. This remarkable statement has been greeted with mingled expressions of consternation and incredulity. To the average man on the street the height of Scarborough cannot be made to run down hill is altogether novel. However, learned professors have been scratching their heads over the problem, which they admit is, after all, a complicated one. The consensus of opinion seems to be, however, that competent engineers should be able to bring the water from the heights of Scarborough into the city some way or other, and there should be no doubt as to the possibility of making the scheme practicable.

An Attack on the Hydro.

No little interest has been expressed on the attack made upon the Hydro Electric system of Ontario by a New York committee of investigation, sent here last year by the New York State legislature. With the exception of the attacks made by the local competing corporations this is the first criticism of Ontario's pet public ownership scheme.

According to the New York State committee, the Hydro Electric scheme has been costing money, their figures estimating an annual loss of as high as \$500,000 a year. They also state that the small municipalities particularly have undertaken liabilities out of all proportion to the benefits to be derived, one specific instance being of certain municipalities whose fresh bonded debt on account of the Hydro scheme runs to \$31 for every man, woman and child in the village.

That the New York State committee's figures were given credence is no doubt due to the fact that up to a few weeks ago no detailed financial report has been made by the Hydro Electric Commission. Whence the Discrepancies? There are two reasons for the discrepancy between the New York State Committee's figures and those now given out by the Ontario Commission. First, the exceedingly rapid development of the Hydro business has enabled the costs to be cut to such an extent that whereas the Commission might have been doing business at a loss a year ago it would now seem to be on the high road to prosperity. And, second, there is a difference of opinion as to what percentage ought to be allowed for depreciation of the plant.

As one examines the financial statement of the Hydro Electric Commission the tremendous size and daring of the enterprise is understood in a way which before has not been possible, and one is filled with a corresponding admiration for the foresight which conceived it and the courage which pushed it to completion.

A Tax Reform Campaign.

The fact that Mr. N. W. Rowell, leader of the Opposition, has been delivering a series of speeches on Tax Reform has caused some people to wonder if his platform of "abolishing the bar" is to be relegated to a second place. There seems no doubt that Mr. Rowell's temperance platform will remain in the forefront of the battle, but he apparently takes the ground that he is leader, not of a Prohibition party, but of the Liberal party, and that temperance is but one of the planks on which he appeals for support. Indications are for an interesting session of the legislature, though it may not be momentous as far as actual legislation is concerned.

A Typical Revivalist.

"A little thing, but with the spirit of her father in her, was the way that Lieut. Governor Sir John Yrton introduced Miss Booth in her initial meeting in Massey Hall during her recent visit. Sir James Whitney was also present to add his word of commendation for Miss Booth and the Salvation Army, which Sir James has for many years greatly admired. Miss Booth, who is now commander of the Army, is well known in Toronto, though she has not been here for nine years. Her recent visit was for the purpose of inaugurating a great revival and to collect funds for a memorial to her father.

125 Egg Incubator \$13.75
and Brooder BOTH FOR

If ordered together.

Freight and duty paid to any R. R. station in Canada. Double copper tanks, double trays, double glass doors. Free catalogues. Send for price list and ship to WISCONSIN INCUBATOR CO., Box 239 Racine, Wis., U. S. A. 125 Chick Brooder

Miss Booth is a typical revivalist and she rocked her great audiences in the hollow of her hand.

FASHIONABLE BOW STREET.

Notable Men and Women Had Once Homes On It.

Bow Street, London, England, to-day to most people is merely an unpleasant synonym for a police court, but in the long ago it was a fashionable residential quarter, the Bond Street of Restoration London. The famous Mrs. Bracegirdle began an epilogue of Dryden's with the lines:

"I've had to-day a dozen billets-doux
From fops and wits and oits and
Bow Street beaux."

Many were the famous people who resided there in those lively days. The most important site then as now was that of the police court, where dwelt the poet Edmund Waller, whose loyalty was put to such severe strains during the civil war, while later a house on this site was occupied by Henry Fielding (Thackeray's idol and "master"), who was living here in 1748, when he assumed the role of justice of the peace. And while here he wrote his masterpiece, the immortal "Tom Jones," which the Doncaster Public Library has just found too immoral to remain longer in the library.

"Head Feels Fine Breathe Freely Now"

Improved My Voice, Strengthened My Throat, Cured Me of Hawking and Spitting.

Miss Emma E. Norton Gives Great Praise to "Catarrhzone."



"I just wish I had known years ago about the wonderful effect of CATARRHZONE," writes Miss Norton, from her home in Georgetown. "My nose and throat were continually stopped up, and I was seldom free from a gag in the throat. I coughed and hawked and often at night couldn't sleep. Just a few breathes from a Catarrhzone inhaler and my head was cleared right up. My throat trouble is now well and I haven't a single vestige of catarrh. Catarrhzone made a perfect cure."

As the only way to reach catarrh is by inhaling medicated air, it follows that the healing balsams of Catarrhzone can't fail to cure. It is a purely vegetable antiseptic—soothes and heals wherever it goes.

The germ-killing vapor is inhaled at the mouth and instantly spreads through all the breathing organs. Every case of bronchitis and catarrh is rooted out, and such health and strength is imparted that these troubles never again return.

Complete outfit, sufficient for 2 months' use, price \$1.00, including the inhaler and liquid for filling; smaller trial sizes 25c. and 50c., all druggists and storekeepers, or The Catarrhzone Co., Buffalo, N. Y., and Kingston, Canada.

The less brains a man has to spare the more likely he is to lose his head.

1,500 Manufacturers of FURS

in N. Y. City have sold their old stock and are hungry for fresh goods. We sell to cheap. Send for price list and ship to M. F. Pfaltzer & Co., 6 East 12th St. (Desk 75), New York City.

HOCKEY SKATES FREE

These splendid polished steel Hockey Skates free of all charge to any boy or girl. All sizes. Send us your name and address and we will send you 30 sets of Easter and other postcards to sell at 10 cents a set (six beautiful cards in each set). When sold send us the money, and we will send you the skates, all charges prepaid. Write to-day and earn your skates now. Address

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