

NEW STRENGTH IN THE SPRING

Nature Needs Aid in Making New Health Giving Blood

In the spring the system needs a tonic. To be healthy you must have new blood just as the trees must have new sap to renew their vitality. Nature demands it, and without this new blood you will feel weak and languid. You may have twinges of rheumatism or the sharp, stabbing pains of neuralgia. Often there are disfiguring pimples or eruptions on the skin. In other cases there is merely a feeling of tiredness and a variable appetite. Any of these are signs that the blood is out of order—that the indoor life of winter has lessened your vitality. What you need in spring is a tonic medicine to put you right, and in all the world of medicine there is no tonic can equal Dr. Williams' Pink Pills. These Pills actually make new, rich, red blood—your greatest need in spring. This new blood drives out the seeds of disease and makes easily-tired men, women and children bright, active and strong. Mrs. Geo. Burns, Albany, P.E.I., writes: "I was terribly run down and so weak that I could hardly drag myself around. I was so nervous that I was afraid to walk across the floor for fear I would fall. Our family doctor treated me but without success, and finally I began taking Dr. Williams' Pink Pills. Gradually they brought me back to good health, and now I am as well as ever I was and have every confidence in recommending these Pills to other sufferers."

These Pills are sold by all medicine dealers or can be had by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

300,000 SOLDIERS IN REVIEW.

Germany Plans Monster Military Manoeuvres.

Count Von Moltke, a nephew of the famous strategist during the Franco-Prussian War of 1870, and the general staff of the army, are planning the largest military manoeuvres the world has ever seen in time of peace, for next autumn. Six army corps and twelve divisions, approximately 300,000 officers and men, and 50,000 horses, will take part in the manoeuvres. The Kaiser will be the chief umpire in the final three days' battle. The woods, hills and valleys of the west side of the Rhine will reverberate with 1,056 field guns and 500 machine guns.

The field of operations will cover a large area of a triangle between Frankfurt, Giesen and Coblenz. The problem is evidently to check and defeat a French army. Practically the entire military aerial fleet of Zeppelins and Parsevals, with a passenger fleet, will be utilized, as well as an unprecedentedly large fleet of aeroplanes, in order to give some 1,000 regular and volunteer military pilots practical war experience. This will be the first time since 1870 that German officers will have an opportunity to handle such numbers of men.

Why Bronchial Catarrh Is So Dangerous

When Unchecked, Bronchial Catarrh Develops Rapidly—Attacks the Lungs—Ends in Consumption.

If you have fullness of the head, headache, difficulty in hearing, stuffed nostrils, droppings from the throat and hacking cough, you ought to know you have Catarrh. It begins as a cold; repeated colds inflame the air passages. By-and-by it extends deeper, far down into the lungs, then you have bronchitis. These inflamed surfaces secrete germ-laden mucus. If swallowed it pollutes the whole system and destroys health. Stomach dosing always fails, so do washes, snuffs, ointments. The remedy that will cure quickest is Catarrhazone. You do not take Catarrhazone internally, you simply breathe a fragrant healing compound that destroys germs instantly. When you inhale Catarrhazone into the lungs, little drops of healing are carried to the remotest parts of the breathing apparatus. Wherever Catarrhazone goes it destroys the germs, allowing the healing to go right on until the tissues are made whole. Then congestion ceases, the formation of mucus ceases, hawking and spitting cease, and of course, droppings into the throat cease also. You get well. You see Catarrhazone removes the cause of the disease. Don't you think this is the right way to cure Catarrh? Can you think of any other way half so good? Complete outfit, hard rubber inhaler with sufficient liquid to last three months. Price \$1.00. Smaller size 50c. All dealers, or The Catarrhazone Co., Buffalo, N.Y., and Kingston, Ont.

NOT MUCH OF A SWEETMEAT.

A Line of Goods That Wasn't Meant for the Table.

For several summers, while I was in high school and college, says a contributor to one of the Sunday magazines, I was employed by a wholesale grocery concern. Besides selling the usual line of groceries, this firm manufactured flavoring extracts and toilet preparations.

Sometimes I travelled as substitute for one of the regular salesmen while he took his vacation. On one such trip I entered a little country grocery, and announced my business to the proprietor.

The man said, "Oh, yes, I have been looking for you. But before I buy anything I want you to take back some stuff your house puts up that I bought from Mr. A. It's no good."

I told him we were always willing to stand behind anything we sold, and asked to see the unsatisfactory article. He brought out a case of petroleum jelly similar to vaseline, packed in eight-ounce glass tumblers.

"There!" he said. "That's the first thing I ever bought from your house that wasn't up to the mark. But that stuff is no good. We were out of preserves at the house, so I took a jar of it home, but we couldn't do anything with it. We tried it on hot bread and on cold bread; but not one of us could eat it."

As Long as Men are Men.

"A German scientist says that in 3,000 years all men will be bald-headed."

"He may be right, but my own guess is that as long as there are men on the earth there will be some who think they can fool the public by letting their hair grow long on one side and slicking it across the top."

How a Sick Woman Can Regain Health

READ THIS VERY CAREFULLY.

"For years I was thin and delicate. I lost color and was easily tired; a yellow pallor, pimples and blotches on my face were not only mortifying to my feelings, but because I thought my skin would never look nice again I grew despondent. Then my appetite failed, I grew very weak. Various remedies, pills, tonics and tablets I tried without permanent benefit. A visit to my sister put into my hands a box of Dr. Hamilton's Pills. She placed reliance upon them and now that they have made me a well woman I would not be without them whatever they might cost. I found Dr. Hamilton's Pills by their mild yet searching action very suitable to the delicate character of a woman's nature. They never once gripped me, yet they established regularity. My appetite grew keen—my blood red and pure—heavy rings under my eyes disappeared and to-day my skin is as clear and untroubled as when I was a girl. Dr. Hamilton's Pills did it all."

The above straightforward letter from Mrs. J. Y. Todd, wife of a well-known miller in Rogersville, is proof sufficient that Dr. Hamilton's Pills are a wonderful woman's medicine. Use no other pill but Dr. Hamilton's, 25c. per box. All dealers or The Catarrhazone Co., Kingston, Ontario.

CUTTING GLASS.

Very Old Glass Can Be Cut With a Pair of Scissors.

It is commonly thought that glass is impervious to the assaults of age. But this is not the case. Glass, if exposed to the elements, will, like most other substances, decay, and in course of time become so rotten as to be worthless.

Window glass exposed to cold, heat, and varying winds will, after a number of years, become so brittle that it can be cut with a pair of scissors. Light and darkness, again, have such different effects on glass that their alternation alone, it is said, is enough to make the substance fragile.

Any builder or glazier will tell you how much easier it is to remove new windows from a building than old; in fact, if they are really old, it is almost impossible to move them at all without breaking some of the panes. The reason is that glass which has faced the weather for a number of years loses the elasticity it undoubtedly possesses when new.

Itinerant vendors of cheap cutlery have often been known greatly to impress wondering crowds with the excellence of their wares by clipping off strips of glass with scissors and shears. Of course, the glass they use for this purpose is very, very old.

Politeness is the father of white lies.

OLD CUSTOMS DYING OUT

NEW ERA IS PREDICTED FOR
TURKISH WOMEN.

Emancipation Favored By Men of
the Better Class Throughout
Country.

Miss Grace Ellison, the well-known writer on Turkish women, has just returned to England from a second visit of several months spent in the household of Kiamil Pasha's daughter at Constantinople, where she had an opportunity, perhaps never hitherto accorded to any English woman, of viewing a Turkish woman's life from the inner side. She shared the daily life of her friends, took part in their formal customs and gatherings, visited the Sultan's harem during the feast of Bairam, met the most advanced women in the country, and studied the one Turkish women's paper, a weekly illustrated, which publishes feminist articles and is widely read by the middle classes.

Speaking of the progress accomplished by Turkish women in recent years, Miss Ellison said she noticed a great difference in the position of women since her last visit, a difference they themselves were hardly conscious of it, and it seemed to her that every day now they made a step forward. It is a time of rapid transition, the beginning of perfectly new conditions.

The determination arrived at by the Government recently to admit women to the university is of immense importance, and, although it is probable that few will at first take advantage of the open door, the fact that it has been opened alters the status of Turkish women. At first, probably, there will be no thought of degree examinations—the women are not yet ready for that—and the courses specially arranged for women on domestic science, hygiene, gynaecology and the position of women will be after the style of our extension lectures.

The position of women seems a curious subject for a university lecture course, but Miss Ellison explained that this would refer to the part women should take in the national life and the necessity for removing restrictions.

Old Traditions Die Slowly.

It is difficult for the Western woman to realize what tiny steps constitute a great advance in that country, where the granting of permission for women to walk unveiled will mark a greater stage in their progress than the enfranchisement of women will do in England. The old customs are dying very hard, and though Djemil Pasha has done much for their liberation—he opened the parks to them, and the astonished Ottomans recently heard of a woman even being allowed to ascend in an aeroplane—the bonds still cling closely.

"When my friends wished to visit me at my hotel," said Miss Ellison, "the proprietor refused to let them enter until I said I should refer the matter to Djemil Pasha, when he gave way. On another occasion I had taken a friend one afternoon to a teashop where there were several foreign ladies, but although I was in Western dress, the proprietor came to our table and asked us to withdraw—the innovation of a visit from a veiled Turkish lady was too startling for him. Even in their own homes the women are very careful not to shock their servants by a too daring adoption of Western customs."


"Yes, the women have progressed, but it is almost in spite of themselves; centuries of harem life have sapped their energy and lulled most of them into acquiescence in present conditions. Had they shown a more daring spirit they would have gone very much further in these five years."

Men Favor Emancipation.

"Their men folk on the whole favor their emancipation—not so much the men who have visited the Western capitals and have been alarmed at the sight of Western license, but the thoughtful, ardent patriots who know only Turkish life, but realize that the progress of a country depends on the part the women take in the national life."

"It is difficult for the Western colony in Constantinople to realize this change: the ladies of the diplomatic circles have not yet come into touch with the Ottoman women, and they hesitate to encourage them in emancipating themselves, fearing to give offence to the men, who would instead be grateful for their assistance. It was as my fellow-guest that a Turkish woman for the

**ALLOW ME TO PRESENT
MY BEST FRIEND
ROYAL
YEAST CAKES**



**IN BUYING
YEAST CAKES
BE CAREFUL TO
SPECIFY
ROYAL YEAST CAKES
DECLINE SUBSTITUTES.**

**E. W. GILLETT CO. LTD.
TORONTO.
WINNIPEG. MONTREAL.**

MAKES THE WHITEST LIGHTEST
ROYAL YEAST CAKES
GILLETT COMPANY LIMITED
TORONTO, ONT.
WINNIPEG, MANITOBA
MONTREAL, QUEBEC

first time entered the French and the English Embassies.

"Even the work they did during the war does not seem to have brought them into close touch with European women, though in another way it has greatly profited them, for they proved to the men how great was the service they could render and how safely they could be trusted with a larger measure of liberty, while it was a revelation to themselves of hitherto undeveloped powers."

"The freeing of the slaves and the consequent gradual arrival of the servant problem will do much to destroy the charm of the Old World harem life, but it will also further arouse the women and throw them on their own resources."

RUSSIAN WOMEN OUTWITTED.

Concerted Attack on Demon Rum
Proves Flat Failure.

While the men of a village named Borhoff, in the Vitebsk Government, were holding a meeting recently the doors of the room were suddenly flung open and the women of the village entered in a body, demanding that the men should

then and there abolish the local vodka (liquor) shop, otherwise they would not let the proceedings continue.

Above the din was heard a voice, "They are right! Let those who are for the women's resolution come outside!" The women triumphantly trooped out—alone. The door was then securely locked and the meeting proceeded.

Testimony.

Anna: "Did Jack steal a kiss?"
Bella: "Yes; and I was the only witness of the theft."

Not Even a Hint.

"So you discharged your maid. Didn't you find her honest?"
"Honest! Why that girl wouldn't even take an order from me."

The Dread Circle of Adversity.

A woman whose pastor asked after her health replied dolefully, "I feel very well; but I always feel bad when I feel well, because I know I'm going to feel worse afterward."

It's more difficult for a man to keep a secret after his wife discovers that he has one.



NA-DRU-CO Tasteless Preparation of **Cod Liver Oil**

Prevents Sickness **Restores Health**

Are you one of those thousands who, though apparently well, catch cold easily and often? It's a dangerous condition to tolerate, and one which you can easily prevent by taking two or three bottles of Na-Drucod Tasteless Preparation of Cod Liver Oil at once—this Fall.

This pleasant-tasting food- tonic gives tone and vigor to the whole system, and so strengthens lungs and bronchial tubes that they readily throw off the colds which would otherwise take hold of you.

NATIONAL DRUG AND CHEMICAL CO. OF CANADA, LIMITED.

Redpath

Extra Granulated Sugar

is put up at the Refinery in

**10 Pound,
20 Pound,
50 Pound
and
100 Pound
Cloth Bags,
and in
2 Pound
and 5 Pound
Sealed Cartons**

When you buy *Redpath* Extra Granulated Sugar in any of these original packages you are sure of getting the genuine *Redpath*, Canada's finest sugar, pure and clean as when it left the Refinery.

It's worth while to insist on the Original Packages.

CANADA SUGAR REFINING CO., LIMITED, MONTREAL.

7% INVESTMENT

High Class Profit-Sharing Bonds. Series—\$100, \$500, \$1000

INVESTMENT may be withdrawn any time after one year on 60 days' notice. Business at back of these Bonds established 28 years. Send for special folder and full particulars.

NATIONAL SECURITIES CORPORATION, LIMITED.
CONFEDERATION LIFE BUILDING - TORONTO, CANADA