

Woman's Health Needs Constant Care

Work and Worry Leaves Her a Victim of Many Distressing Ailments

Every woman's health is peculiarly dependent upon the condition of her blood. How many women suffer with headache, pain in the back, poor appetite, weak digestion, a constant feeling of weariness, palpitation of the heart, shortness of breath, pallor and nervousness. If you have any of these symptoms you should begin today to build up your blood with Dr. Williams' Pink Pills. Under their use the nervous energy of the body is restored as the blood becomes red and pure and the entire system is strengthened to meet every demand upon it. They nourish every part of the body, giving brightness to the eye and color to the cheeks and lips.

Mrs. Jas. S. Francis, Oakwood, Ont., says: "I should have written long ago to tell what Dr. Williams' Pink Pills did for me, but I suppose it is better late than never. In June, 1913, I had to go to an hospital for an operation for female weakness. I was in the hospital for a month, before I was able to get home. Three weeks after this I started for a trip to the Pacific coast, in the hope that my health would further improve. On the way I stopped to visit a sister in Southern Alberta, and on arriving at her home (after a 35 mile drive), I was completely done out. I found my sister ill, her baby having been born the week before. As there was no one to help, I had to take care of the child and do the household work, and in the three weeks that passed before my sister took charge I was completely worn out, and again nearly ill. However, I started on my westward trip, and decided to stop off at Banff, where I remained a week, but it did not seem to help me, and I resumed my journey. On the train I took sick, and could not eat, and as I was alone my condition was pitiable. Finally the porter wired ahead to North Bend for a doctor to see me. The doctor wanted me to leave the train and go to a hospital, but I determined to continue my journey to Vancouver. The medicine the doctor gave me did not help me, and I was getting worse all the time. And then a young man who had the opposite berth asked me if I would try Dr. Williams' Pink Pills and gave me a box he had. I used these and the porter got me two more boxes, and by the time I reached my journey's end I was feeling some better. I stayed two months on the coast, and continued taking Dr. Williams' Pink Pills all that time. I had gained in weight and appearance, and when I started for home I felt better than I had done for years. Now I always keep Dr. Williams' Pink Pills in the house, and both my husband and my young daughter have been benefited by their use. I bless the day that young man on the train gave me his box of pills, otherwise I might never have tried them, and would have still been an invalid."

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.

WAR BOOMS U.S. TOWNS.

War Orders Have Brought Big Population Increases.

The following table shows how cities in the United States have grown, while quite respectable towns have sprung into existence through the war boom:

City.	Before war.	Now.
Bridgeport, Conn.	90,000	140,000
Hopewell, Va.	0	18,000
Penn's Grove, N.J.	2,000	5,000
City Point, Va.	200	5,000
Du Pont City, Va.	0	3,000
Carney's Point, N.J.	0	3,500
Petersburg, Va.	25,000	32,000
Wilmington, Del.	87,411	110,000
Detroit, Mich.	600,000	682,000
Bethlehem, Pa.	12,837	19,200
Flint, Mich.	38,550	47,500

GUARD THE BABY AGAINST COLDS

To guard the Baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little ones stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little ones will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Williams' Medicine Co., Brockville, Ont.

Nothing for An Answer.

Teacher—Wait a moment, Tommy. What do you understand by the word deficit?

Tommy—It's what you've got when you haven't got as much as if you just hadn't nothin'.

In Relief Work



LADY ALIATAIR INNES-KER, one of London's wealthiest society women, who is indefatigable in relief work. Her husband is a brother of the Duke of Roxburghe.

"LUCKY LAMBTON"

He Has Not Lost a Man in Transporting Troops

Admiral Sir Hedworth Meux, who has been commander-in-chief at Portsmouth since 1912, and on whose shoulders has rested the main responsibility for the safe transport of our troops across the English Channel—one of the most amazing achievements of this war—has been called "Lucky Lambton," chiefly on account of the fact that, as Sir Hedworth Lambton, he inherited £20,000 per annum under the will of the late Lady Meux whose name he subsequently took.

Luck, of course, plays a part in every man's life, but whatever fortune Sir Hedworth owes to the fickle goddess, his naval and military success is due solely to his own brilliant powers. Entering the navy as a boy of 14 in 1870, he had his first taste of war in the bombardment of Alexandria. He is probably best known to the man in the street, however, by the manner in which he handled the Naval Brigade in the South African War.

With Sir Percy Scott, who has been busy looking after London's defences against air raids, he landed a brigade from the ship, and took the naval guns to Ladysmith, arriving at eleven o'clock on a Monday morning. At noon Lambton had his guns in position and ordered the first gun to be fired at Long Tom. It went wide, but killed a Boer or two. Lambton put his telescope to his eye, and ordered another shot to be fired, and actually saw the famous Boer gun dismantled with a well-directed lyddite shell.

Apreros of the Boer War, Sir Hedworth tells a good story: "An order was issued that all men of the Highland regiments must cover up their uniforms, as it was thought they made too obvious targets for the foe. The late Sir George White, who believed the order would prove popular, had an idea. 'Let them,' he said 'cover the front of their uniforms. The enemy will never see the other side!'"

Unlike the majority of sailors, Sir Hedworth is as good a man at riding a horse as he is at riding the seas. He is fond of all sports, but his greatest passion is hunting. He has won many races on his own ponies at Malta.

One of the eight brothers of the Earl of Durham, he is maternally nearly allied to the great ducal house of Abercorn and Russell, the late Countess of Durham having been a daughter of the first Duke of Abercorn familiarly known as "Old Splendid," and Lady Louisa, his duchess, daughter of the sixth Duke of Bedford. Sir Hedworth married in 1910 Viscountess Chelsea.

The Sort Mother Made.

A newly married couple had had a little disagreement about some cakes which the wife had made. The husband complained that those his mother used to produce were far superior. On the next day the girl set before him a plate of hot cakes. "Now you have achieved something!" he exclaimed enthusiastically. "These are exactly like the cake mother used to make. How did you do it?" "I will give you the recipe," replied the wife coldly. "I used margarine instead of butter; eggs a week old; I put alum in the flour, and added plenty of water to the milk."

Minard's Liniment Cures Burns, Etc.

Money may present power, but the less money a man has the quicker will the doctor cure him.

Off to School, Full of Vim and Pep—Don't cram their little "tummies" with greasy meats, starchy potatoes or other indigestible foods. One or two Shredded Wheat Biscuits with hot milk make a warm, nourishing meal that supplies all the material needed for their growing bodies. The perfect food to study on, to grow on, to play on. The crispness of the shreds encourages thorough chewing, which develops sound teeth and healthy gums. Being ready-cooked, it is so easy to prepare a warm, nourishing meal with Shredded Wheat in a few moments—no kitchen worry or work.

Made in Canada.

In the Same Boat.

Sam had come home from school—hungry as usual. Tossing his spelling book on the kitchen table he hastened to the pantry and began an investigation of cake box, cupboards, and cooky jar.

Suddenly the back door bell rang. Leaving his unprofitable search, Samuel went to answer. On the steps stood an unshaven, long-haired man whose clothes needed a tailor and a laundry worker.

"I'm hungry," began the stranger, in a low, agrieved tone, "and should like something to eat."

"Well, so'm I," confided the boy, "but you know I've ben a huntin' for ten minutes an hain't found a thing!"

Minard's Liniment Co., Limited.

Gentlemen,—My daughter, 13 yrs. old, was thrown from a sleigh and injured her elbow so badly it remained stiff and very painful for three years. Four bottles of MINARD'S LINIMENT completely cured her and she has not been troubled for two years.

Yours truly,

J. B. LIVESQUE.

St. Joseph, P. O., 18th Aug., 1900.

Fortunes of War.

First Recruit—What do you think of the major Bill?

Second Recruit—E's a changeable kind o' bloke. Last night, I says to 'im, 'Oo goes there?' An' he says, 'Friend!' an' to-day 'e 'ardly knows me."—Punch.

NOTICE TO STALLION OWNERS.

The inspection of stallions under the Ontario Stallion Enrolment Act will commence March 23rd, 1916. Stallion owners will notice that horses inspected in the Fall of 1914 do not require to be inspected at this time but all other horses inspected previous to the Fall of 1914, which were not then eight years old, must be inspected in order to be enrolled for 1916. Application should be made at once to the Secretary of the Ontario Stallion Enrolment Board, R. W. Wade, Parliament Buildings, Toronto.

Quite the Contrary.

"My husband tells me that he was out late last night with your husband."

"That isn't so. I want you to understand that my husband was out with your husband."

Minard's Liniment for sale everywhere

To Cheap.

The Doctor—Madam, you must take more exercise. I should advise walking every day.

Mrs. Newlyriche—Walking? My dear doctor, you must be accustomed to attending poor people.

MURINE

For YOUR EYES

Murine is prepared by our Physicians, as used for many years in their practice, now dedicated to the Public and sold by Your Druggist. Try Murine to Refresh, Cleanse, and Strengthen Eyes after exposure to Cold Cutting Winds and Dust and to restore healthy tone to Eyes Reddened and made Sore by Overwork and Eye Strain.

Some broadminded Physicians use and recommend Murine while others perhaps jealous of its success, talk and rush into print in opposition; those whose Eyes need care can guess why, as there is no Prescription fee in Murine. Just hand your Druggist 50c and you have a Complete Pkg. Eye Book—Murine—Dropper—and Cork Screw—ready for use. Try it in your Eyes and in Baby's Eyes for Eye Troubles—No Smarting—Just Eye Comfort. Write for Book of the Eye Free.

Murine Eye Remedy Company, Chicago

Not Backward.

Country School Teacher—"You notice that boy who stands at the foot of his class? Well, last summer he was the brightest boy in school."

Committeeman—"He is now. I notice the foot of the class is nearest the stove."

Minard's Liniment Relieves Neuralgia.

WOMEN BEST ARMY COOKS.

British War Office Finds Them Efficient and Economical.

The work of the British "Woman's Legion" has demonstrated conclusively that trained women operating in their own sphere—particularly in the camp kitchens—are immensely superior to untrained men.

Last August the employment of the first women cooks was sanctioned by the War Office. The scheme was put forward by Lady Londonderry when the appalling wastefulness and inefficiency in the various camp kitchens became evident.

One hundred women cooks were taken. Twenty were installed at the Convalescent Hospital at Dartford Camp, and the plan was spread to Epsom, Eastbourne, and Alnwick, and will be to Blackpool, always with a marked improvement. At the Blackpool Convalescent Camp alone 160 women will be employed.

An Army School of Cookery at which women instruct has now been inaugurated for the training of military cooks who will serve at the front. Thirteen women are already engaged in this work.

Use Any Household Recipe

with Dr. Jackson's Roman Meal, and bake anything from it. If you like, eat hot from the oven. It won't ferment. It makes most delicious baking, prevents indigestion, is very nutritious, relieves constipation or "money back." That's why a leading physician says it's a god-send to humanity. Especially try it in porridge, pancakes, and gems, but carefully follow directions on package for making porridge. For an early breakfast, cook the night before in a double boiler without stirring and warm in the morning by setting in boiling water while dressing. At grocers' 10c and 25 cents.

Made by the Roman Meal Co., Toronto.

Clerk—"I'd like to get a week off, sir, to attend the wedding of a friend." Employer—"A very dear friend, I should say, to make you want that much time." Clerk—"Well, sir, after the ceremony she will be my wife."

Minard's Liniment Cures Dandruff

Female Help Wanted...

In large hosiery, underwear and sweater factories. Vacancies in all departments, with openings for experienced or inexperienced help. Highest wages and moderate priced board. Apply immediately.

Penmans Limited, Paris, Ont.

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And How to Feed

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Lessons Free

New Method—Learn To Play By Note—Piano, Organ, Violin, Banjo, Mandolin, Cornet, Harp, Cello or to sing. Special Limited Offer of free weekly lessons. You pay only for music and postage, which is small. No extras. Beginners or advanced pupils. Everything illustrated, plain, simple systematic. Free lectures each course. 15 years' success. Start at once. Write for Free Booklet To-day—Now. U.S. SCHOOL OF MUSIC, Box 252, 225 Fifth Ave. New York City

THE FARMERS' SEEDSMAN FIFTY YEARS SERVICE

1866 1916

Before placing your order for seeds, see our 1916 Golden Jubilee Catalogue it is free Seed Corn Per Bus. (Bags free) (70 lbs. on cob) Wisconsin, No. 1 1.80 Bailey Leaming, White Cap Golden Glow 1.75 Longfellow, North Dakota Comptions 1.90

We pay railway freight in Ontario and Quebec on all orders over \$25.00

GEO. KEITH & SONS 124 KING ST. E. TORONTO

Notice to Stallion Owners

The inspection of stallions under the Ontario Stallion Enrolment Act, will commence March 23rd, 1916. All applications for enrolment and inspection, accompanied by the proper fee, must be in the Secretary's office, Parliament Buildings, Toronto, by March 13th. In case of applications received after March 13th, inspection will only be made at increased expense to owners. Address all communications to R. W. Wade, Secretary, Ontario Stallion Enrolment Board, Parliament Buildings, Toronto.

ROYAL YEAST CAKES

MAKES THE WHITEST LIGHTEST

The best yeast in the world.

Makes perfect bread.

MADE IN CANADA

E.W. GILLET COMPANY LIMITED

TORONTO, ONT.

WINNIPEG MONTREAL

Sense of Companionship. "He is never alone who is accompanied by noble thoughts." "Or by a bank book calling for a substantial amount."

SEED POTATOES

SEED POTATOES, IRISH COBBLERS, Delaware, Carman. Order at once. Supply limited. Write for quotations. H. W. Dawson, Brampton.

AGENTS WANTED

LADY OR GENTLEMAN WANTED in every town. Attractive proposition, big money, write Jarvis, 344 X Runnymede Road, Toronto.

\$2 PER DAY, SALARY AND COMMISSION for lady representative in her home district. Work pleasant, educative, experience unnecessary. Nichols Limited, Publishers, Toronto.

NEWSPAPERS FOR SALE.

PROFIT-MAKING NEWS AND JOB Offices for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide St. Toronto.

LOAN WANTED

TEN YEAR LOAN OF \$80,000 ON ONE of the best equipped Wheat & Stock Ranches in Southern Alberta. Willing to give mortgage back for \$88,000 at 8 p.c. interest paid the first year, after that one-tenth of principal. T. M. Huff, Alberta Block, Lethbridge, Alta.

FARMS FOR SALE

IMPROVED QUARTER SECTION, half mile from town of Raymond, Saskatchewan. Clay loam; well located. \$22 per acre part cash, balance half crop payments, or \$20 all cash. J. R. Booth, Heyden, Sault Ste Marie, Ont.

FARMS WANTED

WANTED—FARM, ABOUT HALF improved or relinquishment of 160 acres or more in Ontario. Must be bargain. State price, location. Address Box 64, Port William, Ont.

HELP WANTED

WOLEN MILL HELP, CARDERS, spinners and weavers. We will pay inexperienced help while learning weaving. Good wages paid in all these departments, and steady work for months to come. For further particulars, apply to the Slingsby Manufacturing Co., Ltd., Brantford, Ont.

MACHINERY

ENGINES, MARINE AND STATIONARY, new and second-hand bargains, get list. Guarantee Motor Co., Hamilton, Canada.

FOR SALE

PEDIGREED NEWFOUNDLAND puppies for sale. Also few Persian kittens. R. A. Gillespie, Abbotsford, Quebec.

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.

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40 Hours from Frost to Flowers

Restful Isles of Summer Loveliness

S.S. BERMUDEAN sails from New York March 1 and 8.

S.S. EVANGELINE sails from New York March 2 and 11.

Fares, including meals and berth, only \$25 and up. Apply for tickets and booklet.

H. D. PATERSON, Gen. Agent,

Canada S.S. Lines, Limited,

46 Yonge St., Toronto,

or any ticket agent.

BERMUDA

The Ideal Winter Resort

Beautiful Drives, Saddle Riding, Golf, Tennis, Yachting, Fishing and Sea Bathing. Present Garrison of the Ottawa (38th) Regiment.

—TEE—

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Situated on the Harbor of Hamilton. Accommodates 400.

Rates: \$25 per week and upward.

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