

## SPRING IMPURITIES IN THE BLOOD

A Tonic Medicine is a Necessity  
at This Season.

Dr. Williams' Pink Pills for Pale people are an all year round tonic, blood-builder and nerve-restorer. But they are especially valuable in the spring when the system is loaded with impurities as a result of the indoor life of the winter months. There is no other season when the blood is so much in need of purifying and enriching, and every dose of these Pills helps to make new, rich, red blood. In the spring one feels weak and tired—Dr. Williams' Pink Pills give strength. In the spring the appetite is often poor—Dr. Williams' Pink Pills develop the appetite, tone the stomach and aid weak digestion. It is in the spring that poisons in the blood find an outlet in disfiguring pimples, eruptions, and boils—Dr. Williams' Pink Pills speedily clear the skin because they go to the root of the trouble in the blood. In the spring anaemia, rheumatism, indigestion, neuralgia, erysipelas and many other troubles are most persistent because of poor, weak blood, and it is at this time when all nature takes on new life that the blood most seriously needs attention. Some people do themselves with purgatives at this season, but these only further weaken themselves. A purgative merely gallops through the system, emptying the bowels, but it does not cure anything. On the other hand Dr. Williams' Pink Pills actually make new blood, which reaches every nerve and organ in the body, bringing new strength, new health and vigor to weak, easily tired men, women and children. Try Dr. Williams' Pink Pills this spring—they will not disappoint you.

You can get these health-renewing Pills through any medicine dealer or by mail post paid at 50 cents a box or six boxes for 2.50 from The Dr. Williams' Medicine Co., Brockville Ont.

### LONG SLEEPS.

Remarkable Case of a Girl Who Slept  
For 32 Years.

A Swedish girl holds the record for long sleeping. She came home from her work soon after her fourteenth birthday, complaining of toothache, and went to bed. Soon afterwards she fell asleep, and slept without waking from 1875 to 1907, a period of thirty-two years.

Her only nourishment during this period was two cupfuls of milk a day. She fully awoke at the age of forty-six, and immediately asked for her mother, who was dead. She did not recognize her brothers, whom she had known as little boys. She remembered nothing during her trance. Yet recovery was absolute. She became well and hearty in every way.

An old book tells of a man named Hart, who made his living by sleeping. It says: "He is every year seized with a periodical fit of sleeping. On August 1st he grows dull, on the 2nd appears drowsy; on the 3rd, falls a-yawning; on the 4th, begins to nod; on the 5th, drops asleep; on the 6th, is heard to snore; on the 7th turns himself in bed; on the 8th, recovers former posture; on the 9th, falls a-stretching; on the 10th, about midnight, awakes; on the 11th, in the morning, calls for a little small beer."

A contemporary print also announces "Nicholas Hart, who slept last year in St. Bartholomew's Hospital, London, intends to sleep this year at the Cock and Bottle, in Little Britain."

### PUSH AND GO.

How Some Famous Men Started in  
Life.

The late Professor Herkomer, who painted the portraits of half the aristocracy, started in life in a humble capacity in a nigger troupe.

Sir Thomas Lipton began business as an errand-boy in a grocer's shop, at half-a-crown a week.

Edison, whose inventions have revolutionized things, started life selling newspapers on the train, and was afterwards a telegraph lad.

Sir Hiram Maxim, who machine-gun is the dominant factor in the present war, was a bare-footed lad in the backwoods of New England sixty years ago. As a lad he worked a lathe in a coach-builder's shop, the machinery of which was turned by a water-wheel.

Lord Reading, the Lord Chief Justice of England, went to sea, as a boy, before the mast. His maiden speech was made to the captain when all hands mutinied against the bad food. He won his case.

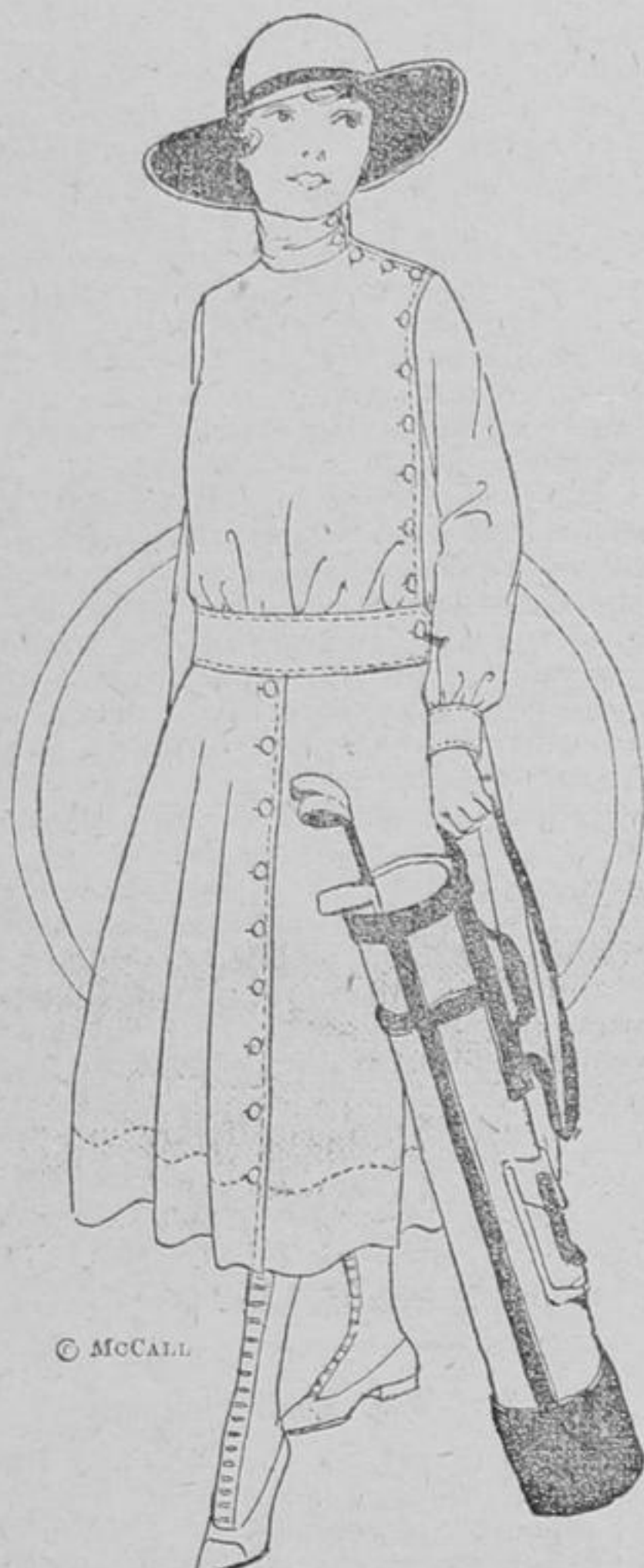
In fact, Lord Chancellors have often been of humble origin. Lord Eldon and his brother, Lord Stowell, were the sons of a coal-fitter in Newcastle.

Lord St. Leonards was the son of a man who kept a small barber's shop at Lincoln; and Lord Tenterden used to help his father to shave customers at a penny each.

## The Fashions

"What Shall I Wear To-day?"

If all predictions prove true the coming summer should be a most economical one for the family with daughters. Fashion says: "Sport clothes from dawn till dusk, and after dark, as simple or as elaborate an evening frock as the fancy demands." Besides being decidedly practical and money-saving, this regime should be comforting and comfortable to a degree; just stop for a moment and consider how many puzzled moments will be saved, and how many times one will be spared that eternal question, "what shall I wear to-day?" A good supply of smart linen blouses, a sport skirt or two, with a chic sport coat, and one's wardrobe troubles are solved during the daylight hours; after, it is a simple matter to select a dainty dance or dinner dress of net, or



7014

A Middy Suit of Linen.

one of the exquisite summer fabrics now in favor, and don it in perfect peace.

Some Charming Effects.

We have been gradually accustoming ourselves to the vivid reds, yellows, greens, and the various startling plaids and stripes which blend so effectively and harmoniously with the blue skies, and green grass of the summer fields, the mountains and the shore, where some of us are fortunate enough to dream the summer through, and others are privileged to spend a playtime week or two.

Among the smartest of the new sport suits are many of silk jersey, or, as it is perhaps more generally known, Italian silk. These suits are often made with coat of plain color, emerald green, for instance, worn with a smart, short skirt of black and white stripes. White or cream serge too, is a favorite, combined with coat of scarlet, emerald, or bright blue. The coat is usually cuffed, collared and belted with the material. The silk jersey coats and sport coats of other materials will be worn with all types of frock this summer; for in spite of the popularity of the plain blouse and skirt, there are any number of attractive tub frocks being shown just

now, and I am quite sure that they will be worn quite as much as in seasons past, more perhaps, as they are more fascinating than for many a year. This is another practical and economical notion.

Charming Sport Blouses.

Simplicity of cut, combined with the daintiest possible of linen, voile, organdy, or tub silk is the recipe for the most popular of the summer blouses, to wear with tailored suit, sport coat, or separate skirt. One of the prettiest seen this season was fashioned of a pale pink figured batiste having deep cuffs and sailor collar of white. It was made with open throat and was closed down the front with a white silk cord slipped under a tab on either side of the blouse. The colored lawn and organdy blouse is growing in favor, in fact the colored waist seems to be taking preference over the plain white waist to a marked degree. There is something particularly pleasing about a softly tinted blouse of crepe de Chine,orgette, or of the new wash fabrics, combined with a tailored suit, that makes its appeal to all. Strictly tailored linen waists of white for morning or sports wear are usually smart and much in vogue, but for the tailored suit and more dressy wear, the tinted blouse is the favorite. There are any number of attractive middy blouses for all sorts of summer daytime wear. Oftentimes these are made of the same material and color as the skirt, thereby forming a complete costume and again they are of a contrasting color and material to wear with various skirts.

Attractive Hats.

In compliance with Fashion's decree, that sport clothing be supremely favored, the hat shops are putting



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Plain Coat and Striped Skirt.

forth many attractive, severe little hats which may be appropriately worn with either tailored or sport suit. Many of these are hand-made fabric hats with just a bit of a ribbon, a bow or ornament, by way of trimming. Some chic models of cretonne and others of ratine in soft colorings, are essentially sport hats, but the plain hems, Milans and hand-sewn hats of braid may be worn with either tailored suit or sport costume. Angora braid is one of the most effective of the new braids, in white or a soft color, combined with hemp or Milan. The shiny braids are much in vogue for early tailored wear, in black or colors, trimmed with flowers or ribbon. Patent leather and varnished foliage is most effective for trimming these glazed hats.

These patterns may be obtained at your local McCall dealer or from the McCall Company, Department W., 70 Bond St., Toronto, Ontario.

A Blooming Kangaroo.

Although the bravery of our Australian troops is beyond all question, their ideas on discipline vary considerably from those held by soldiers at home. An Australian general, accompanied by his staff, was making an inspection in the trenches "somewhere in Gallipoli," when they came across a wounded private, who was calmly hopping his way to the dressing-station, with a bullet in his foot. When the private saw the general, he promptly hailed him. "Hi, general!" he shouted. The officers looked round in amazement to see who called, whereupon the private added, as he hopped on: "Hi, general I'm a bloomin' kangaroo now all right, ain't I?"



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## ADEN A STRONGLY FORTIFIED PLACE

ON BRITAIN'S ROUTE TO THE FAR  
EAST

Description of the Fortress Which the  
Turks Threaten to  
Attack

Aden, the gateway into happy Arabia, is one of the foremost strategic points on England's trade route through the Red Sea to India and the Far East. It was the first stronghold on the London-India route to withstand a severe attack by the Turks. One Arabian author says of the country behind Aden, that country known as Arabia Felix:

Its inhabitants are all hale and strong, sickness is unknown, nor are there poisonous plants or animals; no fool nor blind people, and the women are ever young; the climate is like paradise and one wears the same garments summer and winter.

Aden, however, where the British and Turkish forces met enjoys none of these advantages catalogued as inherent in Arabia Felix. Spread over its ragged hills of sun made ash and cinder, sweltering, gloomy and unrelieved by vegetation, Aden invites little attention in peace times. "Aden is a valley surrounded by the sea; its climate is so bad that it turns vice into vinegar in the space of ten days," complained one disappointed Arab traveller in the middle ages.

Is Healthful Place

And in the centuries since his visit the climate has not improved. In spite of the terrible heat that gathers over Aden's valley and clings to its low hills, and its lack of a good water supply, the place maintains a reputation of being a healthful place. Rock cisterns cut in a deep gorge hold the town's water supply.

The town is built on desolate volcanic rocks that constitute a peninsula near the entrance to the Red Sea. The Strait of Babel-Mandeb lies one hundred miles away, and

Aden is the British Gibraltar toward the Indian Ocean that keeps an eternal vigilance over the safety of the rich English commerce that goes this way. The British captured and annexed the place on January 16, 1839, since which time they have made the place a most emphatic fortress, one of the strongest anywhere in Southern Asia.

A Great Fortress

Money and labor without stint have been expended there to make the city absolutely impregnable from land and sea. Massive lines of defense, strengthened by a broad moat, guard the neck of the isthmus, and these defenses conceal powerful batteries. Turrets, hidden forts, mined approaches, bastions, towers, batteries, magazines, mole batteries toward the sea, mined harbors, great naval guns, obstruction piers; barracks, redoubts in solid rock—all are elements in the British plan to guard this southern end of their important trade route beyond all possible chance of failure against superior and sustained attack. Aden may be last in matters of climate, but it is among the first in matters of fortification.

The narrow peninsula on which this queen of southern fortresses rears itself is only about fifteen miles in circumference. It is the bowl of an extinct volcano. The lofty hills around are the remains of the crater sides, and these, Shem Shem has an altitude of nearly 1,800 feet. All food and water for use in the peninsula has to be brought in from the outside.

Much of the water is supplied from the Government condensers, which were designed to make the fortress independent in case of war necessities. The population of 44,000 is a mixture of all the elements of the world, with an intersprinkling of Western drummers, British administrators and military men. Arabs, Chinese, Persians, Turks, Hindus, Parsees, Egyptians, Sudanese and Jews compose the stolid, stable population that endures the climate year in and out, and carries on the labors of the great fortress camp.

Tommy—"Pa what is a Free-thinker?" Pa—"A Freethinker, my son, is any man who isn't married!"

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