

THE STARTING POINT OF CONSUMPTION

Lies in Weak, Watery Blood—
Dr. Williams' Pink Pills Make
the Blood Rich, Red and Pure.

Weak, watery blood is the starting point of consumption. When your blood is in this condition your whole health declines. Your face becomes pale or sallow, your appetite fails, your heart jumps and flutters at the least exertion or excitement. You are always weak and wretched and you lose interest in both work and amusement. This is the point from which you may easily step into that hopeless decline that leads to consumption and the grave. What is needed to bring back health, strength and energy is the new, rich red blood Dr. Williams' Pink Pills actually make. In all the world of medicine there is no other tonic and blood builder like them, and all who feel weak, run-down or easily tired should lose no time in giving these pills a fair trial. They have transformed thousands of weak, hopeless men and women, boys and girls into strong, robust people. In proof of these statements may be given the experience of Mrs. T. Brennan, Charlton, Ont. who says: "Not only myself, but my friends think that had it not been for Dr. Williams' Pink Pills I would have filled a consumptive's grave. My condition was most serious; my blood seemed literally to have turned water; I was as pale as a sheet and became utterly unable to do any housework or go about. I doctor-ed steadily for a long time but was growing weaker, and finally the doctor held out but little hope for my recovery. It was thought that a trip might help me and I was taken to New Ontario. Those who saw me while on my way did not think I would reach my journey's end alive. After I reached my destination a friend strongly urged me to try Dr. Williams' Pink Pills, and as of course I was anxious to regain health I did so. The pills were the first medicine I had taken which seemed to help me at all, and it was not long until I felt they were doing me good. I continued their use gladly, and began to feel hungry, and soon after was able to move about the house. Next I was able to go out of doors and to help in the housework, and from that time on my progress was rapid, and in the end I was enjoying better health than I had ever done before. There are many people who can testify to the absolute truth of these statements, and I feel I would not be doing justice to your wonderful medicine if I did not make these facts known."

You can get these pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Use For Old Sheets.
Being of an economical turn of mind, it has always bothered me to know what to do with the sides of worn-out sheets, which are many times perfectly good when the center will be thoroughly worn. This summer I conceived the idea of making them into pillow cases and, as I always make the two hems in my sheets the same width, it was a very simple thing to do.

Fairville, Sept. 30, 1902.
Minard's Liniment Co., Limited.
Dear Sirs,—We wish to inform you that we consider your MINARD'S LINIMENT a very superior article, and we use it as a sure relief for sore throat and chest. When I tell you I would not be without it if the price was one dollar a bottle, I mean it.
Yours truly,
CHAS. F. TILTON

The Perfect Day.
What a day that will be when the tidings are flashed over sea and land that the Allies have won and peace has been declared! From ten thousand times ten thousand steeples what bells will ring out, as if they were human things, their wild delight at the long hoped-for event! Never in the history of the world will there have been such a day of universal joy.

Fresh Air Without Draught.
As storm windows interfere with ventilation in sleeping-rooms tack the cheapest grade of unbleached muslin on the outside of the screens. This protects the life from the weather and the windows may be open day and night thus keeping the atmosphere without a suggestion of cold draught.

Gunns Shur-Gain Fertilizer

TRAINING CANADIAN YOUTH.

The Demand for Technically Trained Workers is Imperative.

Probably 100,000 boys and girls from 14 to 16 years of age annually leave school in Canada to engage in some occupation connected with manufacturing, agriculture, mining or transportation. The present general plan of education does not provide sufficiently for these young people. They are stepping out into the world to find their way, with an almost entirely literary education. The apprentice system in our industries is almost a thing of the past, and the youth in our factories and other business organizations is left to pick up a smattering of his future occupation as best he may. Notwithstanding this, every manufacturer will agree that properly trained help is the best investment. Germany, in the past few years, has amply demonstrated the value of technical training.

Canada has very important natural resources requiring capacity to develop them. What are we doing to produce this capacity? How many of our farmers' children know the qualities of soil and the proper fertilizers to use for best results? Mgr. Choquette has told us of the Belgian farmer's knowledge of his land and his scientific use of it. Can we hope to meet him on even terms? How many metal workers know the composition and working qualities of their raw materials. Do our carpenters, textile workers, employees in our ceramic and other industries know why they perform certain operations and why they secure the results they do?

We are not doing justice to the rising generation. At the close of the war, Canada will no doubt see an influx of immigrants from the European countries. Their system of industrial training has put them in a position to understand the theoretical as well as the practical side of their means of livelihood. Canada will have to meet these European countries in competition for trade, and, to do so successfully, her manufacturing and other lines of activity must utilize all trained help available; to secure this result it will be necessary to give the most important positions to our foreign-born residents. We may then realize, too late, that we have been unfair to our own children. Industrial training schools with night classes should be a part, and an important part, of all educational work, and attendance of pupils, up to at least 18 years of age, should be compulsory.

A Tribute to a War Dog.
I turn the crimson page of war,
And here I find your name,
A comrade, shell and shrapnel scarred,
And plumed in battle fame.
A friend of man, a friend of God,
Of royal blood and true,
Who met the hell-hounds, breast to breast,
A soldier, through and through.

Ye trumpets sound a requiem,
Ye red, red waters, cry
Your lamentations, coast to coast,
And darkness hide the sky.
Kneel, kneel, ye slaves of high estate,
O blue-flower bow your head!
A dog that shames an emperor,
Somewhere, somewhere lies dead.
—Herbert Randall.

LEMONS WHITEN AND BEAUTIFY THE SKIN
Make this beauty lotion cheaply for your face, neck, arms and hands.

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvelous to smoothen rough, red hands.

We ought to be as cheerful as we can, if only because to be happy ourselves is a most effective contribution to the happiness of others.—Sir John Lubbock.

Minard's Liniment Cures Diphtheria.
We little realize how children cherish their gardens. No flower ever cost more than a little pansy that was brought me by a generous, sweet little seven-year-old girl last autumn. "You will put it right in water, won't you, and keep it? It is the very last flower from my pansy bed this year."

The Doctor Did Not Do Her Lasting Good

So Mrs. Jos. Roger Used Dodd's Kidney Pills.

Popular New Brunswick Teacher Tells What Splendid Results She Got From Dodd's Kidney Pills.

Elm Tree, Gloucester Co., N.B., Feb. 11th.—(Special)—"When the doctor I consulted failed to do me any lasting good I decided that my kidneys were the root of my troubles, and made up my mind to try Dodd's Kidney Pills.

"You may judge of the results when I tell you that I have not lost a day's work as teacher during the past year." That is the statement of Mrs. Jos. Roger, the well-known and popular teacher here. Just how ill she was before using Dodd's Kidney Pills is best told in her own words.

"My trouble came from a strain," she says, "and I suffered for thirteen months. Backache, heart flutterings, sciatica, neuralgia, nervousness, dizziness, and failing memory were among my symptoms.

"I took 12 boxes of Dodd's Kidney Pills in all, and I can say for them that they have done me all that was claimed for them."

If you have any of the symptoms that troubled Mrs. Roger, ask your neighbors if Dodd's Pills are not the remedy you are looking for.

Rabbit Wool.
Rabbit hair is supplanting wool in the felt hat making industry of Australia, where there are thirty factories in operation at present, making use of rabbit fur for this purpose. It is said to be superior to the finest merino, and millions of rabbit skins are made use of annually.

MURINE Granulated Eyelids,
Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes.
YOUR EYES No Smarting, Just Eye Comfort
Murine Eye Remedy At Your Druggist's or by mail, 50c per bottle. Murine Eye Salve, in Tubes 25c. For Book of the Eye—Free. Ask Murine Eye Remedy Co., Chicago

Drying Sweaters.
After washing sweaters do not hang them up to dry, but place them on a steam radiator or in an open oven, so that the weight does not pull them out of shape.

Minard's Liniment Cures Distemper.
Go back to the simple life, be contented with simple food, simple pleasures, simple clothes. Work hard, pray hard, play hard. Work, eat, recreate and sleep. Do it all courageously. We have a victory to win.

ACID STOMACH IS DANGEROUS MOST FREQUENT CAUSE OF CHRONIC DYSPEPSIA.

You must neutralize the acid in your stomach, says Doctor, or give up eating sweets, meats, potatoes and salads and quit drinking tea, coffee or liquor.

Alarming increase in dyspepsia and stomach disorders is largely due to too much rich food, and the widespread use of so-called digestive tablets and pills which give only temporary relief at the expense of turning the stomach later on.

The best way is to consult a reliable stomach specialist or take a little ordinary bisurated magnesia—nothing else—to neutralize stomach acidity and thereby remove the cause of your stomach distress.

Put a teaspoonful of hydrochloric acid in your mouth, hold it there five minutes and all the tissues will be burned and inflamed. Yet you go around with a glassful or more of this same powerful acid in your stomach and then wonder why your stomach burns and hurts and your food will not digest. And when you put food into an acid stomach, the acid simply combines with the sweets, meats and potatoes you eat and the tea, coffee and liquors you drink, and makes a lot more acid.

Next, the acid may eat into your stomach walls, producing a stomach ulcer or cancer, and only half the cases of stomach ulcer ever get well under the most skillful treatment; the others, sooner or later, all die, and stomach cancer practically always means death in a year at most. But this is not all. The acid in your stomach passes on into the intestines, upsets them and disarranges your liver so that you may soon require a serious operation with the surgeon's knife for gall stones or appendicitis.

Generally when people have sour or acid belching or eructations, heart burn, or a burning sensation at the pit of the stomach or other symptoms which indicate stomach acidity, they take some advertised digestive pills or buy a box of tablets from the nearest druggist. Such remedies may give temporary relief, but if you go on filling your stomach with a lot of acid you may get to the point after a while when no food of any kind will stay on your stomach and you will have an

Tank Possibilities.

Tanks (says a correspondent of the Evening Standard) are the popular subject of the moment, and every kind of rumor is abroad regarding their development. It can be no secret that the type goes on improving. Colonel Sterri, who has been responsible for the production of the Tank, has always been most insistent in their possibilities. It will be remembered that he recently changed his job from Director of Tanks Production for similar work in the Overseas and Allied Department. It is understood that the United States has been greatly impressed with Tank possibilities. A concerted movement of production by England and America might have great results.

Minard's Liniment Cures Colds, Etc.

The demand for fruit will be great or greater than ever because prosperity will prevail, and that means that people will want good things to eat. Good things to eat means fruit.

MONEY ORDERS
It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

YES! LIFT A CORN OFF WITHOUT PAIN
Cincinnati man tells how to dry up a corn or callus so it lifts off with fingers.

You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezone applied directly on a tender aching corn or callus, stops soreness at once and soon the corn or hardened callus loosens so it can be lifted off, root and all, without pain.

A small bottle of freezone costs very little at any drug store, but will positively take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to irritate the surrounding skin.

If your druggist hasn't any freezone tell him to get a small bottle for you from his wholesale drug house. It is fine stuff and acts like a charm every time.

Rheumatic Pains
Are relieved in a few days by taking 30 drops of Mother Seigel's Syrup after meals and on retiring. It dissolves the lime and acid accumulation in the muscles and joints so these deposits can be expelled, thus relieving pain and soreness. Seigel's Syrup, also known as "Extract of Roots," contains no dope or other strong drugs to kill or mask the pain of rheumatism or lumbago, it removes the cause. 50c. a bottle at druggists.

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Skimmed milk furnishes protein about half the outlay for which this essential can be purchased as milk; it is also a valuable source of carbohydrates and mineral water. The deficiency of fat in skimmed milk is counterbalanced by the fat of the ordinary mixed diet.

Minard's Liniment Cures Garget in Cows
Quebec's forest lands cover an area of over 100 million acres.

FOR SALE
WEEKLY NEWSPAPER IN WESTERN Ontario. Doing a good business. Death of owner places it on the market. A great chance for a man with cash. Apply Box 82, Wilson Publishing Co., Limited, 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.
WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried \$1,500. Will go for \$1,200 on quick sale. Box 82, Wilson Publishing Co., Ltd., Toronto.

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

Doctors Recommend Bon-Opto for the Eyes
Physicians and eye specialists prescribe Bon-Opto as a safe home remedy in the treatment of eye troubles and to strengthen eyesight. Sold under money refund guaranty by all druggists.

FIERY RED FACES and HANDS

Quickly Soothed and Healed by **Cuticura** Trial Free.
Bathe freely with Cuticura Soap and hot water, and gently apply Cuticura Ointment. Use night and morning.
For pimples, redness, roughness, itching and eruptions, dandruff, itching scalp and falling hair, red, rough hands and baby rashes, itchings and chafings, these fragrant, soapy, creamy emollients are wonderfully effective.
Sample Each Free by Mail. Address post-card: "Cuticura, Dept. N, Boston, U. S. A." Sold throughout the world.

TO ALL WOMEN WHO ARE ILL

This Woman Recommends Lydia E. Pinkham's Vegetable Compound—Her Personal Experience.

McLean, Neb.—"I want to recommend Lydia E. Pinkham's Vegetable Compound to all women who suffer from any functional disturbance, as it has done me more good than all the doctor's medicine. Since taking it I have a fine healthy baby girl and have gained in health and strength. My husband and I both praise your medicine to all suffering women."—Mrs. JOHN KOPPELMANN, R. No. 1, McLean, Nebraska.

This famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, has been restoring women of America to health for more than forty years and will well pay any woman who suffers from displacements, inflammation, ulceration, irregularities, backache, headaches, nervousness or "the blues" to give this successful remedy a trial.
For special suggestions in regard to your ailment write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.