

### WHEN FOOD TAXES YOUR STRENGTH

**You Need the Tonic Treatment of Dr. Williams' Pink Pills**

When the food you take fails to nourish, when it causes you pain and often a feeling of extreme nausea, the cause is indigestion. Your stomach is too feeble to do its work and you will continue to suffer until you strengthen your digestive powers. Your digestion has failed because your stomach is not receiving the pure, red blood of health to give it strength for its work.

The tonic treatment of indigestion by Dr. Williams' Pink Pills for Pale People succeeds by building up and enriching the blood supply, so that the feeble digestive organs are strengthened, appetite is restored and tone given to the whole system. Thousands have proved this by personal experience, as is shown by the following typical instance. Mrs. James Boyle, Dartmouth, N.S., says: "For years I was a sufferer from indigestion. I could not take food without feeling terrible distress afterwards, and in consequence I was badly run down. Sometimes after eating I would take spells of dizziness, my head feeling of numbness throughout my body, and at other times my heart would palpitate so violently that I feared I would die. Naturally I was doctoring continually, but without getting better. Then my husband procured a supply of Dr. Williams' Pink Pills, and before long I found they were helping me, and I continued to take them until I was restored to health. I was never in better health than I am now, and I owe it all to Dr. Williams' Pink Pills."

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

### TEETH AND THE APPLE.

**Expensive Sweets Said to Ruin the Teeth.**

Dr. Sims Wallace, late dental surgeon to the London Hospital, urges the adoption of a diet containing a good quantity of farinaceous food in a form which will stimulate mastication—brown bread and the eating of fresh fruit with every meal.

The importance of the proper care of teeth during childhood is becoming universally recognized, and the London County Council have established a centre for the treatment of dental troubles of schoolchildren with X-rays.

According to investigations it was found that about 29 per cent. of the children of well-to-do parents have had teeth, as against 27 per cent. from poorer homes. This is probably accounted for by the fact that, as the latter children eat coarser food, their teeth have more work to do, and are consequently stronger and cleaner. Their sweets are also fewer, and are mostly of the cheap, boiled sugar variety. These sweets break up clearly in the mouth, whereas the caramels and chocolates eaten by the children of indulgent parents cling to the teeth and ferment.

Boys and girls should be given fruit in preference to sweets. Nuts and all hard fruits encourage mastication. The best fruit for this purpose is the apple. Eaten at the conclusion of a meal it leaves the teeth and mouth sweet and clean.

Loss of wealth may be repaired by industry, lost knowledge by study, lost health by medicine, but lost time is gone for ever.

**Mirand's Lintment Cures Colds, Etc.**

Hostess, somewhat alarmed (to a small guest who has been studying himself)—"What's the matter, Bobby? Aren't you well?" Bobby (faintly)—"Not very, but (valiantly) I'll have to be a lot worse before I'll give in!"

### HEAD GOT BALD IN PLACES

**Very Itchy. When Brushed, Dandruff All Over. Hair Came Out in Great Bunches. Cuticura Soap and Cuticura Ointment Cured Head in Three Weeks.**

15 Hallam St., Toronto, Ont.—"About two years ago the dandruff began. My head got worse and worse, and I had a tendency to scratch it when I made it worse. I always had to wash my hair in the house, and I never ever brushed my hair. It went the dandruff all over. The hair came out in great bunches until I was nearly bald. I was when it was at its worst it came out roots and all."

"I tried which made it worse than before. I tried several, but they were no good. After about a month I had had hardly any hair left when one day I happened to see the advertisement of Cuticura Soap and Ointment in the paper. I straightway sent for a sample. After first washing with the Cuticura Soap I applied some Cuticura Ointment and I could feel a great relief. After finishing the sample I went and got a cake of Cuticura Soap and a tin of Cuticura Ointment. In three weeks they had cured my head." (Signed) B. Horn, May 18, 1913.

Cuticura Soap and Ointment do so much for poor complexion, red, rough hands, and dry, thin and falling hair, and cost so little, that it is almost criminal not to use them. A single set is often sufficient. Sold everywhere. For liberal free sample of each, with 25-cp. book, send post-card to Potter Drug & Chem. Corp., Dept. D, Boston, U. S. A.

### ROMANCE OF WAR IS DEAD

**THE SPADE IS AS IMPORTANT AS THE RIFLE.**

**No Battle Flags and No Charging Columns on Modern Battlefields.**

The glory and the romance of war is dead. It has become chiefly a matter of cold calculation, a bloody business of long distance slaughter, with no longer any opportunity for dashing personal heroism, says Henry M. Hyde, in the Chicago Tribune.

Never again can a Napoleon, looking down from a hill top, direct the movements of his army of 30,000 men as it manoeuvres under his eye on the plain below.

The modern general, directing a battle line 150 miles long—such as the Japanese had at Mukden—will never be within sight of his troops. Oyama, the Japanese chief of staff, was fifteen miles to the rear when this great battle was fought.

**Wires Displace Couriers.**

Never again will a courier, bearing orders from headquarters to division and corps commanders, have two horses shot under him as he dashes across the battle front.

Orders go out to-day from headquarters over the field telephone wires, which reach every brigade commander, as he too, sits in safety far back of the line of fire.

Never again will a battery of field guns gallop madly into action, with the gunners sitting with crossed arms on the caissons and the infantry cheering their rescuers.

Modern field guns are located out of sight over the shoulder of a hill, three miles or more away. The gunners never even get a sight of the army they are firing at. Their fire is guided by calculations carefully made by an expert mathematician, who sits down in a hole in the ground and figures trajectories and curves and makes allowances for wind pressure.

**Modern Battle Field.**

"Hold your fire until you see the whites of the enemy's eyes," is an heroic command that will never be given in a modern battle.

Modern infantry dig themselves a nice deep ditch in the ground about two miles away from the front of the enemy's lines. To the front, sent day soldier the spade is almost as important as the gun. He gets down into his ditch so that only his eyes and the top of his head are in sight at all. And he looks across an apparently perfectly plain to where in the dim distance lie the told the hostile intrenchment lie.

Never in a modern battle picture will a solid column of charging men be shown rallying round their cherished battle flag, which can be seen but dimly through the clouds of black smoke.

**Maps All-Important.**

There are no battle flags, no smoke and no charging columns on modern battlefields. The presence of a flag on the battle line would instantly reveal its location to the enemy. Smokeless powder has taken the place of the old cloud belching explosive, and one may look over a modern battlefield with a hundred field guns in action and not be able to locate one of them. As for solid columns of charging men, a modern infantry attack is a far different affair.

On almost any modern battlefield it will be found that each of the contending parties will have in its possession maps showing every most minute variation of the ground. It is likely that each commander will have copies of his enemy's field maps as well as his own. One of the delightful features of modern warfare is the creation of an international spy system, through which the various nations attempt to obtain by bribery and theft, the maps and war secrets of each other.

On these maps there may be shown, 300 or more yards in advance of the first trench occupied by the infantry, a small brook running through a shallow ditch. The immediate object of the infantry is to move forward and occupy that new cover.

By Fits and Starts.

First the field guns—and nowadays a whole regiment of such guns, each of which can fire ten shrapnel shells a minute, is the recognized artillery unit—do their best to smother the enemy's fire and to drown his trenches in a flood of bullets. Each shrapnel shell bursts into from 100 to 200 projectiles. Then, while this fire is at its height, the infantry gets up—a squad or two at a time—and runs, dodging and bent over, to the ditch through which flows the little stream. They take advantage of every little hollow.

A rise of a single foot will afford fairly good protection for a man who lies flat on the ground. So, by fits and starts, running and then dropping quickly behind quickly dug and shallow embankments, they advance toward the enemy's lines. All the time the field guns are firing a rain of shrapnel over their heads. It is this delicate task of the gunners to so time their shells that they shall burst when they reach the enemy's line—and not before. Else the bullets may kill their own infantry.

**What May Happen.**

Perhaps by the time the infantry is within close striking distance of

### THE ENEMY'S FIELD GUNS MAY HAVE SILENCED HIS ARTILLERY.

Then it may be possible to order a charge with bayonets over the last few yards which will finally drive the foe from his trenches.

On the other hand, the enemy's gun fire may prove superior and the infantry may be driven back across the field it has crossed. But the skillful commander will have figured out the chances and weighed the cost beforehand.

**A Nova Scotia Case of Interest to All Women**

Halifax Sends Out a Message of Help to Many People.

Halifax, N.S., Dec. 15.—When interviewed at her home at 114 Angley St., Mrs. Havestock was quite willing to talk of her peculiarly unfortunate case. "I was always 'blue' and depressed, felt weak, languid and utterly unfit for any work. My stomach was so disordered that I had no appetite. What I did eat disagreed. I suffered greatly from dizziness and sick headache and feared a nervous breakdown. Upon my druggist's recommendation I used Dr. Hamilton's Pills.

"I felt better at once. Every day I improved. In six weeks I was a well woman, cured completely of all different ailments that had failed to help me. It is for this reason that I strongly recommend Dr. Hamilton's Pills to all women who suffer from stomach or digestive troubles to use Dr. Hamilton's Pills."

Dr. Hamilton's Pills strengthen the stomach, improve digestion, strengthen the nerves, cure constipation, and restore the system to health. By cleansing the blood of long-standing impurities, bringing the system to a high point of vigor, they effectually chase away weariness, depression and disease. Good for young or old, for men, for women, for children. All dealers sell Dr. Hamilton's Pills of Mandrake and Butterbur.

**USE OF BOTH EYES.**

**Apparent Distance of Objects Depends on Use of Both Eyes.**

Most people are unaware that the apparent distance of an object depends upon the use of both eyes. This fact, however, can be strikingly shown. Place a pencil so that the two or three inches project over the edge of a table. Then stand alongside the table, close one eye and attempt to knock the pencil off by quickly hitting the projecting end with the tip of the forefinger. Almost invariably the person making the attempt underestimates the distance by an inch or more, and, much to his surprise, misses the pencil entirely. One-eyed people, accustomed to estimating distances only with one eye, of course have no trouble in hitting the pencil at the first trial.

To make a person think there are two marbles where only one really exists, have him cross the second finger over the first, close his eyes, and tell how many marbles he is touching when you hold a single one in contact with the ends of the two crossed fingers. The illusion is very startling and the person almost invariably has to be shown the single marble before he believes there is only one. If a marble is not convenient, the end of a pencil or other small object may be used.

To test your ability to make your muscles work as you desire, try sliding the forefinger of the left hand backward and forward along the sides of a table; at the same time, tap in the same spot with a pencil in the right hand so that the end touches the path the forefinger follows. At first it is extremely difficult to make the pencil tap in the same spot without hitting the finger, but after a little practice you will find that quite the contrary is the case. For each of the most impossible to make the object with which the tapping is done touch the forefinger or vary from the same spot on the table.

### DISAPPEARED

**Tea and Coffee Aids Vanish Before Postum.**

It seems almost too good to be true, the way headache, nervousness, insomnia, and many other obscure troubles vanish when tea and coffee are dismissed and Postum used as the regular table beverage.

The reason is clear. Tea and coffee contain a poisonous drug—caffeine—which causes the trouble, but Postum contains only the food elements in choice hard wheat with a little molasses.

An Eastern man grew enthusiastic and wrote as follows: "Until 18 months ago I used coffee regularly every day and suffered from headache, bitter taste in my mouth, and indigestion; was gloomy and irritable, had variable or absent appetite, loss of flesh, dizziness in these things.

"I attributed these things to coffee, because, since I quit it and drank Postum I feel better than I had for 20 years, am less susceptible to cold, have gained 20 lbs. and the symptoms have disappeared—just as harmful as coffee, because they both contain the drug, caffeine."

Name given by Canadian Postum Co., Windsor, Ont. Read "The Road to Wellville," in pkgs.

Postum comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages. Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

The cost per cup of both kinds is about the same.

"There's a Reason" for Postum.—sold by Grocers.

### BRITAIN'S WAR ON GERMANY

**ALLIANCES NECESSARY TO NATIONAL SAFETY.**

Britain Has Direct Interest in Preserving Independence of Belgium.

In an analysis of the interests and duty of Great Britain in the present situation, The London Times, prior to Britain's declaration of war on Germany, says:

One question is to-day on all lips: What course shall England pursue should a general European war break out? Prejudice, passion, or ignorance of the fundamental conditions of our national freedom inspire divergent answers. It is therefore necessary to consider in the cold light of historical fact and of reason the actual terms of the problem before making up our minds as to the course to be pursued.

At moments of supreme peril nations, like individuals, are best guided by the impulse that is strongest in human beings—the instinct of self-preservation. It is well that this should be so; for none but interests instinctively recognized as vital can carry a people through a life-and-death struggle.

**Dangers of Isolation.**

The first principle of all British foreign policy is recognition of the fact that England, though an island, forms part of Europe. Forgetfulness of this simple fact has in the past had disastrous consequences. Without reverting to the war of 1870, France to her fate, allowed her to be dismembered, and has ever since paid the cost in the growing burden of international armaments, it is necessary only to remember the position held by Great Britain at the end of the South African war. The policy of the late Lord Salisbury has been one of "splendid isolation." When disaster overtook us in South Africa, we were without a friend on the Continent and were only saved from attack by a European coalition because the Emperor of Russia declined to sanction such a policy, and because the question of Alsace-Lorraine, formed an insuperable obstacle to military and naval co-operation against us by Germany and France.

"Splendid Isolation."

The policy of "splendid isolation" became a military and political impossibility, unless we were prepared to strengthen our Army and our Navy as to be able to defy any attack or combination of attacks by land and sea. King Edward recognized this fact, and with the advice of his Ministers sought to diminish the number of our potential enemies on the Continent. Contrary to many interested or mistaken assertions, neither he nor Lord Lansdowne ever conceived the policy of making friends in Europe as a policy of aggression.

The first step in this policy had little reference to Europe. It consisted in the Anglo-Japanese Alliance of 1902. But it was the Anglo-Japanese Alliance that led directly to the Anglo-French Entente of 1904. During 1903 England strove, as she is striving now, to prevent war, by urging Russia to come to terms with Japan. France also sought to restrain her ally, lest entanglement in the Far East should render Russia incapable of supporting France in Europe. Russian support was indispensable to France, who had constantly been exposed to diplomatic and military pressure by Germany, and had, in 1875, only been saved from German attack through the intervention of the Emperor of Russia, and especially of Queen Victoria. Queen Victoria then saw that the undisputed predominance of Germany in Europe, and the permanent disablement of France, would create in England a situation as dangerous as that which grew up when Napoleon established his supremacy on the Continent.

**Balance of Forces.**

Anglo-French efforts failed to prevent the Russo-Japanese war in 1904. Germany, who was anxious to relieve the pressure of the Russian army from her eastern frontier, counteracted them. When war broke out France and England were obliged jointly to decide whether they would join in the war and fight each other, or would agree to remain neutral and to counterbalance German supremacy. They chose the latter course in February, 1904. A few weeks later the agreement with France, known as the Entente Cordiale, turned this negative agreement into a positive pact.

Russia is now defending a vital interest. France, who is bound to Russia by alliance, and still more by the necessities of her European situation and political independence, is compelled to support Russia's obligations to aid the balance of forces on the continent he spent her disadvantage and she is left alone to face a predominant Germany.

**Britain's Vital Interest.**

A vital British interest is therefore at stake. This interest takes two forms—a general interest of European equilibrium, which has been explained, and the more direct interest of preserving the independence of Holland, and particularly Belgium. The Franco-German frontier along the Vosges has been so formidably fortified on both sides that a German or a French advance across it seems im-

### ADAMANT SIR JOHN JELlicoe

Commander-in-Chief of the Navy  
Is Smallest Senior Officer.

Admiral Sir John Jellicoe, who has just been appointed as commander-in-chief of the British Navy, and on whom the whole British Empire is depending in this hour of trial, has been for the past year and a half second sea lord of the naval department at Whitehall. He is, barring midshipmen, the most diminutive officer of the senior service, differing in this respect from Admiral Prince Louis of Battenberg, whose place he is taking.

**The German Menace.**

But if it is merely a contingency, why should England not wait until it is realized before acting or preparing to act? Because, in these days of swift decisions and swifter action, it would be too late for England to act with any chance of success after France had been defeated in the north. This is why the shots fired by the Austro-Hungarian guns at Belgrade reverberated across the English Channel. The safety of the narrow seas is a vital, the safety of British national and Imperial interest. It is an axiom of British self-preservation. France does not threaten our security. A German victory over France would threaten it immediately. Even should the German navy remain inactive, the occupation of Belgium and Northern France by German troops would strike a crushing blow at British security. We should then be obliged, alone and without allies, to bear the burden of keeping up a fleet superior to that of Germany and of an army proportionately strong. This burden would be ruinous.

The instinct of self-preservation, which is the strongest factor in national life, therefore compels us to be ready to strike with all our force for our own safety and for that of our friends.

**Magical Effect on Neurologia Throbbing Pain Goes Quickly**

**A YEAR'S SUFFERER CURED BY "NERVILINE."**

No person suffering this need ever again suffer from Neurologia. Nerviline will quickly cure the worst Neurologia, and Mrs. G. Evans, in her strong letter written from Russia, says: "One long year, the longest of my life, was almost entirely given up to treating dreadful attacks of Neurologia. The agony I experienced during some of the bad attacks was simply unmentionable. To my relief, I was cured by the permanent relief was mighty discursive. At last I put my faith in Nerviline. I made a wonderful pain. My treatment cured me and made up my mind to prove it valuable or useless. Nerviline at once eased the pain and cured the headache. Continued treatment cured me entirely, and I have ever since stayed well."

Mrs. Evans's case is but one of hundreds that might be quoted. Nerviline is a specific for all nerve, neuralgia, sciatica, lumbago, lame back, neuritis and rheumatism. Forty years in use, and to-day the most widely used and most effective of all remedies. Don't take anything but "Nerviline," which any dealer anywhere can supply in large 6c. family size bottles, or in a small 25c. trial size.

**BLAME EVERY ILL ON NERVES**

When Oftentimes It Is Just Lack of Self-Control.

Do you know that we make "back-horse" of our nerves? We load upon them the blame of irritability, variable tempers and nervousness, all undesirable conditions. Healthy nerves contribute toward pleasure and happiness, and never assert themselves except agreeably; diseased nerves send pains to the extreme corners of our being, have attention drawn to them, and if there is an aching eye, ear or tooth, a sense of languor or discomfort anywhere, the nerves re-assert themselves.

So try to soothe, comfort and strengthen them; to accuse these faithful servants every time one lacks self-control is the cause of our querulous complaint or foolish fear—is to show ourselves to be stupid and weak.

We owe it to our consciences to be honest and candid; if we scream at a spider, bug or mouse, or grow hysterical over an approaching storm, it is not on our nerves that the fault is to be laid. Try rather to assist the nerves by the use of spend time looking for imaginary troubles to worry about, blaming the nerves again. An old man wisely remarked: "I've had an awful lot of trouble in this world, and half of it never came to pass." Take warning!

Film—What's your business? Film—Contractor. Film—What line? Film—Debits.

Mirand's Lintment Cures Diphtheria.

"And now," said the lady patient, "after I have defied all my troubles, do you not pity me?" "On the contrary," answered the physician, "I envy you. To go through that you must have the constitution of a horse."

### HOW TO POP CORN

It is done in different ways, but the most approved method is to pop your corn with Putnam's Corn Extract—corns pop out for fair, and stay out, too, when removed by "Putnam's." Try this painless remedy yourself, 2c. at all dealers.

Executive ability is merely the knack of getting someone else to do your work for you.

**Pat Ahead.**

An Irish soldier serving in India so disliked the climate that he decided to make an effort to get sent home. With this object he complained to the doctor that his eyesight was bad. "How can you prove that to me?" said the doctor. At a loss Pat looked round the room before answering. "Well, doctor, you see that nail in the wall?" "Yes," replied the doctor. "Well," said Pat, "I can't."

**Mirand's Lintment Cures Garget in Cow.**

**ROD'S KIDNEY PILLS**

URIC ACID, GRAVEL, RHEUMATISM, BRONCHITIS, DIABETES, BILIOUSNESS

23 THE PR

### CLARK'S POTTED MEATS

Full flavored and perfectly cooked make delicious sandwiches.

The child's delight. The picnic's choice. Everybody's favorite.

**FARMS FOR SALE**

**E. W. DAWSON, Ninety Colborne Street, Toronto.**

**IF YOU WANT TO BUY OR SELL A Fruit Stock, Grain or Dairy Farm, Write to E. W. Dawson, Ninety Colborne St., Toronto.**

**E. W. DAWSON, Colborne St., Toronto.**

**NEWSPAPERS FOR SALE**

**GOOD WEEKLY IN LIVE TOWN IN York County, Stationery and Book Business in connection. Price only \$4.00. Terms Liberal. Write to E. W. Dawson, Ninety Colborne St., Toronto.**

**MISCELLANEOUS**

**FOR SALE—TEN PAIRS BREEDING Fowls. Correspondence solicited. See Mrs. Bothwell, Ont.**

**CANCER, TUMORS, LUMPS, ETC.** Internal and external, cured without cut. See Mrs. Bothwell, Ninety Colborne St., Toronto.

### Take Good Care Of The Colts

It's cheaper to raise colts than to buy horses. But it costs if you lose the colts. Keep a bottle of Kendall's Spavin Cure handy. For thirty-five years has proved it the safe, reliable remedy for spavin, splint, curb, ring-bone, bony growths and lameness from many causes.

**Kendall's Spavin Cure**

is sold by druggists everywhere at 25c a bottle. Bottles for \$5. Get a free copy of our book "A Treatise on the Horse" at your druggist's or write to Dr. E. J. Kendall Co., Enosburg Falls, N.Y.

**FACTORY CLEARANCE SALE ROOFING**

98¢ Per Roll 108 Square Feet 100 per cent. Saturation Contains no Tar or Paper

Lowest price for Government Standard Roofing ever offered in Canada. Sale necessitated by business conditions.

Send for Free Sample

**THE HALLIDAY CO., LTD.**  
Formerly Stanley Mills & Co.  
HAMILTON, CANADA

An Irish priest, who was a staunch teetotaler, seeing a number of his flock about in a public-house, remonstrated in a loud voice from the opposite side of the street. The man, however, went through the swing door, taking no notice of the priestly admonitions. Later in the day these two met again, when the priest said: "Didn't you hear me when I called to you this morning?" "Sure, your honor, I did, but I only had the price of one drink on me!" was Mike's reply.

"Your wife no longer sings or plays the piano, how's that?" "She hasn't the time. We've two children." "Well, well! After all children are a blessing!"

**YOUR OWN BRIGHTEST WILL TELL YOU**  
Try Mirand's Eye Remedy for Red, Watery, Itchy and Irritated Eyes; No Stinging, No Smarting, No Eye Drops. Write for Book of the Eye Remedy. Mirand's Eye Remedy Co., Chicago.

The fellow who trusts to luck isn't always to be trusted.

Mirand's Lintment Cures Diphtheria.

She—"How is it you were not at the Jones's garden party?" He—"I stayed away on account of a personal matter." "May I ask what it is?" "Will you promise to keep it secret?" "Yes." "Well, they failed to send me an invitation."

### ZAM-BUK

You will find relief in Zam-Buk! It cures the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk, means cure. Why not prove this? All Druggists and Stores.

### A Foolish Or, the Bel

CHAPTER XXII. (Continued.)

"God bless you, my boy," he said, "and I'm glad you wouldn't turn back upon me. I might have been for myself only, but for the sake of you."

"I know, I know, sir," said the boy, "and I'm glad you wouldn't turn back upon me. I might have been for myself only, but for the sake of you."

Try and forget what I've said about the future. You've got to live in the present, and you've got to live in the future. You've got to live in the present, and you've got to live in the future. You've got to live in the present, and you've got to live in the future.

He took a turn up and down the stairs. He took a turn up and down the stairs. He took a turn up and down the stairs. He took a turn up and down the stairs. He took a turn up and down the stairs.

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