

PALE, FEEBLE GIRLS

Weakness Generally Comes on as Womanhood Approaches.

Girls upon the threshold of womanhood often drift into a decline in spite of all care and attention. How often one sees girls who have been strong and lively become suddenly weak, depressed, irritable and listless. It is the dawn of womanhood—a crisis in the life of every girl—and prompt measures should be taken to keep the blood pure and rich with the red tint of health. If the blood is not healthy at this critical stage the body is weakened and grave disorders follow. Dr. Williams' Pink Pills have saved thousands of young girls from what might have been life-long invalidism or an early death. They are blood-builders of unequalled richness, strengthening weak nerves and producing a liberal supply of red, healthy blood which every girl needs to sustain her strength. Dr. Williams' Pink Pills have proved their great value over and over again to young women whose health was failing. Miss Minnie Duffield, Eramosa, Ont., says:—

"It gives me great pleasure to tell you what Dr. Williams' Pink Pills have done for me. When I was approaching the age of womanhood I suffered greatly from bloodlessness, or anaemia. My work was a drag to me, I had no appetite and never felt rested in the mornings. I could scarcely walk for five minutes at a time without taking a rest. I was troubled with severe headaches, and things looked gloomy indeed. I doctored for a long time and got but little, if any, benefit. I was advised to try Dr. Williams' Pink Pills, and did so, and after taking them for a time, felt better. I continued taking the Pills until I had used six boxes, when I felt like a new person, and was again enjoying splendid health. I would strongly advise any girl who is weak or run down to try Dr. Williams' Pink Pills."

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

2,000 MILES OF KHAKI

One Yorkshire Mill's Contribution to War Office Weekly.

The chief argument advanced by the enemies of compulsory military service is the danger of crippling the essential trades of Great Britain, and particularly the industries engaged in the manufacture of war material. An idea of the tremendous scale on which war equipment of every description is being manufactured in Great Britain is found in statistics relating to the textile industries in Leeds and other Yorkshire towns where mills, big and small, are working night and day to turn out huge quantities of khaki cloth not only for the British troops but for those of the allied forces. The belligerent troops are now taking to wearing khaki and the other allies are evidently doing the same, for French, Russian and Italian officers are often seen wearing khaki uniforms of the regulation type.

In one big mill in Yorkshire 2,000 miles of khaki, about fifty-three inches wide, is being woven, dyed and turned into 200,000 complete suits for soldiers in a week. When the war started, it was not known where to get khaki and tailors to make it up into garments quickly enough to keep pace with recruiting and needs of the forces in the field was almost as serious a problem as that of inducing men to enlist. Both these problems, however, were solved with equal rapidity.

Royal Economy Not New.

The strict economy which the British King and Queen have exercised in the royal household as an example to the nation since the present dynasty is a new thing in the present dynasty. Strange as it may seem, Queen Victoria was more extravagant in the royal menage than either her son, King Edward, or her grandson, King George.

HARD ON CHILDREN

When Teacher Has the Habit. "Best is best, and best will ever live." When a person feels this way about Postum they are glad to give testimony for the benefit of others.

A school teacher writes: "I had been a coffee drinker since my childhood, and the last few years it had injured me seriously." (Tea produces about the same effects as coffee, because they both contain the drugs, caffeine and tannin.)

"One cup of coffee taken at breakfast would cause me to become so nervous that I could scarcely go through with the day's duties, and this nervousness was often accompanied by deep depression of spirits and heart palpitation.

"I am a teacher by profession, and when under the influence of coffee had to struggle against crossness when in the school room.

"When talking this over with my physician, he suggested that I try Postum, so I purchased a package and made it carefully according to the directions; found it excellent of flavour, and nourishing.

"In a short time I noticed very gratifying effects. My nervousness disappeared, I was not irritated by my pupils, life seemed full of sunshine, and my heart troubled me no longer.

"I attribute my change in health and spirits to Postum alone."

Name given by Canadian Postum Co., Windsor, Ont.

Postum comes in two forms:—Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 50c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.

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

National Duty in War

From The Round Table.

IV. London, Eng., Sept. 22.—This war is not merely England's war: it is the Empire's war. The Dominions are not sending troops merely to help the Motherland. They are sending them because they are no less determined than we are to overthrow Prussianism, to liberate Belgium and France, and to secure the future of the British Commonwealth as a whole. We sometimes forget that the British Commonwealth is one state, and that all its self-governing parts have an equal interest in its fortunes, an equal title to share in its counsels, and an equal responsibility for its welfare. Even though our own constitutional machinery is defective, we must not demand ourselves to the fact that, so far as the issues of peace and war are concerned, the Imperial Government speaks for the Dominions as much as for the British Isles. They cannot think that responsibility by pleading the absence of adequate representative machinery—at any rate, if they have not availed themselves of the machinery of consultation which already exists. Nor can the Dominions, if they are to act as really self-governing communities, absolve themselves of their responsibility both for the conduct of the war and for the terms of peace, by pleading that they have no means of controlling Imperial policy if they on their side do not avail themselves of the constitutional machinery which already exists. The British Commonwealth is one state comprising five nations. It is at war with Germany. No practical man can doubt that the governing nations of which it is composed should keep in the closest touch both over the conduct of the war and the negotiation of peace. No real co-operation is possible by letter or cable. Complete understanding can only be arrived at as the result of personal consultation by responsible men meeting together at the same time round a common table. No such consultation has yet taken place. That in itself shows how little the communities of the Empire have thrown their whole collective strength into the war. If they are ever to do so, such a conference cannot be long delayed.

Liberty and Discipline.

Having overthrown tyranny within our own borders, and extended the power of control over public policy on a wide franchise, we have grasped at the privileges of liberty and forgotten their responsibilities. The doctrine of the liberty of the individual has been preached to the point that he is often left to have the right to disobey some of our laws, which is the essence of the principle of service, of obedience to the law, which is the basis of the state, which alone can give unity, coherence and well-being to a great community, has grown weak. Hence the state itself is weak and unhealthy through lack of that

HEALTHY CHILDREN

A child's health depends upon the state of his stomach and bowels. If they are kept regular and sweet the child is sure to be healthy. Baby's Own Tablets are the mother's best friend in keeping her little ones well. They act as a gentle laxative; are absolutely safe and are pleasant to take. Concerning them Mrs. David Label, Ste. Perpetue, Que., writes:—"My baby was so troubled with constipation that he could not sleep day or night. I gave him Baby's Own Tablets and now he is a big healthy boy." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

AIR SOLD AS ICE CREAM.

Fifty Per Cent. of Some is Nothing More Than This. If the man from whom you buy ice cream uses gelatin in making it, the chances are that you get only 50 per cent. of the real cream you pay for and that the rest is nothing more or less than air.

Gelatin has no place in pure, honest-made ice cream. In some states its use is forbidden by law. It is used by unscrupulous manufacturers because it makes poor cream look rich, and also because it inflates the products fully 100 per cent.

This practice enables him to reap a huge profit by converting one gallon of poor cream into two gallons of a product that looks just as good as the most rich, simon-pure article. Most of the United States now have standards for ice cream to which they require manufacturers to conform. Fourteen per cent. of butter fat is what good ice cream should contain. Dishonest manufacturers cheat their customers by handing them a product thickened with gelatin, gum or rennet, which contains only from 6 to 10 per cent. of butter fat.

Few of the public and even many ice cream manufacturers fail to realize that there is such a thing as cream being too rich. Experiments show that cream containing 18 per cent. or more of butter fat is not as satisfactory as that containing 14 per cent.

If fruit is used, the amount of butter fat may be reduced to 12 per cent. without impairing the quality of the cream.

Always So.

"Now, my son, you are married. Do what a man ought to be."

"How do I know just what a man ought to be?"

"Your wife will furnish full plans and specifications."

Chest Colds and Hoarseness

Quickly Rubbed Away

What becomes of gold? queries The Chicago Journal. It is one of the oldest metals in human use—there are gold beads dating back to the stone age. It is an object of almost universal desire. It is proof against almost all the influences which destroy other metals, and it has been mined in enormous quantities, yet today more than two-thirds of the gold in use has been dug since 1849.

RHAM, THURSDAY

Just think of it—for forty years the largest used family medicine in this country—Nervine must be good, must quickly relieve and cure a hundred ills that befall every family. Try it for earache, toothache, coughs, colds, sore throat, hoarseness and many other ailments. It is a wonderful remedy in every part of the body. Large family size bottle, 50c.; trial size 25c. at all dealers.

WITHIN AN INCH!

Hair-Breadth Escapes at Home and on the Battlefield. This war has revived the old subject of the value of little things as life-preservers.

It was only the other week that a private in the 4th East Yorks Regiment, who was wounded by a severe bullet wound by the cigarette-case which he carried in a pocket over his heart. The missile lodged in the inner cover of the case, and part of a cigarette was torn away.

There have also been similar cases reported during this war, notably such curious life-savers as shaving-soaps, papers, and all of which seems to suggest that a sort of armor plate worn under the tunic would assist to minimize the loss of life in battle. Whether that is so or not, it is not my business to explain here; but it is rather curious to note that in London and other populated towns there are annually numbers of hair-breadth escapes from death.

Not long ago an incident occurred in a provincial city which ought to dispel criticism about hatpins and their danger. A lady was passing beneath a first-floor window garden when a heavy flower-pot fell. It came down with great swiftness, and had it struck her head, would certainly have killed her, or, at any rate, seriously injured her. As it happened, however, the hatpin, which was in the lady's hat, whence it bounded off to the pavement. Of course, her hair was much disarranged, and her hat also; but she owed her life to her hatpin, nevertheless. Another extraordinary escape was of a man walking along an uneven cliff in semi-darkness. Somehow, his foot slipped, and to his amazement, he found himself sliding down into a fountain. He had been sliding for a few seconds, the while he tried unavailingly to stop himself, when suddenly he received an awful jerk, and discovered himself hooked on to a stubby little branch by his watch-chain! It was in this position that, a little later, in response to his cries for help, a rescue party found him.

FLY-KILLING JUICE.

Electrically Charged Pan May be Used Against Pests.

A quick method of killing flies and other insects is to exterminate them with electricity. Any one who has electric power can make an effective fly destroyer.

To make the contrivance one selects a fair-sized dish or pan, which is covered by a non-conducting substance, preferably of wood, having an elliptical hole cut across the centre. Lengthwise of this hole a coil of wire wound in a circle is placed. This insulating core is made preferably three-cornered or pyramid shaped, the apex uppermost, so the fly or insect which is shocked when it comes in contact with the wire would creep drops off into the pan below. The core is wired closely, and just as soon as a fly touches the wire a connection is made and the insect is killed.

The wires of the core are extended by cord to an electric light socket. No current is used until a connection is made by the insect touching the wire.

In order to attract the fly or insect to the fly killer, the dish underneath is partly filled with glycerine mixed with denatured alcohol, which gives off a sweet odor.

An insect not killed at once by touching the charged wires is drowned when it lands in the dish.

Minard's Liniment Cures Burns, Etc.

Yachts have been made wholly of aluminium.

The Egyptians, believing that dead people needed the things they have used when alive, sometimes killed the favorite slave and horse of the dead man. In India, for the same reason, widows were burned with the corpses of their husbands.

Life is a hurdle race over "ifs" and "buts."

Any woman can manage a man if she can only prevent him from knowing it.

Why is it that nothing tastes quite as good as the thing that doesn't agree with you?

A lot of people go on praising "the good old times," and hoping they will never come back.

If there is any particular thing you are really fond of doing, you may be quite sure that, sooner or later, a society will be started to suppress it.

Suppose education is a good thing. All the same, this world is full of fathers who have to support sons who know ten times as much as their fathers do.

WHERE DOES GOLD GO?

Many a Treasure of Ancient Days Has Vanished Completely.

What becomes of gold? queries The Chicago Journal. It is one of the oldest metals in human use—there are gold beads dating back to the stone age. It is an object of almost universal desire. It is proof against almost all the influences which destroy other metals, and it has been mined in enormous quantities, yet today more than two-thirds of the gold in use has been dug since 1849.

What becomes of the rest? Where is the gold that set Jason wandering into the Black Sea, that filled the treasures of Croesus, that paid the terrific tribute which Persian kings assessed against the Punjab? What has happened to the yellow dust and "electrum"—an alloy of gold and silver—which negro traders brought down the Nile to Egypt for four or five thousand years? Ancient gold, like that of modern times, was used for money and for ornaments, but both have disappeared. Where?

The most enduring of metals, and yet the most evanescent perpetually sought and yet constantly escaping the hands of even the successful seeker—that is gold. What is the reason for its curious elusiveness?

Wonderful Miracles Worked

On Weak Stomachs

By Dr. Hamilton's Pills

There are despairing men and women by the thousands in this city whose stomachs keep them in constant misery that can be quickly relieved by Dr. Hamilton's Pills. We know of no other medicine that possesses the power to kindle into new life the exhausted energies of chronic stomach sufferers. There is an extraordinary power in Dr. Hamilton's Pills that searches out the weak spots, that braces up the delicate glands and complex workings of the stomach and bowels. There are invigorating, stimulating tonic ingredients in Dr. Hamilton's Pills which are derived from powerful juices taken from rare herbs and roots, and these are scientifically combined with other medicinal products so as to assist in a harmonious and proper working of the entire system. The ingredients of Dr. Hamilton's Pills, coming from the great storehouse of Mother Nature herself, can be relied upon to be harmless. Guaranteed results follow to all who use Dr. Hamilton's Pills for Stomach Weakness, Gas, Bowels, Headache, Bileousness, Constipation. Seekers of the better health can do no better than invest 25c. in this health-bringing family medicine.

THE "WASTERS."

Many Directions in Which the British Could Save.

Only when the items of our expenditure are examined in detail can we fully realize in how many directions we could save and assist the nation to find the £3,000,000 a day necessary to carry on the war against Germany, says London Answers.

Gentlemen used to figures give us the appalling information that the average spent by each household in the country on strong drink per week is 6s. 6d. If this sum were reduced to 3s. 3d., we should save £80,000,000. Ten years ago we drank 10 oz. of tea less per head than we drink now. We could easily revert to the old quantity. If we did we should be 20,000,000 lb. of tea a year better off. One pound of tea ought of make 150 cups. How many cups does this mean a year? Three thousand million!

There are ten thousand million of men in the country smokes an average of 3½ oz. cigars and tobacco a week. Half an ounce a day each is too much. We can easily save in smokes.

Meat is another tremendous item we could curtail. Cheeses has an equal food value. And peas, beans, and lentils will give out whatever meat we have wonderfully.

Ask Your Doctor

about this food formulae. It's Dr. Jackson's Roman Meal. 30% whole berries of wheat. 35% whole berries of rye; both granulated, not crushed. 25% delectable and tasteless flaxseed and 10% wheat bran. It makes delicious nut-brown porridge, pan-cakes, bread, and all baked products. It nourishes better than meat, prevents indigestion and positively relieves constipation or "money back." At all grocers, 10 cents and 25 cents.

The Chinese language is very difficult to learn, for, although there is no alphabet, it is necessary to master about twenty thousand syllabic characters.

Minard's Liniment Cures Dandruff. Careless.

"What a terrible cold your daughter has."

"Yes, the foolish girl. She went out the other afternoon in her summer furs and neglected to keep them hooked about the throat."

MOTHERS

REMEMBER! The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (such as many of the cheap ointments contain) get into your child's blood! Zambuk is purely herbal. No poisonous coloring. Use it always. 50c. Box at All Druggists and Stores.

USE ONLY ZAMBUK FOR CHILDREN'S SORES

A Refilling Feature added to A Successful Pen

makes the NEW Pocket Self-Filling Waterman's Ideal Fountain Pen

Ask to see this new type. There are also Safety and Refillable Types. Illustrated booklet sent on request. Avoid substitutes.

Sold By Your Local Dealer
L. E. Waterman Company, Limited, Montreal

HOW SHELLS DISABLE MEN.

Changes in Atmospheric Pressure by Explosions Are Odd.

Not hysteria, but the most profound nervous demoralization may result merely from the blasts of wind produced by shell explosions, according to the London Lancet, which gives some of the observations of Paul Ravaut, as related by him to the Academie de Medicine de Paris. M. Ravaut observed a case in November, 1914, where, after a shell explosion, a man was carried to the ambulance station suffering from paraplegia, which is a paralysis of the lower half of the body. In March, 1915, the explosion of a bomb a trifle over a yard away left a man paralyzed on his left side and unable to speak. In both these cases all feeling had been destroyed in the paralyzed parts and there was nowhere any external wound. The second case got well in twelve days, except for some stiffness in the left leg.

In another instance an explosion made one victim almost comatose. Violent headaches and deafness in the left ear were observed.

The explosion of a mine near a trench sent another man staggering for help and talking incoherently. He recovered in ten days.

Such cases, thinks M. Ravaut, are due to the swift change in atmospheric pressure caused by the explosion. This causes hemorrhages in the nervous system. They are more common on the firing line than hysteria.

On the Safe Side.

"So you intend to be a soldier when you grow up. Don't you know you'll be in danger of getting killed?"

"Who by?"

"Why, the enemy."

"Then I'll be the enemy."

Corns Cured Quick

Applied in 5 Seconds. Sore, blistering feet from corn-pinchers can be cured by Putnam's Electric tractor in 24 hours. "Putnam's" soothes away that drawing pain, eases instantly, makes the feet feel good at once. Get a 25c. bottle of "Putnam's" today.

Perfectly Pardonable.

"Have women the strength of mind to conduct themselves in politics like men? Could a woman, like Caesar, have refused the crown?"

"I think so," said the lady addressed. "Of course, she might have tried it on just to see if it was a fit."

We believe MINARD'S LINIMENT is the best. It is sold by Mathias Foley, Oil City, Ont. Joseph Snow, Norway, Me. Charles Whooten, Mulgrave, N.S. Rev. R. O. Armstrong, Mulgrave, N.S. Pierre Landers, Sen., Pokemouche, N.B.

Anglo-French BONDS

5%—5 yrs. yield about 5½% convertible at your option for from 10 to 20 yrs as per public announcement.

Write for orders for all the Anglo-French Bonds you need while you can get them at 98. In the \$100.

We had a large Syndicate allotment but fear it will be all taken before the 20th.

WIRE commitments at once to be sure of a share in this good thing.

PROVINCIAL TRUST COMPANY, Trust & Loan Bldg., Montreal.

NOW---You Can Have A PERFECT COMPLEXION

USIT

50c, 75c, \$1.00, \$1.50

SKIN FOOD WRINKLE CHASER

USIT has solved the problem of beauty. Its use is bringing back the freshness and bloom of youth, and driving away, wherever used consistently, the wrinkles of worry and age. Used for centuries by the famous beauties of the East. Guaranteed free from hair growth. Your druggist has it. SEE YOUR DRUGGIST TO-DAY.

USIT MANUFACTURING COMPANY, Limited
476 Roncesvalles Avenue, Toronto.

DODD'S KIDNEY PILLS

FOR ALL KINDS OF KIDNEY DISEASE

PREPARED BY DR. J. C. DODD, CHICAGO, ILL.

SOLELY BY THE PROPRIETOR

ISSUE 43-15