

TOO LITTLE BLOOD MEANS MUCH MISERY

That is What Makes People Pale, Weak and Languid.

The one source of most of the misery that affects men and women and growing children is poverty of the blood. If you consult a doctor he says you are anemic, which really means bloodless. That is what makes people drag along, always tired, never real hungry, often unable to digest their food, breathless after the slightest exertion, and too often on the verge of complete breakdown.

More weak, anemic people have been made strong, energetic and cheerful by taking Dr. Williams' Pink Pills than by any other means. These pills actually make new, rich blood which reaches every part of the body, strengthens the nerves and brings new health and strength. The following is proof of Dr. Williams' Pink Pills to restore health. Mr. Geo. Turner, New Haven, N.S., says:—"No doubt due to constant hard work I got in a badly run down condition. It took very little exertion to tire me, and my appetite was far from being good. Often I had headaches, and when going up stairs, or after any slight exertion my heart would palpitate violently, and I grew considerably alarmed about my condition. I decided to take Dr. Williams' Pink Pills and after using a few boxes I felt much better. I continued using the pills for some weeks longer, and they completely cured me. I can warmly recommend this medicine to men who are weak or run down."

You can get these 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.

WOODSMEN IN CONTEST.

Maoris Win in Tree Felling and Canadians in Sawing.

Despatches from British headquarters in France tell of a friendly contest in tree felling, wood chopping and saving among the finest woodsmen in the British Empire, Canadians, Australians and New Zealanders.

The contest arose from a friendly argument among the soldiers concerning the prowess of the woodsmen of their section of the world.

A date was set for the contest and when the teams assembled beeches and elms of about two feet in diameter were selected. Each team of three men was to fell three trees. The Canadian team, to the ragtime music of an Anzac band, was started off first, and the brawny soldiers swung their axes with leisurely but powerful strokes that bit deeply into the living wood. The picked Canadian team had been called away to duty and was unable to take part, but its substitute brought the three trees crashing to the ground in 45 minutes and 22 seconds.

The Australians then tackled their task, and swinging their axes more quickly than the Canadians, managed it in 31 minutes and 8 seconds. A great roar from the interested spectators, soldiers off duty for the most part, when the time was announced. Then the Maoris of New Zealand, brown sons of the forest, were started on their task, and a murmur rose from the watchers as they saw the swift, tireless swing of the axes wielded by the muscular brown men. Their efforts did not slacken, indeed they seemed to quicken, as the axes bit into the hard wood and the chips flew out. The Maoris felled the three trees in 22 minutes and 40 seconds, thus easily winning first prize.

In the wood sawing contest, however, the Canadians came to the fore.

In this Matter of Health

one is either with the winners or with the losers. It's largely a question of right eating—right food. For sound health one must cut out rich, indigestible foods and choose those that are known to contain the elements that build sturdy bodies and keen brains.

Grape-Nuts

is a wonderfully balanced food, made from whole wheat and barley. It contains all the nutriment of the grain, including the mineral phosphates, indispensable in Nature's plan for body and brain-rebuilding.

Grape-Nuts is a concentrated food, easy to digest. It is economical, has delicious flavor and has helped thousands in the winning class.

"There's a Reason"

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

YOUNG FOLKS

The Birds and the Fire.

This is an Indian legend that tells us how greatly some of the birds have changed since those early days when they could talk and do other things that men do. In those days, for example, the wren was the bravest of birds, the crow was white, the owl had sharper eyes than the eagle, and the turkey had a feathered head, such as most other birds have.

The story goes that one cold day in winter some of the birds wanted to build a fire, but they had neither matches nor flint, and so they shivered and shivered until one of them found a little spark left in the smothering heart of a big log that had been on the fire the day before. Among the many birds that quickly gathered round the log were the wren, the crow, the owl and the turkey. How could they start the fire that they needed?

First the wren tried to fan the spark into a blaze; but the log was burned to charcoal, and rolled over and over till his beautiful white feathers were as black as soot.

Then the wise owl puffed out his cheeks and blew. The spark still refused to become a blaze, but so much smoke rolled up that it blinded the owl, and he flew away to a dark place to rest his eyes.

The proud turkey then strutted up to the log and fanned the spark as well with his widespread wings that it suddenly blazed up and burned all the feathers from his throat and the top of his head.

But at any rate they had a fire at last, and all the birds enjoyed it, and the four that had suffered in trying to start it.

When the Indian finds anyone who does not believe the story, he points to the timid wren, the black crow, the blinking owl and the baldheaded turkey, as good proof that it must be true.—Youth's Companion.

A PROGRESSIVE SOCIETY.

Canadian Order of Foresters Are Prospering.

A report of the annual meeting of the Canadian Order of Foresters will be found in this issue. The reports of the several officers of the Order show the same steady progress during 1915 which it has experienced since its inception in 1879. The insurance Fund increases during the year to \$466,500.32, the largest sum since the Order's inception. After the payment of 692 death claims, amounting to \$592,179.88, this fund showed \$5,205,888.52 on hand at end of the year. The amount on hand at the present time is \$5,388,754.58. The yearly revenue from investments now amounts to nearly half the total amount paid in death claims. The sick and funeral benefit fund shows a larger net increase than in any year in the Order's history. Arrangements have been made for carrying enlisted members without inconvenience to the general fund. The death rate for 1915 was only 6.50, but if the war claims were deducted the rate would have been 6.20. Altogether the Order is to be congratulated on its strong position in every department.

MILLIONS FOR BRITISH TARS Millions of Pounds Will Be Awarded After the War.

A vast sum of money—it will run into millions of pounds before the war is over—is steadily accumulating for distribution among the officers and men of the British navy when peace comes.

The money represents the value of enemy warships sunk or captured in battle and trading vessels and their cargoes captured at sea and subsequently "condemned" by prize court, less the small percentage taken by the Government.

The money is known respectively as bounty money and prize money.

Bounty money is awarded in connection with the sinking or capturing of enemy warships, and is paid to the men of the ship or ships actually responsible for the feat. Bounty money is generally paid on a basis of so much for every man in the sunk or captured vessel, the money being awarded in a descending scale according to rank and seniority, the commander, of course, getting the lion's share.

The whole of the prize money awarded in connection with the capture of an enemy trading vessel as distinct from a warship is not, however, given to the ship responsible for the capture. In former wars it has been the practice to reward the captors only, but it will easily be seen how unfair a system this is, and now the money is pooled among all the ships of the navy.

How prize money mounts up was strikingly illustrated by the sale of five captured German trading vessels at the Baltic Exchange, London, some time ago.

Between them, the five ships sold for £130,725, which, less the Government's small percentage on the sale left a nice little addition for the banking account which the officers and men of the fleet will go shares in when the war is over.

ENGLAND TO HONOR FRANCE.

July 14, Gallic National Holiday to be Observed by British.

For some time past there has been a widespread feeling that means should be found to recognize in tangible fashion the spirit of unity that now is linking France to England.

It has now been decided, with the approval of the French Ambassador, to set apart July 14 next as France's day, to devote the day throughout the British Isles to a national demonstration of British cordial feeling toward her ally and to allocate the proceeds of the celebration to the urgent needs of the French Red Cross.

It is intended that "France's day" shall differ in every respect from previous celebrations of a similar character and that it shall prove to be one of the most interesting and gratifying events in the London season.

Just One More Direct Message

NEW BRUNSWICK WOMAN SAYS USE DODD'S KIDNEY PILLS.

Mrs. Patrick Williams Tells How Her Headache and Weakness Vanished When She Used the Great Canadian Kidney Remedy, Dodd's Kidney Pills. St. Sossie, Kent Co., N.B., June 26th (Special).—"I feel it my duty to tell the public the great relief from headache and weakness I found in Dodd's Kidney Pills."

This was the message Mrs. Patrick Williams of this place sends to suffering women all over Canada. Like many other women she dislikes talking about her troubles, but she feels she would not be doing right to let others suffer when she had learned from her own experience how great is the relief and how easy is the cure to be found in Dodd's Kidney Pills.

Nine-tenths of the weakness and suffering women bear so bravely comes from sick kidneys. Sick or disordered kidneys fail in their duty of straining the impurities out of the blood. This means that these impurities, these seeds of disease, are carried to all parts of the body. The natural cure is Dodd's Kidney Pills. They always cure sick kidneys.

FORESTS AND SHELL FIRE.

More Damage Done in Canada by Forest Fires Than by War.

"Of the forests of Ailly, there remain but a few mutilated trunks. It is a field of desolation, levelled by shells."

This was written of a French forest following a deluge of German artillery. It might as easily have been written of thousands of square miles in all parts of Canada following the deluge of annual forest fires.

Nothing can save the magnificent French forests but an Eastward re-adjustment of the trenches. No such grim necessity, however, faces the Canadian Provincial and Federal Governments in the relatively simple task of keeping our ready-made wealth of timber free from needless conflagrations. No army need fight for it; no life need be sacrificed. All that is required is common-sense organization, and that is precisely where most of Canada's forest-guarding systems are weak. In Ontario, for instance, few of the many radical improvements of modern experience have yet been incorporated. In the prairie provinces, despite the fact that the northern parts of Manitoba, Saskatchewan and Alberta are destined by nature for growing valuable crops and developing water powers for future industries, forest protection is applied only in patches and a huge resource turned to secondary account.

The pressure of conservation sentiment, however, is making itself felt. British Columbia and Quebec and Nova Scotia now lead the procession of provinces in building up forest protection laws and organizations. Their annual savings in timber riches well repay their efforts. Ontario, New Brunswick and the Federal Government can with relatively small expense—in some cases, no extra expense whatever—place the timber wealth now under their care on a basis which would reap enormous benefits for present and future. The job of ridding a country of forest fires has been proved by experience to be comparatively simple.

Free Map

The maps of the Porcupine and Cobalt Camps, finished in color, are now about ready for distribution to all who are interested. These will prove invaluable to those anxious to obtain success in the mining market.

The Issue is Limited File Your Application at Once! A Postcard Will Bring It. Private wire connecting all markets. HAMILTON B. WILLS (Member Standard Stock Exchange) 4 KING STREET EAST, TORONTO

The Government of London. London is divided into 28 administrative boroughs, comprising 30 parliamentary boroughs, and returning 58 members. Each borough has its own Mayor, Aldermen and Common Council, responsible only to the Central Government, except on certain matters of common interest (sewerage, parks, fire protection, etc.), which are under the control of the London County Council. There are also many general boards having special functions, such as the London School Board and the Metropolitan Asylums Board. The police of London is not under the control of the London County Council, but is managed directly from the British Home Office. By "London" is meant not the small "Ancient City of London," which is the nucleus of the modern metropolis, but the whole metropolis itself.

A Scheme. "Why did you tell your husband to buy a yard of that goods? The sales lady assured you yesterday that the sample could not be matched." "I know. He'll be afraid to come home without matching it, so he'll order me a fine new dress." A married man can always feel sorry for himself when his wife is sick in bed.

Gay Times at Banff. Sports are now at their height at Banff. A regatta was held on July 1st on Bow River in which canoes, row boats and launches participated. An informal dance will be held in the ball room of the Banff Springs Hotel on Wednesday and Saturday evenings during the season. A golf tournament had just been held for which a silver cup was presented by the Banff Springs Hotel, prizes also included gold, silver and bronze medals. The competition was very keen, about seventy players taking part.

Records of Army Honors. The record for citations for gallant conduct at the front in the French army was held until recently by Adjutant Grober, of Alsatian origin, who had been mentioned in the orders of the regiment and the army 27 times before he died of his wounds at Belfort. The living record man for citations is now Adjutant Clavel, of the 9th Regt., to which Grober also belonged. Clavel has been mentioned 21 times.

Minard's Lintment Lumborhman's Friend Just Acquainted. "Do you know her very well?" "Not very. I've met her only once or twice and so don't know a thing that's wrong with her."

LUMB Rock Salt Best for Cattle, Horses, Dogs, etc. TORONTO SALT WORKS, 60-62 Jarvis St., Toronto, Ont.

GOOD POSITIONS for BRIGHT GIRLS. Operators wanted on electric power sewing machines, to make Misses and Women's Silk and Serge Dresses. Steady work the year around. Light airy sanitary workrooms. Fair weekly wages to beginners guaranteed. Experienced Operators can earn splendid wages. Also positions and steady work for experienced hand sewers finishers dressers. Apply by letter or in person to Thompson Manufacturing Co., Ltd., 174 Spadina Avenue, Toronto.

QUEEN'S UNIVERSITY KINGSTON ONTARIO ARTS EDUCATION APPLIED SCIENCE including Mining, Chemical, Civil, Mechanical and Electrical Engineering. MEDICINE During the War there will be continuous sessions in Medicine. HOME STUDY The Arts Course may be taken by correspondence, but students desiring to graduate must attend one session. SUMMER SCHOOL GEO. V. CHOVIN REGISTRAR JULY AND AUGUST

SOME REMARKABLE RIDES.

Englishman Used 19 Horses in Covering 213 Miles.

Dick Turpin's ride to York on his brown mare, Bess, was, as a matter of fact, an impossibility, it having been claimed that he rode from Gads-hill, a distance of nearly 100 miles, in less than four hours. At any rate, his presence at York at 7.45 o'clock cleared him from the charge of robbing a sailor in Gads-hill at four o'clock in the same morning.

Mr. George Osbalderston, in 1831, on a wager of £1,000 that he would ride 200 miles in 10 hours, accomplished the distance in 10 minutes over 7 hours. He had ridden 28 horses and was allowed one hour 32 minutes and 56 seconds for changes, while he had kept round and round the circular four-mile course on Newmarket Heath. He rode over 28 miles an hour.

Captain Selvi, of the Italian cavalry, performed the exploit of riding 580 miles in 10 days. As the Italian miles are shorter than ours, he travelled 55 1/2 miles per day, even then no slight feat.

NO MEDICINE AS GOOD FOR LITTLE ONES

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else. The first few doses make her realize there is nothing to equal them in making baby well and keeping him well. Concerning them Mrs. C. E. Stilwell, Winthrop, Sask., writes:—"I have used Baby's Own Tablets for the past ten years and have found them so good for my little ones that I always keep a box in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Salmon Rights. Officer, fishing (making the most of his short leave)—But we fight on Sunday, Donald, so where's the harm? Donald—Happen ye, dae, an' aw' wad kill a Hun mesel' on the Saw-bath, but there's deal' o' difference wi' a sawmon; he's entitled tae one day's rest i' seven.

Not Serious. "No," said the once musical maid, firmly, "I could not sing even if you should ask me. I have given it up." "But why?" asked the wondering friend. "The doctor ordered it."

Another "Long Way." A gentleman had an Irishman in his employ who was noted for having thirty dirty books. One day the gentleman asked him why he hadn't cleaned them. "Well, sorr," said Pat, "Oi quite forgot. Yer see, sorr, wan's memory is situated in wan's head, an' it's a powerful long way to remember from yer head to yer feet!"

Sore Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, Just Eye Comfort. At Your Druggist's 50c per Bottle. Murine Eye Salve Tubes 25c. For Book of the Eye Freely Druggists or Murine Eye Remedy Co., Chicago

Her Agreement. "It is a mistake to marry a man to reform him." "Still, there are few men in whom a girl can't effect some improvements."

Minard's Lintment Co., Limited. Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad, so I could not work and it hurt me to breathe. I tried all kinds of Lintments and they did me no good. One bottle of MINARD'S LINIMENT, warmed on flannels and applied on my breast, cured me completely.

C. H. COSSABOOM, Rossway, Digby Co., N.S.

Cab, Sir? Cab, Sir? Public carriage for hire, or hackney coaches, were introduced into London in 1625, and rapidly grew in popularity. Notwithstanding the opposition of the King and Court, who thought they would ruin the roads, they grew to number over 300 by 1650. In Paris they were introduced during the minority of Louis XIV. by Nicholas Sauvage, who lived in the Rue St. Martin at the sign of St. Fiacre, from which circumstance hackney carriages in Paris have since been called "fiacres."

Minard's Lintment used by Physicians. Deaf Men Drill for War. One hundred deaf men are now drilling in London in the hope the army will accept them. They can obey shouted orders by watching the lips of the commanders, but they also have a system of finger signs which works perfectly. When the commander holds up four fingers they form fours, for instance, and two fingers is the sign for a two-deep formation. Military men who have inspected them say their drill is excellent. Keep Minard's Lintment in the house. Even a man who is a dreamer attracts attention when he snores.

SPRINGING MINES UNDER GERMANS

INCIDENT IN THE DAY'S FIGHTING AT THE FRONT.

Whole Earth Leaps Into the Air, Followed by Roar of Hundreds of Guns.

You will have read in the commonplace how yesterday we exploded three mines in the enemy's trenches near Sauchez and followed it up with bombardment. I happened to see the operation thus described under unusually favorable conditions, writes a correspondent at British Headquarters in France.

You must imagine yourself to be with me on a piece of rising ground, looking through a peep-hole in a ruined and broken wall. Below lies an almost level country, with the ruins of two villages in the near distance and a patch of woodland, apparently some 200 or 300 yards in length. Two or three high roads cut diagonally across the country in straight lines, their courses marked by what were once fine avenues of trees but are now mere skeleton lines of battered and leafless trunks. The nearer of the ruined villages and the patch of woodland are in our lines; the further village is occupied by the enemy. In the further distance, where the lines are so close together that this section has seen, perhaps, as much hand grenade fighting as any part of the front, it is impossible to tell which lines are German and which British.

There is not a movement to be seen. Somewhere behind us a large British howitzer, which we have come to speak of as "Peter," bursts into a periodic roar, and a great shell goes hurtling invisibly over us to explode far off in the enemy's country on our left. Now and again other guns make remarks, but in a perfunctory way, while somewhere overhead an aeroplane is droning in the sky. It is towards the end of a hot, drowsy afternoon, and, if it was not for "Peter's" punctual disturbances one feels that it would be a scene of perfect, if desolate, peace.

A Great Upheaval.

We were looking at the wood when the thing happened with a shock as sudden as if one's chair had unexpectedly broken under one. With a sustained roar as of a hundred "Peters," it seemed as if all the earth immediately beyond the wood leaped into the air. The trees screened the actual surface of the ground, so that even looking down from our heights we saw only what rose above the tree tops—a swirling, brown-black mass, reaching almost the full length of the bit of woodland which wreathed and mounted slowly into the air. For a full 30 seconds we watched the ugly mass rising lazily upwards, while not a gun spoke. Then, as suddenly as the first shock had come, pandemonium broke loose. At first it seemed to be all our shrapnel. How many guns we had trained on the devoted spot of shattered earth where the mines had been exploded it was impossible to guess but the precision of the fire was beautiful. The white tufts of the bursting shells were so thick together that almost instantaneously the dark wall of smoke behind the wood had become pearl grey. And then the madness spread.

In less than a couple of minutes from the first explosion of the mine, guns—more guns than I had dreamed could be concealed there—were in action along some two or three miles of front. They were not all our guns now; but as thickly as they had been bursting beyond the wood, we saw the little tell-tale puffs of white rising mathematically along the lines of the enemy's trenches. There were other points where the smoke was soon almost as dense as it was over that inferno behind the trees.

Mere Malevolent Din.

We saw the concentration of fire upon a single point, when in a score of seconds as many shells burst over one narrow half-acre of ground in the open, away from any landmark. Before us the vicious snarling of machine guns told where, presumably, our men had seen the enemy try to bolt from the craters left by the explosion. But, as always, the dominating impression was that of mere din, malevolent, but unkillable. The British are holding now nearly 90 miles of line to 800 miles held by the French. What we have just seen was only an incident at a single point in all those 90 miles. The same thing may happen at any other point, either on our initiative or the enemy's, at any minute on any day. It is taking place, or something like it, at, on the average, half a dozen places in each 24 hours.

It is not, of course, the "great offensive." That will come when it comes. Meanwhile let no one underestimate what the British army is going through, for it is doing what, even a year or six months ago, would have been wildly impossible.

Many a man after watching his wife move the lawn is pleased to refer to how neat we keep the premises. Occasionally a man may blacken his accusers in an attempt to whitewash himself. "Is that all?" breathed the friend, with a sigh of relief. "I was afraid it might have been the police."

NO ALUM

Beating the Carpet. Mrs. Tim Bolder, of Jamestown, was energetically beating the carpet, when her neighbor called. "Why don't you ask your husband to beat it?" asked the visitor. "I did," replied Mrs. Bolder savorily, "and he did."

SEED POTATOES. SEED POTATOES, IRISH COLEW. Deleware, Carman, Order at once. Satisfy limited. Write for quotations. H. W. Dawson, Brampton, Ont.

TEACHERS WANTED FOR SCHOOLS. In Saskatchewan opening throughout the summer. Salaries from \$720 to \$240 per year. Free registration. Apply Saskatchewan Teachers' Agency, 1770 South Street, Regina, Sask.

WANTED—MACHINISTS, MOULDERS, Planer, Lathe and Shaper Hands; also Toolmakers; steady work, best wages. Apply The Brown Boks Co., Hamilton, Ont.

MEN WANTED FOR ALL branches of Finishing trade, including Rubbing and Polishing also Cabinet Makers and Trimmers. Steady work and good wages for competent men. When applying state experience and whether married or single. Apply The Geo. McLagan Furniture Co., Limited, Stratford, Ont.

BOX NAILERS, SAWYERS, LABORERS, good wages. Apply or write Firstbrook Bros. Limited, Toronto.

NEWSPAPERS FOR SALE. PROFIT-MAKING NEWS AND JOB Offices for sale in good Ontario town. Most useful and interesting of all businesses. Full information on application to J. W. Adams, 73 West Adelaide Street, Toronto.

MISCELLANEOUS. CANCER, TUMORS, LUMPS, ETC. Internal and external. Write to Dr. W. J. Wilkes, 110 Wood St., Toronto.

THICK, SWOLLEN GLANDS that make a horse Wheeze, Cough, Roar, have Thick Wind or Choke-down, can be reduced with VESOPREIN. Also other Bunches of Swellings. No blister, no hair gone, and horse kept at work. Economical—only a few drops required at an application. \$2 per bottle delivered. Book 3 M. Free. ABSORBINE, J.R., the antiseptic liniment for mankind, reduces Cysts, Wens, Painful, Swollen Veins and Ulcers. \$1 and \$2 a bottle at dealers or delivered. Book "Evidence" free. W. F. YOUNG, P. O. Box 118, Lyons, N.Y., Montreal, Canada. Assessee and Absorbine, Jr., are made in Canada.

20 Assorted Celluloid Patriotic Buttons and Pins of the Allied Nations which Canadians are proudly wearing to-day. In order to advertise our Tag Day Supplies we will send you these twenty designs, and the receipt of 25 cents. This is a collection you will prize and keep. Ask for a price on a large flag for your home. T. P. TANSEY, Dept. 47, 188-189 Peel St., Montreal. Manufacturers of Badges, Buttons, Pins and Tag Day Supplies.

Machinery For Sale. Wheellock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and Dypamo 30 K.W. belt driven. All in first class condition. Would be sold together or separately; also a lot of shafting at a very great bargain as room is required immediately. S. Frank Wilson & Sons, 73 Adelaide Street West, Toronto.

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