

New Health for Suffering Women

Obtained Through Enriching the Blood Supply

Many women endure with silent patience, suffering that casts a shadow over half her life. But an aching back, tired limbs, sideaches, attacks of faintness and splitting headaches need not be a part of a woman's life. Such trials indicate plainly that her blood is thin and impure; that to drive away these troubles her system requires the new, rich blood supplied by Dr. Williams' Pink Pills. These pills are valued by suffering women, who have used them, above all other medicines because they make the rich, red blood that makes women feel well and at their best. Proof of these statements is given by Mrs. Eugene Deslauriers, Richot, Man., who says:—"A few years ago my health completely failed. I was subject to those troubles that afflict so many of my sex. Added to these I suffered from constipation, loss of appetite, dizziness, a ringing in my head and nervous prostration. I consulted several doctors, but their medicines failed to give me relief. After much persuasion I began to take Dr. Williams' Pink Pills, but without much hope as I believed that no medicine would help me. To my great joy, however, I found these pills were just what I needed, and I can honestly say they have made me a well woman. I can now do with ease all my own housework, and I strongly urge other weak, ailing women to give this medicine a fair trial, feeling that what it has done for me it will do for others."

You can get these pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

GIRLS! HAIR GROWS THICK and BEAUTIFUL

35-Cent "Danderine" Does Wonders for Lifeless, Neglected Hair



A gleamy mass of luxuriant hair full of gloss, lustre and life shortly follows a genuine toning up of neglected scalps with dependable "Danderine." Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy! Any drugstore.

"DIAMOND DYES" COLOR THINGS NEW



Beautiful home dyeing and tinting is guaranteed with Diamond Dyes. Just dip in cold water to tint soft, delicate shades, or boil to dye rich, permanent colors. Each 15-cent package contains directions so simple any woman can dye or tint lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hanging, everything new. Buy "Diamond Dyes"—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton, or mixed goods. 507

AFTER ALL There's Nothing To Equal Zam-Buk FOR THE SKIN!

Miller's Worm Powders do not need the after-help of castor oil or any purgative to complete their thoroughness, because they are thorough in themselves. One dose of them, and they will be found palatable by all children, will end the worm trouble by making the stomach and bowels untenable to the parasites. And not only this, but the powders will be certain to exert most beneficial influences in the digestive organs. m

Stan. Trenouth Wins More Honors for Queen's

Stan. Trenouth, Watford's young athlete attending Queen's University Kingston, is winning more honors every week for himself, for Queen's and for his own home town, Watford. Below are reproduced clippings kindly forwarded this paper by a fellow student of Queen's, taken from the Kingston Daily Standard and Queen's University Journal.

TRENOUTH OF QUEEN'S WON ROAD RACE EASILY

(Kingston Daily Standard)

S. Trenouth of Queen's won the five mile road race held at the "Y" yesterday in the record-breaking time of twenty-nine minutes and thirty-eight seconds. Geddes of Queen's came in second in thirty-one minutes and thirty-one seconds. Robertson also of Queen's placed third in thirty-two minutes and forty-eight seconds. Trenouth set a terrific pace right from the start and soon left no doubt as to the winner, though Geddes picked up some distance at the last. Both men finished with a fine dash. Capt. Harvey, Mr. J. Bews, Mr. W. F. Musselman, Mr. W. R. Allan, Mr. H. Wilder and C. O. Chamberlain were the officials.

By winning the race in such good time Trenouth not only gets the cup which Mr. Wallie Cusick donated but also gets his name engraved on the Nelles Trophy shield as he is now the record holder for this course. Geddes and Robertson each receive the medals donated by Dr. C. C. Nash. The record of this course has not been broken since 1908 when Cadet Watts made the course in thirty-one minutes twenty-nine and a half seconds.

It is planned to make this an annual race as much enthusiasm was aroused and a crowd of over a hundred watched the finish of the race. The "Y" hope to get the boys interested in running as it is a fine exercise. There is now some talk of forming a harrier club and of having a race for the younger runners while this fine weather lasts.

TRENOUTH WINS ROAD RACE

(Queen's Journal, Kingston)

H. S. Trenouth, Queen's reliable Harrier runner has again stepped into the lime-light, this time by winning the Y.M.C.A. five mile road race and carrying off the handsome Cusick cup which goes to the winner of this event. Incidentally the record of the course, made by Cadet Watts in 1908 suffered a rude jolt when the speedy Queen's boy knocked a couple of minutes therefrom, finishing in the good time of 29 minutes, 38 seconds. This concludes a very creditable series of performances for Trenouth. Unknown early in the fall apart from the fact that he was the winner of last year's Queen's Harrier Meet he has stepped into the glare of publicity by winning the Interfaculty three mile race from a fast field, the Queen's Harrier Race and therewith the J. Bew's Gold Medal and permanent possession of the Cusick Harrier Trophy and in the Intercollegiate Harrier Run at R. M. C. he led the van the greater part of the way and giving way for first place only after a strenuous argument with Thompson of R. M. C. and Goforth, the McGill flash.

Geddes ran his usual steady race and finished quite fresh just five seconds slower than the old record. Robertson gained third place quite easily leading the fourth man by several hundred yards. A Silver and Bronze medal go to these athletes. Congratulations to Trenouth, Geddes and Robertson for finishing in order for old Queen's.

Nothing to Equal Baby's Own Tablets

Mrs. George Lefebvre, St. Zenon, Que., writes: "I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Lefebvre says thousands of other mothers say. They have found by trial that the Tablets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulates the bowels and sweetens the stomach and thus banish indigestion, constipation, colds, colic, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Mothers can easily know when their children are troubled with worms, and they lose no time in applying a reliable remedy—Mother Graves' Worm Exterminator. m Use the "Want Ads" to buy or sell

Children Like This Delicious, Safe Beverage



YOUR children like a hot drink as well as you do. Here is one you can give them with perfect confidence. Instant Postum is healthful, satisfying and absolutely harmless for all. An ideal family beverage for those who realize the dangers of taking into the system the poisons Caffeine and Tannin—found in tea and coffee.

You'll welcome as well the ease with which Instant Postum is made. Simply put a teaspoonful in each cup, pour on boiling water or hot milk and stir and sweeten to taste. It makes a delicious hot drink—fragrant, full-bodied. Costs half-a-cent a cup. For those who prefer it, there is Postum Cereal, made by boiling for twenty minutes. Ask for Instant Postum at your restaurant, your club and on the train. Take advantage of Carrie Blanchard's offer. Send the coupon.

Carrie Blanchard's Offer

"I want you to try Postum for thirty days. I want to start you out on your test by giving you your first week's supply. It seems to me that it would be a wise plan for mothers, particularly, to think of this test in connection with the health of their families. Will you send me your name and address? Tell me which kind you prefer—Instant Postum or Postum Cereal (the kind you boil). I'll see that you get the first week's supply right away!"

FREE—MAIL THIS COUPON NOW!

Canadian Postum Cereal Co., Ltd. 45 Front St. East, Toronto, Ont.

I want to make a thirty-day test of Postum. Please send me, without cost or obligation, the first week's supply of INSTANT POSTUM Check which POSTUM CEREAL you prefer

Name _____ Street _____ City _____ Prov. _____ 388

Canadian Postum Cereal Co., Limited Head Office: 45 Front St. East, Toronto Factory: Windsor, Ontario

"There's a Reason"

INSTANT POSTUM



You know how many children do not like the taste of milk. You know how they like to have the same drink as the "grown-ups." You know, too, how good it is for them to have a hot drink!

Make Instant Postum for them, using hot milk instead of boiling water! They'll like the taste immediately! And they will get the food elements of wheat, plus the nourishment of milk, in a hot drink that is economical and so easy to make!

White Star Line to Dispose of Four Vessels

Only Tashmoo will Run From Detroit Next Year—Wauketa For Sale

"Detroit, Nov. 25.—Stockholders of the White Star Line at a special meeting yesterday approved a course of action proposed by the directors which means the virtual liquidation of the second largest vessel line operating out of Detroit. Next season the company will operate one vessel only, the Tashmoo, which will make a daily trip to Tashmoo Park and Port Huron.

Enforcement of the seaman's act and competition from motor bus and motor truck lines has so increased operating costs as to make this move necessary, according to C. F. Beilman, Jun., general manager of the company. The company was organized in 1894.

Sell Four Boats The company will place on sale the steamers Greyhound, City of Toledo, Awana and Wauketa. It will also offer for sale Sugar Island in the lower Detroit river and Star Island in Lake St. Clair. The company's docks, embracing 100 feet on each side of Griswold street and extending from Atwater street to the harbor line, will also be sold.

Service will be discontinued between Detroit, Sugar Island and Toledo. There will be no afternoon boat to Tashmoo and Port Huron. Freight service will be discontinued entirely. The Tashmoo will make a morning trip to Tashmoo Park and Port Huron and will carry moonlight



ASPIRIN

Insist on BAYER TABLETS OF ASPIRIN

Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians 24 years for

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| Colds | Headache |
| Pain | Neuralgia |
| Toothache | Lumbago |
| Neuritis | Rheumatism |

Accept only "Bayer" package which contains proven directions.

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocetate-acidester of Salicylic acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross,"

parties. It is estimated that the reproduction value of the vessels to be sold is \$2,000,000.