

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 194 Argyle St., Mrs. Haverstock 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 after different physicians had failed to help me. It is for this reason that I strongly urge sufferers with stomach or digestive troubles to use Dr. Hamilton's Pills."

Dr. Hamilton's Pills strengthen the stomach, improve digestion, strengthen the nerves and restore debilitated systems to health. By cleansing the blood of long-standing impurities, by 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 Butternut.

THE AIR WE BREATHE.

English Professor Says Bad Air Is Not So Very Bad.

Fresh air fiends will get little support for their propaganda in the views of Professor Leonard Hill, an English physiologist. He maintains that bad air is not so very bad, after all. He says it is an erroneous idea that the air of close, crowded rooms is contaminated by the exhalations of human beings and is impoverished of oxygen.

It is the heat in a close room that makes us feel uncomfortable, not the lack of oxygen or the surplus of carbonic acid in the air, according to the professor. The only effect of an excess of carbonic acid—supposed to be very poisonous—is to make us breathe deeply and ventilate our lungs more fully. As for the loss of oxygen in a close room, "it is never diminished by more than one per cent., for the cracks, crannies and pores of the walls always suffice to let fresh air in."

However that may be—and a layman should hesitate to dispute a scientist—it can hardly be denied that pure outdoor air tastes and smells much better than the air in even a ventilated room. One may be as wholesome as the other, as far as its constituents are concerned, but most folks will prefer air that has not been breathed in and out too often. In the popular mind, if not in scientific fact, headaches and drowsiness are closely associated with impure air.

VOYAGING ON THE CONGO.

Description of a Trip on the Big African River.

A trip by steamboat on the Congo River has its lazily amusing attractions, as you descend from Stanleyville to the railway at Leopoldville, a voyage of twelve days. The boats, small, stern-wheel affairs, carry from twenty to thirty cabin passengers each. On the lower deck are the black travellers, sometimes in a stifling crowd, sprawling over the cargo. Most of the captains are Swedes, Russians,

German, and the engineers are picked up in Sierra Leone. Two companies run boats, and several of the mission stations have steamboats of their own besides.

Some of the boats have small dining-rooms; others set tables on deck, protected from the sun by awnings. The food is not luxurious, and very little fresh meat is to be had. The fuel is wood, and every five or six hours the boat must stop to replenish the supply from a heap of cut sticks on the bank. These piles of wood are made by natives, or by scattered traders, often where no habitation is near; and in such cases the captain pays for the wood by putting money in a box that the trusting woodsman has provided for the purpose. Every boat carries a drum, and as it approaches an inhabited district, the drum is beaten to tell the natives that goats, fruit, or vegetables are wanted. Some of the stopping-places are bomas, with white people, where rubber and ivory are taken on board; but most of them are native villages or woodyards, with little variety or picturesqueness. Every night the steamer ties up against the bank, and all the black passengers go to sleep on shore. But they devote most of the night to merrymaking, and keep those on the boat as wide awake as themselves.

Most Pleasant Cure Known For Cold In the Head

Gives Relief in Ten Minutes.

Every second person that you meet seems to have a sneeze and stuffed feeling in the forehead and nostrils. To cure promptly, say, in half an hour, there is nothing worth using except Catarrhazone. You inhale its balsamic vapor, and feel as if you were among the Norway pines. This is because Catarrhazone contains a heading medicine, light as pine air, which is breathed straight into the lungs and bronchial tubes. Away goes the cold; sneezing and catarrhal cough cease, bronchial irritation stops; in short you are cured of catarrh by a pleasant, simple remedy, free from sedatives and irritants.

An ideal protection for the chest, lungs, nose, and throat is the frequent use of Catarrhazone. Two months' treatment (the large size) costs \$1.00, medium sizes 50c.; at all dealers or the Catarrhazone Co., Buffalo, N.Y., and Kingston, Canada.

The Place for Him.

Head of department—I don't know what to do about that elderly sales clerk; he's completely lost his hearing.

Manager—Transfer him to the complaint department.

TAKE NOTICE.

We publish simple, straight testimonials, not press agents' interviews, from well-known people. From all over America they testify to the merits of MINARD'S LINIMENT, the best of Household Remedies. MINARD'S LINIMENT CO., LIMITED.

Jealousy will not listen to reason, because it doesn't believe there is such a thing.

Minard's Liniment Cures Cargot in Cows.

Something for Nothing.

Are you one of the people who spend their time in trying to get something for nothing? There are a great many such people. They are the people who always taste the cheese when they go to buy it, not because they want to know what it tastes like, but because they want something for nothing. Whenever they see free samples advertised, they apply for them. They may have no earthly use for them, but they can't let the opportunity slip. If they go into restaurants and places where pickles, bits of bread and cheese, or cloves are on the counter, they always have some, whether they like them or not. These things are hardly ever done by very poor people, but generally by those who have plenty of money. Poor people would be ashamed to stoop to the dodges which a well-to-do man will invent to save himself from spending a penny.

Lord Palmerston once inspected "Summer in the Lowlands," a picture by Sir John Watson Gordon. "Look here," said Lord Palmerston to the artist, "why should the grass in that field be so long when there are so many sheep in the field?" "My Lord," replied the artist, "those sheep were only turned into the field last night!" Lord Palmerston bought the picture at a high price.

HAIR ALL FELL OUT RINGWORM ON HEAD

Also on Neck. Big Bare Spot on Crown of Head. Cuticura Soap and Ointment Cured.

108 Chapleau St., Montreal, Que.—"When my brother and I went to school we got ringworms from the other children and our hair all fell out. We had them on our heads and on our necks. For months I had a big bare spot on the crown of my head the size of a fifty-cent piece. Mother tried everything, all kinds of ointments, to cure us but everything seemed no good until one day she saw an advertisement for Cuticura Soap and Ointment. It was Cuticura Soap and Ointment that cured us." (Signed) Mrs. M. Blake, May 31, 1913.

ITCHY RASH ON HANDS

Fergus, Ont.—"Cuticura Soap and Ointment completely cured me of a rash on my hands. The rash was red like water blisters, very itchy and sore. Scratching made them worse. The irritation was bad at night. I tried many remedies which did not do any good. I used Cuticura Soap—a wash in warm water night and morning with Cuticura Ointment and in less than a week it was all gone." (Signed) Mrs. Isabella Gibson, May 22, 1913.

The regular use of Cuticura Soap for toilet and bath not only tends to preserve, purify and beautify the skin, scalp, hair and hands, but assists in preventing inflammation, irritation and clogging of the pores, the common cause of pimples, blackheads and other unwholesome conditions of the skin. Cuticura Soap and Ointment are sold by druggists and dealers everywhere. For a liberal free sample of each, with 32-p. book, send post-card to Potter Drug & Chem. Corp., Dept. D, Boston, U. S. A.

TERRA COTTA LONG-LIVED.

The Product of 1,000 Years Ago Found in India.

Terra cotta, which enters prominently into the construction of skyscrapers, tall buildings, apartment houses and other structures that are classed as fireproof buildings, is probably the most lasting material that goes into these buildings. Terra cotta used more than a thousand years ago has been found to be in as good condition as when it left the primitive kiln.

W. H. Martin, who represented the United States Government in Calcutta in 1807, is authority for this. Mr. Martin's statement was based on the discovery at Petleik pagoda of terra cotta reliefs with Pali inscription dating back to the eleventh century A.D. The pieces illustrated the life of Buddha and the figures were as sharply outlined then as the day they were modeled.

An idea of the age of these pieces may be had from the fact that they were killed about the time England was being conquered by the Normans. It is said that the terra cotta has been buried in India's mud for many centuries. This ought to be reassuring to those who think that skyscrapers will crump.

HOW THE SCRAP STARTED.

Jones stepped on Smith's favorite corn and of course there was trouble. What Smith needed is Putnam's Corn Extractor—that painless remedy for corns and warts that cures in twenty-four hours. Putnam's is the only standby. Try it, 25c. at all dealers.

If a man can't persuade some woman to lead him into temptation he gets busy and butts in of his own accord.

Minard's Liniment Cures Diphtheria.

Earliest Newspapers.

The earliest English newspaper, Nathaniel Butter's "Weekeley Newes," some copies of which are to be seen at the Advertising Exhibition, had several predecessors abroad. The first of these in point of time was the "Ordinrij Avis," the publication of which began at Strassburg in 1609—14 years before the appearance of Nathaniel Butter's venture. In 1620 Abraham Verhoeven founded the "Nieuwe Thijdingen" at Antwerp, and this continued to appear weekly for 227 years. The oldest existing newspaper is apparently the Swedish official gazette, which dates back to 1644.—London Chronicle.

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Rubbers and Over-Stockings in One.
Easy to put on and take off. Fits well. Look well—Wear well. All sizes for women and children.
Buy them and protect yourself and family from winter life.
Canadian Consolidated Rubber Co. Limited, Montreal.
All Dealers

AMBASSADOR'S PRIVILEGES.

Only Person That Can Turn Back on a King.

Ambassadors to foreign courts are hedged with formalities, but they also enjoy numerous privileges unbeknown to the average layman. Ambassadors and their households are safe from arrest. The embassy is considered a geographical part of the Ambassador's own country.

The Ambassador is the only person about court who has the right to turn his back upon a sovereign when concluding an interview. He turns and bows after walking three paces, a prerogative he always exercises. This refers, however, only to state occasions. A peculiar situation arose from his privilege in Queen Victoria's time. Of course, it was considered rude to turn one's back to a woman, therefore an Ambassador never did. He merely edged his way, sideways, to the door.

Ambassadors are accorded the privilege of entering the presence of a sovereign through wide-open doors. Lesser dignitaries and court attaches enter through one leaf of a folding door. An Ambassador can demand and get an interview with a ruler at any time, a privilege many sovereigns, no doubt, abhor.

The sword is the Ambassador's emblem of honor. It is a long, blunt-pointed rapier, and the late Lord Dufferin declared the only practical use he ever found for it was to stir fires and file bills on.

You Can't Beat It for

Sore Joints, Rheumatism

A Professional Dancer Proved It.

Few men in his profession are better known than Mr. Thomas Hogan, of 27 Fortification Lane, Montreal, who writes:—"To limber up a stiff joint, to remove every sense of soreness from tired muscles I can tell you nothing compares with Nerviline. It is really a wonderful liniment, and I use it continually, simply because I find it keeps the muscles and joints supple and entirely free from pain and stiffness. I earnestly recommend Nerviline to every person that requires to use a strong, penetrating, pain-subduing liniment."

For Rheumatism Nerviline is a wonder; for Sciatica it cures where others fail; for Lumbago, stiffness and cold, nothing surpasses it. Keep Nerviline handy—it's good to take inwardly, destroys internal pains quickly, and is just as good for outward application. Large family size bottle, 50c.; small size, 25c., at all store keepers and druggists or The Catarrhazone Co., Buffalo, N.Y.

Daughter—Yes. I've passed the Oxford and Cambridge exam., but now I must inform myself in psychology, philology, bibi—Practical Mother—Stop right where you are. I've arranged for you a thorough course in roastology, boilology, stitcheology, darnology, patchology and general domestic hustleology.

Minard's Liniment Cures Colds, Etc.

Not Very Promising.

Mrs. Newlywed (to cook, whom she has just engaged)—You see, my husband is so very particular about his food.

Cook (sympathetically)—They're all alike, mum. My old man was just the same; I never cooked anything to please 'im in me life.

LIQUID SULPHUR

cures RHEUMATISM by removing the cause. Impurities in the blood cause RHEUMATISM. LIQUID SULPHUR used according to directions will purify the blood. Try it. One bottle, Price 50 Cents, will convince you of its wonderful merits. On sale at all druggists, or send direct to LIQUID SULPHUR, 158 Bay Street, Toronto.

Comfort in Adversity.

The way in which a person meets trouble is the surest test of character. Trouble is the fire which purges us of dross and toughens the virtues like the tempering of steel. Medicine is nasty at the moment of taking; but afterwards we shall be given to feel the benefits of it. As the best soldiers are put in the forefront of the battle so often are the most worthy souls apportioned suffering, and yet gain greater greatness at the last. "A stitch in time saves nine." Who knows but that one trouble now may save us from nine troubles later on. A bit of suffering is often all that is needed to turn a "cub" into a man, or to make a true woman of some thoughtless, giddy "flapper."

Clark's Pork & Beans



Highest grade beans kept whole and mealy by perfect baking, retaining their full strength. Flavored with delicious sauces. They have no equal.

EDUCATION.
ELLIOTT'S BUSINESS COLLEGE, Toronto, Canada's Popular Commercial School. Magnificent Catalogue free.

PAINTS FOR SALE.
H. W. DAWSON, Ninety Colborne Street, Toronto.

IF YOU WANT TO BUY OR SELL A Fruit, Stock Grain, or Dairy Farm, write H. W. Dawson, Brampton, or 99 Colborne St., Toronto.

H. W. DAWSON, Colborne St., Toronto.

NEWSPAPER FOR SALE.

NEWSPAPER AND JOB OFFICE IN Gravenhurst. Proprietor being a druggist is unable to give the printing office the attention necessary, and offers it for sale at a sacrifice. No competition. One of the best newspaper concerns in the Province for a practical man. Apply William Publishing Company, Toronto.

WANTED.

LIVE FOXES, MINK AND MARTEN. Reid Bros., Bothwell, Ont.

LIVE UNINJURED MINK, MARTEN and Fisher. W. D. Bates, Ridgeway, Ont.

CEDAR FENCE POSTS, QUOTE DE- livered Bothwell. Reid Bros., Bothwell, Ont.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Hoffman Medical Co., Limited, Colborne St., Ont.

ALL STONES, KIDNEY AND BLADDER STONES, KIDNEY trouble, Gravel, Lumbago and kindred ailments positively cured with the new German remedy, "Ranol," price \$1.50. Another new remedy for Diabetes Mellitus, and sure cure, is "Ranol's Anti-Diabetes." Price \$2.00 from druggists or direct. The Ranol Manufacturing Company of Canada, Limited, Winifrede, Man.

PRODUCERS—By shipping your NEW LAID EGGS to GUNN, LANGLOIS & CO., LIMITED, MONTREAL, you secure the BEST RESULTS. One trial shipment recommended.

DO YOUR STOCKINGS SHRINK from washing and hurt you? Do the children complain? The IDEAL STOCKING STRETCHER makes old stockings feel and wear like new, relieve tired feet, ease corns and save darning. Two sizes, adult and children's. 50c. a pair by mail. E. YORK & CO., Waterford, Ont.

Steadfast—At Least.
Rebecca—I don't believe you love me. You never think of anything but tollars.
Silverstein (appearingly)—Would you want a man dot vas all de time changing his mindt?

Try Murine Eye Remedy
If you have Red, Weak, Watery Eyes or Granulated Eyelids. Doesn't Smart—Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c. Murine Eye Remedy, Aseptic Tubes, 25c, 50c. Eye Books Free by Mail. An Eye Remedy for All Eyes that Need One. Murine Eye Remedy Co., Chicago.

Women in Switzerland who graduate in theology will hereafter be entitled to the status of the clergy.

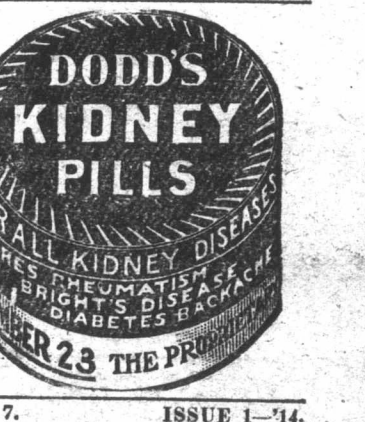
Minard's Liniment Cures Distemper.

Making Measles Pay.

Parent—Now, what are you going to charge me to cure this boy of the measles?

Physician—Nothing at all, my dear sir, as it is an original case; and you get your ten per cent. commission for every child that catches them from him.

DODD'S KIDNEY PILLS



CURES ALL KIDNEY DISEASES
BRIGHT'S DISEASE
DIABETES
R23 THE PR

Happy New Year!

Are you acquainted with the sweet, toasty flavor of

Post Toasties

—crisp wrinkles of choice Indian Corn—toasted to a delicate golden brown—ready to eat direct from package?

Wholesome, convenient and immensely appetizing.

Ask the grocer-man—anywhere.

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