

ANAEMIA

Consumption May Follow Unless Its Ravages are Checked

There is danger to every girl and every woman who falls a victim to anaemia — that is bloodlessness. They become listless, feel too weak, too wretched and too hopeless to take prompt steps to stop the trouble. Too often, through neglect, they drift into a worse condition, forgetting that anaemia frequently leads on to consumption. If you are anaemic in the least degree you should lose no time in beginning treatment to increase and enrich the blood supply. To do this there is no other medicine so good as Dr. Williams' Pink Pills. Every dose helps make rich, red blood, which drives out disease and brings again the bloom of health to pale and sallow cheeks. There are thousands of women and growing girls in Canada who owe their present good health to the timely use of Dr. Williams' Pink Pills. Among those who have been restored to health by this great medicine is Miss Rose Neville, Mount Forest, Ont., who says: "Dr. Williams' Pink Pills performed almost a miracle in my case. I was a victim of anaemia, in what my friends considered a dangerous form. I was very pale, always felt tired out, suffered from severe headaches, and had no appetite. I was taking doctor's medicine for a long time — in fact I tried two doctors — but instead of improving I seemed to be growing worse. My parents were at a loss to know what to do for me, and thought I would not recover. Then a friend advised Dr. Williams' Pink Pills and I had only taken them a few weeks when I began to feel better. This greatly encouraged me, and I continued taking the pills for some time longer, and found my health again as good as ever it had been. In fact I am stronger than ever I was before. I have advised the use of Dr. Williams' Pink Pills to other girls who have found the results equally beneficial."



Mlle. Helen Mangelot, a typical Parisian with sparkling black eyes, rich warm lips, raven hair, and of a vivacity characteristic of the French metropolis, who has just been elected Queen of Roses in that city. She is a dressmaker and an artist's model.

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

ZEBRAS AND LIONS.

Wild Animals Understand Each Other's Ways.

Once, when Major Stevenson-Hamilton was following the tracks of some lions in Africa, a small troop of zebras a little distance in front of him caught sight of the big cats at close quarters, although they were still invisible to the hunters. Their sudden headlong rush, Major Stevenson-Hamilton writes in "Animal Life in Africa," was a thing to remember. Conduct of another sort on the part of zebras, however, was observed by one of the rangers a few years ago. As he was riding along the bank of the Olifants River, he suddenly heard zebras making a great noise just in front, and coming into a clearing, he found that three lions had pulled down a mare, but had not yet killed her. The rest of the troop were standing some twenty paces from the lions, facing them in a semi-circle, much excited. They were making a great noise, but showed no disposition to bolt; the foal was between its dam and the herd. When the ranger fired at one of the lions, the zebras at once stampeded; but the young animal waited about for its mother, which, although badly clawed, was able to get up and make off also. Another ranger came on a lion and two lionesses taking their midday siesta within a hundred yards of a troop of zebras. One lion was lying on its back, with all four legs in the air, like a cat before the fire, while the zebras were standing about, apparently half-asleep. The lions must have been clearly visible to them. Incidents such as this illustrate the perfect understanding that the wild creatures have of each other's ways, and how far man is from a clear comprehension of them.

BABY'S OWN TABLETS

HIGHLY RECOMMENDED

No medicine for little ones is so highly recommended as is Baby's Own Tablets. They are guaranteed by a government analyst to be absolutely safe, and besides that thousands of mothers throughout the land praise them as the only sure cure for childhood ailments. Concerning them Mrs. Edward McDonald, Douglastown, Que., says: "I can highly recommend Baby's Own Tablets to any mother who has a baby suffering from constipation or teething troubles." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

If we could see ourselves as others see us we wouldn't believe

A Bad Heart, Its Cause and Cure

Many, Firmly Convinced They Are Dying of Heart Trouble, Have Often the Strongest Hearts.

Sometimes you wake up at night, heart throbbing like a steam engine. Your breathing is short and irregular; pains shoot through the chest and abdomen, and cause horrible anxiety. Your trouble isn't with the heart at all. These sensations are the outcome of indigestion, which has caused gas to form on the stomach and press against the heart.

Just read what happened to Isaac Malloux, of Belle River, Ont.: "Three months ago I was a weak, sickly man. My appetite was poor, food fermented in my stomach. I had sour farts and indigestion. At night I would often awaken with gas in the stomach and heart palpitation."

"I consulted my doctor and used remedies that my friends advised. Nothing helped. One day I received a sample of Dr. Hamilton's Pills, and my cure commenced. To-day I have a vigorous appetite, strong heart action, and no sign of indigestion. I feel younger and healthier than ever before."

Your druggist or storekeeper sells Dr. Hamilton's Pills, 25c per box or five boxes for \$1.00. By mail from The Catarhzone Co., Buffalo, N.Y., and Kingston, Canada.

SWAT THE SPARROW NOW.

The Chirpy Little Bird Is a Nuisance in City and Country.

To the slogan of "Swat the Fly" might well be added that of "Kill the Sparrow." Flies and sparrows belong in the same class as nuisances and menaces to health, says a writer in a health magazine.

Most birds deserve to be protected for some service they perform, but when all the evidence has been submitted in the sparrow's case it will stand condemned. Perhaps it occasionally eats a harmful worm, but the greater part of its food is of grain. Then, it is the constant enemy of native birds which, unlike itself, live mostly on worms and insects that are injurious to trees and crops.

For many years the sparrow was unknown except in the towns, and it gained the name of "town bird." But it later years it has spread all over the country, until now it is probably a greater nuisance on the farm than in the city. The sparrow's habit of living always near settlements and in sheltered places makes it a most prolific bird. It is almost independent of the seasons in breeding. Several broods of as many as seven or eight birds may be reared in a year.

The sparrow helps to spread diseases by building nests upon or near houses. Building on houses is especially a menace to health in the country, where people catch water from the roofs to fill their cisterns. The nests are of such construction that they are likely harbors for various sorts of vermin and germs.

When Love is New.

A paper states that a young locomotive engineer recently married attracts the attention of his wife by blowing the whistle from the time he strikes the outskirts of the town until he reaches the station. Old heads in the business say that in two or three years he will be trying to make the old engine come into town on her tiptoes.

BANISHED.

Tea and Coffee Finally Had to Go.

The way some persons cling to tea and coffee, even after they know they are doing them harm, is a puzzle. (Tea is just as harmful because it contains caffeine, the same drug found in coffee.) But it is an easy matter to give it up for good, when Postum is properly made and used instead. A girl writes:

"Mother had been suffering with nervous headaches for seven weary years, but kept on drinking coffee. One day I asked why she did not give up coffee, as a cousin of mine had done who had taken to Postum. But Mother was such a slave to coffee she thought it would be terrible to give it up."

"Finally, one day she made the change to Postum, and quickly her headaches disappeared. One morning while she was drinking Postum so freely and with such relish, I asked for a taste."

"That started me on Postum and I now drink it more freely than I did coffee, which never comes into our house now."

Name given by Canadian Postum Co., Windsor, Ont. Write for booklet, "The Road to Wellville."

Postum comes in two forms. Regular Postum (must be boiled.) Instant Postum doesn't require boiling, but is prepared instantly by stirring a level teaspoonful in an ordinary cup of hot water, which makes it right for most persons.

A big cup requires more, and some people who like strong things put in a heaping teaspoonful and temper it with a large supply of cream. Experiment until you know the amount that pleases your palate, and have it served that way in the future.

"There's a Reason" for Postum.

The Right Soap For Baby's Skin Is Cuticura Soap



IN the care of baby's skin and hair, Cuticura Soap is the mother's favourite. Not only is it unrivaled in purity and refreshing fragrance, but its gentle emollient properties render it of great value in promoting skin and hair health generally. For the treatment of eczemas, rashes and other itching, burning infantile eruptions, warm baths with Cuticura Soap, followed by gentle applications of Cuticura Ointment are usually effective. Other methods fail. Cuticura Soap, tears to a wafer, often outlasting several cakes of ordinary soap and making its use most economical.

Cuticura Soap and Ointment are sold throughout the world. A liberal sample of the largest ears out of success, each, with 32-page booklet on the treatment of the skin and scalp, sent free. Address: Pottor Drug & Chem. Co., Dept. 16D, Boston, U. S. A.

UNIQUE EDIFICE.

Vancouver Will Have Four Story Building Six Feet Wide.

Construction is at present proceeding in Vancouver on a building which will be a curiosity, for the plans show a four story steel structure only six feet wide and 120 feet in length. So narrow is the proposed building that above the ground floor it is necessary to show a continuous row of bay windows in order to provide room for a staircase. The site of the curious block is the southwest corner of Carrall and Pender streets. The lot had a width of 33 feet on Carrall Street, flanking on Pender. The city, however, took the greater portion of the lot for the Pender Street widening, paying a sum in the neighborhood of \$65,000 as recompense to the owners, who alleged at that time that the six foot strip left would be of no use, as the individuals owning the next lot on Carrall Street would not consent to any satisfactory arrangement for using the property.

It is said now that there is a possibility that the new narrow building may be thrown in with the block standing on the adjacent lot, therefore losing identity as a distinct structure and merely becoming the Pender Street face of a building fronting on Carrall Street. The estimated cost of the six foot building is \$8,000. It is to be built by Chinese labor. The upper stories will be laid out for sleeping room purposes and every tenant will enjoy the privilege of having a "hall bedroom."

The Gift of Sympathy.

None know better than women how infinitely the little things in life count, and yet we often are undone in leaving the little things behind. Lame dogs do not always limp, and it is sometimes difficult to heal a hurt that is hidden within, but by cultivating the gift of sympathy, which is so important a part of our women's heritage, we can often ease an ache and make a dark world aglint with sunshine.

Minard's Liniment Cures Colds, Etc.

An army officer, noted for his bluntness of speech, rudely remarked in the presence of a clergyman: "If I had a son who was an idiot I would make him a parson." "Evidently your father held a different view, sir," responded the clergyman, quietly.

Minard's Liniment Cures Diphtheria.

An Ancient Legend.

"This inn must be very old," remarked a tourist in a story printed in London Opinion, to the landlord, who was serving him with dinner. "Very old, sir," assented the landlord. "Would you like to hear some of the legends connected with the place?"

"I would indeed," replied the tourist. "Tell me the legend of this curious old mince pie. I notice it every time I come."

Being unable to find a seat on the overcrowded train, a large woman went into the smoking car and sat down by the door. The man next to her, absorbed in his newspaper, kept on smoking. "I was foolish enough to suppose," said she, glowering at him, "that some of the men in here at least were gentlemen." "Pardon me, madam," he answered, politely offering her a seat.

In general pride is at bottom of all great mistakes.

PEDIGREE WHEAT.

Experiments Made in England and Sweden.

Experiments made in Sweden with a view to obtaining a "pedigree" wheat were referred to in a recent lecture by Prof. T. B. Wood, of Cambridge, England, at the Royal Institution.

The two important characteristics which the farmer wanted, the lecturer said, were a good quality and a large yield. Comparison of the yield per acre over 10 years in Lancashire, 35 bushels, and in Monmouthshire, 26 bushels, indicated at once, he said, that soil and climate were responsible to a large extent, and meteorologists were of the opinion that the weather during the autumn sowing in a large measure determined the yield. The average yield per acre in different countries: Denmark, 42.1 bushels; Great Britain, 32.9 bushels; Canada, 17.6 bushels; India, 11.4 bushels; and Russia, 10 bushels.

Experiments at Cambridge and other places showed that there was no relation between the size of the ear, the size of the grain, or the number of stems and the bulk of the crop. Both squarehead and rivet, one of which had a small ear and the other a large, gave an almost equal yield. In this connection Professor Wood pointed out that the efforts to obtain a pedigree wheat had been unavailing. In Sweden, by mechanical separators, the largest ears out of success, could not work and the result was not so good as that obtained from an ordinary sowing.

HARD, SOFT, OR BLEEDING?

No matter what kind or where located, any corn is promptly cured by Putnam's Corn Extractor, being purely vegetable it causes no pain. Guarantee with every bottle of "Putnam's," use no other, 25c. at all dealers.

A Bad Joke.

"A famous college president declares that there are no new jokes." "Ah, he does, does he?" grimly returned the Old Codger. "Well, he ought to see the husband my niece has just married and brought home to live on me."

Repeat.

"Did Mr. Cumso seem annoyed at your calling with his bill?" asked Mr. Gasket of his new collector. "No, sir," replied the young man; "on the contrary, he asked me to call again."

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 Salve in Aseptic Tubes, 25c. 50c. Eye Books Free by Mail. An Eye Tonic Good for All Eyes that Need Care. Murine Eye Remedy Co., Chicago

Limited.

Jack Makeit—How can we marry? I'm only worth fifteen thousand dollars, and that wouldn't buy your clothes. May Spendit—Oh, yes, it would, Jack, for nearly five years!

Fact and Fancy.

The average man's idea of economy is to preach it to his wife. Hebrews are the longest-lived race. Strong fish brine will remove superfluous hair. It's easy enough to die game. Live game! Siamese women, to avert bad luck, take down their hair when a funeral passes. The under dog in a fight gets all the sympathy, but, unfortunately, that isn't all he gets. Some dealers consider an egg new-laid till it is seven days old; others till it is fifteen. The lazier a man is, the more he is going to do to-morrow.

Minard's Liniment Cures Coughs in Cows.

Minard's Liniment Cures Diphtheria.

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Clark's Beans



Quality, flavour, and perfect cooking combined. The maximum of nourishment and palatability. Just heat — then serve minimum trouble and cost.

FARMS FOR SALE.

H. W. DAWSON, Ninety Colborne Street, Toronto.

FRUIT, STOCK, GRAIN AND DAIRY Farms in all sections of Ontario, some cheap.

FACTORY SITES, WITH OR WITHOUT Railway trackage, in Toronto, Brampton and other towns and cities.

RESIDENTIAL PROPERTIES IN Brampton and a dozen other towns. H. W. DAWSON, Colborne St., Toronto.

3,000 FREE HOMESTEADS AND IMPROVED FARMS, \$15.00 to \$45.00 per acre. Best grain and mixed farming country. Write Commissioner, Board of Trade, Humboldt, Sask.

MALE HELP WANTED.

AT ONCE—MEN WANTED: LEARN Barber Trade; great demand; good pay; twenty to thirty advertised for daily in Toronto papers alone. Can teach you in six to eight weeks. Send for Catalogue. Moler College, 221 Queen East, Toronto.

STAMPS AND COINS.

STAMP COLLECTOR—HUNDRED DIFFERENT Foreign Stamps, Catalogue, Album, only Seven Cents. Marks Stamp Company, Toronto.

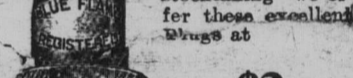
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CANCER, TUMORS, LUMPS, ETC. Internal and external, cured with out pain by our home treatment. Write us before too late. Dr. Bellina Medical Co. Limited, Collingwood, Ont.

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make one or two dollars a week selling Post Cards for your vacation trip, and win also a beautiful prize. Write for particulars. TORONTO TRADING CO., 454 LOGAN AVE., TORONTO, ONT.

"BLUE FLAME" SPECIAL



To lower our stock by July 31st—our stocktaking—we offer these excellent lamps at

\$2 Per Set of Four

"BLUE FLAMES" give perfect ignition and will give a hotter spark than any plug at this price.

RUSSELL MOTOR CAR CO., Limited.

Accessories Dept., WEST TORONTO

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Your Vacation Trip

WHERE TO GO

Niagara Falls, Toronto, Thousand Islands, St. Lawrence Rapids, Montreal, Quebec and the Saguenay River—one of nature's most impressive scenic wonders.

Low rates for tickets including meals and berths. For information apply to local ticket agents or Hugh D. Paterson, Gen. Agt., Toronto, Ont., or H. Foster Chaffee, P.T.M., Montreal, Que.

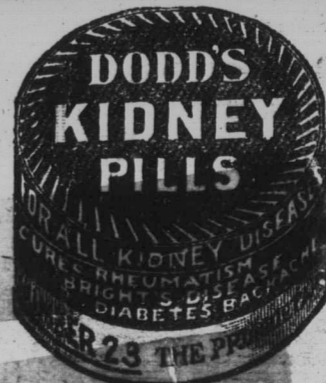


Aerobats in India.

The wandering acrobats of India are recruited from a low caste of people called Dombaranos, who live by this profession alone. The children are trained from their earliest childhood, and do not receive any education in schools. They travel from village to town and give their performances, which are really wonderful, in the open air before crowds of onlookers. Rajas and rich Indians are very fond of the acrobatic displays, and engage the best of the men to perform before their guests at entertainments.

Minard's Liniment Cures Diphtheria.

Many have fallen by the edge of the sword, but not so many as have fallen by the tongue.



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