

SECRET OF GOOD HEALTH

Keep the Blood Rich and Pure with Dr. Williams' Pink Pills

The condition of the blood makes all the difference between health and sickness. Impure blood and strong healthy nerves and muscles never go together. If the blood is thin every part of the body becomes weak. The stomach fails in strength and the appetite becomes poor. The body does not obtain enough nourishment from the food. The nerves begin to complain and the person becomes irritable, despondent, worn out and nervous. For a time there may be a general sickness, only a run-down condition, but there is a latent danger against disease and from a condition springing disorders such as anaemia, rheumatism, indigestion, neuralgia, and even paralysis.

People with impure, thin blood should take Dr. Williams' Pink Pills for Pale People. Every dose helps to make new, rich blood, and new blood means health and strength. They stop the progress of disease, and red cheeks, good appetite, new strength, declare the general improvement in the health. Here is an example. Miss Ellen Maude McQuodale, Harrison, Ont., says: "I feel it my duty to add my voice to the many now recommending Dr. Williams' Pink Pills. For years I was a sufferer with back-aches, rheumatism and nervousness. I was so bad at times that I was confined to my bed. I felt sleepy and heavy after my meals, and had flashes of light before my eyes, and a difficulty in collecting my thoughts. After using several remedies without benefit I began using Dr. Williams' Pink Pills and in ten or twelve boxes in all, they gave me the best health I have enjoyed for years, and I have not since had the least return of the trouble."

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

NEW CHEESE PROCESS.

Cheese May Be Stored in a High Temperature.

By the use of pasteurized milk for Cheddar cheese two Wisconsin experimenters—J. L. Sammis and A. T. Bruhn—claim to have overcome the uncertainties of the manufacture.

The processes have varied from day to day, with corresponding variation in the product itself, as a result of the great differences in the kind and quantity of bacteria in the milk at the outset, but heating to 160 degrees to 165 degrees Fahrenheit kills 99 per cent. of the bacteria.

After next increasing the acidity of the milk to 0.25 per cent. with hydrochloric acid, a pure culture of lactic acid bacteria is added. The final operations can be carried out by regular time schedule. The product is stated to be not only that by the ordinary method, but the average yield is higher, the losses of fat being reduced.

The cheese may be safely stored at a high temperature. The destruction of possible disease organisms in the milk is a sanitary advantage.

CHILDHOOD DANGERS

No symptoms that indicate any of the ailments of childhood should be allowed to pass without prompt attention. The little ailment may soon become a serious one, and perhaps a little life passes out. If Baby's Own Tablets are kept in the house minor troubles can be promptly cured and serious ones averted. The Tablets are guaranteed absolutely safe and can be given to the newborn babe as well as the growing child. Thousands of mothers use no other medicine for their little ones. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

"I shan't go to their house again." "What's the matter?" "Yes." "And didn't you?" "No. When I asked to be excused they merely let it go at that. I supposed, of course, they'd insist on it."

Minard's Lintment Cures Diphtheria.

A tourist who had been caught in a severe storm in the Highlands of Scotland finally came to a solitary cottage and eagerly accepted an invitation to stay over night. After supper while he was wearing a suit of the guidman's clothes till his own were dry he met the mistress on the stairs. She bore a broom in her hands, from which he got a sharp thump on the head, followed by the exclamation: "That's for askin' for the man to stay a' night!"

Minard's Lintment Cures Croup in Cows.

The Fat in the Fire.

Sir George Reid, High Commissioner for Australia, is well known for his geniality, his bulk and his ready tongue. Talking to him not long since, a correspondent asked him had he ever found himself at a loss for a back-answer. "Well," one day at a political meeting "down-under." It was near the close of my last campaign, and I remarked that I thought of retiring from politics, as I felt I was fast nearing that bourne from which no traveller returns. Upon which a voice at the back of the



Sir George H. Reid.

hall observed sardonically, "My word, the fat will be in the fire then, George!" Glancing down at his ample waistcoat, the portly High Commissioner continued, "The roar of laughter that greeted this sally was Homeric. I faced it for a few moments, but nothing effective by way of reply occurred to me, and I sat down—absolutely 'flummoxed' for, I think, the first time in my life."

King George to Have a Movie.

Following the example of the Kaiser and Alfonso, King George has given orders for a picture theatre in miniature to be fitted up at Buckingham Palace. This is mainly intended for the Royal children, but their Majesties themselves are very fond of seeing the world on the film. The Kaiser has had a picture palace all to himself at Potsdam for over a year, and during the recent wedding festivities this was a very popular haunt for august guests anxious to see themselves on the screen.

AUTOMATIC SPRING BUMPERS

Special Prices to Clear Out an Overstock by August 1st.

The Russell Motor Car, Company, Limited, Toronto, are offering an Automatic Spring Bumper at a greatly reduced price.

This bumper has solved the problem of full elliptic springs. A vertical and horizontal adjustment admits of its being fitted to any car.

When fastened to cars with semi-elliptic springs there are no holes drilled in the frame, but a very ingenious hook clamp fastens the bracket firmly to the frame. Prices: brass, \$6.70; nickel, \$7.25.

The Gould Millions.

Mr. George J. Gould, the head of the Gould family, is a millionaire who is conscious of the responsibilities entailed by great wealth. He has a family of six children, and they are all being trained for definite careers, though in the course of time they will inherit millions of money between them.

The story of how the Goulds amassed wealth partakes of a romantic nature. Jay Gould, the founder of the family fortunes, started life at fifteen as a store clerk. He worked from six in the morning until ten at night, and in order to improve his education he was accustomed to rise at three in the morning. In this manner he acquired a knowledge of mathematics, and secured a post as assistant to a surveyor. Gradually he acquired a sum of \$500, and with this capital he started on his own as a maker of maps. His work was of such an accurate nature that ere long he found his capital had increased to a round \$5,000. Then he migrated to New York and became a leather merchant.

For years he struggled along until his great chance came. The Erie Railroad was on the brink of ruin, but Jay Gould saw that if properly worked it could be made into a prosperous concern. He succeeded, in conjunction with two partners, in securing sufficient capital to buy up the stock, and in a short space of time they had made five millions between them out of the railroad. Jay Gould continued to buy up neglected railways, and eventually made his pile.

At his death he left fifteen millions to his eldest son, George, whilst his four other children received ten millions each. It was laid down in the will that George Gould should look after the money, and so successfully has he done this that he has increased the family pile to one hundred millions.

PRINCE IS A DEAF MUTE.

The Second Son of King and Queen of Spain.

The Infante Don Jaime, second son of the king and queen of Spain, now five years old, was born deaf and dumb.

For a long time no one outside the palace knew of the prince's infirmity, and there it was scarcely mentioned except in whispers. The late premier, Senor Canalejas, announced two years ago that the little prince had a form of tuberculosis which prevented him from hearing or talking.

His lack of hearing was proved by making a loud noise suddenly near the boy. He did not move. Although three years of age at that time he had never uttered a sound, and already had the fixed look and strange behavior characteristic of the deaf and dumb. Spanish specialists adjudged him incurable. One of them performed a difficult operation without beneficial result. The child was sent to the sanitarium of a celebrated physician in Switzerland, but he returned in the same condition as before.

Don Jaime at present is under the care of Valencian nuns whose mission in life is to educate the deaf and dumb. The name of Miss Helen Keller has been mentioned in the palace, but nothing definite has been arranged about asking her to undertake the teaching of the boy. One difficulty is that Miss Keller, who does not know Spanish, would have to teach in a foreign language.

AWFUL ATROCITIES.

Result of the Withdrawal of Troops From British-Somaliand.

A terrible story of atrocities in British Somaliand is told by a British officer who had been serving in this district.

The British posts were withdrawn by the Government from the interior of Somaliand in 1910, and the administration is now confined to the coastal region, including the towns of Berbera, Bulhar and Zeyla, whose protection is entrusted to a small garrison of Indian troops.

The Mullah, the British officer in question said, had been our enemy there for many years past, and several expeditions had been directed against him. But as the country was not a valuable one, and our policy had recently been to withdraw from the hinterland and concentrate upon Berbera, the natives had been left at the Mullah's mercy, and he had burnt and sacked the villages, killed the men, taken away the women, and left a miserable remnant of mutilated old women and young children who were starving, and unable to remain in the decimated villages.

These wretched people were mutilated by having a cross cut from the chin to the abdomen, and left to find their way as best they could, to seek British protection. So frequently did this happen that the very hyenas, the most cowardly of beasts, had plucked up courage to dog and attack these miserable pilgrims as they came down to the coast. The reason for this condition of things is that Somaliand is an absolutely worthless country; it was a bad bargain which the British wished they were well out of, and it is because of the expense that the hinterland has been abandoned in this way.

BOTH GAINED.

Man and Wife Fatten on Grape-Nuts.

The notion that meat is necessary for real strength and the foundation of solid flesh is now no longer as prevalent as formerly.

Excessive meat eaters are usually sluggish a part of the time because they are not able to fully digest their food, and the undigested portion is changed into what is practically a kind of poison that acts upon the blood and nerves, thus getting all through the system. "I was a heavy meat eater," writes a Western man, "and up to two years ago, was in very poor health. I suffered with indigestion so that I only weighed 85 pounds. Then I heard about Grape-Nuts food and decided to try it. My wife laughed at me at first, but when I gained to 125 pounds and felt so fine, she thought she would eat Grape-Nuts too. Now she is fat and well and has gained 40 pounds. We never have indigestion any more and seldom feel the desire for meat.

"A neighbor of ours, 68 years old, was troubled with indigestion for years, and was a heavy meat eater. Now since he has been eating Grape-Nuts regularly, he says he is well and never has indigestion. "I could name a lot of persons who have rid themselves of indigestion by changing from a heavy meat diet to Grape-Nuts." "There's a Reason." Name given by Canadian Postum Co., Windsor, Ont. Read the little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

HANDS SO SORE COULD NOT SLEEP

Chapped and Cracked. Could Not Put Them in Water. Skin Red and All Swollen. Cuticura Soap and Ointment Cured in Two Days.

Emerald, P. E. I.—"I got my hands chapped and they cracked. If I would could not put them in water or do hardly any work. The skin was red and my hands all swollen. They were so sore I could not sleep. I tried everything I could get in the drug store, and all kinds of ointment, and they did me no good. Still I used Cuticura Soap and Ointment. They cured my trouble in two days. Cuticura Soap and Ointment are the best that can be made." (Signed) C. W. Murphy, Dec. 28, 1912.

ERUPTIONS COVERED FACE

415 Huntley St., Montreal, Quebec.—"My one year old son was troubled with eczema in the face. It started with redness and irritation, then it was like a pimply eruption. It was an open sore with a crust coming out, causing itching and keeping him from sleeping at night. His face was covered with eruptions. After unsuccessful attempts with different remedies, I used Cuticura Ointment, which I used on my son, and he was completely cured of eczema." (Signed) Mrs. J. N. Racicot, Nov. 28, 1912. Cuticura Soap and Cuticura Ointment are sold by druggists and dealers everywhere. For a liberal free sample of each, with 30-penny Book and post card to Potter Drug & Chem. Corp., Dept. E2D, Boston, U. S. A.

MERCHANT SHIPS ARMED.

Admiralty's Plan Carried Out by Steamship Companies.

The decision of the White Star Line to arm its new steamer Ceramic, which will be the largest boat in the Australian trade, in accordance with the British Admiralty's plans for the defence of merchant ships, disposes of the contention that its fleet does not come within the scope of that scheme. This was pointed out when the question was first raised, as also was the fact of the agreement which was concluded between Gerald Balfour, as president of the Board of Trade, and the late J. Pierpont Morgan on September 27, 1902, to the effect that the British companies in the commerce were to remain British, "not merely nominally, but in reality."

In addition to the Royal Mail Steam Packet Company's steamers Aragon and Amazon, which carry two 4.7 inch guns each, several Peninsular and Oriental liners are provided with gun platforms, while the Houder boats La Rosarina el Uruguayo, La Negra el Paraguayo and La Correntina, running between Liverpool and the River Plate, are being similarly equipped. It is also reported that the two Union Castle liners recently ordered at Belfast and the Pacific Steam Navigation Company's Andes will be fitted for guns. The Cunard liners Lusitania and Mauretania, which were built under a subvention from the Admiralty, are of course in a different class.

Equipment.

"Is your new motor a self-starter?" "No," replied Mr. Chuggins, "only a self-stopper."

Are Your Feet Calloused?

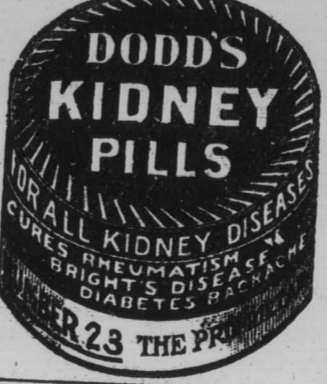
Easy to remove lumps by applying Putnam's Corn and Wart Extractor. This purely vegetable remedy acts painlessly and is guaranteed. Insist on "Putnam's" only. 25c. per bottle.

Waiter—The egg? Why, wasn't it boiled long enough, sir? Guest—Yes! The trouble was it wasn't boiled soon enough.

Minard's Lintment Cures Colds, Etc.

Pat Again.

Pat was buying a clock, and in recommending one to him the shopkeeper remarked that it was an "eight-day clock." "And what is that?" inquired Pat. "Why, it goes eight days without winding." "So much as that," exclaimed the Irishman in astonishment. "Beggorra, there's wan thing I'd loike to be after axing ye: If it goes eight days without winding how long will it go if yez do wind it up?"



ED. 7.

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QUEEN MARY'S NEW FAD.

She Keeps Her Flesh Down by Rowing and "No Potatoes."

There is no doubt that within recent years there are fewer stout women in the smart set in Europe and America. Almost every day we are shown Mrs. X. or Mme. Z. who was once abnormally large and at present is as slim as the slimmest. It is no secret that there are many ways of reducing flesh, some more agreeable than others, and that most stout people have tried some method that has been recommended to them.

As a rule, these methods succeed owing to the amount of walking that the patient has to do, or the hot water she has to drink, or through the many pleasant, fat-must-avoid substances from which she must abstain. In fact, the majority of people to-day have some fad about diet that they would suffer untold agonies rather than disregard. For instance, Queen Mary, whose weight is 18 stones, pins her faith to rowing and "no potatoes," but the craze now attacks all meals, even afternoon teas for bridge.

Thus at these gatherings China tea is invariably preferred, and in smart houses is brewed with Malvern water, which can be got in bottles. Lemon instead of milk or cream, saccharine instead of sugar, and dry toast in place of cakes are carefully provided. Anti-fat biscuits are also thankfully received.

A new idea is to have small silver tongs like tiny asparagus tongs, so that sandwiches may be eaten without damage to dainty gloves and delicate finger-tips. At Buckingham Palace and Sandringham, however, tea is a square meal.

SERGEANT-MAJOR UNDER GENERAL FRENCH

VETERAN OF BOER WAR WHO LOST HEALTH ON THE VELD TELS EXPERIENCE.

Good Advice for All Who Have Indigestion or Stomach Disorders.

In his home at Waldegrave, N.S. no one is better known than Sergt-Major Croes, late of the 4th Queen's Own Hussars. Speaking of the ill-effects of a campaign upon a man's constitution, the Sergt-Major writes: "I served under General French during the late Boer war, in the capacity of Sergt-Major. It was perhaps owing to a continued diet of bully beef, hard tack, and bad water, but at any rate my stomach entirely gave out. I was in such a state that I could eat nothing without the greatest suffering. The army doctors did not help me much, and since leaving the service I have been very miserable. Some few months ago a friend told me he had been a great sufferer from indigestion until he tried Dr. Hamilton's Pills; they cured him. I consulted a doctor, but he did not give me a box, but the first dose made me feel better than I had been for a long time. Dr. Hamilton's Pills completely cured, and now I can eat everything and anything. I have recommended them to others and in every case the result has been similar to mine."

Quick, sure results attend the use of Dr. Hamilton's Pills. They cure indigestion, the stomach, correct indigestion, make you feel uplifted and strengthened. To renew or maintain health, Dr. Hamilton's Pills always prove a good prescription. 25c. per box, five boxes for \$1.00, all dealers, or the Cattrhosene Co., Buffalo, N.Y., and Kingston, Ont.

Loge.

"It surprises me that you can say such cutting things about your best friends."

"Why shouldn't I? I know them better than anyone else."

Minard's Lintment Cures Distemper.

A native station master on the East Indian Railway had been given strict orders not to do anything out of the ordinary without authority from the superintendent. This accounts for his sending the following telegram: "Superintendent's Office, Calcutta—Tiger on platform eating conductor. Please wire instructions."

When Your Eyes Need Care

Try Murine Eye Remedy. No Smarting—Feels Fine—Acts Quickly. Try It for Red, Weak, Watery Eyes and Granulated Eyelids. Highly compounded by our Oculists—got a "Patient Medicine"—but used in successful Physicians' Practice for many years. Now dedicated to the Public and sold by Druggists 25c. and 50c. per Bottle. Murine Eye Remedy Co., Chicago.

Liked to Wear Wife's Shoes.

Margaret Blum filed a bill for a divorce from John Blum, a carpenter, of Liverpool, England, because, she alleged, her husband insists upon wearing out shoes which are given her by her mother. Blum, it appears, has very small feet, of which he is extremely proud. He likes to dress them well and on Sundays, the wife charges, he was wont to wear a pair of fine patent leather boots which had been a present to Mrs. Blum from her mother.

"Don't you think everyone ought to look for the good in the world?" "Yes, but instead of looking for the good, they seem to be looking for the good things."

Clark's
All ready baked to a nicety, whole, mealy and full flavored. Heating only is necessary.

FARMS FOR SALE.

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

FRESH STOCK, GRAIN AND DAIRY. Farms in all sections of Ontario. Some snap.

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

RESIDENTIAL PROPERTIES IN Brampton and a dozen other towns.

N. 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 wages; twenty to thirty advertised for you in six to eight weeks. Send for Catalogue. Moler College, 221 Queen East, Toronto.

STAMPS AND COINS.

Stamps, Foreign Stamps, HUNDRED Stamp Albums, only Seven Cents. Martz Stamp Company, Toronto.

MISCELLANEOUS.

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

The Heart of a Piano is the Action. Insist on the "OTTO HIGEL" Piano Action.

RICHIEU & ONTARIO NAVIGATION CO.
NIAGARA TO THE SEA
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.M., Montreal, Que.

Her Exception.
Crabbed Old Lady (sarcastically)—"I don't suppose there is another baby like that in the whole world?"
Young Mother—"Oh, yes, there is! I left one of the twins at home with mother."

I was cured of Bronchitis and Asthma by MINARD'S LINTMENT.
MRS. J. LIVINGSTONE.
Lot 5, P. E. I.
I was cured of a severe attack of Rheumatism by MINARD'S LINTMENT.
Mahone Bay. JOHN MADER.
I was cured of a severely sprained leg by MINARD'S LINTMENT.
BRIDGEWATER. JOSHUA A. WYNACHT.

Edifying.
"Do you think that if women generally were given the hallo? it would help them to understand the national issues?"
"Well, it would help them to understand that the men do not understand such things any better than the women do."
What man has done man may do better.

Zam-Buk
is the best remedy known for sunburn, heat rashes, eczema, sore feet, stings and blisters. A skin food!
All Druggists and Stores.