Old Folks Need Mild Bowel Tonic

And Should Avoid the Use of Harsh Pills and Drastic Purgatives.

Old people, no matter how sound and healthy, should avoid cathartic pills, purgative water salts and all such temporary relief measures. They chase conditions to-day, but bind you up worse than ever to-morrow.

It is better to get the bowels into the habit of performing their needful function at a certain time each day and this can be done by strengthening the muscles of the stomach and bowels by the tonic action of Dr. Hamilton's Pills, a mild laxative that acts as close to nature's way as possible.

Thousands of people, old and young, prevent and cure habitual constipation by using Dr. Hamilton's Pills, a mild yet active medicine that is noted for its promptness in curing headaches, belching gas, sourness in the stomach, fullness after meals, liver soreness and muddy complexion. You'll have the best of health, feel good, eat well, digest and sleep well if you regulate the system by Dr. Hamilton's Pills of Mandrake and Butternut, 25c box at all dealers.

The Spider Of Death

(Orange Sentinel.)

"What do I want to do? Why go back there? What for?" And the man thrust gnarled and scared fingers into a leathern wallet hanging from his belt and, after clumsy fumbling brought out two cartridges, one short and snub-nosed, the other long and tapering. For satisfaction. To put these into the vital parts of two men."

The man who said these grim words sat back in his chair and leant his chin upon a rough crutched stick which he held between hands that looked tortured in spite of their great strength and power.

Imagine a figure bowed at the knees and back, clad in khaki regimental breeches and puttees. Had he been upright, he would have stood considerably over six feet, but the huge shoulders were bent, and it seemed almost impossible for him to straighten his muscular limbs.

THE SPIDER BRAND.

I invited him to come in. Then he removed his hat and with difficulty I repressed a nervous shudder, for I was looking at a disfigurement that seems almost unbelievable in these days of so called "civilization." This man's naturally high fine forehead gives plenty of room for the sinister sign that stretches from temple to temple and from the arch of each eyebrow to the edge of the scalp. It is a heavily tattooed design of a huge crab-like creature which is called in the country where it was made "The Spider of Death," or "The Scorpion."

This creature, which is pricked in blue, red and green inks upon his forehead, has three great bodies. One lies over the other and each outline is clearly visible—it shows first the shield of Bulgaria, above that the military drum of Germany, and super-imposed upon these the fez, the star and the crescent of Turkey. On either side stretch eight human, booted legs, while from the middle or head of this horror hangs a ring showing that the man branded thus is the property of the Turks, for eternity.

"Yes, that is what I have to show for my share in the great war," the branded man told me. "I have seen a lot in my life—I was born 57 years ago in Chicago ,and I guess there are a good many of them there yet who remember the name of Roughton, who was famous for feats of strength and pysical endurance right through from Maine to California.

"I was with Stanley in '73 when he was on his great African expedition, and we rescued Dr. Livingstone. I was with Captain Peary in 1906 ,when he tried to get to the North Pole. I have been 'strong man' and an acrobat in circuses. I have circled the world with a herd of Esquimaux dogs.

"I have been mixed up in British wars for the last twenty years. I fought in the Soudan, in the Boer war and now in this greatest war.

"I joined up with a regiment of Royal Engineers that was being recruited in the States.

"Over I came, and with the sappers laid mines and built bridges and put down barbed wire in France for a spell. I was at Mons, and I got the ribbon right here.

"I was moved on to Saloniki and then to Mesopotamia, and that's where I got caught. And that's where I met the 'Spider of Death.' It was while I was doing some work with barbed wire one night alone out under the stars in Mesopotamia that I got done in.

"They got me, the devils, but it took a lot of them to do it, and I accounted for a fair number before I was bound and tortured and smashed into unconsciousness. I was put to work and I tried to escape, and I was caught and put through more tortures, and then I lay low and was cunning, and they became afraid of me.

"I have no education, but I have brains, and they know that I was to be feared. And so one day a Turk under the direction of a German officer, put this upon me," and the man touched his forehead with a terrible gesture.

"I was put to work at pulling a plow, and I dragged this plow across the land, and when I didn't cover enough ground, or the furrows that I made were crooked, I was beaten with a leather cat-o'-nine tails that had nails at the end of each thong. On my back are the deep marks and the unhealed scars of 42 stripes that were made when I was a beast of burden in Turkey.

GUARD OF HAREM.

"Then the general Ipotentate for whom I worked seemed to realize that he was wasting good material in rough, unskilled labor. He placed me as the guardian of his harem. Among the many slaves in this place there was a young Arabian girl who had been stolen and sold to the man who was our master. She was unhappy to the verge of madness, and the horrors through which she went nearly drove me mad as well.

"I witnessed things done to women that are past belief, and I was helpless, a branded prisoner with a price upon his head. By methods that are too long to tell you, this Arabian girl and myself plotted and planned together and succeeded in escaping. I killed two of the brutal attendants of the inner court of the harem before we got away.

"Finally we got across the border into her native land and there I rested for a time and had my wounds attended to, and finally managed to get in touch with British troops.

"I have seen women crucified and children torn limb from limb while still alive. I have had to be one of a band of workers to dig up what these fiends called a 'pit of pleasure.' This is a hole dug in the ground eight or ten feet deep by six in diameter, where animals are put and then women and prisoners are thrown in and left until the end. I've seen tortures and mutilations that I could not talk to you about.

TO ALL WOMEN WHO ARE ILL

This Woman Recommends Lydia E. Pinkham's Vegetable Compound—Her Personal Experience.

McLean, Neb.—"I want to recommend Lydia E. Pinkham's Vegetable Compound to all women who suffer from any functional disturbance, as it has done me more good than all the doctor's medicine. Since taking it I have a fine healthy baby girl and have gained in health and strength. My husband and I both praise your medicine to all suffering women."—Mrs. JOHN KOPPELMANN, R. No. 1, McLean, Nebraska.

This famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, has been restoring women of America to health for more than forty years and it will well pay any woman who suffers from displacements, inflammation, ulceration, irregularities, backache, headaches, nervousness or "the blues" to give this successful remedy a trial.

For special suggestions in regard to your ailment write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.

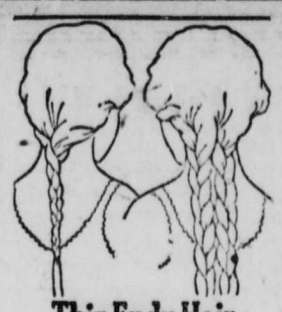
CLARIONET REEDS.

Difficult Art of Preparing Them for Use.

To prepare a clarinet or oboe reed for use, place a very thin, flat piece of steel into the reed between the blades and with a very sharp knife scrape the surface about the middle of the reed on each side until it becomes very thin and smooth at the top, sufficiently to allow it to vibrate. Blow into the reed and if it "crows" it usually is a sign that the reed will be a good one.

If thought too week, cut a small portion off the tip of the reed. If too strong, scrape it until it suits the embouchre, taking care that there is no inequality in the scraping. In case the reed should be found to have too little vibration, it must be scraped thinner at the top; if it vibrates too much, or if the tone is too shrill, scrape from the bottom to the middle of the reed and it may be neceeary to cut a small piece off the tip. Scraping is the most difficult and delicate part of reed-making. One should pay the strictest attention to this important part and not scrape too vigorously, as doing so is apt to cause inequalities and spoil the reed. Scrape gently, a little at a time and strive to keep both sides of even texture. Blow into the reed frequently, that is, sound it, make it "crow" while it is in the process of scraping in order to test its vibratory qualities fro mtime to time and to better judge the amount of scraping necessary for the reed to suit your embouchre.

Sometimes even with the greatest care, a reed will turn out badly. This may not arise from any fault in the making or scraping, but may be accounted for by the quality of the cane. On the other hand, with a little trouble and experimenting, one may derive some service from a reed that was thought at first to be good for nothing. It may be added that a reed should hardly be worked down all at once to the required flexibility. That is if a reed appears to be quite satisfactory yet seems a bit stiff, it is advisable to pla yon it in the orchestra or band. The playing will often be the means of softening it. Besides, the response of a reed while playing in an orchestra or band is quite different from that at home in a small room. For that reason it is better to play on a reed which at first offers a little resistance.—Exchange.



Thin Endy Hair or Thick and Healthy?

A scalp cared for by Cuticura usually means thick, glossy hair. Frequent shampoos with Cuticura Soap are excellent. Precede shampoos by touches of Cuticura Ointment to spots of dandruff, itching and irritation of the scalp. Nothing better for the complexion, hair or skin.

Sample Each Free by Mail. Address postcard: "Cuticura, Dept. N, Boston, U. S. A." Sold by dealers throughout the world.

Did Hannibal Use Dynamite?

Everyone knows the story of how Hannibal crossed the Alps. The historian Livy says he demolished the rocks that opposed his progress with the aid of fire and vinegar. The word used by Livy and ordinarily translated "vinegar" is acetum.

The question has been raised by a European officer whether this is the true meaning of the original. He thinks that by acetum the historian referred to a substance resembling dynamite in its properties, and he invites chemists to consider the question whether the ancients may not have possessed a formula for making a powerful explosive of this kind.

He calls attention to the fact that two ancient historians—Marcus Graecus and Albert of Aix—speak of the existence of two kinds of acetum, one of which possessed greater energy than the other. A clue to the composition of this explosive may be found, he believes, in the fact that to acetum was ascribed the property of extinguishing the dreaded "Greek fire." He thinks the substance may have been strongly oxygenated.

Imported Frocks.

For spring.
One-piece, of course.
Neck lines partly ovaled.
Half and three-quarter sleeves.
A dominating narrow, straight silhouette.

A Blood-Food Discovered That Entirely Overcomes Anaemic Weakness

CAREFULLY INVESTIGATED REPORTS ESTABLISH TRULY WONDERFUL RESULTS.

Heretofore it has often been a hopeless task for a thin-blooded person to gain either strength or weight. Neither food nor medicine in many instances had beneficial effect.

Within is practically a perfect blood-food, containing such elements as iron, has at last been produced, and when taken after meals will put new life and vigor into people that have despaired of ever being strong again.

This truly wonder-working treatment consists of taking two small chocolate-coated Ferrozone Tablets at the close of every meal.

This wonderful blood-food supplies nourishment, vim, energy—sends a stream of vigorous, strength-making blood to every nook and corner of the body, makes every muscle and fibre sing with new-found life and health.

That gnawing tiredness leaves you—Ferrozone drives it away. Sleepless nights are turned into periods of rest, and you pick up fast. Day by day your appetite improves—this means more food is transformed in nutriment that will build and energize weak organs. The inclination to worry passes away because Ferrozone imparts nerve—tone and bodily strength that prevents depression.

Think it over—Ferrozone is a wonderful tonic, in fact, it is more than a tonic, because it establishes health that lasts. Thousands use it, and thereby cleanse and restore the entire system in a perfect condition. You'll feel the uplifting power of Ferrozone in a week—it's bound to help you if you only give it the chance. Sold by all dealers, 50c. a box or six boxes for $2.50. Be sure of the name Ferrozone. Forwarded by mail to any address if price is remitted to The Catarrhozone Co., Kingston, Ont.

"WHERE DO I COME IN?"

Question Which Creates Reader Interest in Everybody.

"Every human being likes to see himself in reading matter—just as he likes to see himself in a mirror. The ideal fiction (or any publication (so far as reader interest' is concerned) would be one in which every reader could find his own name. The ideal illustration would be a group photograph of all the readers, so that each reader could have the fun of finding himself in the picture. Once in a while the newspapers print a flashlight photograph of a thousand men having a banquet together. When they do, each one of those thousand men takes a special interest in that photograph. He shows it to his family and he invents ways and means to bring it to the attention of his neighbors.

"Newspapers are read widely because the individual reader sees himself constantly in the paper. I do not mean that he sees his own name. I mean that he reads about things happening to individuals which might happen to him, and he keeps comparing himself with what he reads. For example, he reads in the newspaper that so-and-so has just fallen out of an eleventa-storey window and broken his neck. He thanks God that he himself has not broken his neck—and he also puts him and warns his wife and children to be more careful about windows. Furthermore, he is more careful himself! Again, he reads in the paper that a certain man has come into possession of ten thousand dollars from the estate of a dead brother, and, meditating on his own connection with what he has been reading, he wonders when that old uncle of his is going to die and leave him that dollar and a half he has been waiting for all his life.

"Country newspapers have enormous circulation in proportion to the population they reach. It is not uncommon for half or three-quarters of the people in a little town to take the village paper. The reason is obvious—the country paper is personal to its readers. Its columns are almost like a private letter from a member of the family. If a New York newspaper could get that close to its readers it could have three million circulation. But it can't. Besides, the people of New York are not that close to each other. They don't know each other well enough to be interested in each an item as the following: 'T. Willie Bucklinghouse, our special Broadway writer, has been suffering with the grip and has gone to spend a week with his aunt in Philadelphia.'

"The reason so much reading matter is unpopular and never attracts a wide reading public lies in the fact that the reader sees nothing in it for himself. Take an article we'll say, entitled 'The Financial System of Canada.' It looks dull, doesn't it? It looks dull because you can't quite see where it affects you. Now take an article entitled 'Why it is easier to get rich in Canada than in the United States?' That's different! Your interest is aroused. You wonder wherein the Canadian has an advantage over you. You look into the article to find out whether you can't get an idea from it. Yet the two articles are basically alike, differing only in treatments. One bores you and the other interests you. One bores you because it seems remote. The other interests you because the writer has had the skill to translate his facts and ideas into terms that are personal to you. The minute you become personal in this world you become interesting.—American Magazine.

Kindly Huns In Africa

As to the recent German talk about their determination to get back their colonies, it may be said that the Allies are going to see to that, but as to the colonies themselves and how they fared under German rule, some interesting data has been gathered.

When she first entered on African territory it was stated that Germany had "a colonial policy peculiar to herself" and did not need to learn from foreign nations. As the Koloniale eZitschrift said with brutal plainness, territory was acquired "not for the evangelization of the black, not primarily for their well being, but for us whites."

Preparations for war were the first consideration, and forthwith new colonists began to drill and arm the black troops. Next, there was the labor question; a system worse than slavery was applied. The facts from time to time have been before the Reichstag. Every German is not wicked, or was not at that time, and many protested. Officialdom at home shielded officials abroad, but it could not prevent the truth coming to light.

Laborers were caught like game and sent down to the coastal plantations in chained gangs. A witness from the Cameroons says: "Native soldiers, with loaded guns, were sent to scour the country for laborers, who are frequently roped or chained together and driven in this manner either to the Government undertakings or to the various farms." Another wrote on March 29, 1914: "I saw one large gang of men tied together by the neck and being driven by colored soldiers to the posts where they would be distributed. I am told by the people living in the district that this is a common occurrence, and that thousands have been sent in this manner to work on the railways and roads, and it is well known and openly admitted that the mortality among them has been above 30 per cent."

They were kept in subjugation and at work by such flogging as is not paralleled in the annals of slavery. It is most significant that at the outbreak of war, Ebermaier, Governor of the Cameroons, issued the following proclamation: "Whoever among you helps our enemies will feel our severity. But who stands by us faithfully will be rewarded. Therefore I decree that corporal punishment shall be done away with for the soldiers of the police force and for the colored Government officials, because they have shown themselves faithful, also for all who have left the service honorably. The commander decrees the same for the soldiers of the protectorate."

The concession in itelf testifies to the prevalence of flogging. And Evans Lewis in "German Rule in Africa" gives many horrible examples. Let one speak for all. It refers to a woman carrying a baby on her back and a sack of grain on her head. "She fell forward on her face, and the heavy sack fell partly across her and partly on the baby. The corporal kjamboked her certainly for five minutes and the baby as well."

The German colonist does not recognize humanity in a colored man. An uncontradicted story is of the notorious Captain Dominik, who, after the massacre of a village, permitted his native soldiers to place 52 children in wicker baskets and watch them spin down the Nachtigal Rapids to their death. This was unbelievable once, but not now.

What all this means to the native tribes is made abundantly evident by the figures which show how swiftly they are being exterminated. For example, the native population of Togoland fell from 2,500,000 in 1891 to 1,500,000 in 1913; that of Southwest Africa from 500,000 in 1904-05 to 140,000 in 1911.

ZAM-BUK

Purely Herbal—No poisonous coloring
Antiseptic—Stops blood-poison
Soothing—Ends pain and smarting, etc.
Pure—Best for baby's rashes.
Heals all sores.

50c. box.—All Druggists and Stores

Fair Exchange, Yet a Robbery.

While Gustave Dore was at Ischl and wandering about the mountains he became much interested in a country wedding and sketched it on the spot. He put the sketch into a book into the pocket of his paletot and went back to the hotel to dinner. After dinner he looked for the sketch. It was gone. Angry at the theft, the artist called the landlord and made complaint, but no trace of the book was found. From Ischl Dore went to Vienna, and there he found a letter and a parcel awaiting him. The letter, which was anonymous, read thus:

"Sir, I stole your book at Ischl. The sketch was so charming that I could not resist the temptation of having it in my possession, and I knew very well you would never consent to sell it to me. But theft is neither my trade nor my habit, and I beg you to accept as a souvenir of my crime and my enthusiasm for your talent the walking stick which will reach you at the same time as this letter."

The cane was one with a massive gold head, in which was set a gem of value.

Can Sleep Anywhere.

A soldier who enlisted and was sent to Houston was sent out to the trenches for training, and while on duty he was granted two hours' rest. He was allowed to sleep on the firing step of the trench, which, he said, is nine inches wide. He said when he comes back he will be able to sleep out on the window sill.

LINGERING WEAKNESS FOLLOWING DISEASE

Banished by the Wonderful Tonic Powers of Dr. Williams' Pink Pills.

In almost every case the victim of la grippe, influenza, fevers or contagious troubles, are left weak, ailing and despondent after the disease itself has disappeared. They do not pick up strength as they ought, and remain tired listless and discouraged. The one and only reason for this is that the blood has been impoverished by the ravage of the disease through which the victim has passed. Strength and full activity will not return until the blood has been restored to its normal condition. The blood can be enriched and purified by no other medicine as quickly and as surely as by Dr. Williams' Pink Pills. To enrich the blood and strengthen the nerves is the whole mission of these pills, and thousands have found them beneficial in bringing strength and energy after disease had left them weak and run down. Miss Beatrice Cassidy, Vroomanton, Ont., says:—"From my own experience I can speak in the highest terms of praise of Dr. Williams' Pink Pills. I passed through a severe attack of scarlet fever, from which I did not regain my strength after the fever itself had passed. I was left very weak, pale and frail looking, and although I was continuing to take medicine, I did not improve. At this time a friend advised me to take Dr. Williams' Pink Pills, and following the advice, I soon felt the pills were helping me, and after taking them for about a month I found myself fully restored to my old time health and strength. I therefore strongly advise anyone who feels weak or run down to give Dr. Williams' Pink Pills a trial and I feel sure they will not regret it."

Rich, red blood is the whole secret of good health, and from the first to the last dose Dr. Williams' Pink Pills enrich and purify the blood. You can get these pills through any medicine dealer or by mail at 50c a box, or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

You never can tell. Lots of people who think they are marrying for money merely invest in a gold brick.