THE AVERAGE WOMAN NEEDS MORE BLOOD

Nerves Easily Irritated, She Worries Over Little Things

To the woman in the home—the woman closely confined to the house either through household duties or the care of children, or both—Dr. Williams' Pink Pills are a positive blessing. The average woman has too little blood. Her nerves are easily irritated, she worries over little things, has severe headaches and backaches and is sick most of the time. With the woman who uses Dr. Williams' Pink Pills the condition is different. She is always well and the care of her children, or her household duties, is a real pleasure. This is because Dr. Williams' Pink Pills enrich the blood supply and bring bounteous health and strength. Here is proof. Mrs. Fanny Shepherd, Girvin, Sask., says: "I am the mother of a large family and was worn out, weak and irritable. I kept going to my doctor about every six weeks, and he would give me something "to keep me going a little longer." But it was like winding up a clock, I soon got run down again, and although life seemed hardly worth living, I did not wish to die because of leaving my little children. I continued like this for some years, but at last summoned up enough energy to strike out a new departure and got a supply of Dr. Williams' Pink Pills. I barely hoped they would help me, but to my surprise, before I had been taking them long I began to feel like a different woman. I still continued taking the Pills for some time, and they made me as well and strong as any woman need wish to be. Once more I would enjoy life thoroughly, and have done so ever since. I never need the doctor now, and everything seems bright and cheerful. I shall always recommend Dr. Williams' Pink Pills to anyone who in my opinion needs a tonic of any kind."

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.

"My wife is getting awfully strenuous," remarked Whiffles. "Yesterday she broke a plate over my head. What would you advise me to do?" "Well," replied Sniffles, "you might buy castiron plates."

Time tries all things, and as Bickle's Anti-Consumptive Syrup has stood the test of years it now ranks as a leading specific in the treatment of all ailments of the throat and lungs. It will soften and subdue the most stubborn cough by relieving the irritation, and restore the affected organs to healthy conditions. Use will show its value. Try it and be convinced of its efficacy.

Hypocrisy makes fewer people uncomfortable than brutal frankness does.

Minard's Liniment Cures Garget in Cows.

The girl was very pretty. Leaning her dimpled elbows on the table, she said to the critic:—"And what is your lecture to be about, professor?" "I shall lecture on Keats," he replied. "Oh, professor," she gushed, "what are keats?"

That Tormenting Cold that made you wretched last winter will not come back if you take Allen's Lung Balsam when your throat is raw and sore. This admirable remedy is free from opium. Take it in time.

Young Golightly (to pretty girl) "Is the seat next to you engaged, Miss?" Miss: "No; but I am. And he's going to get in at the next station."

Minard's Liniment Cures Distemper.

ROYAL LOVERS.

The Wooing of King Alfonso and Princess Ena.

One would think that the shadowing and guarding to which rulers of nations have to submit would never be less welcome than to a royal lover during his courtship; but Mons. Xavier Paoli, to whose lot it fell to safeguard King Alfonso and the Princess Ena, now Queen Victoria of Spain, at that interesting period, relates that the young King accepted it with the best grace in the world. Perhaps he did so because the Frenchman was a man of tact and sentiment; certainly he felt assured of his sympathy, for it was not long before he asked him, with the engaging desire of every lover to hear his sweetheart praised:

"She's nice, isn't she?"

A little later the two young people, accompanied by the whole little court, sought a beautiful spot in the garden of the Villa Mouriscot, where the Princess was staying. Near a little lake a gardener awaited them, holding two young fir-trees.

"This is mine," said the King.

Shiloh's Cure
quickly stops coughs, cures colds, heals the throat and lungs . . . 25 cents.

"And this is mine," said the Princess.

"We must plant the trees side by side, so that they may always remind us of these never-to-be-forgotten days," added the King; and each taking a spade, they set laughingly to work. The Princess, daughter of a gardening race, finished first. King Alfonso digs badly.

"There is no doubt about it," he confessed, ruefully. "I am very awkward. I must put in a month or two with the engineers."

Yet a few more days, and Monsieur Paoli was greeted from afar by a joyous voice. King Alfonso, beaming all over his face, cried out to him:

"It's all right, Paoli; the official demand has been granted! You see before you the happiest of men!"

The pretty Princess was not, alas! the happiest of brides. Monsieur Paoli saw her at the moment of her return to the palace from the bridal procession, so cruelly interrupted by a bomb, her trailing robe of white satin splashed and stained with blood, and tears raining down her face beneath the enveloping veil of lace. He saw, too, the young husband kiss and comfort her on the threshold; but the impression of that terrible day lingered long to cloud her early happiness. It was banished at last by motherhood.

When next Monsieur Paoli was in Madrid, the King brought and displayed to him a pink-faced bundle, demanding, like any other proud young father:

"There! What do you think of him? Isn't he splendid?"

She had talked for ten minutes without a break. "But what were you going to say, Regulus, when I interrupted you?" she asked. "Bellatrix," said the young man, looking at his watch and grabbing his hat, "I was going to ask you to marry me, but I shall have to put that off until the next time. I have less than three minutes to catch the last train. Good-night!"

MOTHER'S APPRECIATE BABY'S OWN TABLETS

Because they are the only medicine which gives the guarantee of a Government analyst to contain no opiate, morphine or other harmful narcotic. This means the mother can give this medicine to her youngest baby with absolute safety. Thousands of mothers know this and will give no other medicine to their little ones. The Tablets cannot do harm—they always do good. When the little one has a cold; baby indigestion; colic; when he has worms or his teeth are troubling him, Baby's Own Tablets will prove their worth. Concerning them Mrs. E. Merriam, Shetland, Ont., writes: "I use Baby's Own Tablets for my three little ones and consider them the very best medicine during the teething period. The Tablets are sold at 25 cents a box by all medicine dealers or direct from The Dr. Williams' Medicine Co., Brockville, Ont.

ALTITUDE RECORDS.

Butcher—"Twenty-eight cents a pound."

Mrs. Murphy—"That's awful high. I guess that's the aviation meat Oi've been reading so mooch about."

TRY MURINE EYE REMEDY
for Red, Weak, Weary, Watery Eyes and Granulated Eyelids. Murine Doesn't Smart—Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c, $1.00. Murine Eye Salve in Aseptic Tubes, 25c, $1.00. Eye Books and Eye Advice Free by Mail. Murine Eye Remedy Co. Chicago.

THOSE NEW RULES.

"Why was Binks put out of the game yesterday?"

"He hadn't shaved and was disqualified for unnecessary roughness."

Worms feed upon the vitality of children and endanger their lives. A simple and effective cure is Mother Graves' Worm Exterminator.

"Ah, me valet tells me I'm going to a wedding to-morrow. Miss Williamson's to be married to some fellah, you know, but I cawn't think of his confounded name." "Why, old man, you're to marry her yourself." "By Jove! so I am. What a memory you've got, deah boy!"

A Medical Need Supplied.—When a medicine is found that not only acts upon the stomach, but is so compounded that certain ingredients of it pass unaltered through the stomach to find action in the bowels, then there is available a purgative and a cleanser of great effectiveness. Parmelee's Vegetable Pills are of this character and are the best of all pills. During the years that they have been in use they have established themselves as no other pill has done.

It's a long way to heaven by the back door.

It's no use talking brotherhood when you're only courting men to have them boost your ecclesiastical burdens.

SHE CURED HER HEART DISEASE

WHEN SHE CURED HER KIDNEYS WITH DODD'S KIDNEY PILLS.

Mrs. Henry J. Jacques found a speedy relief for all her troubles, and now enjoys the best of health.

St. Rose du Lac, Man., Jan. 23 (Special)—That Heart Disease is one of the results of disordered Kidneys, and is consequently easily cured by Dodd's Kidney Pills, is the experience of Mrs. Henry J. Jacques of this place.

"My heart troubled me all the time," said Mrs. Jacques in an interview. "And I knew what terrible results might follow. The fact that my limbs would swell and my back ache led me to believe that I also suffered from Kidney Disease, so I determined to try Dodd's Kidney Pills. I bought four boxes, and before I had finished the third box the swelling was gone, my back was well, and my heart no longer troubled me. I am now in the best of health, and I owe it all to Dodd's Kidney Pills."

Heart Disease is one of the troubles that come from unhealthy Kidneys. They fail to strain the impurities out of the blood, and those impurities are bound to affect the heart, which is the engine that propels the blood through the body. To cure Heart Disease cure the Kidneys with Dodd's Kidney Pills; to prevent Heart Disease keep the Kidneys toned up and healthy by using Dodd's Kidney Pills.

A "SORT OF COUSIN."

The lawyer eyed the woman in the witness-box in patient despair. Then he rallied visibly.

"You say, madam," he began, "that the defendant is a sort of relation of yours. Will you please explain what you mean by that—just how you are related to the defendant?"

"Well, it's like this," replied the witness, beaming upon the Court. "His first wife's cousin and my second cousin's first wife's aunt married brothers named Jones, and they were cousins to my mother's aunt. Then, again, his grandfather on his mother's side and my grandfather on my mother's side were second cousins, and his stepmother married my husband's stepfather after his father and my mother died, and his brother Joe and my husband's brother Harry married twin sisters. I ain't ever figgered out just how close related we are, but I've always looked on him as a sort of cousin."

"Quite right," assented the lawyer, feebly.

Dawson—"The facial features plainly indicate character and disposition. In selecting your wife, were you governed by her chin?" Spenlow—"No; but I have been ever since we married."

Shiloh's Cure
quickly stops coughs, cures colds, heals the throat and lungs . . . 25 cents.

Many think that it is trust in Providence that enables them to remain calm in the face of the disasters of others.

PILES CURED IN 6 TO 14 DAYS
Your druggist will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days. 50c.

When you see a saint floundering around you may be sure he is tripping over borrowed garments of piety.

A Household Medicine.—They that are acquainted with the sterling properties of Dr. Thomas' Eclectric Oil in the treatment of many ailments would not be without it in the house. It is truly a household medicine and as it is effective in dealing with many ordinary complaints it is cheaper than a doctor. So, keep it at hand, as the call for it may come most unexpectedly.

Faith is manifest not in resignation to fate but in fidelity to ideals.

Minard's Liniment Cures Diphtheria.

When the preacher is elevating himself he is lifting no one else.

Loss of Flesh, cough and pain in the chest may not mean consumption, but are bad signs. Allen's Lung Balsam loosens the cough and heals inflamed air passages. Not a grain of opium in it.

In a Sunday-school the teacher was giving a lesson on the subject of Daniel in the lion's den. "Now, what do you think was the first thing Daniel did when he came out of the lion's den?" asked she. After a moment's pause a small girl piped out:—"Guess he telephoned home to his wife to say he was all right."

PISO'S is the name to remember when you need a remedy for COUGHS and COLDS

STATE PAY FOR PHYSICIANS.

Professor Moore Proposes a National Medical Service.

To have the State pay all doctors' bills in the United Kingdom is the rather startling idea of Professor Benjamin Moore, of the Liverpool University. He proposes to substitute a national medical service for the present system "whereby a mob of 32,000 sweated and underpaid British doctors in private practice earn on an average less than $1,200 a year. An interesting point is that Professor Moore regards the foreshadowed legislation for invalidity insurance and Poor Law reform as a step towards his ideal of a national medical service. He estimates that for an expenditure of less than $50,000,000 a year for ten years the eradication of consumption, producing an annual saving of $105,000,000 to the nation, could be guaranteed. From the point of view of the medical profession, as well as the nation, Professor Moore makes out an attractive case for his scheme. The state would employ the 32,000 doctors at an annual average pay of $1,500 a year, total cost about $50,000,000 per year. They would no longer be sweated (as he says they are) by the friendly societies, tontines, etc., and their quarterly cheque from the State would relieve them of the annoyance and waste of time in sending out bills and hunting up debts, and allow them more leisure to keep in touch with the rapid progress of medical science. From the public point of view he suggests that the gain would be immense.

ACHES, PAINS AND RHEUMATISM!

Zam-Buk will give You Ease.

Have you a bad attack of "general aching"? You know the feeling. Limbs ache, muscles seem to have become tired out, your back aches, now and again a twinge of rheumatism strikes you here and there. Your chest feels tight, there is a pain between your shoulders, and altogether you need toning up.

Cold is responsible for this condition, and a vigorous application of Zam-Buk will put you right. Take a hot bath, if possible, and then rub your chest and the aching limbs well with Zam-Buk.

Mrs. B. Gorie, 76 Berkley St., Toronto, writes: "A few weeks ago I was suffering from a bad cold, which had settled in my throat, chest and limbs. I tried all kinds of remedies, new and old, and found very little relief until I used Zam-Buk. On applying this to my throat and chest I found such ease and relief from the tightness and soreness I determined to use only Zam-Buk. I also rubbed it on my limbs where I felt the rheumatic pains. In three days from the time I first began applying Zam-Buk I was free from the cold in throat and chest, and also the rheumatism in my limbs."

Zam-Buk will also be found a sure cure for cold sores, chapped hands, frost bite, ulcers, blood-poison, varicose sores, piles, scalp sores, ringworm, inflamed patches, babies' eruptions and chapped places, cuts, burns, bruises and skin injuries generally. All druggists and stores sell at 50c. box, or post free from Zam-Buk Co., Toronto.

Visitor—"My! What a fine baby! How much does he weigh?" Fond Mother—"I really don't know. He hasn't been weighed since this morning."

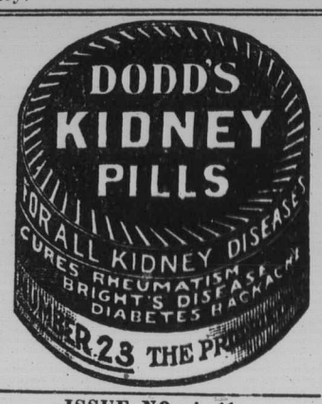
Imitations Abound, but insist upon getting the genuine, "The D & L" Menthol Plaster. It has stood the test of years. It cures aches and pains quicker than any plaster.

The saint who says he cannot sin may be an earnest man but it is wisest to trust some other man with the funds of the church.

Diphtheria, Quinsy and Tonsilitis begin with sore throat. How much better to cure a sore throat in a day or two than to be in bed for weeks with Diphtheria. Just keep Hamlins Wizard Oil in the house.

IRELAND BEST FOR POULTRY.

The exports of live stock to Great Britain was more than twice as much as from all other sources; in butter Ireland was second to Denmark; in eggs second to Russia; third to the United States and Denmark in ham and bacon, and exceeded any other country in poultry.



ISSUE NO. 4—11.

THE Famous Rayo Lamp

The Rayo Lamp is a high grade lamp, sold at a low price. There are lamps that cost more, but there is no better lamp made at any price. Constructed of solid brass; nickel plated—easily kept clean; an ornament to any room in any house. There is nothing known to the art of lamp-making that can add to the value of the RAYO Lamp as a light-giving device. Every dealer everywhere. If not at yours, write for descriptive circular to the nearest agency of

The Queen City Oil Company, Limited, Toronto.

KENDALL'S SPAVIN CURE

Kills Bone Spavin

Rich Valley, Alta, May 20th, 1909
"I have used your Spavin Cure for a long time and would not be without it. Have killed a Bone Spavin by its use."
OLE CARLSON.

That tells the whole story. And hundreds of thousands have had the same experience in the past 40 years.

For Spavin, Ringbone, Curb, Splint, Swellings and all Lameness,

Kendall's Spavin Cure cures the trouble—makes the horse sound and well—and saves money for the owner because it removes the cause of the trouble.

Keep a bottle always at hand—$1 or 6 for $5. Good for man and beast. Ask your dealer for free copy of our book "A Treatise On The Horse" or write us.

DR. B. J. KENDALL CO. Enosburg Falls, Vt. 54

ADAMANT.

"There are a lot of girls who don't ever intend to get married."

"How do you know?"

"I've proposed to several."

Pills for Nervous Troubles.—The stomach is the centre of the nervous system, and when the stomach suspends healthy action the result is manifest in disturbances of the nerves. If allowed to persist, nervous debility, a dangerous ailment, may ensue. The first consideration is to restore the stomach to proper action, and there is no readier remedy for this than Parmelee's Vegetable Pills. Thousands can attest the virtue of these pills in curing nervous disorders.

COMFORTING.

"Oh, that my son should wish to marry an actress!" shrieked the proud patrician mother.

"Now, ma; don't take on so," besought the unduciful heir. "She isn't really an actress; she only thinks she is."

MINARD'S LINIMENT CO., LIMITED.

SIRS,—I have used your MINARD'S LINIMENT for the past 25 years and whilst I have occasionally used other liniments I can safely say that I have never used any equal to yours.

If rubbed between the hands and inhaled frequently, it will never fail to cure cold in the head in twenty-four hours.

It is also the Best for bruises, sprains, etc.

Yours truly,
J. G. LESLIE.

Dartmouth.

NOT THE SAME.

Young Bride.—"I didn't accept Harry the first time he proposed."

Miss Ryval—"No, dear, you weren't there."

Mrs. Winslow's Soothing Syrup
Has been used for over SIXTY-FIVE YEARS by MILLIONS of MOTHERS for their CHILDREN WHILE TEETHING, with PERFECT SUCCESS. It SOOTHES the CHILD, SOFTENS the GUMS, ALLAYS all PAIN; CURES WIND COLIC, and is the best remedy for DIARRHŒA. Sold by Druggists in every part of the world. Be sure and ask for "Mrs. Winslow's Soothing Syrup," and take no other kind. Twenty-five cents a bottle. Guaranteed under the Food and Drugs Act, June 30th, 1906. Serial Number 1098.
AN OLD AND WELL TRIED REMEDY.

Father—"You never heard of a man getting into trouble by following a good example." Son—"Yes, sir, I have—the counterfeiter."

A Physician is not always at hand. Guard yourself against sudden coughs and colds by keeping a bottle of Painkiller in the house. Avoid substitutes, there is but one "Painkiller"—Perry Davis'—25c and 50c.

You cannot sweeten the world with pickled piety.

Minard's Liniment Cures Colds, etc.

The only lonely people are those who can find no one to help.

TO CURE A COLD IN ONE DAY
Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

There are almost sure to be thorns in the Christmas packages when we set our own hearts on them.

"Excuse me, mum," said the fashionable lady's new Irish cook, "but would you moind, now, if I had this address printed on me card?" "Why, not at all, Bridget," replied the fashionable mistress. "Of course, it is unusual, but this is your home now, and if you have a card it is perfectly proper for you to put your address on it." "Thank ye, mum," said Erin's brawny daughter. "An' I noticed ye had printed on yer cards, mum, 'At Home on Thursdays.' Would it be proper for me, mum, to have printed on moine, 'Tuesdays off'?"

ACENTS WANTED.

START TEA ROUTE TO-DAY. SEND postal for circulars or 10c for samples and terms. Alfred Tyler, London, Ont.

HOME WORK.—WE WANT RELIABLE families to operate our high-speed automatic Knitting Machines at home; whole or spare time knitting for the trade; good wages. For all particulars address, The Canadian Wholesale Distributing Co., Dept. W, Orillia, Ontario.

MEN WANTED, age 18-35, for firemen $100 monthly, and brakemen $80, on all Canadian railroads. Experience unnecessary, no strike. Positions guaranteed competent men. Promotion. Railroad Employing Headquarters—over 400 men sent to positions monthly. State age; send stamp. Railway Association, Dept. 201, 227 Monroe Street, Brooklyn, N.Y.

WANTED.

LEARN THE BARBER TRADE—NEW system—constant practice—careful instruction—few weeks complete course—tools free. Graduates earn twelve to eighteen dollars weekly. Write for catalogue. Moler Barber College, 231 Queen East, Toronto.

CANCER, Tumors, Lumps, etc. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

Your Overcoats
and faded Suits would look better dyed. If no agent of ours in your town, write direct to Montreal, Box 158.
British American Dyeing Co.

RAILROAD
operations in Canada to-day provide fine chances for young men. We teach Telegraphy and Station Agents' work complete in shortest time. Particulars free. Write Central Telegraph and Railroad School, Yonge and Gerrard Sts., Toronto. W. H. Shaw, President.

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

A GREAT DEMAND FOR
PAPER STOCK
WASTE PAPER OF ALL GRADES.
Also Rags, Iron, Metals, Rubbers, Etc.
E. PULLAN, Adelaide and Maud Sts., Toronto, Ont.
Phone for particulars. Main 2693.

IODINOL $1 a box 6 for $5
The most highly efficient application for the reduction of Swellings, Goitre, Thick Neck, Glandular Enlargements. Its Positive.
PILES of all kinds, in any and all stages, quickly relieved and positively cured. Cure your suffering and live quietly. "Common Sense" for Piles will do it. $1 a box, $5 for 6 boxes. Mailed on receipt of price.
LYLE MEDICINE COMPANY, TORONTO

Barn Roofing
Fire, Lightning Rust and Storm Proof
Durable and Ornamental
Let us know the size of any roof you are thinking of covering and we will make you an interesting offer.
Metallic Roofing Co.
Limited
MANUFACTURERS
TORONTO and WINNIPEG
45A

Wife—"My dear, the nursery needs redecorating. What would you suggest for the walls?" Husband—"Corrugated iron."

There is no poisonous ingredient in Holloway's Corn Cure, and it can be used without danger of injury.

EASIER.

Fancier—"This dog, madam, would be cheap at $100."

Lady—"I would take him; but I'm afraid my husband might object."

Fancier—"Madam, you can get another husband much easier than a dog like that."

CURED HIS LAME BACK.
West Fort William, Nov. 7, 1908.
"I have been troubled with a lame back for the past twenty years and have used Plasters and Ointments without effect. At last I tried Gin Pills, which proved just the thing, and I would highly recommend them to anyone who has a Strained or Lame Back."
H. HARKNESS.
Gin Pills act directly on the Kidneys—relieve the pain—neutralize Uric Acid which is generally formed when there is Kidney Trouble.
Try Gin Pills yourself before buying the regular 50c. boxes. Write National Drug and Chemical Co. (Dept. W. L.) Toronto, for free sample.