

SPRING BLOOD IS BAD BLOOD

How to Get New Health and Strength in the Spring.

The winter months are trying to the health of even the most robust. Confinement indoors in overheated and nearly always badly ventilated rooms—in the home, in the shop and in the school taxes the vitality of even the strongest. The blood becomes thin and watery, or clogged with impurities, the liver sluggish, the kidneys weakened. Sometimes you get up in the morning just as tired as when you went to bed. Some people have headaches; others are low spirited; some have pimples and skin eruptions. These are all spring symptoms that the blood is out of condition. You can't cure these troubles with purgative medicines, which merely gallop through the system leaving you still weaker. What you need to give you strength in spring is a tonic, and the one always reliable tonic and blood builder is Dr. Williams' Pink Pills. These pills not only banish spring ills, but guard you against the more serious ailments that follow, such as anaemia, nervous debility, rheumatism, indigestion and kidney trouble. Every dose of Dr. Williams' Pink Pills makes new rich, red blood, which strengthens every nerve, every organ and every part of the body. This is why Dr. Williams' Pink Pills is the favorite spring medicine with thousands and thousands throughout Canada. Try this medicine this spring and you will have energy and strength to resist the torrid heat of the coming summer. Mrs. Jas. Haskie, Port Maitland, N. S., says: "I was troubled with headaches, had a bad taste in my mouth, my tongue was coated, and I was easily tired and suffered from a feeling of depression. I got a supply of Dr. Williams' Pink Pills, and it was not long before they began to help me and I was soon feeling as well as ever I had been." You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

"I suppose," remarked Knox, sarcastically, "that you're busy with your social functions as usual?" "Oh, yes," replied Cholly, wearily; "but I'm beginning to discover, don't you know, that society is a deuced bore." "Well, well, most of us discovered that about your society long ago."

ITCH, Mange Pruritic Scratches and every form of contagious Itch on human or animals cured in 30 minutes by Wolford's Sanitary Lotion. It never fails. Sold by all druggists.

Tailor—"Thought I'd met some cheeky customers, but—" Bootmaker—"What now?" Tailor—"I've had to press these trousers four times and they are not even paid for." Bootmaker—"That's nothing. I went to collect a bill for a pair of boots yesterday, and the fellow kicked me out with them."

To Those of Sedentary Occupation.—Men who follow sedentary occupations, which deprive them of fresh air and exercise, are more prone to disorders of the liver and kidneys than those who lead active, outdoor lives. The former will find Parnee's Vegetable Pills a restorative without question the most efficacious on the market. They are easily procurable, easily taken, act expeditiously, and they are surprisingly cheap considering their excellence.

HE GRASPED THE IDEA.

"Tommy," said his teacher, "the words 'circumstantial evidence' occur in the lesson. Do you know what circumstantial evidence is?" Tommy replied that he did not.

"Well, I will explain it to you by an illustration. You know we have a rule against eating apples in school. Suppose some morning I should see you in your seat with a book held up in front of your face. I say nothing, but presently I go round to where you are sitting. You are busily studying your lesson, but I find that your face is smeared, while under the edge of your slate I see the core of a freshly eaten apple.

"I should know, just as well as if I had caught you at it, that you have been eating an apple, although, of course, I did not see you do it. That is a case in which circumstantial evidence convicts you. Do you think you know what it is now?" "Yes, ma'am," said Tommy. "It's eating apples in school."

Some men are like roosters; they let their wives do all the work and they do all the crowing.

Black Watch Remarkable for richness and pleasing flavor. The big black plug chewing tobacco.

2267

INTO EACH DAY.

Into each day bring joy and cheer; into each day bring mirth, into each day while you're living here, bring love of the joys of earth; bring never a frown or a useless tear, or never a needless sigh, To-day is the day to banish fear, don't wait for the bye and bye.

Into each day bring your very best, a life-time is but a day, To-morrow you may be called to rest—now is the time to say The helping word to a toiling friend, now is the time to give The helping hand, ere the sun descend; to-morrow you may not live.

Into each day bring all your love, your courage and kindness, too; What will you say when you're called above of the good that you didn't do.

Will you answer, you meant on another day to offer a helping hand, To speak kind words that you didn't say? Do you think He will understand?

Into each day bring all you can of hope and of faith and cheer; Give flowers to the living man, don't wait till he's on his bier; Live every day as you would, my friend, if you knew it to be your last, Be kind to-day as your way you went through life ere the chance is past!

Into each day bring all your gifts, for of them the world's in need; For smiles in the clouds of life are rifts, there's joy in a kindly deed; Go through the day with an upright head, with kindness for everyone, And at night when weary you go to bed, leave nothing of good undone.

—Edgar A. Guest.

CAT SAVED FAMILY FROM FLAMES.

A cat saved five persons from being burned to death in a fire at Robertsdale, Ind., near Hammond. Flames broke out in the rear of the house of Herman Beisen while the family were asleep. The house cat was singed and in pain and terror the animal rushed to the upper floor and leaped on Beisen's bed. Beisen was badly scratched by the cat before he awakened. He speedily aroused the rest of the family, and all escaped, including the cat. The house was destroyed.

WHAT CAUSES HEADACHE.

From October to May, colds are the most frequent cause of headache. LAXATIVE BROMO QUININE removes cause. E. W. Grove on box 250

She (on the Atlantic liner)—"Did you observe the great appetite of that stout man at dinner?" He—"Yes; he must be what they call a stowaway."

Something That Should be Rubbed In.—Whenever pain is felt in the limbs or back, take Dr. Thomas' Electric Oil; pour a little in the hand, and applying it to the surface beneath which the pain lies, rub briskly. If the first application does not afford relief, which is not usually the case, keep rubbing. The Oil will gradually penetrate to the affected part and relief will come.

"Don't I give you all the money you need?" her husband complained. "Yes," she replied; "but you told me before we were married that you would give me all I wanted."

EXPERT SEWING-MACHINE REPAIRS.

Also sewing machine oil of absolute purity, and the best needles and parts for all machines at Singer stores. Any lady having used any make of sewing machine for 5 years or more write Singer Sewing Machine Co., Manning Chambers, Toronto, for beautiful set of ten souvenir views of Ontario. Free for asking.

Most women would rather be envied than educated.

And the early hunter may get the early bird for his breakfast.

When you use Ramsay's Paints, you are astonished to find how far they go, how beautiful they are, how long they last, and how reasonable. They work so easily, anybody can apply them. Your dealer will show a range of fine colors for your house inside or out. Write A. Ramsay & Son Co., Montreal, for pack of Souvenir Picture Post Cards of Homes.

"Isn't Jebbs a believer in the faith cure?" "He is." "Is it true that he wouldn't have a doctor for his wife, the other day, when she was ill?" "It is quite true." "Well, I saw a doctor go into his house just now." "Oh, that's all right. He's ill now himself."

If you are out of sorts get a bottle of 'Ferrovin' the best tonic, and you will be surprised how quickly that tired feeling will wear off. \$1.00 bottles. All dealers in medicine.

FLEAS AND THE PLAGUE.

It has long been known that rats are an important cause of the spread of plague, but more recent researches seem to indicate that fleas serve as an intermediate link in conveying the disease from rats to men. According to the observations and conclusions of Simond, infection of plague from one human being to another takes place, but in an insignificant number of cases compared with those where fleas carry the infection from rat to man. The recent experiments of the plague commission at Bombay have established the fact that fleas convey the plague from infected to healthy rats, and it has also been shown that the species of flea concerned is always found in plague-infected houses. Medical science therefore declares war upon fleas as upon mosquitoes, and the mystery of epidemics is proportionally cleared up. Yet much remains to be learned.

STORY OF OLD BILLY.

Famous English Gin Horse Stopped Work at 59 Years of Age.

Old Billy was a gin horse belonging to the Mersey and Irwell Navigation Co., and continued at his work until May, 1819, he being at that time 59 years of age, says the Manchester Guardian.

His last days were spent in the enjoyment of a well earned rest on a farm at Latchford. It was hoped that he would walk in the procession in Manchester to celebrate the coronation of George IV., but he was too old, and would not leave the stable. He died Nov. 22, 1822, in his 62nd year.

About 25 years later his head, carefully preserved, was presented by the navigation company to the museum in King street, and was transferred with the rest of the collection to Peter street.

When, in 1867, the greater portion of the collection was handed over to the Owens College authorities, some of the specimens were sold by auction. It is highly probable that Old Billy's head was among them.

MAGISTRATE PRAISES ZAM-BUK.

Magistrate Rasmussen, of 202 Marquette St., Montreal, writes: "For many years I was troubled with a serious eruption of the skin. This was not only unsightly, but it was at times very painful. I first tried various household remedies, but these proved altogether useless. I then took medical advice. Not one, but several doctors in turn were consulted, but I was unable to get any permanent relief. Some time back I noticed a report from a Justice of the Peace (Magistrate Perry, J. P. for B. C.) who had been cured of a chronic skin disease by Zam-Buk, and I determined to give this balm a trial. Before this everything I tried failed absolutely to relieve my pain and rid me of my trouble, but three boxes of Zam-Buk worked a complete cure, and I hope that my experience will lead other sufferers who are in despair to try this herbal healer, Zam-Buk."

For healing eczema, running sores, cuts, bruises, burns, boils, eruptions, scalp sores, pimples, spring eruptions, itch, chapped hands, and diseases of the skin Zam-Buk is without equal. All druggists and stores sell it, 50c. a box or postpaid from Zam-Buk Co., Toronto.

CANINE EXERCISE.

"Justin," said Mrs. Wyss. "Yes," replied Mr. Wyss. "Will you speak a kind word to Fido and make him wag his tail? He hasn't had one bit of exercise all day."

A Sure Cure of Headache.—Billous headache, to which women are more subject than men, becomes so acute in some subjects that they are utterly prostrated. The stomach refuses food, and there is a constant and distressing effort to free the stomach from bile which has become unduly secreted there. Parnee's Vegetable Pills are a speedy alternative, and in neutralizing the effects of the intruding bile relieves the pressure on the nerves which causes the headache. Try them.

HOW ONE HELPS THE OTHER.

Her—The one ambition of the average man is to make money. Him—And the one ambition of the average woman is to spend it.

PILES CURED IN 6 TO 14 DAYS.

PAZO OINTMENT is guaranteed to cure any case of Itching, Blind, Bleeding or Protuding Piles in 6 to 14 days or money refunded. 50c.

CAUSE AND EFFECT.

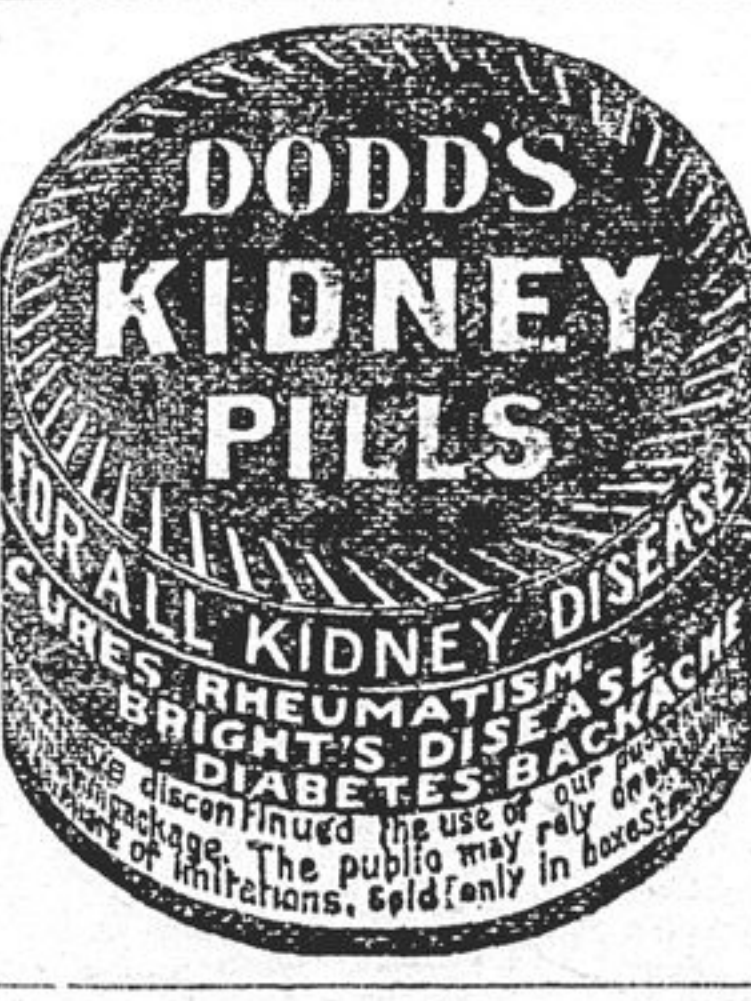
Little Willie—Grandad, what makes a man always give a woman a diamond engagement ring? Grandfather—The woman.

The merits of Bickie's Anti-Consumptive Syrup as a sure remedy for coughs and colds are attested by scores who know its power in giving almost instant relief when the throat is sore with coughing and the whole pulmonary region disordered in consequence. A bottle of this world-famed Syrup will save doctor's bills, and a great deal of suffering. Price 25 cents, at all dealers.

AN UNDERSTANDING.


It is understood that a considerable number of hens, which have been unemployed all winter, contemplate resuming operations as soon as the weather will permit. This will simplify the breakfast question.

Many a poor man has nothing but money.



There is Only One "Bromo Quinine"

That is Laxative Bromo Quinine

USED THE WORLD OVER TO CURE A COLD IN ONE DAY. Always remember the full name. Look for this signature on every box. 25c. 

WANTED

Our readers to note the facts regarding the recent important discovery in medicine made by an eminent French physician, and the formula endorsed by Canadian physicians and druggists—PANGO. This Latin term signifies in the English language pain go. This remedy is not a patent medicine. It is not a specific for all of the human ailments. The company de guarantee marvellous results in certain cases. These cases are amongst the most painful to which all are more or less subject, and hence the years of study resulting in this discovery. The company will refund all moneys paid in any case where Pango fails to relieve, and any purchaser can upon application secure the benefit of this guarantee. Neuralgia, Gout, Rheumatism, Colds. Price 25 and 50 cents. The Pango Company, Toronto

WANTED

to hear from owner having
A GOOD FARM
for sale. Not particular about location. Please give price and description, and reasonable terms when possession can be had. Will deal with owners only.
L. Darbyshire, Box 984, Rochester, N. Y.

THE PETERBOROUGH CANOE CO. LTD.

PETERBOROUGH, Ont., Canada.
SEND FOR CATALOGUE

HISTORICAL WORK.

Father—"What is that book you are reading, my son?"
Son—"It's a story of a man who invested his money in a Western gold mine and lost every cent of it."
"Oh, that's all right, my boy! I was afraid you'd get hold of some work of fiction."

Physical Pain and mental anguish afflict the victims of skin diseases. Get rid of both by rubbing Werber's Ointment on the heated, itching, disfigured face. The relief given is among the wonders of medicine.

HIS HOSTESS WASN'T.

Lady Gushington (to great tenor)—You sang the last song beautifully. I was in the upper room, but I heard every word. You have improved; you have, really?
The Great Tenor—But I have not yet sung; I am next!

Holloway's Corn Cure destroys all kinds of corns and warts, root and branch. Who, then would endure them with such a cheap and effectual remedy within reach?

TRUE.
"I cannot sing the old songs!" She warbled. It was true; But Oh how she succeeds In murdering the new.

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.

"Facts may be stubborn things," moralized Uncle Allen Sparks, "but I've noticed that a lie is a good deal harder to kill off."

REST AND RECOVERY.

To provide a restful environment without sanatorium restrictions, to enable tired humanity to recuperate naturally, to secure to the average man or woman the needed change from worry and care, and to do these at moderate cost, is the mission of "The Welland," the home of "The St. Catharines Well." Apply the manager, St. Catharines, or any Agent of Grand Trunk Railway System.

When a man begins to brag about his honesty it's time for his friends to be careful.

Much distress and sickness in children is caused by worms. Mother Graves' Worm Exterminator gives relief by removing the cause. Give it a trial and be convinced.

We don't blame some men for refusing to take their own advice.

WELL DRILLS

With one of Loomis' late improved machines you are sure of large profits on the capital invested. They are the leaders in this line. Certainly the greatest money earning Well Drilling Machinery made in America. Address **LOOMIS MACHINE CO., TIFFIN, OHIO.**

SUMMER OUTING

London and its great Anglo-French Fair; Paris with its national festival, gay with flags, decorations, music, fireworks, merry-making; 800 miles coaching. For programme of tour from \$202.00 write **P. WITHROW, B.A., TORONTO.**

AGENTS, \$103.50 PER MONTH

selling these wonderful Scissors. V. O. Glebner, Columbus, O., sold 23 pairs in 3 hours, made \$15; you can do it, we show how. **FREE OUTFIT.** Special inducements to Canadian Agents. **Thomas M'F'g Co., 302 K St. Dayton, O.**

QUEEN CITY WATER WHITE OIL

Gives Perfect Light.

FOR SALE BY DEALERS EVERYWHERE.

A WELL STOCKED VEGETABLE GARDEN \$1.00

RENNIE'S "GEM GARDEN" COLLECTION OF VEGETABLE SEEDS

contains just the right quantities of each kind to give a plentiful supply of fresh vegetables every day in the season—early or late. Ask for the "GEM GARDEN" Collection when ordering. It contains:

- 1 lb. Dwarf Stringless Yellow Pod Beans
- 1 lb. Dwarf Stringless Green Pod Beans
- 1 pkt. Dwarf Bush Lima Beans
- 1 pkt. Round Red Beet
- 1 pkt. Early Cabbage
- 1 pkt. Intermediate Red Carrot
- 1 lb. Early Sugar Corn
- 1 pkt. Slicing Cucumber
- 1 pkt. Cabbage Heading Lettuce
- 1 pkt. Early Slicing Onion
- 1 pkt. Large Boiling Onion
- 1 pkt. Long White Parsnip
- 1 lb. Earliest Dwarf Peas
- 1 lb. Medium Early Dwarf Peas
- 1 lb. Late Dwarf Peas
- 1 pkt. Early Round Red Radish
- 1 pkt. Marrow Squash
- 1 pkt. Early Smooth Scarlet Tomato
- 1 pkt. Round White Table Turnip

\$2.50 worth of Seeds for \$1.00
Address all orders to **WM. RENNIE CO., Limited, SEEDS TORONTO**