## BANISH PIMPLES AND ERUPTIONS

In the Spring Most People Need a Tonic Medicine.

If you want new health and new strongth in the spring you must build up your blood with a tonic medicine. Following the long inblood that causes pimples and uncondition is due attacks of rheumatism and lumbago; the sharp stabbing pains of sciatica and neuralgia; poor appetite, frequent headaches and a desire to avoid exertion. You can't cure these troubles by the use of purgatives; you need a tonic and a tonic only, and among ham, and therefore sons of God all medicines there is none can equal Dr. Williams' Pink Pills for their tonic, life-giving, nerve restoring powers. Every dose of this medicine makes new, rich blood, which drives out impurities, stimulates every organ, and brings a feeling of new health and energy to weak, tired out, ailing men, women and children. If you are feeling out of sorts give this medicine a trial, it will not disappoint you. Mr Paul Charbonneau, a young man well known in the town of St. Jerome, Que., is one of the host who bear testimony to the value of Dr. Williams' Pink Pills. He says: "When I left school I became a bookkeeper in an important office. Probably due to confinement I began to suffer from indigestion and loss of strength. I became pale and seemingly bloodless and was often seized with palpitation of the heart and violent headaches. I tried several remedies, but they did not do me a bit of good. I was advised to try Dr. Williams' Pink Pills and did so, and the use of eight boxes brought me back to perfect health and strength. I have since enjoyed the best of health and cannot say too much in praise of this valuable medicine." Sold by all medicine dealers or

by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Wil-Medicine Co., Brockville, liams' Ont

### ASKING FOOD FROM SANTA.

Pathetic Story Told in London Coroner's Court.

"The child was standing on the feuder, in front of a small fire, asking Father Christmas to send down some food, as he was starving."

"Yes, he was asking Father Christmas for some bread and sugar and dates."

This was the pathetic dialogue between a coroner's officer and the mother of little four-year-old Edward Brewer who was burned to l death at his home in London, Eng-

land.

The case has some most pitiful features. Mrs. Brewer, the mother of the child, said at the inquest that her husband-a motor car driver-had deserted her eighteen months before, leaving her without any means of support.

She had had to depend on her mother and brother to pay her rent and supply her from time to time with food. She had just gone over to her mother's house to get some bread for the little boy when a neighbor's son ran in to say that he had fallen in the fire and been bady burned.

### FOR THE PUBLIC

New Formula Cures Coughs, Colds Bronchitis and Hoarseness in Five Hours.

Much is being done in these days to stop the ravages of consumption, but probably nothing has been so effective as teaching the public how to break up a cold and cure great should be the condemnation coughs, bronchitis, tonsilitis, etc., with simple home-mixed medicine. whiskey, is the prime need.

due to an excess of waste and pois- | Christ. ons in the system. A tonic laxative cough syrup rids the system of Because the Father is such, it is als, macaroni, bread, figs and congestion, while relieving the pain- possible for him to make known his dates. ful coughing. Get the following will unto whom he will. He has no "Foods of medium fat value are and mix at home: One-half ounce communications for those who are cream, soups, thickened soups, fluid wild cherry bark, one ounce complacently wise in their own un- fowl, beef round, yeal, eggs, salcompound essence cardiol and derstanding, but to those who are mon, shad, mackerel, halibut, three ounces syrup white pine com- simple-hearted as babes, and there- beans, grapes and bananas. pound. Shake the bottle and take fore ready to receive the truth on twenty drops every half hour for good soil, he is ready to reveal it. four hours. Then one-half to one 26. For so it was well-pleasing-chicken, perch, cod, oysters, lobtenspoonful three or four times The motive that prompted God in sters, potatoes, beets, green peas, daily. Give children less, accord- this method of revelation was that radish, cabbage, celery, lettuce, ing to age. Cut this out and save he preferred to have in his king- spinach, apples, peaches, cherries, it for some friend.

INTERNATIONAL LESSON, APRIL 24.

Lesson IV. Warning and Invitation, Matt. 11. 20-30. Golden Text, Matt. 11. 28.

Verse 20. The cities condemned door winter months most people are Chorazin, Bethsaida, and Cafeel depressed and easily tired. pernaum. The mighty works done This means that the blood is impure in those places and elsewhere conand watery. It is this state of the stituted the reply of Jesus to the anxious question of John, and to sightly eruptions. To this same the unstable, childish multitudes he had declared that these works were his vindication.

> They repented not-Most of them were Jews, who had no conception of a necessary change of heart before they could belong to the kingdom of God. As children of Abrathey looked upon their membership in the kingdom as a matter of course.

21. Chorazin-Not mentioned elsewhere, either in the Old Testament or the Gospels. It was a town about two miles from Capernaum, and passed very early into decay.

think there were two places of this sumes an absolute knowledge of the name. According to this belief one metives which prompt God to acwas Bethsaida Julias, on the east- tion. ern shore of the lake. Near it was | 27. All things . . . delivered unto the desert-place where the feeding me-The authority which the Father of the multitude occurred. It was has in heaven and earth he commits raised to the rank of a city by to his Son. Jesus exercised that Philip the tetrarch, and given the authority under the limitations of name of Caesar's daughter. The the flesh, but, reclothed in resurother Bethsaida was on the west- rection glory, he assumed it in full ern shore of the lake, not far from and sent forth the disciples to re-Capernaum, and was known as present him among all nations Bethsaida of Galilee. Here lived (Matt. 28. 18). Simon, Andrew, and Philip. This is the place upbraided by Jesus. John had shown his comparative There are now but few ruins to ignorance of the meaning of Christ's mark the site of the ancient city.

nician towns are often coupled to- also rejected the piping of Jesus. gether in ancient history, both be- The favored cities had remained ing of extreme antiquity. The for- stolidly unrepentant. Only the Famer was sixty miles northwest of ther knew him. Capernaum, and Sidon, forty miles | The Son, on the other hand, is north. From both places the alone in his knowledge of the Facrowds came to attend upon the ther (an amazing assumption if ministry of Jesus (Luke 6. 17). The Jesus is less than the church has Revised Version makes it plain always affirmed). In a manner that (Mark 7. 24, 31) that Jesus visited is forever beyond others he knows sides, somehow he doesn't seem to these towns which belonged to the God the Father Almighty. apparently so impressed by the eag- claims to be able to reveal to those erness of these people, whose light whom he shall choose, who must and opportunities were so much be, as before, the simplehearted. less, in contrast to the unbelief of 28-30. Those who are without this those who were his own kin, that he communicated knowledge of the believed if they had been given Father are plowing a hard furrow, equal opportunity, they would have and must labor without rest, and repented long ago.

Sidon—Teaching that judgment will from him who is alone able to teach proceed according to the advant- it, he will bear their heavy burages which people have had, and den with them and make it light. the use they have made of them, The yoke is not an extra burden, guilt and condemnation being rela- but only the implement by which

ministry-his "own city" (Matt. 9. becomes easy and the burden light. So completely have the traces Capernaum been obliterated since its destruction that a long and as yet unsettled controversy nas been waged over the question of Don't Mean Starvation, but the its location.

Exalted unto heaven-An adaptation of the prophecy in Isa. 14. 13-15. Was ever city more highly where Jescs ras said to be "at | home" (Mark 2. 1, margin).

Hades-The term employed in the New Testament to describe the abode of departed spirits. Literally, it means "the hidden place." Here it is used, symbolically, to picture the desolation and humiliation to which the once proud and lofty city shall be subjected.

done in Sodom, the people, instead fifty pounds, then it is better to of applauding his miracles and fol- bring its loss about intermittentlowing after him as a hero, would ly have listened to his message and hailed him as their deliverer. If Sodom, in a day of small things, was blotted out for its iniquity, how

of Capernaum! A laxative cough syrup, free from no passage more certainly an au- according to their values. A thentic utterance of Jesus than this "The strong foods are olive oil, cough indicates inflammation and one, and yet it covers everything butternuts, chocolate, cheese, sucongestion and these in turn are that John's Gospel claims for gar. cake, ice cream, roast beef,

THE SUNDAY SCHOOL Doomed to Suffering RESCUED BY "FRUIT-A-TIVES"



CHARLES BARRETT, Esq.

Harbor au Bouche, March 24, 1909. "I suffered terribly from Biliousness and Dyspepsia for fifteen years, was treated by physicians and took many remedies but got no relief. Then I took "Fruit-a-tives", and this medicine completely cured me when everything else failed. To all sufferers from Indigestion, Biliousness and Constipation, I strongly advise them to try this Charles Barrett. fruit medicine". 50c a box, 6 for \$2.50-or trial box, 25c. At all dealers or from Fruit-a-tives

Bethsaida - Some authorities arrogant pretenders. Jesus as- HOW TO MAKE BABY SLEEP

Limited, Ottawa.

No one knoweth the Son - Even life. The unreasonable crowd who Tyre and Sidon-These two Phoe- had discarded the wailing of John

"way of the Gentiles." He was krowledge of the Father, also, he

alone. If they will come unto 22. More tolerable for Tyre and Christ, and learn the Father's will the old burden is made light. It 23. Capernaum-The headquar- is not for one, but for two, to ters of Jesus during the Galilaean wear. In the double pull the yoke

### HOW TO GET THIN.

Replacing of Certain Foods.

"How to get fat or thin," was told by Dr. George White in a lecture at the Harvard Medical favored? It was the only place School, Boston, the other day. Among other things he said:

"Some persons you could never make thin unless you could change their character. Ordinarily the supervision of a physician is necessary to prevent mistakes, and for encouragement and discipline.

"It is safe not to lose more than two pounds a week, or twenty pounds in three months. If you If the mighty works had been have more than this to lose, say

"It doesn't mean starvation, or necessarily less food, but a choice of new foods, for instance, replacing of roast beef by chicken, thickened soups by clear soups. Foods may be roughly divided into three 25-30. In all the Gospels there is classes, strong, medium and light,

ham, pork chops, bacon, gravies, 25. Lord of heaven and earth - cream, candy, puddings, pies, cere-

"The light foods are milk; buttermilk, clear soups, beef tea, broiled dom teachable children rather than oranges and melons."

TAKING ENGLISH CENSUS.

Work is Done by Regular Public Officials, Costs Nothing.

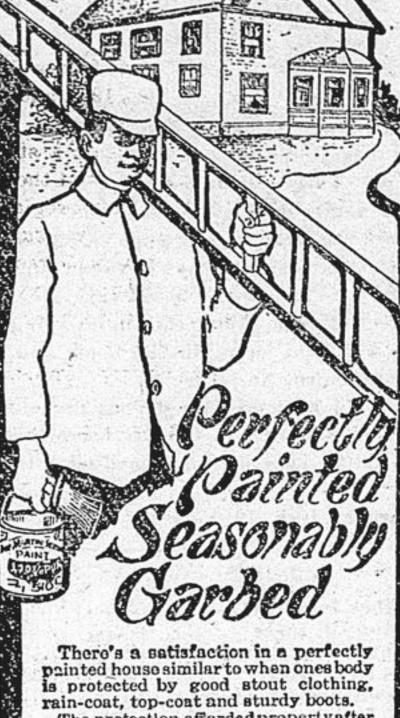
In England a census is taken every seven years. In the United States the work costs some \$5,000,-000; in England with a population of 42,000,000, the work is done by the regular public officials, without extra cost. There the census is taken on a certain day at a certain hour, usually Saturday at 11 p.m., because most people are then at home. Printed circulars have been sent by the police to every family and to the owners of all lodgings and hotels. These circulars contain blanks, which must be filled.

The police round up passers in the streets. Sometimes a cranky Erglishman, who, for reasons of his. own, does not want to figure in the census, tries to evade the Government by riding around all night in a cab. Ten chances to one he will, not succeed in his purpose.

Cabs are stopped as unhesitatingly as are street cars or pedestri-The Government wants to know. The Government will not be denied. The work is done simultaneously throughout the United Kingdom.

The baby that cries half the night does not cry for nothing. It cries because it is not well, and has no other means of saying so. The chances are the trouble is due to some upsetting of the stomach or bowels, which would be speedily removed if the child were given a dose of Baby's Own Tablets. These Tablets make children sleep soundly and naturally because they remove the cause of the crossness and wakefulness. They are a blessing to children and a relief to worried mothers. Mrs. John Sickles, Douglastown, N. B., says: "If anything ails my little ones the first thing I give them is a dose of Baby's Own Tablets and they are seen well again." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

When a man goes to church and hears a sermon that hits him on all enjoy it.



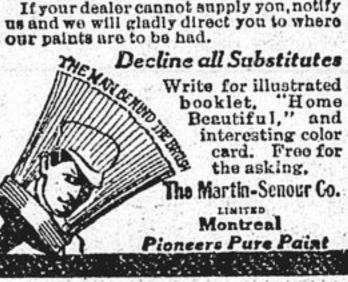
The protection afforded property after the paint coating is worn down to the bare wood is no greater than garments worn down to the lining.

## Martin-Senour

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protects your property so that it emerges from winter as hardy, rugged and strong as it entered. Quality does it. It withstands the rigors of winter storms, tempests, rapid changes of temperature, humidity and the disintegrating effects of sun, wind, cold, rain, hall and snow. Everything that counts is put in - Every. thing that doesn't is left out. That's why the quality lasts.

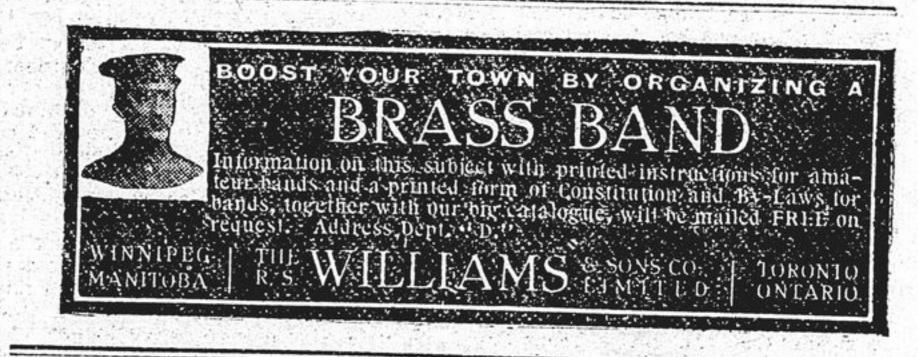
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USEFUL CHARITY.

"She is very liberal in her char ities," said one woman.

"Yes," answered the other; "lib eral; but not always practical. For instance, she wanted to send alarm clocks to Africa to aid sufferer from the sleeping-sickness."



A flavoring used the same as lemon or vanilla. By dissolving granulated sugar in water and adding Mapleine, a delicious ayrup is made and a syrup better then maple. Mapleine is sold by grocers. If not send 50c for 2 oz. bottle and



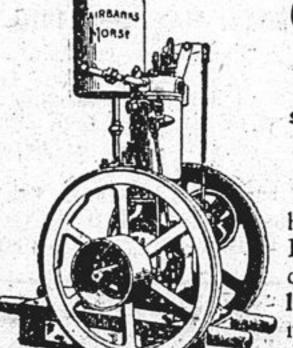
Is made for you. It will pay you to see about it. It has been made in Canada for nearly seventy years with the greatest skill. It is known as

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