

SPRING IMPURITIES IN THE BLOOD

Make the Use of a Tonic Medicine
a Necessity

Dr. Williams' Pink Pills are an all year round tonic blood-builder, and nerve-restorer. But they are especially valuable in the spring when the system is loaded with impurities as a result of the indoor life of the long winter months. There is no other season when the blood is really so much in need of purifying and enriching, and every dose of these Pills helps to make new, rich, red blood. In the spring one feels tired and weak—Dr. Williams' Pink Pills give strength. In the spring the appetite is often poor—Dr. Williams' Pink Pills develop the appetite, tone the stomach and aid weak digestion. It is in the spring that poisons in the blood find an outlet in disfiguring pimples, eruptions and boils—Dr. Williams' Pink Pills speedily clear the skin because they go to the root of the trouble in the blood. In the spring anemia, rheumatism, neuralgia, and many other troubles are most persistent because of poor weak blood, and it is at this time, when all nature regains life, that the blood most seriously needs attention. To improve and fortify the blood is the special mission of Dr. Williams' Pink Pills, and that is why they are the best spring medicine in existence. If you feel the need of a medicine this spring give Dr. Williams' Pink Pills a fair trial and you will rejoice in new health, new strength and new energy, and will be especially fitted to stand the torrid heat which comes a little later.

These Pills are sold by all medicine dealers or sent by mail at 50 cents a box, or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

BIG RADIUM DEAL.

Whole Output of Trenwith in Cornwall, England.

One of the biggest deals on record in radium has just been carried out between the British Radium Corporation and a number of leading German scientists. The arrangement provides for practically the whole output of the Trenwith Mines in Cornwall, the total cost being put at \$500,000 annually. Germans will thus establish practically a corner in British radium, and the success of several huge schemes of putting radium within popular reach the world over depended upon an assured unlimited supply. Among the plans proposed by the German scientists is one providing for the introduction of radium into various medicines and compounds, which are guaranteed to cure maladies like rheumatism, gout, sciatica, diabetes, heart weakness, etc. Then a "radium exhaler" is also promised.

This is a machine which, if placed in the centre of any room, gives forth emanations which have the same effect on the clothed occupants of the room as if they had taken a journey to the radium baths at Johannsthal or Badgastein. The mud which is the refuse of pitchblende after radium has been extracted, is also to be treated and sold for "radio-mudbaths." Radium salts, another invention, have universal use. For example, a piece the size of a pin's head, placed on electric light switches, keyholes, etc., will in darkness, indicate their location; while the same principle is also to be applied to ship's compasses, thus dispensing with artificial light. When the scientists' plans have matured, an extensive campaign is to be prosecuted in the United States for the wider use of radium compounds. The result of new processes will be the more rapid consumption of radium, which will eventually be as easily obtainable as pills.

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THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON,
APRIL 23.

Lesson IV.—Joash repairs the Temple, 2 Kings 11. 21 to 12. 16.
Golden Text, 1 Chron. 29. 9.

Chapter 11, verse 21. Jehoash—Popularly known as Joash. He was the eighth ruler of Judah, his grandmother Athaliah's brief usurpation being the only break in the Davidic line in the history of Judah. The revolution by which he was placed on the throne is the only one record in Judah's long history. There were more stirring times in Israel.

1. Jehu—He will ever be remembered as the effective instrument in bringing to an end the house of Omri, according to the prophecy of Elijah. He was, with Bidkar, close to Ahab, and witnessed the official murder of Naboth, and heard as well the doom pronounced upon Ahab by the prophet. As commanding officer in the army of Jehoram, in the siege of Ramothgilead, Jehu was selected by the revolutionary party under Elisha to succeed the king who had been severely wounded and removed to Jezreel. Hastening thither, he slew Jehoram, as well as Ahaziah, king of Judah, who was present, and, riding up to the palace, ordered the ruthless assassination of Jezebel, who had survived her husband, Ahab, twelve years. This bloodshed was followed by the destruction of all the princes of Ahab's line, and the slaughter of the Baal worshippers at Samaria. Jehu then reigned for twenty-eight years.

Beersheba—A village in the extreme south of Israel, famous as the residence of Abraham, Isaac, and Jacob.

2. Jehoash did that which was right—After the death of Jehoiaada who for some years after the coronation continued as guardian for the young king, Jehoash is said by the chronicler (2 Chron. 24) to have departed somewhat from the way in which he had been instructed at any rate, the revolution was not complete from a religious point of view, for Jehoash still permitted the high places (hilltop sanctuaries of Baal), and leniently winked at the heathen sacrifices of the people (3).

4. All the money—There were three sources from which this was drawn: (1) current coin; (2) assessments, for the redemption of personal vows (see Lev. 27. 2); (3) free-will offerings in coin. According to 2 Chron. 24, the principal source of revenue was the half-shekel appointed by Moses to be paid by every Israelite for the maintenance of the tabernacle (Exod. 30. 11-16).

5. Every man from his acquaintance—The priests were in addition (according to the Chronicles) to raise a personal subscription from among their friends throughout the country, each priest having jurisdiction among certain of his own kin.

Repair the breaches of the house—Jehoash had been brought up secretly in a part of the temple, and it was natural for him to wish to restore its beauty and neglected worship. Under Athaliah the sacred treasures had been transported to the house of Baal, and both the walls and the foundations of the temple were sadly in need of reconstruction.

7. Jehoash called for Jehoiaada—The plans of the boy king had miscarried because of the shiftlessness of the priests. But now he had grown to full maturity, and he proceeded to take the whole matter out of the hands of those who had done nothing, for it pained him to see the house of God falling into such rank decay.

9-12. How Jehoash got together the money necessary to repair the temple, and how he disposed of it. The priest was ordered to place a chest at the entrance to the temple, beside the altar of burnt offering

which occupied a commanding place in the midst of the outer court. Whenever the chest was filled the contributions were gathered into bags and carried into the palace and there counted by the high priest and the king's private secretary. The money was then carefully weighed out to the architects, and by them paid to those who were to do the work and provide the material.

13. The vessels necessary for the proper conducting of the sacrifices of the temple were not made with this money, it being devoted exclusively to the repairing of the fabric of the house. But there must have been a surplus of some sort, for Chronicles tells us (2 Chron. 24. 14) that "of the rest were made vessels for the house of the Lord."

15. Reckoned not with the men—There were no specifications, the laborers and overseers being of the ideal sort that can be trusted to deal squarely.

16. Trespass-offerings—This money, and that received for guilt (sin) offerings (Lev. 5. 1-6), belonged to the priests, being paid to them, according to the Jewish regulation, for fines, and, possibly for the purchase of sacrifices.

THE BEST MEDICINE SO MOTHERS SAY

Mothers say Baby's Own Tablets are the very best medicine they can give their little ones. It is the happy experience of one mother that helps others to keep their little ones well. Thousands of mothers have found the Tablets a never-failing cure for the ailments that afflict their little ones. Mrs. E. Sandwell, Coldwater, Ont., says:—"I find Baby's Own Tablets the best medicine any mother can give her little ones. I tried 'scothing' mixtures, but they did not help my baby, but as soon as I began giving him the Tablets they made his teething easy and I would hardly know he was cutting a tooth. I would not be without the Tablets, and always recommend them to my friends." Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

THE POPULAR DANCES.

Countries From Which They Came and Origin of Names.

The position taken up by the dancers gave the name to the "quadrille," which is literal French for "a little square"; while "country dance" has no connection with rustic gymnastics, but is simply a corruption of the French contre dance, which has reference to the position of the couples opposite to each other during the dance, says the London Globe.

The "lancers" derived its name from the fact that this variation of the quadrille was originally improvised by a company of lancers for their own amusement while seated in their saddles. The "polka" is a Polish dance, and its name comes from the Bohemian word "pulka," meaning half, and refers to the half step which occurs in this lively measure, of which the more graceful "schottische" is a variation; both names, like that of the national dance of Poland, the "mazurka," being native terms.

The short steps peculiar to the old time favorite—the "minuet"—gave the dance its name, the Latin, for "small" being "minutus." The "waltz," again, owes its name to its characteristic movement, the German "waltzen"—meaning to revolve—expressing the circling motion of the dancers.

The "Roger de Coverley" is named after its originator, while the less familiar dance known as the "tarantella" is so called because its vigorous movements were supposed to be a certain antidote

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to the poison of a noxious spider at Taranto in Italy, where the dance is highly popular.

The evolutions of the dancer sufficiently explain the term "reel." "Jig" is from the French "gigue" and "breakdown" is a term from across the Atlantic, and refers to the final rout before the breakup of a free and easy dancing party.

Every year dancing takes place in the parish church of Musgrave in Westmoreland in connection with the ancient rite of rushbearing. On May Day twelve young maidens of Brough, approved by the vicar, assemble at 10 o'clock in the morning at the foot of Brough Bridge decorated with flowers and fresh garlands on their heads. Accompanied by a band they proceed through the fields to Musgrave, the band playing and the rushbearers dancing.

The girls are led up the north aisle of the church and hang their garlands at the side, there to remain until the following year. The Gospel is read by the vicar, prayers are offered and psalms sung, after which the clerk and vicar retire. A space is then cleared near the altar and a fiddle produced. Dancing now commences, and continues until the afternoon.

Dancing is frequently seen in Continental churches. During the Corpus Christi octave a ballet is performed every evening before the high altar of Seville Cathedral by boys wearing plumed hats and the dress of pages of the time of Philip III.

NEW WAY OF COOKING MEAT.

Herr Lampert Surprised a Group of London Chefs.

A group of London (England) chefs, representatives of the great catering firms, and other culinary experts, gathered in the dining-room of Buckler's Hotel, Finsbury Square, recently, to face a threatened revolution in their own particular art. Herr Lampert, a notable chef from Frankfurt, had reached London on his crusade of reform, and had proclaimed, through his representative, Mr. A. Strauss-Collin:

1. That roasted meat or poultry needed no basting or fat if cooked by his method in a paper bag.

2. That boiling could be effected without water.

3. That the too familiar phenomenon of the shrinkage of joints during cooking was a needless waste, which he had now entirely succeeded in preventing.

Herr Lampert, a stout, genial German lit up his invention, a small black, box-like oven, heated by gas and furnished with a thermometer. The hot air merely circulated outside an inner shell of iron, warming without tainting the food.

Four large slices of turbot were first placed in four bags of damp-proof and grease-proof paper, which were securely sealed by folding and refolding, and placed in the oven. Half a dozen tomatoes, a small pigeon, a large fillet of beef, some rolled saddle of mutton, and a piece of sirloin, weighing one pound four ounces, were placed in paper receptacles, and followed the turbot into what was practically a Turkish bath. There was no suspicion of the smell of cooking.

In twenty-five minutes the unscored envelopes, containing the turbot were removed, and torn open. Instead of being burned the delicate fish was firm and beautifully white. Under the persuasion of a fork the backbone came cleanly away, and the flaky flesh tasted as if it had been perfectly boiled.

Perhaps the fillet of beef provided the greatest surprise of the day. As soon as the paper cover was pierced a gush of warm brown meat essence ("gravy" would be a most inadequate description) filled the plate. The meat seemed to have increased in size, and was as tender as the tenderest chicken.

WHITE MARKS ON HORSE.

Most Common Among Chestnuts and on the Hind Legs.

Among horses, irrespective of the question of breed, white is much more commonly seen on the hind legs, or on one of them, than on the fore legs. And when the latter are white it is practically always true that you can find white on the hind legs too. According to the Horse World, when markings are present both behind and in front those on the hind limbs are usually more extensive.

It is also found that there is a very definite connection between the coat color of horses and the frequency with which white markings occur. Thus the latter are by far the most commonly associated with the chestnut color. And not only are they the most prevalent in chestnut horses, but it is also, of course, a well known fact that the markings are apt to be more extended in nature in the case of this color than in that of any other.

Chestnut, therefore, apparently possesses, so to speak, a special affinity for these markings. Bay ranks next as regards the degree of frequency with which white markings appear in horses of this color, although it comes a good way behind chestnut in this respect. Then follows brown, while they are met with less frequently among black and roan colored horses.

The theory is sometimes put forward that in mating sire and dam when both have conspicuous white markings on their legs the tendency is for these to assume a more extensive character in the progeny than is the case in either parents. This theory cannot, however, be substantiated.

These markings are of a highly hereditary nature, and must prove to be transmitted to the offspring, probably even more so in the case of the sire than in that of the dam. Conclusive scientific support of this latter theory is not available, but it is a commonly observed phenomenon. On the other hand, there are some cases in which stallions with white markings habitually sire white colored foals.

SPRING SKIN TROUBLES.

Pimples, Eruptions and "Spotty Complexions."

At this season, scores of people—girls and young women especially—find their faces disfigured by pimples, dark spots, eruptions, etc. The skin needs attention—needs renovating after the trying time it has passed through during the winter.

Just think what it has gone through! You have been out in rain and sleet and snow. You have been at one moment perspiring from skating, or some other exertion. Then you have stood to "cool off." You have spent hours of the day indoors at a temperature equal to summer heat. Then you have covered up your skin—except your face—and gone out into a temperature away below zero! No wonder that, with all these changes, the skin of the face and neck shows signs of needing attention.

Zam-Buk and Zam-Buk Soap are the remedies. Smear Zam-Buk lightly over the spots, the eruptions, the shallow patches, at night, and wash with Zam-Buk Soap (only 25c. per tablet). Then notice how quickly your appearance improves.

Zam-Buk is also a sure cure for skin injuries and diseases. Eczema, ulcers, ringworm, yield to its use. For cuts, burns, bruises, children's rashes, etc., it is unequalled, and for piles. Mothers will find Zam-Buk Soap best for baby's bath! All druggists and stores at 50c. box for Zam-Buk and 25c. tablet (or 3 for 70c.) for the Soap. If you have any difficulty in obtaining, order from Zam-Buk Co., Toronto, and send price.

All the world's a stage, and all the men and women want to be stars.