

A SPRING NEED.

Indoor Confinement in Winter Hard on the Health.

Ninety-nine people out of every hundred actually need a tonic during the spring months, and the hundredth person would make no mistake if he too intended a little extra vigor and power into his blood.

There may be nothing seriously wrong—nothing more than a variable appetite; little pimples or eruptions of the skin; a feeling of weariness and a desire to avoid exertion; perhaps an occasional headache.

If you want to be healthy in the spring don't dose your system with harsh, gripping purgatives, and don't experiment with other so-called tonics.

Official Whose Duty is to Protect Royalty From Them.

Draught hunting does not sound a very promising profession out of which to make a living, yet there is one gentleman, at least, who follows it, and it is to be expected, makes a good thing out of it.

His sole duty is to visit those buildings in which royalty, for some reason or other, are to remain stationary for any length of time, and to see that the place where they are to sit, or stand, as the case may be, is carefully shielded from the slightest draught.

Whenever, for instance, the King is to be present at a banquet, the draught hunter precedes him, and examines the room carefully, fixes the spot where the royal chair is to be, and the tables must be laid to suit his instructions.

This word is law, and many a time have the whole arrangements of a big city been turned topsy-turvy through the draught hunter arriving a little late and decreeing that the royal chair shall be placed in some spot far away from where it has been already fixed.

The change, perhaps, means that the whole plan is to be upset, but the order must be carried out or the banquet will take place without its principal guest.

SENTENCE SERMONS. Doing courts do nothing. A pill is a poor top.

It is the opportunity we make that makes us. We do not earn heaven by pining for paradise.

Let a deluded enthusiasm than a dead heart. Sick lips are not accepted for shining lights.

We do not enrich the present by ridiculing the past. We shall be measured by what we might have been.

Men are known by their fruits, and not by their feelings. Dogmatists are sound because they are nothing but sound.

The golden rule looks well as a motto, but it works better as a law. Our shame is not so much in our sin as in our being satisfied with it.

THE SPIDER'S LIFE LINE.

How One of Them Escaped From An Island.

The more man learns of the ways of animals the more he respects them, and the more he feels that they are embodiments of the wisdom of the Creator as truly as man himself.

I took a wash-basin and fastened it in a stick upright like a mast, and then poured in water enough to turn the stick into an island for my spider, which I named Crusoe.

I put him on the mast. As soon as he was fairly cast away he anxiously commenced running round to find the mainland. He would scamper down the mast to the water, stick out a foot, get it wet, shake it, run round the stick and try the other side, and then run back to the top again.

Pretty soon it became a serious matter to Mr. Crusoe, and he sat down to think it over. As I was afraid he might be hungry, I put molasses on the mast. A dry cat, but Crusoe wasn't hungry for flies just then.

He got excited, and nearly stood on his head before I found out what he had discovered, and that was that the draft of air made by the fire would carry a line ashore on which he could escape from his desert island.

He pushed out a thread that went floating in the air, and lengthened and lengthened until at last it caught on the table. Then he hauled on the rope until it was tight, struck it several times to see if it was strong enough to hold him, and walked ashore. I decided that he had earned his liberty.

PLAYFUL CHILDREN. What treasure on earth is more to be prized than a bright, active, healthy, playful child?

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STAKE OFF THAT SPRING FEELING

DODD'S KIDNEY PILLS WILL DO IT NATURALLY AND WELL.

Cause and Cure of the Tired Feeling That is Epidemic at This Season of the Year.

The spring is here. You can feel it in every part of your body. Your clothes are too heavy and though you are not sick, you are too tired to walk, too tired to work, you are too tired to eat.

It's that "spring feeling." Do you know the cause of it? No, all you want to know is how to get rid of it. Well, the explanation and the cure are alike simple.

In the winter you "get used" to the cold, you think. As a matter of fact it is the body that gets prepared. It puts on a fortification of extra tissue that keeps the cold out.

The cure is to tone up the Kidneys with Dodd's Kidney Pills. Dodd's Kidney Pills make healthy Kidneys. Healthy Kidneys quickly cleanse the blood of all impurities and the "spring feeling" is replaced with a vigor of body and buoyancy of spirit that makes work a pleasure.

PROGRESSING. Jones: Well, old boy, how are you prospering with Miss Budd? Does she smile on your suit yet?

STATE OF OHIO, CITY OF TOLEDO, ss. Frank Cheney makes oath that he is senior partner of the firm of J. Cheney & Co., doing business in and for the city of Toledo, Ohio, and that said firm will be and is bound by the use of said name.

DISPELLING THE ILLUSION. Mrs. Goodheart—Oh, Henry! when I saw that tramp a piece of pie he was so grateful that there were actually tears in his voice.

WONDERFUL RESOURCES OF THE WEST. If you are looking for a home and want to visit the West you can do so with very little expense, as the Union Pacific will sell One-Way Colonist Tickets every day at the following rates:

NOT UNCOMMON. Hawkins—You look out of sorts, old man. What's the trouble? Parker—Just lost my new silk umbrella.

INTELLIGENCE OF DOGS. SOME OF THEM ARE FAITHFUL UNTO DEATH. Records Show They Have Laid Down Their Lives for Love of Masters.

Wet Feet Bring Coughs and Colds. Children Especially are Exposed to Great Danger From the Cause.

DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE. Mrs. J. Provost, Renfrow, Ont., states:—My fourteen-year-old boy is a very nervous child in the chest last winter and I really thought he was going to die.

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A little Sunlight Soap will clean cut glass and other articles until they shine and sparkle. Sunlight Soap will wash other things than clothes.

THE SUN AND CENTRE.

The character of the young men of a community depends much on that of the young women. If the latter are cultivated, intelligent and accomplished, the young men will feel the requirements that they themselves should be upright and gentlemanly, and refined; but if their female friends are frivolous and silly, the young men will be found dissipated and worthless.

A swallow of brandy often turns out to be a bird of ill omen. It's a case of quick consumption with the man who bolts his food.

I may be only a trading cold, but see to it and it will fetch its fangs in your lungs, and you will soon be carried to an untimely grave. In this country we have sudden changes and must expect to have coughs and colds. We cannot avoid them, but we can effect a cure by using Bickel's Anti-Consumptive Syrup, the medicine that has never been known to fail in curing coughs, colds, bronchitis and all affections of the throat, lungs and chest.

Have you Ecstacy?—Have you any skin diseases or eruptions? Are you subject to chafing or scalding? Dr. Agnew's Ointment prevents and cures any and all of these, and cures itching, bleeding and blind Piles besides. One application brings relief in ten minutes, and cases cured in three to six nights. 35 cents—7¢.

For Over Sixty Years Mrs. Winslow's Sore Throat Remedy has been used by millions of mothers for their children while teaching millions of mothers the value of a good remedy for their children's ailments.

Patience—"I always think of all the mean things I have said during the day before I fall asleep at night." Patience—"Gracious! do you stay awake as long as that?"

Cholly—So you told your father I loved you? What did he say? Ethel—Nothing; simply picked up a pair of dumb-bells and went to practicing.

Does Not Possess Great Brain Forming Element. It is doubtful whether any given food in common use contains constituents which have a selective action, so to speak, on the property of ministering to one part of the body more than another.

Dr. Chase's Ointment. To prove to you that Dr. Chase's Ointment is a cure for itching, burning, and sore eyes, we have prepared a list of the names of the manufacturers who have guaranteed it. Send us the name of the manufacturer and we will send you a box of our Ointment back free of cost. Write to Dr. Chase, 112 West 42nd St., New York, N.Y.

SIX SERMONETTES. Every mind is at times sensitive to the most trifling words.—Low Wallace.

Sit down to the Washing. To economize fabric, time and strength and wash your clothes cleaner use a New Century Washing Machine.

There is nothing washable it will not wash—perfectly clean—do it in half the time without boiling the clothes. Runs on ball bearings, just a touch does it. Send for descriptive circular, better still, ask any hardware man to show it to you.

THE DOWNS Mfg. Co., Ltd., Hamilton, Ont.

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No doubt your Tea may be good, but if you want to try something better, ask your Grocer for Blue Ribbon.



ANIMALS IN JAPAN. One of the things that soon strikes the attention of the traveller in Japan is that there are no domestic animals—no cows, no sheep, no pigs, no goats, no mules, and no donkeys.

A DANGEROUS MINE. "He calls her his baby-mine." "Well, she'll blow him up all right after the ceremony."

20 Years of Vile Catarrh.—Chas. O. Brown, journalist, of Duluth, Minn., writes: "I have been a sufferer from Throat and Nasal Catarrh for over 20 years, during which time my head has been stopped up and my condition truly miserable. Within 15 minutes after using Dr. Agnew's Catarrhal Powder I obtained relief. Three bottles have almost, if not entirely, cured me." 50c—7¢.

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California via Union Pacific



EVERY DAY until April 30th, inclusive, colonist rates to all principal points in that state from Chicago \$33.00

Shortest Route Fastest Time Smoothest Roadbed Tourist Sleeping Cars a Specialty Inquire of A. F. CARTER, T. P. A., 14 James Building, Toronto, Canada

Poultry, Butter, Eggs, Honey, Apples, ALL KINDS OF FRUITS And Farm Produce generally consign it to us and we will give you good prices

THE Dawson Commission Co., TORONTO, LIMITED

FORTUNE-TELLING. "So you think you could read my future if I would let you hold 'my hands'?" asks the maiden.

Tommy—"What's an 'encore' in music?" Auntie—"An 'encore' is when you are asked to go over the same thing again." Tommy—"Then my teacher is always encoring me at lessons."

Lever's Y-Z (Wise Head) Disinfectant Soap Powder dusted in the bath, softens the water and disinfects.

Dawkins—"How well Miss Antiquette holds her own?" Dawson—"It's a matter of necessity. She can't get anybody else to hold it for her."

Unequaled—Mr. Thos. Brent, Trenton, Ont., writes:—I have to thank you for commending Dr. Thomas' Electric Oil for bleeding piles. I was troubled with them for nearly fifteen years, and tried almost everything. I could hear or think of. Some of them would give me temporary relief, but none would effect a cure. I have now been free from the distressing complaint for nearly eighteen months. I hope you will continue to recommend it."

PLAYING DOWN TO HIM. Young couple (who expect the visit of a very miserly relative, from whom they have expectations) are clearing the room of every sign of luxury.

Wife (earnestly)—We must do all we can to make uncle feel at home. Husband (caustically)—Then we had better let the fire out.

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