Pains or Cramps

"I carry Dr. Miles' Anti-Pain Pills with me all the time, and for aches and pains there is nothing equals them. I have used them for rheumatic pains, headache, and pains in side and back, and in every case they give perfect satisfaction."

HENRY COURLEN,
Boonton, N. J.

Pain comes from tortured nerves. It may occur in any part of the head or body where there is weakness or pressure upon the nerves.

Dr. Miles' Anti-Pain Pills

Relieve pain, whether it be neuralgiac, rheumatic, sciatic, headache, stomache, pleurisy or ovarian pains.

Price 25c at your druggist. He should supply you. If he does not, send price to us, we forward prepaid.

DR. MILES MEDICAL CO., Toronto,

Variety the Spice of Existence

A wise conducted newspaper is like a banquet, says an exchange. Everything is served up with a view to variety. Help yourself to what you want and do not endeavour to condemn the entire spread because pickles and onions may be included. Be generous and broad enough to select gracefully such reading matter from newspapers as will be agreeable to your mental taste. You, as an individual, are not compelled to swallow everything. We do not think alike, all of us, on every subject and it is a good thing, as it makes more variety, and variety is the spice of existence.

Training of Children

Children should be trained to behave at home as you would have them behave abroad. It is the home life which they act out when away. In the actions of children strangers can read a history of home life. Something is wrong in those homes where the little courtesies of speech are ignored in the everyday life. Scolding is never allowed; reproof and criticism from parents must have their time and place. but should never intrude so far upon the social life of the family as to render home uncomfortable. A serious word in rebuke in private will generally cure a fault more easily than many public criticisms. So teach the children to be high-minded, cheerful and loving and above all things to cultivate a sweet disposition.

DIED

WILSON—At Markham, Ont., Friday April 8, 1910, Arthur H. Wilson, eldest son of Henry Wilson, J. P. Funeral took place at Markham on Sunday at 2 o'clock

FOLEY — At his home in Digby township, on Saturday morning, April 9th, Daniel Foley, aged 65 years.

HARGROVE—At the House of Refuge, on Sunday, April 10th, 1910, Miss Ann Hargrove aged 83 years.

There is honor and happiness in vigorous manhood and womanhood. Don't you want to feel the glow of new-born life in your blood and nerves, to feel the bubbling spirit of youth again? Don't you want to have a strong heart, courage, nerves of steel, self-confidence, strength in every part, ambition, energy, grit and endurance? Don't you want to be rid of the "come and go" pains, varicocele, weak back and general debility?

PHOSPHOTONE

The World-famed Vitalizer, will do all this.

Price per box, $1.00.
Six boxes for $5.00.
Sent post-paid to any address.

Curatone Chemical Co., Toronto, Ont.

POST'S SPORTING PAGE

ATHLETICS

Hamilton, April 9—Bobby Kerr, the auburn-haired flyer who won the worldjs 200 metre championship at the Olympic games in England two years ago, will not compete in the British games this year. Kerr has decided to retire. The announcement came like a bolt from the blue today.

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Professional runners will find the picking good during the next few weeks. Four pro. meets are scheduled between now and May 7. The first will be a 12 mile run at Pittsburg in which Dorando Pietri will meet Percy Smallwood, Hughie Bruce, and possibly Henri St. Yves. This is slated for April 14. The Crowley-Johansen match Marathon will follow at Celtic Park on Sunday, April 17. After that Crowley, Ljumgstrom, Johansen, Meadows, Sellen, Acoose, and probably Hans Holmer move on to Buffalo for a fifteen miler.

—•—

If that race proves successful financially, Ljungstrom will be matched to run a match race against Tom Longboat, at Buffalo, May 7. The distance of this event has not yet been decided upon. Longboat wants to make it 20 miles, but Ernie Hertberg, the Swede's manager, is holding out for fifteen. This difference, however, will soon be adjusted, It Longboat doesn't come to terms, Fred Meadows will be substituted for him. Longboat has been considered as an opponent for the Swede only because he has always been a good drawing card at Buffalo. Though it might not attract as big a gate, a match between Ljungstrom and Meadows at 15 miles, would make a great deal the better race of the two. Then there is the 20 mile race at the stadium, May 7, and the Marathon Derby at Toronto May 24.

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A successful afternoon of sport was carried on by the Y.M.C.A. at the exhibition grounds on Saturday afternoon last.

The programme was not alone confined to the athletic events of running, sprinting, jumping, etc., but a good game of baseball was played between chosen nines followed again by an interesting football practice.

The afternoon was merely a workout for the town athletes who have been confining themselves alone to the Y.M.C.A. gymnasium, which is too small for running and sprinting, and as the grounds were dry, Sec. Bingleman decided that the afternoon's meet would prove more beneficial.

Some good running was carried on Sprinting was introduced with success, being taken up by a large number.

In the baseball game an unlimited number of innings were played, but proved an interesting number on the afternoon's programme. In the football practice a large number turned out and this game was kept up until darkness set in.

BASE BALL

Johnny Kling Wednesday received notice from President Murphy to join the Cubs at once.

When the White Sox left El Paso, Tex., every player was presented with a sombrero hat. These will be worn in the parade at the Chicago opening.

Chicago will use Frank Pfeffer, formerly of the Doves, on the slab a lot this spring. He has succeeded Carl Lundgren as the Cubs' cold weather artist.

Fred Payne will be regular White Sox catcher until Billy Sullivan can work.

Connie Mack says: "The old idea of plan and player to win at any cost, has given way to the spirit of fair play."

Tommy Atkins, who was drafted by the Philadelphia Athletics from Atlanta, after helping that city to win a Southern League pennant, will probably go to Buffalo when the season opens. The young southpaw is a good pitcher when in prime condition, and should make good, although Manager Mack probably feels that another year's seasoning will not hurt the boy any.

Sun-Ga-Mon-O-Non is the name of the Sioux pitcher who has joined the Minneapolis team at Des Moines Sun, etc., stands for Strong Heart, in the squaw tongue, but the Indian denies that he adapted this from Robert Edeson's buoyant drama. He stands six feet and weighs 170 pounds

The local cup tie final was what the reporters call a ding dong game ten minutes from the finish and no score at all. At this critical moment Sparbroom, the hope of the Thumbville Thrushes, was knocked out. They carried him hastily from the field, but it was not till the match was over that he recovered consciousness. at a moment when the doctor was in the middle of a most painful operatian.

In mortal agony he plucked the sleeve of the doctor who was attending his fractured thigh.

"Tell me, doctor," he whispered, faintly, "did we win?"

"Yes," answered the man of medicines.

A flush of rapture suffused the features of the injured one.

"Well, never mind this fractured thigh, then doctor," he mumbled, excitedly, "but just take these bits of broken teeth out of my mouth so's I can holler!"

That Railway To the North

Minden Echo. There is no railway directly out of Peterboro City into the north country, although long years ago it was a Peterboro man who advocated a road into wgat is now the county of Haliburton. The project was considered too expensive for the small returns possible, and the agitation for even a wooden railway was abandoned.

Later, the Provisional County of Haliburton was formed that the people of the portion of the then new county should be in a position to heavily burden themselves with the payment of a railway bonus, that would assure them of a road from Haliburton to Lindsay, from whence they could reach other points.

Peterboro finally saw that Lindsay was getting a large portion of the ever growing trade from the north and now since a railway has been built through Lindsay to Bobcaygeon cutting off another slice from the Peterboro business, Peterboro may quite properly wake up to the need of a road out to some point that will give them a share of the trade now going elsewhere.

With this end in view, and possibly that a railway so built may uleimately be further extended into New Ontario, the Peterboro Review has published several letters bearing on the desirability of such a road.

A recent article, in which appears a letter of "Lindsay Citizen," partly takes up the plan proposed by the Echo, and which receives our endorsation, because we believe a good trade would develop in forest and farm produce, besides the tourist trade, which would certainly become an important factor, for, if hundreds of people are now finding their way to the beautifdl lakes of this north country without a railway, so great a distance, the trade would certainly became very great were a railway built and properly advertised. Other industries would follow the building of a road through a district as well settled as this.

Even people who are usually healthy occasionally require some kind of a food tonic. Ferrovim, that excellent combination of beef, iron and sherry wine, if taken when the system is run down from overwork or a slight cold, will prevent a more serious illness. Ferrovim gives strength to convalescents and all thin-blooded people. $1.00 a bottle.

"The D&L" MENTHOL PLASTER

CURES every sort of Muscular pain, such as Sciatica, Stitches, Cricks, Tic, Twiching of the Muscles, Lumbago and Headache. Don't throw away money for worthless imitations, by unscrupulous makers. Get the genuine.

Each plaster 25c. in an air-tight tin box, 1 yard roll $1.00. Mailed upon receipt of price, or sample for 5c.

WE GUARANTEE that they will relieve pain quicker than any other plaster.

DAVIS & LAWRENCE CO., Montreal.

School Girl's Cruel Treatment

Bridgeport, Conn., April 11.—Lorraine Clark, 14 years old, a member of the freshman class of the local high school, is under treatment at a sanitarium in Brateleboro, Vermont, suffering from the effects of her initiation on Feb. 6 last, in one of the school secret societies.

According to the girl's story, she was made to drink on the night of the initiation a concoction, one of the ingredients of which was kerosene, and later made to eat macaroni which had been boiled in soap. After undergoing that part of the initiation, she says, she was tossed in a blanket.

Miss Morgan In Trousers.

Pasadena, Cal., April 11—Miss Anna Morgan, daughter of J. Pierpont Morgan, created some excitement Saturday when she appeared in front of the Raymond Hotel clad in long trousers over which she wore a skirt of medium length. It is her new riding costume.

THE DOUBLE BREASTER

The Suit of all Suits for Boys. More double-breasted Suits sold for boys than any other style.

We've several new models, plain or Knickerbocker Trousers, long roll lapel, flap on pockets. New mixtures in Tweeds and Worsteds, new colorings.

All sizes 8 to 17 Years

$4.50, $5.00, $6.00, $6.50 and $7.00

It's just as safe for the Boy to do his own buying here as for you to come with him.

If his choice isn't yours, return the Suit and we'll willingly exchange or refund, which ever you desire.

THE CORRECT HAT

We make it our business to see that the right Hat and the right Man get together.

We've new Spring models, suited to all classes of men---for the face must be fitted as well as the head.

DERBYS OF DIFFERENT PROPORTIONS

$1.00, $1.50, $2.00, $2.50 and $3.00

Our $2.50 Hat is the best Hat for the money that we know anything about.

Soft hats in many choice styles and colorings, some very handsome and fresh Spring shades. 75c, $1.00, $1.50 to $3.00.

Don't know where you'll find a better line of excellent Hats than we're showing.

WE FIT ANY FORM

"YOU CAN'T FIT ME!" We hear this said frequently, but we fit the man who says it, just the same. We've suits for the very large man—the very tall man—the thin or thick man—the short and stout man, and the undersized man—we fit each and all of them.

Try us Mr. Hard-to-Fit, and see what we can do for you at $6, $8, $10 to $18.

B. J GOUGH, - LINDSAY

"WHERE THE GOOD CLOTHES COME FROM."

LOGS WANTED

ELM, BASSWOOD, BIRCH AND ASH SUITABLE FOR VENEERS

THE RIDER & KITCHENER CO., LIMITED

LINDSAY

PENIEL

(Special to The Post.)

Miss Wilda Corlidge is visiting friends in Cambray.

Mr. Ben Osborne spent a few days in Toronto.

Miss Dot Lillico is spending a few weeks with her sister, Mrs. Douglas, Doxsee, at Peterboro.

Mr. Gilbert Coolidge, and Miss Miss Edith Coolidge spent the holidays with Oshawa friends.

Rev. Thos. Brown of Lindsay, spent a couple of days this week on business in this vicinity.

Mrs. Trethewey is visiting her daughter, Mrs. Rich Osborne.

Miss Mamie Coolidge spent the week end at Oakwood, the guest of her friend, Mrs. (Rev.) Elliott.

Messrs. John and Geo[illegible] and the Misses Har[illegible] guests of their friends, Mr. Wm. Rich, Oakwood, on last.

Several of the men fro[illegible] fishing this week.

Messrs John and Geo[illegible] attended a Cannington b[illegible] old boys' reunion at the Bert McKay Woodville [illegible] last.

We are glad to report Miss Olive Wright, who [illegible] ly ill, is improving.

Children FOR FLETCH CASTO