



BREAD is never better than the flour it is made of. Often it is not nearly so good, but that is the fault of the bread-maker.

Without good flour, good bread is impossible, no matter how skillfully it is handled.

Now, good bread must be good to eat, as well as good to see or to taste. Good-to-eat bread is bread that nourishes.

In the matter of nutriment,

Royal Household Flour

is supreme. It represents the best that is in the wheat, ground to a snowy whiteness and purified by electricity.

It produces bread that is light, easy to digest and best of all—nutritious. Ogilvie's Royal Household is to be had at all grocers.

Ogilvie Flour Mills Co., Ltd.

Ogilvie's Book for a Cook contains 130 pages of excellent recipes, some never published before. Your grocer can tell you how to get it FREE.



WANTS ISOLATION HOSPITAL

DR. McALPINE, M. D., WARMS THE BOARD OF HEALTH.

A Related Report Sees the Light—Our Doctors Complimented.

From Evening Post, April 26 Below we present to our readers the report of Dr. McAlpine, Medical Health Officer of Lindsay, for 1905. It was forwarded to Town Clerk Knowlson by the Doctor under date of Feb. 17th, 1906, with an explanatory note, in which he stated it had been ready for submission to the Board of Health since Nov. 17th, but had not been dealt with owing to no meeting of the Board having been held since that date.

When the report came before the Council it was referred to a committee and consequently forgotten or ignored—presumably because of the clause referring to the need of an isolation hospital. Money is scarce and raw demands are not encouraged. All who are acquainted with the facts concerning the contagious cases referred to are a unit in declaring that they were well handled and the Doctor's suggestion with reference to an isolation building should be very carefully considered. The report reads as follows:

Lindsay, Nov. 17th, 1905. To the Chairman and Members of the Board of Health:

Gentlemen,—In presenting my report to you for the year 1905, it affords me a great pleasure to inform you that the town of Lindsay has been free from contagious diseases this year in any other during the last 20 years. Notwithstanding the prevalence of smallpox in the surrounding districts it is gratifying to know that because of the generous and courteous assistance afforded to me by all the medical practitioners in the town, such precautions were taken that there were only four cases of that sort within the town limits, and in every case the source of the contagion was traced to outlying districts. One of the patients came in on the Cobocook train, and was, in a few hours, placed in the hospital tent. Another was a prisoner in the jail. Dr. Jeffrey called me in to see this patient, and after a full examination I confirmed Dr. Jeffrey's diagnosis. I objected to placing him in the hospital tent until the County officials would guarantee payment of the expenses in full. Mr. McNeillie, County Clerk, in the emergency of the case did this, and the patient was removed to the tent immediately and cared for. The other patient was a servant maid in the Benson house. The contagion was traced to Fenton Falls. She was at once placed in the tent, and all others who had been exposed to the contagion were quarantined for the necessary time. It is pleasing to remark that so effectively had the quarantine been observed that the contagion was prevented from spreading further. I may also add that on the 2nd November I was notified by Dr. Chambers, of Okwood, that a student attending the Collegiate Institute had gone to her home in Mariopolis infected with smallpox. The source of the infection was traced to that township, and the family of nine with whom she boarded in Lindsay were quarantined. All with whom she associated were vaccinated, the schoolroom which she attended was thoroughly fumigated, and the spread of the disease successfully checked. The other contagious or infectious diseases were two of diphtheria and two of scarlet fever. I have year after year pleaded with you to provide an isolation hospital for such serious diseases, and I now once more urge upon you the necessity for such a building. Immediately I remember that it is proper time to attend to this is no when an epidemic breaks out. We must be in readiness for it. In view of the widely spread sources of infection and increased facilities for travel, our town is in great danger. This is so manifest that I trust the Board will take immediate steps to provide a proper isolation hospital, particularly as our tents are not fit for use, and the replacing of them is expensive.

My sincere thanks are extended to the Board of Education and the teachers in the schools for their cheerful co-operation in stamping out that loathsome disease—smallpox, and to that making it compulsory upon all its pupils to show certificates of successful vaccination. I believe the law respecting compulsory vaccination should be rigidly enforced. My thanks are also due to the Board and Sanitary Inspector for the prompt and generous assistance which they gave me to improve the sanitary condition of the town. I would like to mention the courteous and intelligent assistance afforded me by all the members of the medical profession during the past year—not only in their promptness in reporting suspicious cases, but also in their consultations with me as to the expediency of isolating patients. I am free to admit that without their kindly assistance the dangers which threatened during the past year would probably have proved more injurious to the health and business of the town.

J. McALPINE, M.D.

CRIPPLING SCIATICA.

A Sure and Certain Way to Cure this Terrible Torture.

There is just one sure, scientific cure for sciatica, rheumatism, lumbago, neuralgia, headaches, you must drive the pain from your blood and nerves with Dr. Williams' Pink Pills. Lumbago never cures nerve and blood diseases. Dr. Williams' Pink Pills strike straight at the cause because they actually make new blood. Through the blood they conquer the painful poison, soothe the nerves, loosen the muscles and banish ever ache and pain. Mr. Thos. J. Etsell, Walkerton, Ont., says: "When I began using Dr. Williams' Pink Pills I had been off work for three months. The cords of my right leg were all drawn up and I could only limp along with the aid of a stick. The pain I suffered was terrible. Only those who have been afflicted with sciatica can understand the misery I was in both day and night. I took six boxes of Dr. Williams' Pink Pills before they helped me, but after that every day saw an improvement, and by that time I had used fifteen boxes, ever vestige of the pain had disappeared. I have no hesitation in pronouncing Dr. Williams' Pink Pills the best medicine in the world for sciatica."

Every dose of Dr. Williams' Pink Pills makes rich, pure, health-giving blood. That is why they cure headaches and backaches, indigestion, kidney and liver troubles, anaemia, heart palpitation, and the ills that afflict women only. But be sure you get the genuine pills with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around each box. Imitations are worthless—often dangerous. All medicine dealers sell these pills or you can get them by mail at 50 cents a box, or six boxes for \$2.50 by writing to Dr. Williams' Medicine Co., Brockville, Ont.

ALPHABETICAL ADVICE.

- Observe good manners.
Pay your debts promptly.
Question not the veracity of a friend.
Respect the counsel of your parents.
Sacrifice money, rather than principle.
Take care of the peace and the pounds will take care of themselves.
Use your leisure time for improvements.
Venture not upon the threshold of wrong.
Watch carefully over your passions.
Extend to every one a kindly salutation.
Yield not to discouragement.
Zealously labor for your right.

CASTORIA. The Kind You Have Always Bought. Bears the Signature of J. C. Watson.

YOUNG MAN CAUGHT FISHING

PROSECUTED BY FISH AND GAME PROTECTIVE ASSOCIATION.

County Magistrate McSweeney Fined Him \$15 and Costs—Words of Warning.

A session of the County police court was held Friday at 11 o'clock, when the only case on the docket was that of Timothy Finnegan, charged with unlawfully angling in the Scougog river on Thursday, April 28th. He pleaded guilty.

Mr. G. H. Hopkins, for the prosecution, said in his remarks that as the prisoner had not fought the case, he (Mr. Hopkins) would not be in favor of a heavy fine, and if the prisoner would give his word not to fish illegally again in future he would be in favor of more leniency in this respect than he otherwise would be. The Fish and Game Protective Association were going to enforce the Act and any cases of the kind would be dealt with very severely. In this case he would ask that a fine of \$10 and costs be imposed.

Magistrate McSweeney made quite a lengthy address, and in the course of his remarks said it was a pity to find so many people who break the laws of the land, and run so many risks to do it. Speaking directly to the prisoner he said: "If you were allowed to fish and get away with other people would do it also. By killing one fish at this time of year perhaps hundreds of fish are destroyed, and in that way you only spoil sport. Some people have no brains and seem to go right against the law. The Magistrate said he had had two cases at Chomong Lake, in which he imposed the minimum fine, \$10 and costs, but he would not do so again, and he was determined to raise the fine so that people would want to keep away from the police court. It was no pleasure in his mind, he would rather have no such cases at all, but the law required him to do so, and he would do his duty. He was bound to stop the cruel destruction of fish and game, and he would therefore impose heavier penalties in future. People thought they could get off easily, but if they wanted fines he was there to give them out. In this case he would impose a fine of \$15 and costs, which amounted to \$24.22, in all, and in default of payment one month in jail.

Magistrate McSweeney said that in all probability in the next case the fine would be \$50, and costs—which is the maximum fine—and that in any case the amount would be raised. He told the young man that, in confessing, he had saved himself \$20, or probably more. Finnegan paid the money and the court then adjourned.

MAKING AND CARE OF LAWNS.

Interesting Lecture Under Auspices of Local Horticulturists.

From Evening Post, April 26 From meeting under the auspices of the Lindsay Horticultural Society, which was held in the Council chamber on Tuesday evening, was well attended by a large number of our citizens, who are interested in horticulture. The president of the Society, Mr. Robt. Chambers, occupied the chair.

Mr. Cutting, of the Agricultural College, Guelph, was the speaker, and in an interesting address referred to many things of interest to the average householder. He dwelt particularly on the planting and care of a lawn. He said where grounds were large it was advisable to have the house placed on the highest elevation of the property, and to have the ground gradually sloping from the house, with walks put in with artistic curves instead of sharp angles. In the case of the ordinary town lot, which is usually limited in size, it was advised to have it as near level as possible, and when left open it would appear much larger. Walks and drives in this case are more desirable if they are straight.

A few well selected and carefully trimmed shrubs add very much to the general appearance of a lawn. Those wishing to have a good lawn should not use collar sand, and expect to have a good sod. Claybanks, sand dunes, and so on have the best results a sandy loam, which will retain a certain amount of moisture, will produce the best sward. The preparation of the soil is very important—it should be well cultivated and thoroughly pulverized, and the ground should be dug deep and plenty of well rotted manure worked into it. Sod can be prepared in two ways—by sodding and by seeding. If sod is used care should be taken not to get poor quality—it must have an even, healthy texture. In putting it down it should be thoroughly watered and rolled so that the roots may have an opportunity to get hold. In seeding, it should be done on a quiet day and as soon as the soil has been prepared. About a half-pound of seed to the square rod would be about the proper quantity. Pasture seeds, Kentucky Blue Red Top and White Clover, make a good mixture. Buy the seed separately, and mix yourself. He held that clippings of lawn should be removed after cutting, but many held an opposite opinion. In watering a lawn he advised giving it a good drenching, as a light sprinkling brought the roots to the surface. As a dressing for the lawn he recommended a compost, made in August of manure and loam, and put on in October.

The lecturer answered a number of questions, and a general discussion took place among the members which brought out good information. The meeting closed with a vote of thanks to the lecturer.

May Get a Million. Toronto News' report of the reception tendered Mr. Andrew Carnegie Saturday. Outside there was yet another gentleman waiting to meet the distinguished traveler. He was a seven-year-old lad in the company of his mother, Andrew Carnegie McKay was his name and he hailed from Lindsay. Mr. Carnegie shook hands with the little fellow, who was dressed in Highland kilts, and asked Mr. Wilson to take his name. This was written on a card and safely placed in Mr. Carnegie's pocket.

LETTER FROM SAN FRANCISCO

INTERESTING DETAILS OF THE GREAT EARTHQUAKE.

Expressman Robbed the Fleeing Citizens—The City's Grievous Set-back.

From Evening Post of April 28. Mrs. Woollard, of Dunford, and family were among the many anxious ones in Lindsay and vicinity, whose hearts were gladdened during the past few days by the receipt of telegrams or letters announcing the safety of relatives in San Francisco. In a letter hastily pencilled two days after the catastrophe (on paper picked up on the floor of a lode-ship), Miss L. Bella Burgess gives Mrs. Woollard the following particulars:

"Am just sending you a few lines. They are to be carried by a friend to Oakland and mailed there. Our family are safe as far as the earthquake is concerned, but we may have another, or we may be burned up. The quake lasted just 45 seconds, and was followed by an outbreak of flames in the business district. The shock broke all the water mains and the firemen had to resort to dynamite. Great cracks were made in the streets and water is shooting up in many places, no doubt from the broken main."

"A small paper just published, estimates the loss of life at about 500 but we think 2000 would be a closer estimate. We slept in a tent for two nights, but we were lucky, as the fire did not come as far as our house. The hills are covered with people, many of whom are gathered with people, many of whom are gathered with people, many of whom are gathered with people."

"I expect to have plenty of food brought in by 8 a.m. to-morrow. Expressmen have been conveying people out to the hills, and in some cases charged as high as \$50, but the Mayor put a stop to that extortion. The hills are covered with people, many of whom are gathered with people, many of whom are gathered with people, many of whom are gathered with people."

Solation Cured After Twenty Years of Torture.

For more than twenty years Mr. J. B. Massey, of 3322 Clinton-st., Minneapolis, Minn., was tortured by sciatica. The pain and suffering which he endured during this time is beyond comprehension. Nothing gave him any permanent relief until he used Chamberlain's Pain Balm. One application of that liniment relieved the pain and made sleep and rest possible, and less than one bottle has effected a permanent cure. Mr. Massey relates his experience for the benefit of others similarly afflicted. If troubled with sciatica or rheumatism why not try a 25-cent bottle of Pain Balm and see for yourself how quickly it relieves the pain. For sale by all druggists.

Signs of Hard Times.

St. Catherine's Journal: The Bishop or Peterborough, England, has found a more ominous sign of the times. He is grumbling because people are ceasing to wear their best clothes when they go to church. Now if temporary embarrassments have compelled some people to leave their Sunday suits in the custody of an obliging "uncle," why should the bishop complain? "No man," said a philosopher, "has ever attained a philosophic view of life until he has looked at it over a pawnbroker's counter." When hard times have reduced the episcopal income, and the Bishop has laid around to the little door in the side street with a mitre under his arm, then he will have the delicacy to abstain from comments on pathetic facts. But when Duchesses take paying guests and chauffeurs sell off their vests, and motor-drivers slowly creep because they find the lines too steep—Then money's tight.

When plutocrats knock off champagne And come to sip a "Scotch" again And "Jones," alas! finds "Scotch" too dear, And lubricates his throat with beer—Then money's tight. And when James says he will not "stand," A holiday's best spent at home—And Mrs. J. declares that she is always poorly by the sea—Then money's tight.

MRS. HUNTER'S STORY.

Says She and Her Husband Agree Perfectly—Both Quite Well Again.

Mrs. I. Hunter, of 111 Raglan Road, Kingston, Ont., has written for publication a statement of her case as follows:

"I have suffered with kidney and liver trouble and chronic constipation for some time. I was subject to dizziness, bilious headache, nervousness, drowsiness, pain in the back and a tired, weary feeling nearly all the time. I tried almost every remedy, was treated by doctors and druggists with little or no benefit. Finally, a friend advised me to try Dr. Leonard's Anti-Pill, and the result was truly wonderful. My husband has used Anti-Pill for rheumatism and was benefited greatly. We agree that Anti-Pill is a most wonderful medicine and heartily recommend it."

This is a very strong recommendation. Anti-Pill is undoubtedly the greatest of family remedies. All druggists, or the Wilson-Fyle Co., Limited, Niagara Falls, Ont., 504

SUNLIGHT SOAP

\$5,000 REWARD will be paid to any person who proves that Sunlight Soap contains any injurious chemicals or any form of adulteration.



is equally good with hard or soft water.

If you use Sunlight Soap in the Sunlight way (follow directions) you need not boil nor rub your clothes, and yet you will get better results than with boiling and hard rubbing in the old-fashioned way.

As Sunlight Soap contains no injurious chemicals and is perfectly pure, the most delicate fabrics and dainty silks and laces may be washed without the slightest injury.

Lever Brothers Limited, Toronto

5c. Buy it and follow directions

Your money refunded by the dealer from whom you buy Sunlight Soap if you find any cause for complaint.

FIELD MOUSE, OWL AND FOX

TERSE DESCRIPTION OF A WOODLAND TRAGEDY.

Owl Caught Field Mouse, and by Reynard Captured Both.

A dramatic incident in which a mouse, an owl and a fox play the leading parts, is well told by a writer in the May Canadian Magazine. Slowly the popular woods slipped beneath him, and he began to cross the road. Hovering a moment to seek its open surface, his eye caught a movement on the other side. For a breath he hung motionless, then suddenly with quick, fast-following wing-beats, he shot earthward, a fire in his eye, a wrath at his heart. The little field-mouse had once more ventured forth and, transfixed at first by the great grey thunderbolt that hurled itself at him, he waited, fascinated, for death to come but the open beak and hanging wide-stretched claws nerved him, and he dodged and dodged, swiftly, sharply but each second more hopelessly, till at last the terror came nearer, smothered him—snuffed him out.

The owl stood upon the snow, one claw upon the already quiet body of the mouse, ready for his long-sought meal. He dallied a little. After all the weary watching, it was so good to be sure of his supper. Slowly he lowered his head, ready for the warm, juicy mouthful. But as he did so, a sharp sting was a stir behind the low-hanging evergreen boughs. Reynard crouched a little lower in his tracks. His muscles stiffened, they became as hard as iron. His eyes gleamed, and his mouth was half open. He gazed the distance, moved a little near the bush, and with a little ran and a great jump landed with a snarl and snapping jaws fair upon the owl. His teeth had missed their mark, but with one foot he held down, deep into the snow, a great, white-spread wing. Again and again he lunged forward, at the head, at the neck, and again and again he missed or was met by a snapping beak and open, grasping claw. His hold on the wing was slipping, slipping. He was losing. He could taste warm blood, but it was his own dripping from his lacerated muzzle. His head was sore from the repeated blows of the loose wing. He was nearly done. But with bared fangs and red, graping mouth, lunged still again and again. Then—ah-h! His teeth grew together, sank through the feathers and deep into the flesh, the warm, red flesh.

The CANADA LIFE

Announce that the Applications Received, Policies Issued and New Business paid for in 1905 were all materially greater than in any previous year in the Company's history.

W.R. WIDDESS, Agent
Lindsay.

First-Class Seeds

Red Clover, Alsike, Timothy.

We are in a position to offer our patrons some extra fine lines in the above Seeds that are guaranteed equal to Government Seed Test.

A number have already purchased, and you may be wise in following their example. At any rate, call next time you are in town, inspect the seed samples and get prices.

Spratt & Killen.

PROF. DORENWEND, OF TORONTO, America's Greatest Hair Goods Artist, IS COMING TO Benson House, Lindsay, Saturday, May 12th.

This visit gives you a chance to consult Prof. Dorenwend about your Hair and to choose from the stock of Hair Goods which he carries with him—just what you require. Gentiemen Why remain bald when Professor Dorenwend can fit you with a wig or Toupee which will hide all traces of Baldness and take the place of your own hair? Doctors recommend these Toupees as a preventative for colds in head, earache and neuralgia.

Ladies—Read This

You will never have a better opportunity to see for yourself the beautiful assortment of SWITCHES, BANGS, POMPADOURS, WAVES, WIGS, etc., which Professor Dorenwend carries with him.

Remember the Date and don't fail to call at the hotel early and see PROFESSOR DORENWEND.

The Dorenwend Co'y, of Toronto, Limited, 103 AND 105 YONGE-ST., TORONTO.

Cook's Cotton Root Compound

The great Uterine Tonic and only safe effective Monthly Regulator which women can depend on. Sold in three degrees of strength—No. 1, 2, 3. No. 2 is the special case, 50¢ per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: The Dorenwend Co., Toronto, Ont. (Formerly W. G. Cook & Son, Ltd.)

AUCTION SALE.

The Subscriber is again prepared to conduct Auction Sales of all kinds that he may be favored with. CHARGES MODERATE. ELIAS BOWES, Auctioneer.