HEALTH IN SPRING.

Nature Needs Assistance in Making New Health-Giving Blood.

Spring is the season when your system needs toning up. In the spring you must have new blood just as the trees must have new sap. Nature demands it. Without new blood you will feel weak and languid; you may have twinges of rheumatism or neuralgia, occasional headaches, variable appetite, pimples or eruptions of the skin, or a pale pasty complexion. These are sure sign that the blood is out of order. A tonic is needed to give new energy. Dr. Williams' Pink Pills are the best tonic in all the world. They make new, rich blood—your greatest need in spring. They clear the skin, drive out disease, and make tired depressed men and women bright, active and strong. Mrs. John McAuley, Douglastown, Que., proves the great value of Dr. Williams' Pink Pills in building up people who have been weakened and run down. She says: "Dr. Williams' Pink Pills have been of great help to me. My blood was weak and watery and I was badly run down. But through the use of the pills my health was fully restored. I always recommend them to my friends who may be ailing."

There are fraudulent imitations of Dr. Williams' Pink Pills, and to protect yourself see that the full name, "Dr. Williams' Pink Pills for Pale People" is printed on the wrapper around each box. Do not take any other so-called pink pills. If your dealer has not got the genuine send to The Dr. Williams' Medicine Co., Brockville, Ont., and get the pills by mail at 50 cents a box or six boxes for $2.50.

HATS IN HOUSE OF COMMONS.

Changes in the Manners and Customs of the British Parliament.

The beginning of the end of the old practice of members of the House of Commons wearing their hats in the chamber will be rightly ascribed by the future historian of Parliamentary manners to the session of 1906, says the Pall Mall Gazette. In early nineteenth century prints of the House of Commons only the occupants of the two front benches, the Ministers and ex-Ministers, are seen uncovered. There was a rule then—rigid, though unwritten—that private members must wear their hats in the House. It was regarded as a gross breach of etiquette for any member save a Minister, an ex-Minister or a whip to appear in the chamber or in the lobbies without his hat. For at least three-quarters of the century a member was also expected to wear the morning attire ordained by fashion. On the Speaker the duty fell of reprimanding breaches of the conventions as regards dress.

Of course if a member of Parliament chose to defy these unwritten laws there was no power in the House to say him nay. Instead of wearing the regulation tall hat and frock coat he might appear in a lounge suit and a wideawake, and the doorkeepers dare not refuse him admission to the House. But he would have to reckon with the authority of the Chair, as well as with the resentment of his bad form on the part of his fellow members. As a rule, a private request from the Speaker was sufficient to induce the member to return to conventionality in attire. Once, however, a member answered the message of Mr. Speaker Shaw-Lefevre with the defiant reply that he should wear what he pleased. "Very well," said he Speaker, "no matter how often you may rise to address the House I shall never see you." Time after time the member tried to catch the Speaker's eye but never succeeded, and at last his constituents began to complain that he was a useless, silent member. Then he was driven to the sensible conclusion that it was ridiculous being condemned to obscurity for the sake of a tweed suit.

This law as regards dress began in the '80s to be more honored in the breach than in the observance. Members might appear in any dress they liked, in broadcloth or "in hodden gray and a' that," as Burns would say; in silk hat or bowler, or Caroline. Indeed, Mr. Keir Hardie first presented himself to the House of Commons—so far as headgear is concerned—in a tweed cap. But the rule that members should be covered sitting in the House or walking about its precincts was not generally departed from until the election of the present Parliament. During last session the vast majority of members never brought their hats into the House, leaving them with overcoats and umbrellas in the cloak room.

This remarkable departure from a very ancient usage of the House of Commons was due, of course, entirely to want of knowledge on the part of the enormous crowd of new members. They could not be expected to know of the existence of a rule which is not embodied in a standing order. In fact, most of the new members left their hats in the cloak-room because they considered it would be a breach of decorum, or at least an unwarranted act of impudence on the part of those recently elected, to bring them into the House. Indeed, they thought it was a mark of distinction restricted to old and honored members to be allowed to wear one's hat in the awful presence of Mr. Speaker, a misapprehension which will appear natural enough when it is remembered that by common usage outside Parliament to sit or stand uncovered is an exhibition of respect and deference. At any rate, another said Parliamentary practice is on the wane. The custom is still strictly observed in the House of Lords, but in the House of Commons it has become quite the exception.

HUMAN CLOCKS.

And Human Thermometers—Allowances That Must Be Made.

"Some men can come very close to teling you accurately right out of their heads the time of day, and," said Mr. Glimmerton, "there are men who can tell you without looking at a thermometer what the temperature is, but I find that while the human clock's time may be accepted with the same measure of confidence whether the timekeeper is fat or lean of body or tall or short due allowances must be made for such, or even for momentary conditions in the case of the human thermometer..

"The man who carries the time in his head carries it independent of all physical conditions, while the natural thermometer is insensibly more or less governed by them, and usually you have to figure out the variations for yourself.

"For instance a lean man who is naturally a good guesser at the temperature will almost always get it too low in winter and also too low in summer, for he is more susceptible to cold and less susceptible to heat, while a fat man would be likely to get it too high in winter and also in summer, for the reasons that he is less susceptible to cold and more susceptible to heat. If you could catch either of these men at a time of moderate, average temperature, why, either of them might tell you the state of the thermomteer with extreme accuracy, but at other times you must make due allowances, deducting, say, about two degrees for what the fat man tells you in winter and adding about the same for what the lean man would tell you in summer, and adding two for what the lean man would tell you in winter and deducting about the same for what the fat man would say in summer.

"And commonly you have to do this yourself, because usually the men themselves do not take these things into account when you ask them; they go by their feelings. Really the only man who makes a good natural thermometer at all seasons is the man neither spare nor stout, but of average flesh, and so less likely to be influenced by temperatures unduly.

"But any of these men may be influenced by momentary bodily conditions, as, for example, the same man might, after eating, when his own bodily temperature had been raised, be misled into giving you the thermometer as higher than he would himself have given it before, though really the temperature of the air might not have changed at all."

BABY'S DOCTOR.

"With a box of Baby's Own Tablets on hand I feel just as safe as if I had a doctor in the house." This is the experience of Mrs. John Young, Auburn, Ont. Mrs. Young adds:—"I have used the Tablets for teething and other troubles of childhood and have never known them to fail." Hundreds of other mothers are just as enthusiastic in their praise. Colic, indigestion, diarrhoea, worms, constipation and other little ills are speedily cured by this medicine. It is absolutely safe—always does good—cannot possibly do harm, and you have the guarantee of a government analyst that the Tablets contain no opiate or poisonous soothing stuff. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

MARINE ENGINES.

Greater Changes in its Construction Than in Locomotives.

While the locomotive engine has changed but little since its invention, the marine engine has altered greatly. The first type used was the side lever; then the oscillating one was invented and has remained the best engine for paddles to this day. The introduction of the screw, allowing engines to be placed upright, brought vertical engines into use. Some time before this the Admiralty, alarmed at the large coal consumption of the engines then built, made some experiments with a view of reducing it. This led to the adoption of the compound engine, in which the steam, having escaped from one cylinder, passes to another and expands again. In recent engines the steam expands three times before being condensed. In modern navies all vessels above the size of small gun boats have twin screws. The latest advance in naval engineering is the invention by Mr. Parsons of the steam turbine, which has received complete recognition in its adoption for the great British battleship, "Dreadnought." The advantages of this system, by which the steam is applied direct to the shaft, are numerous. Among them is the high speed than can be obtained with them, and—the most important of all for warships—the small space damaged.

KING'S LAST MATCH.

King Edward once said that he spent the most exciting and nervous moment of his life on a prairie in Canada when he visited that country as a youth. He was in no danger of being scalped by a red Indian, or eaten by wolves, or gored by a maddened bison. His anxiety and nervousness were simply due to his efforts to light a match. The Prince and his party were miles away from any human habitations; they wanted to smoke, and had only one match between them. Lots were cast as to who should strike it. The lot fell on the Prince, and with great difficulty he managed to get the light which was to supply them with fire till their return to civilization.

OWES CURE TO ZAM-BUK

Prominent Manager's Telling Testimony.

Mr. D. R. Gourlay, advertising manager for the well-known piano firm of Gourlay, Winter & Leeming, Toronto and Winnipeg, is amongst the prominent men and women who testify to Zam-Buk's great curative power. He writes to the Company as follows:

"Gentlemen,—I have pleasure in stating that upon the recommendation of a relative I purchased a box of your remedy (Zam-Buk), and by a few applications entirely cured a very severe sprain of the back. While not given to indiscriminate use of, or belief in, patent medicines, I can conscientiously recommend Zam-Buk.

"Sincerely yours,

"(Signed) D. R. Gourlay."

That is just where Zam-Buk proves its superiority! It is treated by men and women who have tried it, as altogether different to ordinary preparations. Doctors, hospital nurses, trainers, matrons of convalescent homes—all give Zam-Buk a good word; and better still, they use it. Zam-Buk is as good for muscular stiffness, sprains, rheumatism and sciatica as it is for skin troubles. Baseball players and athletes in general find it invaluable. For spring eruptions, pustules, scalp sores, itch, eczema, ulcers, boils, abscesses, blood poison, cuts, burns, bruises, and abrasions, it is a speedy cure. Takes the soreness out of wounds almost instantly, and kills all disease germs, preventing festering and inflammation. All druggists and stores sell at 50c. a box, or post free from the Zam-Buk Co., Toronto, for price. 6 boxes for $2.50. Send 1c stamp for trial box.

LAND HOLDERS IN EGYPT.

There is an enormous number of small landholders in Egypt, 5,000,000 acres being cultivated by over 1,000,000 land owners, of whom 6,000 are Europeans, owning, on an average, a little over 100 acres. Nine hundred and forty peasants hold under five acres each, or 23 per cent. of the whole cultivated land, while 12 000 men of means have holdings above fifty acres, their total being over 2,250,000 acres, or 44 per cent. of the whole proprietors, or between five and twenty acres having 21 per cent.

ROYAL TEETOTALLERS.

Queen Victoria of Spain does not know the taste of alcohol. Her special "tipple" is made from oranges—the fresh fruit squeezed into a glass, which is filled with aerated waters. Oranges are her favorite fruit. For years Princess Henry of Battenberg was a teetotaller, but of late she has suffered so much from rheumatism that she has been ordered a little whiskey, which she regards as a penance. Both Princess Christian's daughter's, too, are teetotalers. All the children of the Prince and Princess of Wales are being brought up strict teetotallers and they know nothing of alcohols. Princess Patricia of Connaught and her married sister also abjure wine. Another royal teetotaller is the Duchess of Argyll and the two daughters of the Princess Royal, their highnesses Alexandra and Maud, have never in their lives touched wine.

YOUR SUMMER OUTING.

If you are fond of fishing, canoeing, camping or the study of wild animals look up the Algonquin National Park of Ontario for your summer outing. A fish and game preserve of 2,000,000 acres interspersed with 1,200 lakes and rivers is awaiting you, offering all the attractions that Nature can bestow. Magnificent canoe trips. Altitude 2,000 feet above sea level. Pure and exhilarating atmosphere. Just the place for a young man to put in his summer holidays. An interesting and profusely illustrated descriptive publication telling you all about it sent free on application to J. D. McDonald, Union Station, Toronto, Ont.

TOWN WITHOUT TAXES.

Orson, in Sweden, has no taxes. During the last thirty years the authorities of this place have sold over five million dollars' worth of trees, and by means of judicious replanting have provided for a similar income every thirty or forty years. In consequence of this source of commercial wealth there are no taxes, and local railways and telephones are free, as are education and many other things.

Dupont—"I think your son will be very celebrated if he lives long enough." Durand—"In what way" Dupont—"Why, for his great age."

Ramsay's Paints

—made right
—paint right
—cover right
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YOUNG MEN WANTED—FOR FIREmen and brakemen; experience unnecessary; over 500 positions open at the present time; high wages; rapid promotion to engineers and conductors; $75 to $200 per month; instructions by mail at your home without interruption with present occupation; we assist each student in securing a position; don't delay; write to-day for free catalogue, instructions and application blank. National Railway Training School, Inc., Boston Block, Minneapolis, Minn., U. S. A.

About the House

SOME DAINTY DISHES.

Cheese and Toast—Put some slices of cheese in a little saucepan with salt, butter, and cayenne pepper. Set the pan on the stove, where the cheese will cook gently, when the mixture is soft serve it on toast.

A Good Pudding—Three quarters of a pound of flour, three quarters of a pound of raisins, half a pound of finely-chopped suet, two pieces of candied peel (sliced), and two eggs. Mix all together, and, if necessary, add a little milk. Boil in a floured cloth from four to six hours.

Baked milk is very nourishing, and makes a very good cold pudding when served with stewed figs, prunes, etc. Put one pint of milk into an earthenware jar, cover the top with stout white paper, and place in a moderate oven for five or six hours, when the milk should be as thick as cream. It is a good plan to take the milk left over from the day and set it in the oven all night.

Currant Scones—Mix one pound of flour, plenty of currants, one teaspoonful of cream of tartar, two teaspoonfuls of sugar, a little salt, and one ounce and a half of butter, and a small teaspoonful of bicarbonate of soda. Work all into a light dough with butter milk, roll out to half an inch thick. Divide into small scones, brush over the top with egg. Bake in a very hot oven from three to four minutes on each side.

Savoy soup is a good soup when savoy cabbages are in the market. Shred finely a savoy cabbage, and set it to boil in some nicely-flavored stock. Parboil two ounces of rice, and when the cabbage has cooked for ten minutes throw in the rice, and let it boil till both it and the cabbage are cooked. Just before serving add half a teacupful of grated cheese, and serve very hot.

Mock goose pie is a savory way of doing up cold mutton, or, indeed, any scraps of meat. Mince half a pound of meat, season it with boiled onions chopped finely, quarter of a teaspoonful of powdered sage, pepper and salt. Moisten all with milk or gravy. Place in a deep pie-dish, with breadcrumbs on the top. Scatter little bits of butter over, and bake a nice brown. Serve hot.

Spank Toast—One egg, lightly beaten, add two-thirds cup of milk and fill with water. Stir together one cup flour, one cup cornmeal, two tablespoons sugar, one of salt, two of baking powder, and sift into egg and milk. Mix thoroughly and add cornmeal to make about as stiff as biscuit dough. Now comes the trying part. Have a kettle of fat ready on the stove, the same as for frying doughnuts. Take a pan of cold water, wet the hands in it, dip up a large spoonful of the mixture, and pat it out flat in the hands. Take up lightly with the fingers and drop into the boiling fat. Have on the stove a pan containing about a quart of milk. Bring to a boil. Thicken with one-half cup of flour, stirred to a smooth paste with milk. Add a teaspoon salt and a small piece of butter to the thickened milk. When the spanks are done, split open, and serve with milk gravy on them.

Fancy Pudding—Chip as small a hole in the end of an egg as the contents of the egg will pass through. The yolks in one dish and the whites in another, until you have emptied eight shells; stand the shells upright in a small egg case until ready for use; make the foundation for a good blanc mange out of a pint of rich milk; when scalding hot add one-half a cup of sugar and one-half a package of the crystal gelatin, previously dissolved in a cup of cold milk or water; stir thoroughly and divide the blanc mange into three parts; flavor the white part with vanilla; pour a part of this into the bottom of the dish it is to be served in; for the foundation of the egg meat pudding pour the rest into a small pitcher, and fill the shells; flavor the yellow part with orange, and add the beaten yolks of two eggs, and repeat the process of filling the shells; into the third part stir two heaping tablespoons of grated chocolate or cocoa, flavor with a few drops of almond, and fill the remaining egg shells; when ready to serve make a stiff meringue of the whites of three eggs, beaten with powdered sugar, flavor with one-half a lemon; color with two tablespoons red sugar; heap upon the blanc mange foundation; sprinkle over it the grated rind of a lemon to represent straw, remove the shells from the colored eggs; lay them in the nest; serve with sugar and cream.

HOUSEHOLD HELPS.

After using onion rub the hands on celery, and the smell will instantly disappear.

To polish kitchen knives mix a little bicarbonate of soda with the brick dust and rub them thoroughly.

To insure good coffee being made choose a vessel that is very broad at the bottom and small at the top.

When boiling beef add a little vinegar to the water if you wish it to be tender. To improve the flavor have a bayleaf and some sweet herbs.

Hang woolen goods up to dry without wringing and the shrinkage will be slight.

A very neat rug to be placed under the dining table to catch crumbs is made of any dark-colored denim.

A gold or silver chain can be cleaned by boiling it for a few minutes in a little salamoniac dissolved in wine.

White paint may be cleaned by rubbing it gently with a soft flannel dipped in a paste of whiting and water, with a little soap powder added.

Free Hair Remedy

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Remember, Foso actually grows hair, stops hair falling out, removes dandruff, insures a new growth of eyebrows and eyelashes, and changes gray or faded hair to its natural color. I don't ask you to take my word for it. Fill out free coupon below and mail to-day.

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Fill in your name and address on dotted lines below and mail it to J. F. Stokes, Mgr., 7120 Foso Building, Cincinnati, Ohio, and by return mail you will receive prepaid a free 10 cent trial package duly free that will delight you.

Give full address—write

That hacking cough continues

Because your system is exhausted and your powers of resistance weakened.

Take *Scott's Emulsion.*

It builds up and strengthens your entire system.

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