SPRING BLOOD IS BAD BLOOD

How Best to Get New Health and Strength in Spring.

The winter months are trying to the health of even the most robust. Confinement in-doors in over-heated and nearly always badly ventilated rooms—in the home, the office, the shop and the school—taxes the vitality of even the strongest. The blood becomes thin and watery or clogged with impurities. Sometimes you get up in the morning just as tired as when you went to bed. Some people have headaches; others are low spirited; some have pimples and skin eruptions. These are all spring symptoms that the blood is out of order. You can't cure these troubles with purgative medicines, which merely gallop through the system, leaving you still weaker. What you need to give you health and strength in the spring is a tonic medicine, and the one always reliable tonic and blood builder is Dr. Williams' Pink Pills. These Pills not only banish spring ills, but guard you against the more serious ailments that follow, such as anaemia, nervous debility, rheumatism, indigestion and kidney trouble. Dr. Williams' Pink Pills make new, rich blood which strengthens every nerve, every organ and every part of the body. Try this medicine this spring and you will have strength and energy to resist the torrid heat of the coming summer. Mr. J. R. Johnson, Loch Broom, N. B., says:—"Some two years ago I began to feel that my constitution was weakening. I could not stand any exposure or knocking about. I finally sought the aid of a doctor who said my system was very much run down, and that the trouble might end in nervous prostration. As his medicine did not help me I decided, on the advice of a friend, to give Dr. Williams' Pink Pills a trial. I had used less than a half dozen boxes when my health was fully restored, and I think no other medicine can equal these Pills when one is run down and out of health."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

INDIANS GOOD FARMERS.

In Saskatchewan They Are Industrious and Prosperous.

The Indian of the great prairie province of Saskatchewan are disproving the theory that an Indian won't work unless he has to. They are becoming industrious and prosperous.

There are nearly 8,000 Indians in the province and last year they had about 9,000 acres under crops. They raised 150,572 bushels of grain and roots and 30,000 tons of hay, worth $136,023.

The Department of Indian Affairs reports that the Indians are turning more and more to the soil for a living. The agent of the Assiniboine agency, which may be regarded as typical, writes:

"I was greatly pleased to find that the area under crop was almost double what it was the year before. The band had about 600 acres of wheat and 200 acres of oats. The Indians of this agency are beginning to farm on a large scale, and if they continue to do as well as they have in the last two years there will be some good sized farms among them. One man has 155 acres in crop and another 125 acres, and several had seventy acres each. There was a decided improvement in the way the land had ben farmed."

BLAME PLACED.

"Why don't yez grace our dances wid yer presence any more?"

"Sure, it's me mistress' fault. She is that dowdy and old-fashioned that not a single dress of hers kin I wear at all, at all!"

THE ILLS OF BABYHOOD AND OF CHILDREN.

The ills of childhood are many, and may prove serious if not promptly attended to. In all homes where Baby's Own Tablets are kept there is a prompt cure at hand for such troubles as indigestion, colic, diarrhoea, constipation, worms, and teetning troubles. And the mother has the guarantee of a government analyst that this medicine contains no opiate or poisonous drug. Mrs. R. Hammond, Copetown, Ont., says:—"I have used Baby's Own Tablets and think nothing can equal them for small children. I would not be without them in the house, for they saved my little girl's life." Sold by medicine dealers, or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

THE CULLINAN DIAMOND.

Queen Will Wear it Separate From Crown on State Occasions.

The King and Queen, anxious to make the fullest possible practicable use of the Transvaal's magnificent gift, the Cullinan diamond, have consulted the court jewelers, Messrs. Gerrard, of London, as to whether it can be arranged that the splendid gem shall be so set in the Imperial Crown as to be detachable for wear by her Majesty on great state occasions, as it was at the recent opening of Parliament. The feasibility of the plan having been demonstrated, the jewelers have been honored with his Majesty's commands to carry out the work. Thus the Cullinan, while retaining a status of a crown jewel, will be available for wear by the Queen on occasions on which the Crown itself is not in actual use.

THE PRUDENT PIPER.

Andrew Carnegie is fond of the Scots' national instrument, the bagpipe, and when he is at home at Skibo Castle usually has his pet piper to play for him at dinner. Particularly is the musician in attendance when the great philanthropist has guests.

On one occasion a big company of men sat down to table, and the piper pranced up and down the room as he played.

The whole thing was new to a French literary man, who politely asked the guest on his right, "Why does he walk up and down when he does this thing? Does it add to the volume of the sound, or does it make a cadence?"

"No," said the other, "I don't think it's that. I fancy it's to prevent the listeners getting his range with a knife or a water-bottle."

GROWTH OF GRAND TRUNK

Marvelous Progress Made Under Manager Hays.

Since January, 1896, the Grand Trunk Railway System has increased the operating mileage by 11 per cent., through the acquisition of the C. A. Railway. The tonnage for 1907—the last complete year's report of the company—was 111.9 per cent. greater than the number of tons moved in 1896.

Gross earnings for 1907 topped those for 1896 by an even 99 per cent.—net earnings being 85.7 per cent. over those for 1896.

Fixed charges and rentals for 1907 were but 3.2 per cent. above those for 1896. New Year's day, 1896, showed a deficit of approximately $1,500,000; December 31, 1907, was passed with the payment of $4,100,139 in dividends as the result of a year's work.

The first six months of 1908 produced $928,110 dividends on the 4 per cent. guaranteed stock of the company.

These figures, few as they are, speak volumes for the brilliant administration of the trust reposed in Charles Melville Hays when he was elected second vice-president and general manager of the Grand Trunk system. Nor did it take a dozen years to demonstrate the wisdom of giving him absolute sway over this transportation system, which prior to his appointment had been largely managed from London, England.

A Pill for All Seasons.—Winter and summer, in any latitude, whether in torpid zone or Arctic temperature, Parmelee's Vegetable Pills can be depended upon to do their work. The dyspeptic will find them a friend always and should carry them with him everywhere. They are made to withstand any climate and are warranted to keep their freshness and strength. They do not grow stale, a quality not possessed in many pills now on the market.

"Humph? Him? He'd run before he'd fight me!" "I guess he'd have to."

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

It's easier for the average man to quit drinking if he wants to than it is for him to want to.

Corns cause intolerable pain. Holloway's Corn Cure removes the trouble. Try it, and see what amount of pain is saved.

Sir Robert Anderson, the eminent police authority, says the English are, in fact, with all their faults, the most law-abiding people in the world.

Moles are so numerous in many parishes in North Devon that farmers are reverting to the old practice of giving 6 cents for each mole killed.

Nottingham medical and other charities will receive $20,00 under the will of the late Mr. A. Kelsall, a prominent racing man.

Miss Ellen Pincott, on whom an inquest was held at Camberwell, was choked to death by her false teeth while at supper.

Last year 23,216 seal-skins were brought into the Tyne. Large as is this number it is 5,700 les than in the previous year.

HE TOOK A FRIEND'S ADVICE

AND DODD'S KIDNEY PILLS SOON CURED HIS BACKACHE.

How Malcolm McKinnon Found Complete and Permanent Relief From His Kidney and Stomach Troubles.

Shunacadie, Cape Breton Co., N. S., April 19 (Special).—Suffering with Backache so much that he could not work, Malcolm McKinnon a well known resident of this place took a friend's advice and used Dodd's Kidney Pills. The result is that he is back at work and his Backache is gone.

"Yes," he says, in speaking of his case, "I was troubled with Backache, due to wet feet and hard work. It got so severe at last I was quite unable to do my work.

"It was through a friend's advice I started to use Dodd's Kidney Pills, and I was soon aware that they were doing me good. My back was easier and I had less pain in urinating.

"As Dodd's Kidney Pills had done me so much good I thought I would try Dodd's Dyspepsia Tablets and I did so with marvellous effect. Two boxes set my stomach right."

With Dodd's Kidney Pills to keep my Kidneys well and the blood pure and Dodd's Dyspepsia Tablets to put the stomach in shape so that the body receives the nourishment it needs you are assured of the two first essentials of health. Any doctor will tell you that.

"Bliggins says he owes everything to his wife." "Well," answered the man who never says a kind word, "I don't know of anyone else who would take a chance of being his creditor."

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

The man who thinks he knows it all never misses an opportunity to butt in.

They Soothe Excited Nerves.—Nervous affections are usually attributable to defective digestion, as the stomach dominates the nerve centres. A course of Parmelee's Vegetable Pills will still all disturbances of this character, and by restoring the stomach to normal action relieve the nerves from irritation. There is no sedative like them and in the correction of irregularities of the digestive processes, no preparation has done so effective work, as can be testified to by thousands.

Love seems to have a mania for laughing at locksmiths and joke-smiths.

By Bribing the Nerves with opium you may stop a cough, but the inflammation goes from bad to worse. Allen's Lung Balsam, containing no opium, goes to the root of the trouble and cures deep-seated affections of throat and lungs.

Mother—"Jane, you must choose between the two. Will you marry the man who loves you or the man who can dress you?" Daughter—"Mamma, as an up-to-date girl, I must reply to your question that, although love is a very desirable thing, clothes are an absolute necessity."

A Merry Heart Goes all the Day.—But one cannot have a merry heart if he has a pain in the back or a cold with a racking cough. To be merry one must be well and free from aches and pains. Dr. Thomas' Eclectric Oil will relieve all pains, muscular or otherwise, and for the speedy treatment of colds and coughs it is a splendid medicine.

Every man on the job thinks he knows more than the boss.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

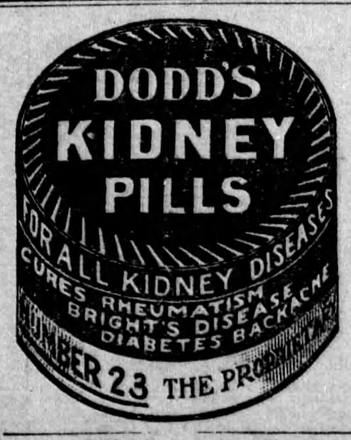
FOLLOWING ORDERS.

"Now," said the magistrate, "you must testify only to what you know, no hearsay evidence. Understand?"

"Yes, sir," replied the female witness.

"Your name is Mary Bright, I believe. Now what's your age?"

"I won't tell you. I have only hearsay evidence on that point."



ISSUE NO 16—09.

EARTHQUAKES AND WEATHER

A writer in Nature calls attention to the peculiar weather which accompanied and followed the great Sicilian earthquake. The sudden fog which settled upon the Strait of Messina was paralleled by a heavy mist accompanying the Mexican earthquake of January, 1899, and the writer adds that rainfall is so frequently reported as the immediate successor of an earthquake that "we can no longer reject the hypothesis of a real connection between the two." Prof. Milne has suggested that the disturbance of the ground when transmitted to the overlying air may determine precipitation, thus explaining the apparent association of severe earthquakes with mist and rain.

A Woman's Sympathy

Are you discouraged? Is your doctor's bill a heavy financial load? Is your pain a heavy physical burden? I know what these mean to delicate women—I have been discouraged, too; but learned how to cure myself. I want to relieve your burdens. Why not end the pain and stop the doctor's bill? I can do this for you and will if you will assist me.

All you need do is to write for a free box of the remedy which has been placed in my hands to be given away. Perhaps this one box will cure you—it has done so for others. If so, I shall be happy and you will be cured for 2c (the cost of a postage stamp). Your letters held confidentially. Write to-day for my free treatment. MRS. F. E CURRAH, Windsor, Ont.

It is far easier to mend a broken heart than a broken rib.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

All men are born free and equal—and remain that way until they get married.

Welcome as Sunshine after a storm is the relief when an obstinate, pitiless cough has been driven away by Allen's Lung Balsam. No opium in it. The good effect lasts. Take a bottle home with you this day.

Money makes the mare go—but it doesn't always make her come under the wire first.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

"Did you hear that the daughter of that rich man in the next street had been driven from home?" "No! When did it happen?" "Just after she got into the carriage."

The superiority of Mother Graves' Worm Exterminator is shown by its good effects on the children. Purchase a bottle and give it a trial.

If it wasn't for their famous wives many men would never be heard of.

We Make the Emphatic Statement that "The D & L" Menthol Plaster will do more to relieve neuralgia, lame back, lumbago and kindred troubles than any other plaster. 25c tins and $1 yd. rolls. All druggists.

One way to get out of a tight place is to sober up.

Some persons are more susceptible to colds than others, contracting derangements of the pulmonary organs from the slightest causes. These should always have at hand a bottle of Bickle's Anti-Consumptive Syrup, the present day sovereign remedy for coughs, catarrh and inflammation of the lungs. It will effect a cure no matter how severe the cold may be. You cannot afford to be without a remedy like Bickle's, for it is the best.

It's a good thing that some people are self-satisfied, for they never could satisfy anyone else.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

Fred—"Yes, the old gentleman will soon have another wife to support." Henry—"What? You don't mean to tell me he is going to marry another wife while your mother is alive?" "No; I am going to get married."

A Sudden Chill often means sudden illness. Painkiller is all that is needed to ward it off. Unequalled for cramps and diarrhoea. Avoid substitutes, there is but one "Painkiller"—Perry Davis'.

BY ONE SENSE.

"An auttymobile just went by," remarked the oldest inhabitant of Podunk Corners.

"How did he know that?" demanded the stranger. "I thought he was both blind and deaf."

"He is," replied the village oracle, "but I guess he kin smell."

A man can see more beauty in the face of a homely heiress than a woman can with the aid of a powerful microscope.

Do You Want Money?
$5 to $30 weekly, salary or commission. No experience. Work partly done on your own farm. Something absolutely new. Work secretly or as agent. Immense profits. Write quick.
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CHENILLE CURTAINS and all kinds of house Hangings, also **LACE CURTAINS** DYED & CLEANED LIKE NEW. Write to us about yours. BRITISH AMERICAN DYEING CO., Box 158, Montreal

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J. H. EWART, Chief Agent,
No. 18 Wellington St., East, Toronto.

PERUNA

For Catarrh of the Throat of Two Years' Standing.

"I was afflicted for two years with catarrh of the throat. At first it was very slight, but every cold I took made it worse.

"I followed your directions and in a very short time I began to improve. I took one bottle and am now taking my second. I can safely say that my throat and head are cleared from catarrh at the present time, but I still continue to take my usual dose for a spring tonic, and I find there is nothing better."—Mrs. W. Pray, 260 Twelfth St., Brooklyn, N. Y.

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IS LIQUID LIFE.

BOVRIL is pure concentrated Beef and to ensure supplies of prime Beef for our needs we have just recently acquired 438,082 acres of the finest grazing land in the world, in the Argentine Republic, and 9,000,000 acres in North West Australia.

Over 200,000 head of horned cattle are on these estates at present, and this number will be much increased. We are therefore in a better position than ever to guarantee the purity and high character of BOVRIL.

BOVRIL LTD., 27 St. Peter St., Montreal.

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You can have your choice FREE of either of these valuable and useful articles. (Made from very best materials. Fountain Pen is Gold-Banded), for selling only $2.50 worth of our Vegetable and Flower Seeds. Seeds are assorted varieties in 5c. (small) and 10c. (large) packages, and are easy sellers. Send—to-day—your name and address, plainly written. A postcard will do. The Reliable Premium Co. Dept. 20, Waterloo, Ont. 28

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HIS JOB.

He—"My views on bringing up a family——"

She—"Never mind your views. "I'll bring up the family. You go and bring up the coal."

Uncle—"Even though you are my brother's son I am obliged to discharge you. But I am sorry, for your mother's saks." Office-boy Nephew—"Oh, that's all right, sir. Mother says she don't see how I've put up with you as long as I have."

SPRING Skin Troubles

Mothers who have used Zam-Buk know how it cures Spring Skin Troubles in Children or Adults. Mothers who have *not* yet tried it should note these facts:—Zam-Buk was unknown ten years ago, yet such is its merit that to-day it has become the standard salve in the homes of four continents! Zam-Buk is purely herbal; contains no poisonous colouring matter; is used by leading medical men; used in the British Army and Navy; used by all best fitted to know the needs of the skin. Make it your family balm!

Mr. J. C. Bates, of Burks Falls (Ont.), says:—"Zam-Buk cured my three children, who were all broken out in sores to such an extent that it was pitiable to see them. These sores had defied all remedies previously applied, but I am glad to say Zam-Buk healed them."

Miss S. G. Hamilton, of Alliston (Ont.), says:—"My face and hands were one mass of pimples and blotches. These would itch, and when rubbed, broke out into sores. Whenever I put water near the affected parts it caused a stinging sensation and much pain—just as if I had been scalded. Nothing that I applied seemed to do me any good until I tried Zam-Buk. That gave me relief, and a few weeks of the Zam-Buk treatment resulted in a perfect cure."

Zam-Buk cures pimples, skin eruptions, cuts, burns, bruises, piles, festering sores, ulcers, blood-poisoning, eczema, ringworm, bad leg, diseased ankles, and all skin diseases and injuries. Rubbed well into the parts affected, it cures neuralgia, rheumatism, and sciatica. All Druggists and Stores sell at 50c. box, three for $1.25, or post free from Zam-Buk Co., Toronto, for price.

Zam-Buk