NERVOUS DISEASES IN THE SPRING

Can Only be Removed by Toning Up the Blood and Strengthening the Nerves.

Nervous diseases become more common and more serious in the spring than at any other time of the year. This is the opinion of the best medical authorities after long observation. Vital changes in the system after long winter months may cause much more than "spring weakness," and the familiar weariness and achings. Official records prove that in April and May neuralgia, St. Vitus dance, epilepsy and various forms of nervous disturbances are at their worst, especially among those who have not reached middle age.

The antiquated custom of taking purgatives in the spring is useless, for the system really needs strengthening — purgatives make you weaker. Dr. Williams' Pink Pills have a special action on the blood and nerves, for they give stre[illegible] and have cured not only [illegible]ns of nervous disorders, [illegible]ther spring troubles such [illegible]ches, weakness in the [illegible] of appetite, trembling [illegible]s, melancholy and men[illegible]ly weariness as well as [illegible]ples and skin trou[illegible] and [illegible]s' Pink Pills cure think[illegible] disorders and spring [illegible]use they actually [illegible]h, red blood. Sold b[illegible] medicine dealers or by mail at 50 cents a box, or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

FREAKISH.

A gentleman who had just returned from Africa brought home with him a negro as his servant. The darkey had always been used to hot countries, and had never seen water in its solid form as ice. One morning he came into his master's room, carrying a large piece of ice, and exclaimed:

"See, master, what a large piece of glass I have found."

His master, by way of joke, told him to put it in the oven to dry. Very soon he came back, carrying the partly-melted ice, and saying:

"See, master, this is the queerest glass I ever saw; the more I dry it the wetter it gets."

BABY'S OWN TABLETS KEEP CHILDREN WELL

In thousands of homes throughout Canada there are bright thriving children who have been made well and are kept well by the use of Baby's Own Tablets. This medicine cures all stomach and bowel troubles, makes teething easy, and destroys worms. It is guaranteed absolutely safe and free from poisonous opiates. Mrs. John Laplante, Bon-Counseil, Que., says:—"I consider Baby's Own Tablets worth their weight in gold and advise all mothers of young children to keep them always on hand." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Many a man who is smart enough to make money hasn't sense enough to keep it.

A Pill that Proves its Value.—Those of weak stomach will find strength in Parmelee's Vegetable Pills, because they serve to maintain the healthful action of the stomach and the liver irregularities in which are most distressing. Dyspeptics are well acquainted with them and value them at their proper worth. They have afforded relief when other preparations have failed, and have effected cures in ailments of long standing where other medicines were found unavailing.

He—"Wonder why it is they always speak of the 'blushing bride'?" She—"Nothing very remarkable about it, considering the kind of men most women marry."

Minard's Liniment Lumberman's Friend.

A schoolboy brought perfect spelling papers home for several weeks, and then suddenly began to [illegible] of ten. "How's [illegible] father. [illegible] the [illegible] of the [illegible] design. [illegible] shades perfect. Our [illegible] and brussels, heavy [illegible] on the market, [illegible] and the patte[illegible]

10,000 MILES IN SMALL BOAT.

Voyage From Dover to Cape Town in Fishing Smack.

On January 26, 1909, four young Yorkshiremen, who had left Dover in a fishing smack the previous June, arrived at Cape Town, after covering a distance of 10,000 miles. They purchased a 22-ton fishing smack from a Dover fisherman, and visited Maderia, Las Palmas, and the Cape Verde Islands. From there they had purposed returning to England; but the spirit of adventure had grown upon them, and they made for the lonely island of Tristan da Cunha, in the South Atlantic. They received a hearty welcome from the eighty-one inhabitants, and found the strange community perfectly happy and thriving, though the whole island was overrun with rats, making agriculture impossible. From Trisjan they sailed for Nightingale Island, where a brief stay was made, and thence on to Gough Island. The little vessel next made for Cape Town, and the voyagers had almost reached the end of their resources when Table Mountain was sighted, their provisions having been reduced to a few gallons of tainted water. Only one of the four men had ever been in a boat before.

PREFER MEN AS SERVANTS.

The increasing employment of men and boys for domestic work is pointed to by some people as a significant sign of the times. In London, the papers of that town state, lads are being trained with conspicuous success to do daily work in houses, and both as cooks and "housemaids" they leave the weaker sex far behind. Such, at least, is the testimony of the grateful housekeepers who employ them.

CURED HIS LAME BACK.

West Fort William, Nov. 7th, 1908.

"I have been troubled with a Lame Back for the past twenty years and have used plasters and ointments without effect. At last I tried Gin Pills, which proved just the thing, and I would highly recommend them to anyone who has a Strained or Lame Back.

H. HARKNESS.

Gin Pills act directly on the Kidneys—relieve the pain—neutralize Uric Acid which is generally formed when there is Kidney Trouble.

Try Gin Pills yourself before buying the regular 50c. boxes. Write National Drug & Chemical Co., (Dept. W.L.), Toronto, for free sample.

DOGS FOR THE ANTARCTIC.

Perhaps the usefulness of dogs to man is nowhere more convincingly shown than in polar exploration. In anticipation of his needs during his coming expedition to the antarctic, Captain Scott has sent Mr. Cecil H. Meares to Siberia to procure dogs inured to cold and hardship. Mr. Meares will go to Vladivostok, and thence north to Yakut, which is a great center of the sable trade. He anticipates that he may have to proceed to Okhotsk, and even to the Verkhoiansk Mountains, which are described as being "almost, if not quite, the coldest region in the world." He will also collect ponies round Harbin, and will join the expedition, with his animal auxiliaries, in New Zealand in December.

Your prayer means business when you get busy.

Minard's Liniment Co., Limited.

I was very sick with Quinsy and thought I would strangle. I used MINARD'S LINIMENT and it cured me at once. I am never without it now.

Yours gratefully,
MRS. C. D. PRINCE.

Nauwigewauk, Oct. 21st.

AN OBSERVATION.

The reason that so many people like an even tempered man is because they think they can give him the worst of it and get away with it.

Perry Davis' Painkiller. It's effects are almost instantaneous. Cures cuts, burns and bruises. Taken internally cures cramps, diarrhœa and dysentery. Avoid substitutes. There is but one "Painkiller"—Perry Davis—25c. and 50c.

Love laughs at locksmiths because they can't keep the wolf from the door.

Ask for Minard's and take no other.

A POLITE INQUIRY.

A few days after a farmer had sold a pig to a neighbor he [illegible]ed to pass the neighbor's [illegible]re he saw the little boy [illegible]de of the pig-pen, [illegible]ant.

[illegible] said he.

[illegible] you," [illegible]ll your [illegible] going [illegible]gh he [illegible] write [illegible]y he is

EVERY DAY BRINGS A FRESH PROOF

THAT DODD'S KIDNEY PILLS ARE A BOON TO SUFFERING WOMEN.

Mrs. Rousseau Tells How They Cured Her After Three Years of Almost Ceaseless Pain.

Hintonburg, Ont., May 2 (Special).—Every day furnishes fresh proof that the women of Canada can be cured of ailments which have hitherto seemed to be a part of the inheritance of the sex by the use of Dodd's Kidney Pills. And this place has a living proof in the person of Mrs. William Rousseau, of 37 Merton Street.

"For over three years," Mrs. Rousseau states, "I was very ill. My troubles were painful. I suffered very much with my back. My head ached almost continuously and I scarcely knew what it was to be free from pain. I was very weak and run down. Occasionally my hands would swell up, and this, too, gave me a great deal of annoyance and discomfort. I began to use Dodd's Kidney Pills and very soon commenced to improve. Three boxes cured me completely."

Nine-tenths of suffering women's troubles start from diseased kidneys. The natural way to cure them is to take away the cause, that is, to cure the kidneys. Dodd's Kidney Pills always cure diseased kidneys.

THE NEW MILLING COMPANY.

Ontario is certainly going to play a very prominent part in the future of the Milling industry in Canada.

And so it is that we find that the new big Ontario milling concern which will be known as the Maple Leaf Milling Co., Limited, and will absorb the Maple Leaf Flour Mills Co., Ltd., and with it the Hedley Shaw Milling Co., has already under way the construction of a 6,000-barrel mill, a million bushel elevator, and storage warehouse out on the new piers that have been constructed at Port Colborne. Naturally it takes a pile of money to carry through such big undertakings, and the men who are at the head of the new Company, including Mr. Cawthra Mulock, of Toronto; Mr. Hedley Shaw, founder and head of the Hedley Shaw Milling Co., and Mr. D. C. Cameron, the Western lumberman who organized the Maple Leaf Flour Mills Co., Ltd., have supplied $1,000,000 of additional cash capital, which besides permitting of the completion of the entire new plant already under way at Port Colborne, and the construction of some 15 new elevators throughout the West, will provide the new Company with further working capital to go right ahead and get its full share of the larger business that is offering, not only throughout Canada, but more especially in Great Britain and various foreign markets.

HOME PRACTICE.

Mrs. Strongmind—"Our society has appointed me chairman of a committee whose object is to try to bring about a reduction in rents."

Strongmind—"I'm glad to hear it, my dear. You can begin at once on my trousers."

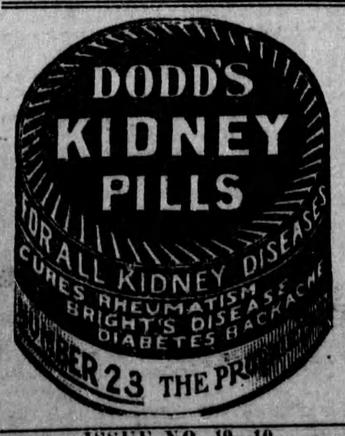
Bickle's Anti-Consumptive Syrup is agreeable to the taste, and is a certain relief for irritation of the throat that causes hacking coughs. If used according to directions it will break the most persistent cold, and restore the air passages to their normal healthy condition. There is no need to recommend it to those familiar with it, but to those who seek a sure remedy and are in doubt what to use, the advice is—try Bickle's Syrup.

We don't mind seeing other people get up in the world so long as they refrain from using us as stepping stones.

Keep Minard's Liniment in the house.

A NARROW ESCAPE.

Little Roy's mother had told him not to cry when he hurt himself. One day he fell down and bumped his head. He mastered himself with a struggle, and said: "Mamma, the juice very near came out of my eyes."



ISSUE NO. 19—10.

Paint Without Oil

By using Powdr Paint you can turn out as good work as a contracting painter. Write to POWDR PAINT CO., Toronto, Ont., for full information and Catalogue with Color Card and Price List.

STOCKS.

Edward CRONYN & Co.
Members Toronto Stock Exchange.
Safe Investments Write for our weekly circular on securities.
Refer as to standing to any bank.
We have moved to our new building, 90 Bay St., Toronto.

COBALT SILVER AND PORCUPINE Gold Stocks bought and sold. Engineers' Reports on Porcupine. Write for particulars. P. S. Hairston, 25 Manning Arcade, Toronto, Ont.

CREMATIONS IN ENGLAND.

There Were 855 Last Year—Number Steadily Increasing.

The movement in favor of cremation in England continues to make slow but steady progress, writes the London correspondent of the New York Medical Journal. During 1909 the number of cremations carried out in Great Britain was 855, an advance of sixty as compared with 1908.

The first crematorium in England was opened at Woking in 1885 and the total number of cremations since that time is 8,121. There are now altogether thirteen crematoria in Great Britain and this number will probably soon be increased. The Cremation Society of England has been very active in its propaganda work and public interest is slowly being aroused.

Recently a cremation society was formed in Edinburgh. The object of the society is to promote the practice of cremation and burial reform by means of meetings, lectures and publications or otherwise. There are already about 180 members, including many well known persons.

Miss Screecher—"I wonder if Uncle Jim remembered me when he made his will? I used to sing for him. Lawyer—"Yes, he evidently remembered you—at least, your name isn't mentioned in the document."

Do Not Delay.—Do not let a cold or cough fasten upon you as it will if neglected. Dr. Thomas' Eclectric Oil will break up a cold and cure a cough, and should be resorted to at once when the first symptoms appear. It can be disguised so that any unpleasant taste it may have will be imperceptible to the delicate. Try it and be convinced.

Many a man's success is due to his having strayed from the beaten path.

Does Your Back Ache? Don't experiment with imitations but get the genuine, the "D & L" Menthol Plaster. It cures. Davis & Lawrence, Co., makers.

The magistrate was incredulous. "You mean to say that this physical wreck" (indicating the prisoner) "gave you a black eye?" "Yes," retorted the prosecutor, "but he wasn't a physical wreck until he gave me the black eye."

Parents buy Mother Graves' Worm Exterminator because they know it is a safe medicine for their children and an effectual expeller of worms.

Country people make their own jam, but people in the city get theirs in the street cars.

Red, Weak, Weary, Watery Eyes. Relieved By Murine Eye Remedy. Try Murine For Your Eye Troubles. You Will Like Murine. It Soothes. 50c At Your Druggists. Write For Eye Books. Free. Murine Eye Remedy Co., Toronto.

The trouble with the unexpected is that it too often refuses to happen.

A Cure for Rheumatism.—A painful and persistent form of rheumatism is caused by impurities in the blood, the result of defective action of the liver and kidneys. The blood becomes tainted by the introduction of uric acid, which causes much pain in the tissues and in the joints. Parmelee's Vegetable Pills are known to have effected many remarkable cures, and their use is strongly recommended. A trial of them will convince anyone of their value.

Tar—"On my last voyage I saw waves one hundred feet high!" Spar—"I've been a sailor forty year, and never seen 'em over forty." Tar—"P'raps not! But everything is higher now than it used to be, mate!"

Where can I get some of Holloway's Corn Cure? I was entirely cured of my corns by this remedy and wish some more of it for my friends. So writes Mr. J. W. Brown, Chicago.

No man knows anything about heaven who is content that others shall wait for happiness till they get there.

Minard's Liniment used by Physicians.

YES, INDEED.

Hostess (at party)—Why so silent, Miss de Muir? You've scarcely said a word since you came?

Youthful Guest—Really, Mrs. Leeder, I am having a very enjoyable time, but my father has told me 100 times never to say anything unless I have something to say, and I suppose——

Hostess—But, my dear child, think what a stupid and tiresome thing society would be if everybody followed that advice!

TWO KINDS OF TEARS.

There is something very genuine in the little domestic situation indicated by this scrap of conversation:

"My wife has cried only twice since we've been married."

"On what occasions?"

"When I told her I couldn't afford to get her a set of furs for Christmas, and when I got 'em for her."

SPRING SKIN SORES

At this season, scores of people, girls and women especially, find their faces marked with pimples, dark spots, eruptions, etc. The skin needs attention, needs renovating after the trying winter season. Just think what it has had to go through!

You have been out in rain and sleet and snow. You have been perspiring from skating, or some other exertion. Then you have stood to "cool off." You have spent hours of the day indoors at a temperature equal to summer heat. Then you have covered up your skin, *except your face*, and gone out into a temperature away below zero! No wonder that the skin of the face and neck shows signs of needing attention.

Zam-Buk is a skin food. Smear it lightly over the spots, the eruptions, the sallow patches, at night, and notice how quickly your appearance improves. As the rich, refined, herbal essences sink deep into the tissue, the hard scurvy-like patches are removed. The cuticle is softened. The cells beneath are stimulated to healthy operation. The pores resume their work properly. Better color results. The cells of the skin being purified by Zam-Buk's stimulating balm, become transparent; the blood beneath is able to impart its proper coloring to the tissue, and the delicate bloom of health replaces the sallowness and pallor of disease.

A few days of Zam-Buk treatment will transform a "muddy," speckled, spotty complexion into one of attractiveness and prettiness.

Use Zam-Buk for more serious skin troubles, such as eczema, pustules, boils, ulcers, festering sores, ringworm, scalp sores, sores on the body due to blood-poisoning, etc. Mothers will find Zam-Buk unequalled for baby! 50c box all stores.

ZAM-BUK

CALVES Raise Them Without Milk Booklet Free. Steele, Briggs Seed Co., Ltd., Toronto, Ont.

THE LINDMAN TRUSS will hold any reducible hernia. Endorsed by foremost medical men. Write for particulars. B. LINDMAN, (Reg'd), Montreal.

CLEANING LADIES' . . . WALKING OR OUTING SUITS Can be done perfectly by our French Process. Try it. BRITISH AMERICAN DYEING CO. MONTREAL, TORONTO, OTTAWA & QUEBEC

APPENDICITIS Cured without operations. All who are afflicted with this disease and wish to be cured permanently, safely and quickly with this great Homeopathic remedy, which will be sent post-paid anywhere in the world with full instructions for using so as to effect a permanent cure. Price $2. Address John T. Wait, Homeopathic Pharmacy, Arnprior, Canada.

A GREAT DEMAND FOR PAPER STOCK
WASTE PAPER OF ALL GRADES.
Also Rags, Iron, Metals, Rubbers, Etc.
E. PULLAN, Adelaide and Maud Sts., Toronto, Ont.
Phone for particulars. Main 4[illegible]

Best for Children PISO'S CURE
THE BEST MEDICINE FOR COUGHS AND COLDS
Gives instant relief when little throats are irritated and sore. Contains no opiates and is as pleasant to take as it is effective.
All Druggists, 25 cents.

Regularity

of the bowels is an absolute necessity for good health. Unless the waste matter from the food which collects there is got rid of at least once a day, it decays and poisons the whole body, causing biliousness, indigestion and sick headaches. Salts and other harsh mineral purgatives irritate the delicate lining of the bowels. Dr. Morse's Indian Root Pills—entirely vegetable—regulate the bowels effectively without weakening, sickening or griping. Use

Dr. Morse's Indian Root Pills

AGENTS WANTED.

AGENTS—$5 A DAY EASY. NO EXperience needed. Sells on sight. Absolute necessity to farmers. Does work of 30 men. Pays for itself in one hour. Write to-day. C. R. Adams Co., Sarnia, Ont.

ARTICLES FOR SALE.

KEEP YOUR HOME IMMACULATE by using the Dusto Vacuum Carpet Cleaner, $6.00. A. Hills, 556 Dovercourt Rd., Toronto, Ont. Agents wanted.

FERTILE EGGS—FROM SINGLE COMB mottled anconas prize pens, $2.00 for 15; $9.00 for 100. Eggs from fine utility stock, $7.00 per 100. $1.50 for 15. Fine table fowl. Best winter layers on earth. Anconas and Leghorns make the best early broilers. Single Comb White Leghorn eggs, $4.50 for 100; $1.00 for 15. Money makers both. Free circular. Write your wants. Ed. C. Apps, Box 224, (Vice-President International Ancona Club), Brantford, Ontario.

CONTENTS FIRST-CLASS ROOMING house for sale. Full of roomers paying well. Apply 136 Wilton avenue, Toronto.

SCRIP.

WANTED—SOUTH AFRICAN WAR rants. Highest price paid. Fox & Ross, Scott St., Toronto.

EDUCATIONAL.

LEARN THE BARBER TRADE—NEW system—constant practice; careful instruction; few weeks complete course; tools free; graduates earn twelve to eighteen dollars weekly; write for catalogue. Moler Barber College, 221 Queen East, Toronto.

MACHINERY

MACHINERY HEADQUARTERS. Iron and wood-working machinery, engines, boilers, steam pumps, gasoline engines, electric motors, contractors' machinery, etc. Send for catalogue of over 1400 machines. H. W. PETRIE, Limited. Toronto. Montreal. Vancouver.

FARMS FOR SALE.

WESTERN FARM LANDS—CITY LOTS on easy terms. If you are going west, send for my list, it will pay you. S. M. Mathews 75 Yonge St., Toronto.

HOPE FOR THE DEAF—IN ACOUSTICON—one of the marvels of the electrical age. In use throughout the world. Write for catalogue. General Acoustic Co., of Canada, Ltd., 468 Yonge Street, Toronto.

Is Your Hearing Good?

The HEAR-O-PHONE will give you the benefits of good hearing. Send for free booklet, giving particulars and names of satisfied users. Also Special Offer for a Month's Home Trial. THE BRAND ELECTRO OZONE LIMITED, 334 Spadina Avenue, Toronto.

STAMMERERS

The methods employed at the Arnott Institute are the only logical methods for the cure of stammering. They treat the CAUSE, not merely the habit, and insure NATURAL speech. If you have the slightest impediment in your speech don't hesitate to write us. Cured pupils everywhere. Pamphlet, particulars and references sent on request.
The Arnott Institute, Berlin, Ont., Can.

Band Uniforms
Samples and Catalogue Free
Rex Tailoring Co. Limited
TORONTO.

THE LARGEST NICKEL TIN BERRY'S DIAMOND BOOT POLISHES
Best Materials of absolute purity. Waterproof and preserve your boots

RRR Radway's Ready Relief
SPRAINS, BRUISES, BURNS, SCALDS, CUTS AND CONTUSIONS
For Croup, Diphtheria, Influenza, Cramps, Spasms, Burns, Scalds, Accidents, Bruises, Falls, Gunshot Wounds, Poisonous Bites of Dogs, Snakes, Stings of Insects, etc., use
Radway's Ready Relief.

The Lenox Hotel
BUFFALO, N. Y.
Highest Grade. *Fireproof.*
The ideal hotel for tourists and visitors to Buffalo, Niagara Falls, and points on the Great Lakes and St. Lawrence River.
EUROPEAN PLAN
$1.50 per day and up.
Patrons may take Taxicabs or Carriages from depots or wharves to hotel, charging same to The Lenox.
When in Buffalo stop at The Lenox. The accommodations and service are sure to please.
C. A. MINER Manager

BOOST YOUR TOWN BY ORGANIZING A BRASS BAND
WILLIAMS