WATERY BLOOD IN THE SPRING

How to Get New Health and New Strength at This Season

Even the most robust find the winter months trying to their health. Confinement indoors, often in overheated and nearly always badly ventilated rooms—in the house, the office, the shops and the school—taxes the vitality of even the strongest. The blood becomes thin and watery or clogged with impurities. Some people have headaches and a feeling of langour; others are low spirited and nervous; still others have pimples and skin eruptions; while some get up in the morning feeling just as tired as when they went to bed. These are all spring symptoms that the blood is out of order, and that a medicine is needed. Many people rush to purgative medicines in the spring. This is a mistake. You cannot cure these troubles with a medicine that gallops through your system and leaves you weaker still. What you need to give ou health and strength in the spring is a tonic medicine that will enrich the blood and soothe the jangled nerves, and the one always reliable tonic and blood-builder is Dr. Williams' Pink Pills. These Pills not only banish spring weaknesses and ills, but guard you against the more serious ailments that follow, such as anaemia, nervous debility, indigestion, rheumatism and other diseases due to bad blood. Dr. Williams' Pink Pills actually make new, rich, red blood, which strengthens every nerve, every organ and every part of the body, and makes weak, ailing people bright, happy and strong. Mrs. Jas. McDonald, Harcourt, N. B., says: "In my opinion Dr. Williams' Pink Pills do all that is claimed for them. My system was run down, and I was so weak I could hardly do my work, and taking care of my baby added to my difficulties. I used a few boxes of Dr. Williams' Pink Pills and they made me feel like my own self. I very cheerfully recommend the Pills to all who are weak or ailing."

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.

DANGER IN CLEANLINESS.

Odd Opinion of Distinguished London Physician.

Somewhat novel views of the subject of bacteriology and hygiene were advanced by Sir Almroth Wright, M.D., F.R.S., in an address recently.

There was a belief, he said, that by washing, people washed off microbes. We did take off a certain amount of microbes, but we also destroyed the protective skin, which was all around our bodies, like the tiles of a house. If one had a skin like a tortoise, microbes would never get through. To have a turkish bath was to take away one's horny protection.

A great deal of washing increases the microbes of the skin, he declared, so he did not think cleanliness was to be recommended as a hygenic method.

With regard to the belief that in cases of consumption, fresh air would make things right, he asked why it was this principle only applied to tubercular disease. He held it to be dreadful superstition. The whole doctrine of fresh air required to be revised.

Rich people, he asserted, surrounded themselves with all sorts of luxury, and took absolutely no interest in getting rid of the microbes that surrounded them. He had been in consultation with twenty-one doctors around a rich man's bed, and none of them knew anything about him.

Shiloh's Cure
quickly stops coughs, cures colds, heals the throat and lungs . . . 25 cents.

MEANT WELL.

The old folks had had three days together.

"You have a pretty place here, John," remarked the guest on the morning of his departure. "But it looks a bit bare yet."

"Oh, that's because the trees are so young," answered the host comfortably. "I hope they'll have grown to a good size before you come again."

CURED OF LAME BACK WHEN 84.

Mr. Samuel Martin, of Strathroy, Ont., passed twenty years of his life in misery, suffering tortures from lame back. He tried nearly all advertised remedies and household recipes, but received no benefit from any of them.

Some months ago, seeing Gin Pills advertised, Mr. Martin purchased a box. The relief which Mr. Martin experienced after he had taken one box, was so great that he knew he had found the right remedy at last. He used two more boxes and is now completely cured.

50c a box, 6 for $2.50. At all dealers. Free sample if you write National Drug and Chemical Co., (Dept. W.L.), Toronto.

SOURCE OF THE RED CROSS.

Dunant, "The Gentleman in White," Conceived the Idea.

During the Italian War of 1859, young Juan Dunant was travelling in that country. After the battle of Solferino, he visited the field, and, seeing the terrible sufferings of the wounded soldiers who lay around untended, he, with the assistance of several peasant women, formed an ambulance service, with its headquarters in a little church at Castiglione. He helped with his own hands to bind up the wounds of Frenchmen, Italians and Austrians alike. "They are all brothers," he said. "A wounded enemy is an enemy no longer." And he and his corps of helpers brought water and medicine and smoothed the pallets of straw, and cheered the unfortunates, and closed the eyes of the dead, and performed the last kind offices for the dying. Dunant was regarded by the hundreds of wounded as a miracle of goodness—little less than an angel. "The gentleman in white," was the way in which the officers spoke of him, as he moved around among the sick, his light clothing making him conspicuous on the field.

His experiences at Solferino, where he saw that the willing hands of a few untrained helpers actually saved many lives, and comforted hundreds of others, inspired him with the grand idea of an organization—the Red Cross.

BAGDAD FROM A DISTANCE.

Oriental City Looks Its Best From Afar Off.

Those of us who can think of Bagdad only as the magnificent city of Haroun-al-Raschid can hardly be expected to welcome the new international railway scheme. Let Bagdad remain forever inaccessible, except in dreams. But should the worst happen to Bagdad and the tomb of Zobeide become the shrine of British tourists the old city will have to undergo a few repairs. For it is safe from neither plague nor food. In one of the disasters of the last cenury the plague carried off 4,000 people daily for many days, and jealous Tigris overflowed its banks and destroyed several thousand houses and drowning 15,000 people. Like most Oriental cities, Bagdad looks her best from a distance. You miss the filthy, narrow streets, where two horses can hardly walk abreast, and behold a vision of luxuriant date groves, out of which rise little islands of green domes and graceful minarets. In the days of its splendor the East India Company maintained in the ancient city of the Caliphs a Resident, with a generous establishment; nowadays we are content with the usual modest Consular service.—London Chronicle.

NEVER BE WITUOUT BABY'S OWN TABLETS

Mothers, if you wish to guard the health of your little ones against the sudden outbreaks of those ailments peculiar to childhood, always keep a supply of Baby's Own Tablets on hand. These Tablets never fail to relieve baby of distressing stomach aches, pains caused by difficult teething and the many other little troubles that make baby's life miserable. The Tablets are sold under the guarantee of a government analyst to contain not one particle of opiate or other injurious drug and they may be given to the youngest baby with perfect safety. Concerning them Mrs. Hypolite Chiasson, Eastern Harbour, N. S., writes:—"We have used Baby's Own Tablets for our baby and they have done her much good. Please send us two more boxes as I find them the only medicine that helps our little one." The Tablets are sold by medicine dealers or at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

"Your own baby, if you have one," advertised the enterprising photographer, "can be enlarged, tinted and framed for $9.75 per dozen."

Minard's Liniment Cures Burns, Etc.

Luck seems to have a mania for calling on people who are not expecting it.

You are not treating yourself or your family fairly if you don't keep Hamlin's Wizard Oil in the house. It's the best substitute for family doctor and a mighty good friend in case of emergency.

NO NEED TO.

A man entered a confectioner's shop and called for a lemonade. He drank it, and was about to walk out, when the landlord stopped him.

"Here, sir," he cried, "you haven't paid for that drink you had!"

"What's that you say?" asked the customer.

"I said you haven't paid for that lemonade."

"Did you pay for it?"

"Certainly I did!"

"Well, then, what's the good of both of us paying for it?"

JUST ONE WOMAN IN THOUSANDS

WHO CAN SAY "DODD'S KIDNEY PILLS MADE ME WELL!"

Mrs. Louis Delorme who was always tired and nervous and suffered from Backache, tells how she found a cure.

St. Rose du Lac, Man., April 3 (Special)—The story of Mrs. Louis Delorme, a well known and highly respected resident of this place, is identical with that of thousands of other women in Canada. It is all the more interesting on that account. She was tired, nervous and worn out. Dodd's Kidney Pills cured her.

"I suffered for five years from Backache and too frequent urination, which destroyed my sleep," Mrs. Delorme states. "My head would ache, and I was always tired and nervous. My limbs were heavy, and I had a dragging sensation across the loins. Dodd's Kidney Pills made me well. I used in all ten boxes, but they fixed me up."

Thousands of other Canadian women who have not used Dodd's Kidney Pills are in just the condition Mrs. Delorme was in before she used them. Thousands of others who were in that condition and who used Dodd's Kidney Pills, are now well and strong.

We learn from the experiences of others, and those experiences teach us that the weary and worn women of Canada can find relief in Dodd's Kidney Pills.

KING AND SPORT.

Has No Hankering After Reputation of Being a Sporting Man.

Although King George intends to bestow his formal encouragement upon the social aspect of the Turf, it is an open secret at the Court that he does not mean to elevate the sport of horse-racing to a supreme place in his personal interests. King George is a firm believer in physical recreations for the nation at large. He desires to make it clear that, so far as he is concerned, personal effort in recreation deserves a higher place in the estimation of the people than mere attendance at spectacular sports. He is very proud—and does not hesitate to say so to his intimates—of the title of "sportsman," but he has no hankering after the reputation of being a "sporting man." While, therefore, he will go down to Epsom for the summer meeting, and drive from Windsor to Ascot in traditional state, King George intends to give every special encouragement to other forms of sport as opportunity serves.

Smith—"You and Jones don't seem to be as friendly as you were. Does he owe you money?" Brown—"No, not exactly; but he wanted to."

Shiloh's Cure
quickly stops coughs, cures colds, heals the throat and lungs. . . . 25 cents.

THE HOMEMAKER.

"You say you once had a home?"

"Dat's what I had," answered Plodding Pete.

"Why didn't you do something to make your folks comfortable and happy?"

"I did. I left."

A pleasant medicine for children is Mother Graves' Worm Exterminator, and there is nothing better for driving worms from the system.

Many a man who is willing to be a scoundrel would object to being called one.

PILES CURED IN 6 TO 14 DAYS
Your druggist will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days. 50c.

Vocal teachers are always howling about their work.

The Best Liver Pill.—The action of the liver is easily disarranged. A sudden chill, undue exposure to the elements, over-indulgence in some favorite food, excess in drinking, are a few of the causes. But whatever may be the cause, Parmelee's Vegetable Pills can be relied upon as the best corrective that can be taken. They are the leading liver pills and they have no superiors among such preparations.

A girl's idea of a hero is a young man who asks her father for her hand.

Requisite on the Farm.—Every farmer and stock-raiser should keep a supply of Dr. Thomas' Eclectric Oil on hand, not only as a ready remedy for ills in the family, but because it is a horse and cattle medicine of great potency. As a substitute for sweet oil for horses and cattle affected by colic it far surpasses anything that can be administered.

PISO'S is the name to remember when you need a remedy for COUGHS and COLDS

EIKER-HOFF REMEDY
ASTHMA, CATARRH, HAY FEVER
CAN BE CURED
THE RAVAGES OF CONSUMPTION MAY BE STOPPED
WRITE FOR SAMPLE
WILLIAMS MEDICINE CO.
106 FULTON ST. N.Y.

The Heart of a Piano is the Action. Insist on the
"OTTO HIGEL"
Piano Action

You'll Save Both Time and Money—as Well as a Good Deal of Trouble if You Use
"POWDRPAINT"
—PAINT WITHOUT OIL—
Easily applied, gives you a hard permanent finish that will wear for years.
Send for Color Card—and full particulars—Please mention this paper.
The Powdrpaint Co.
TORONTO

IODINOL $1 a box 6 for 25
The most highly efficient application for the reduction of Swellings, Goitre, Thick Neck, Glandular Enlargements. Its Positive.
PILES of all kinds, in any and all stages, quickly relieved and positively cured. Cure your suffering and live quietly. "Common Sense" for Piles will do it. $1 a box, $5 for 6 boxes. Mailed on receipt of price.
LYLE MEDICINE COMPANY, TORONTO
718 WEST QUEEN STREET

Willie—"Mummie, will it hurt to have this tooth out?" Mrs. Slimson—"Naturally; but it will be so sudden that you won't have time to think—just a quick turn, and it will be all over." Willie—"H'm—that's all that could happen to me if I had my head pulled off?"

The merits of Bickle's Anti-Consumptive Syrup as a sure remedy for coughs and colds are attested by scores who know its power in giving almost instant relief when the throat is sore with coughing, and the whole pulmonary region disordered in consequence. A bottle of this world-famed Syrup will save doctor's bills, and a great deal of suffering. Price 25 cents, at all dealers.

If a man succeeded in discovering perpetual motion he probably wouldn't feel as proud as he did when as a boy he discovered that he could whistle through his teeth.

TO CURE A COLD IN ONE DAY
Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

She—"You say you love me with all your heart." He—"With all my heart." She—"And would you die for me?" He—"Hardly. You see, mine is undying love!"

Mrs. Winslow's Soothing Syrup
Has been used for over SIXTY-FIVE YEARS by MILLIONS of MOTHERS for their CHILDREN WHILE TEETHING, with PERFECT SUCCESS. It SOOTHES the CHILD, SOFTENS the GUMS, ALLAYS all PAIN; CURES WIND COLIC, and is the best remedy for DIARRHŒA. Sold by Druggists in every part of the world. Be sure and ask for "Mrs. Winslow's Soothing Syrup," and take no other kind. Twenty-five cents a bottle. Guaranteed under the Food and Drugs Act, June 30th, 1906. Serial Number 1098.
AN OLD AND WELL TRIED REMEDY.

Unfortunately the chap who is always shooting off his mouth never runs short of ammunition.

Minard's Liniment for sale everywhere.

Lots of people pose as peacemakers because of the opportunity it affords them to butt in.

Corns cause much suffering, but Holloway's Corn Cure offers a speedy, sure, and satisfactory relief.

THE REASON.

"How did you ever happen to call your little daughter Dagmar?"

"My wife found after careful inquiry that it was about the only thing we could call the little one without running the risk of naming her after some relative of mine."

DODD'S KIDNEY PILLS
FOR ALL KIDNEY DISEASES
CURES RHEUMATISM
BRIGHT'S DISEASE BACKACHE
DIABETES
NUMBER 23 THE PROPRIETARY

ISSUE NO. 14—11.

CUTTING!

Private Doolan, the regimental barber, was well known for his carelessness. One day, while shaving Pat Dougherty, he had the misfortune to cut his patron's cheek several times.

Pat took all these gashes in grave silence, but when the shave was over he walked over to his water-bottle, which he had filled with water, took a mouthful, and, with compressed lips, proceeded to shake his head from side to side.

"What's the matter? You ain't got the toothache?" asked the barber.

"Whist! I was only trying if my mouth would hold water without leaking!" replied Pat.

LOW COLONIST RATES TO THE PACIFIC COAST.

Via the Chicago, Union Pacific and North Western Line, daily from March 10th to April 10th from all points in Canada.

Personally conducted California tours in Pullman tourist sleeping cars on through trains leave Chicago Tuesdays and Thursdays of each week.

Pullman tourist sleeping cars daily. For full particulars apply to B. H. Bennett, General Agent, 46 Yonge Street, Toronto, Ont.; F. H. Terry, Travelling Agent, Toronto, or S. A. Hutchinson, Manager Tours Dept., 212 Clark St., Chicago, Ill.

WHY? WHAT?

Why was the dumb waiter returned?

Because it didn't answer.

Why is the letter W like scandal?

Because it makes ill will.

Why is a fisherman's the most profitable business?

It is all net profit.

I was cured of Acute Bronchitis by MINARD'S LINIMENT.
Bay of Islands. J. M. CAMPBELL.

I was cured of Facial Neuralgia by MINARD'S LINIMENT.
Springhill, N.S. WM. DANIELS.

I was cured of Chronic Rheumatism by MINARD'S LINIMENT.
Albert Co., N.B. GEO. TINGLEY.

Beautiful Maiden—"Mr. Scrapple, I can't have you coming to see me any more under a misapprehension. Papa isn't wealthy now. He lost all his money last week on the Stock Exchange." Persistent Caller—"That doesn't make any difference, Miss Flosser. I know it already. I'm one of the fellows who got his money."

Comfort for the Dyspeptic—There is no ailment so harassing and exhausting as dyspepsia, which arises from defective action of the stomach and liver, and the victim of it is to be pitied. Yet he can find ready relief in Parmelee's Vegetable Pills, a preparation that has established itself by years of effective use. There are pills that are widely advertised as the greatest ever compounded, but not one of them can rank in value with Parmelee's.

"Waiter!" called a diner, at a club, "come here at once! Here's a hook-and-eye in this salad!" "Yessah, yessah," said the waiter, grinning broadly. "Dat's a paht of de dressing, seh!"

TRY MURINE EYE REMEDY
for Red, Weak, Weary, Watery Eyes and Granulated Eyelids. Murine Doesn't Smart—Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c, $1.00. Murine Eye Salve in Aseptic Tubes, 25c, $1.00. Eye Books and Eye Advice Free by Mail.
Murine Eye Remedy Co., Chicago.

"You are a sharp boy, Tommy." "Well, I ought to be. Dad takes me into his study and strops me three or four times a week."

Minard's Liniment Relieves Neuralgia.

PASSED ON.

Mr. Lammemwell believed that to spare the rod spoilt the child, therefore he kept in a certain closet a leather strap with which he administered punishment to his offspring when they committed any misdemeanor.

A few days ago he had occasion to need the strap, but it was missing from its usual place, and a thorough search of the entire house failed to discover it. Then he offered a reward of five cents to whomsoever of his olive branches could tell him what had become of the lost article.

"Gimme the five cents," cried four-year-old Tommy. "I know where it is."

When the coins were safely stowed away in his trousers' pocket he said, with much pride:

"I gave it to Willie Wilkin's father."

HIS CONGE.

Resturant Proprietor—"So you were in your last place for three years. Why did you leave?"

New Chef—"I was pardoned."

Minard's Liniment Cures Dandruff.

The flavor, fragrance and deliciousness of "SALADA" TEA make it the favorite of all lovers of good tea.
Sealed lead packages only.

FARMS FOR RENT AND SALE.

H. W. DAWSON, Ninety Colborne St., Toronto.

FRUIT, STOCK, GRAIN, DAIRY FARMS, all sizes and all prices. See me before buying.

GOOD HUNDRED ACRE FARM, with good buildings and orchard.

HAVE several farms with orchards and fruit at reasonable prices.

ALBERTA, SASKATCHEWAN, and MANITOBA LANDS.

DON'T buy a farm without consulting me.

H. W. DAWSON, Ninety Colborne St., Toronto.

ALL KINDS OF FARMS—Fruit farms a specialty. W. B. Calder, Grimsby.

25 ACRES, Township McGillivray, County Middlesex, soil clay, brick house, out-buildings good, 4 miles to Parkhill. THE WESTERN REAL ESTATE EXCHANGE, Ltd., London, Ont.

5 TON SCALE, special price. Wilson's Scale Works, Esplanade, Toronto.

AGENTS WANTED.

AGENTS WANTED.—$5.00 a day easy. No experience needed. Sells on sight. Absolute necessity to farmers. Does work of thirty men. Pays for itself in one hour. Write to-day. MODERN MACHINERY CO., (Dept. 5), Sarnia, Ont.

FOR SALE.

FARM SCALES, special price. Wilson's Scale Works, 9 Esplanade, Toronto.

STRAWBERRY PLANTS FOR SALE. Ask for our price list. J. W. and R. B. THOMPSON, Napanee, Ont.

IF you are looking for the best PREMIUM proposition in Canada, one that appeals to everyone, apply to SELLERY, Advertising Dept., 228 Albert St., Ottawa.

WHITE ORPINGTON EGGS, $3.00 per fifteen; Rhode Island Reds, $1.50 per fifteen. T. J. SMITH, Southam Ptg. and Litho Co., London, Ont.

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

CANCER, TUMORS, LUMPS, etc. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

MOTHER KNEW.

Mother—"I'm afraid Gwendoline is setting her heart on that young Penniless."

Father—"You think so?"

Mother—"I am almost sure of it."

Father—"Well, he is not a fit person for her to marry. He is as poor as a rat, and has no prospects. Something must be done to set her against him."

Mother—"I have thought of that, and have hit upon what I think is an excellent plan."

Father—"Yes. What is it?"

Mother—"We must tell her that we want her to marry him."

BABIES SORES

Every mother should realize that the skin of her baby is so tender that the secretions of the body often lead to rashes, eruptions, etc., all of which may be removed by Zam-Buk and the use of Zam-Buk Soap. Scores of restless, crying babies, upon examination, are found to be suffering from some form of skin irritation or "heat." Use Zam-Buk Soap for the bath and apply Zam-Buk Balm to the sores, and the trouble will soon vanish.

Mrs. L. Hood, of 475 Alexander Ave., Winnipeg, says: "Some nasty sores broke out around my baby's mouth, and despite all the preparations used, they refused to heal. I took him to St. Boniface Hospital and he remained there for two weeks. At the end of that time he was no better, and we again took him home. I was then advised to try Zam-Buk and obtained a supply. The effect of the first few applications was very gratifying and I continued with the use of the balm. A little perseverance resulted in a complete cure."

Zam-Buk Soap is sold by all Druggists at 25c per tablet and Zam-Buk Balm at 50c box. The Zam-Buk treatment quickly cures eczema, ulcers, sores, ringworm, eruptions, pimples, heat rashes, piles, cuts, burns and all skin injuries and diseases.

Zam-Buk