NEW STRENGTH IN THE SPRING

Nature Needs Aid in Making New Health-Giving Blood

In the spring the system needs a tonic. To be healthy you must have new blood just as the trees must have new sap to renew their vitality. Nature demands it, and without this new blood you will feel weak and languid. You may have twinges of rheumatism or the sharp, stabbing pains of neuralgia. Often there are disfiguring pimples or eruptions on the skin. In other cases there is merely a feeling of tiredness and a variable appetite. Any of these are signs that the blood is out of order—that the indoor life of winter has lessened your vitality. What you need in spring is a tonic medicine to put you right, and in all the world of medicine there is no tonic can equal Dr. Williams' Pink Pills. These pills actually make new, rich, red blood—your greatest need in spring. This new blood drives out the seeds of disease and makes easily tired men, women and children bright, active and strong. Mrs. Murray Marshall, Zephyr, Ont., says: "I do not believe I would ever have been well and strong again but for Dr. Williams' Pink Pills. I was so weak and nervous that I could not be left in the house alone. I would take weak spells with my heart and think I was going to die. I tried doctors and electric belts, but they did me no good. Then a friend urged me to try Dr. Williams' Pink Pills. To my surprise I soon noticed my appetite improving, and from than on I improved rapidly until I was enjoying the best of health, and I have not been troubled with weakness or nervousness since."

These pills are sold by all medicine dealers or can be had by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

GOOD LUCK IN HORSESHOES.

Talisman to Ward Off Evil—Shoes of Gold and Silver.

It is not difficult to understand why lovers of horses came to adopt the horseshoe as a talisman against misfortune, says the London Globe. Horses were considered to be especially liable to the machinations of witches. This fact stands out in all the records of the Lancashire witches and other evil hags.

If precautions were not taken these mischievous witches would ride the horses at dead of night over the hills, and when the owner came to the stables in the morning he would find his animals in a lather and utterly exhausted. A horseshoe fastened over the stable door was believed to ward off such evil.

There is no superstition more deeply ingrained in all classes of society than that which is attached to the horseshoe. As an emblem of good fortune it holds pride of place. Nelson did not disdain to nail a horseshoe to the mast of the Victory. In the early part of the nineteenth century, the horseshoe was very highly prized, and there were few London mansions where it was

J. P. WHITE.

President of the American Federation of Coal Miners.

of shoeing horses by driving nails into the hoofs was introduced into England by William the Conqueror, but such a practice did not make any headway for centuries.

The Indians, who had no superiors as horsemen, never thought of shoeing their mounts in any way, and yet they were capable of performing remarkable journeys over most difficult country. The Sandown Derby was won by a horse running in a natural state. The race was run twice, owing to the fact that three horses made a dead heat on the first occasion. Prior to the second attempt the owner of Marden gave orders for the light plates to be removed from the hoofs of his nominee, with the result that Marden gained a comfortable victory by three lengths.

Even at the present day in Japan the modern horseshoe finds a strong competitor in the old fashioned sandals made of straw which are fastened to the horse's hoofs after the manner of equine "cricket shoes."

BABY'S LITTLE ILLS

Baby's little ills are many and need close attention. Worms are among the most common of these ailments—there being scarcely a child who is not afflicted by them at some time or other. These, though, can be readily banished by the frequent use of Baby's Own Tablets—the only remedy sold under the guarantee of a government analyst to contain no opiate or other harmful drug. Concerning them Mrs. Jos. Daigle, Ste. Perpetue, Que., writes:—"My baby was troubled with worms; he was nervous and had no appetite. I gave him Baby's Own Tablets and he was soon well again." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

with cream

Crisp, fluffy bits of white Indian corn; cooked, rolled into flakes and toasted to a golden brown.

Ready to serve direct from the package.

Delightful flavour!

Thoroughly wholesome!

"The Memory Lingers"

Sold by Grocers

Made by
Canadian Postum Cereal Co., Ltd.
Pure Food Factories
Windsor, Ontario, Canada.

sure should be made compulsory, and that a certificate of health and fitness for motherhood should be issued to each young woman who passes the examination.

In a recent report of the society, Swiss women were urged to undergo examinations for the sake of themselves and their country. The extremists in the society wish the test to be applied to both men and women, irrespective of army requirements, and made compulsory by law under conditions that govern the granting of life insurance policies. They also seek a law making it compulsory for clergymen to demand a medical certificate from applicants before marrying them.

COURAGEOUS MAN.

Heck—Jenkins is getting married again. Should I send him another wedding present?

Peck—Certainly! Would you let bravery go unrewarded?

COLD CAUSED SERIOUS TROUBLE

BUT DODD'S KIDNEY PILLS BROUGHT THE CURE.

Mr. Hugh Martin, Suffering From Kidney Disease for Two Years, Tells How he got Back his Health.

St. Hippolyte de Kilkenny, Lake L'Achigan, Terrebonne Co., Que., April 8 (Special).—Again the people of this neighborhood are talking of a complete cure of kidney disease. Mr. Hugh Martin, Jr., a well-known young farmer, is the person cured, and he gives all the credit to Dodd's Kidney Pills.

"My trouble was caused by a cold," Mr. Martin says, in an interview, "and I suffered for two years. My head would ache and I had pains in the back as well. I felt heavy and sleepy after meals. I was often dizzy, my memory was failing and I found it difficult to collect my thoughts. I was also nervous, while heart flutterings added to my anxiety.

"I was a sick man indeed when I started to use Dodd's Kidney Pills, but by the time I had taken two boxes I was a changed man. Are you surprised that I think Dodd's Kidney Pills a wonderful remedy?"

If you have two or more of Mr. Martin's symptoms your kidneys are diseased. Dodd's Kidney Pills are the sure cure.

Little girls no longer seem to care for dolls, but big girls have not lost their affection for dollars.

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.

The minute a man begins to feel that his troubles are at an end, he makes a fresh beginning.

Minard's Liniment for sale everywhere.

THE QUEEN OF SONG.

Madame Adelina Patti made her first public appearance at the age of eight, and before she was fifteen had assisted at over three hundred concerts. From 1851 to 1912 is a far cry, yet only a few months ago Madame Patti was singing at the Royal Albert Hall in London at a benefit concert for Mr. Wilhelm Gauz. The occasion celebrated the prima donna's fiftieth anniversary of public singing in London, and her renderings were full of grace and tenderness. Madame Patti's figure is still that of a girl, and she believes that soft rain falling on the face is the finest complexion beautifier. The Baroness Cederstrom, as the diva is in private life, lives at a beautiful old castle in South Wales, known as Craig-y-Nos, which is Welsh for "Rock of Night." During her long reign as Queen of Song she has earned $10,000,000.

Useful in Camp.—Explorers, surveyors, prospectors and hunters will find Dr. Thomas' Eclectric Oil very useful in camp. When the feet and legs are wet and cold it is well to rub them freely with the Oil and the result will be the prevention of pains in the muscles, and should a cut, or contusion, or sprain be sustained, nothing could be better as a dressing or lotion.

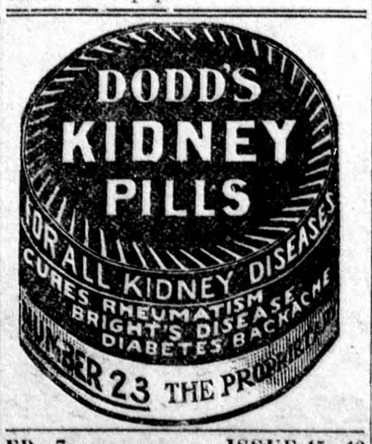
Matches made in heaven are not to made light of.

The ingredients of Magic Baking Powder are plainly printed on each package. The makers of the numerous alum baking powders never do this, but they have been known to print the words "No Alum" on their labels. This is no guarantee—it is fraud. See that all ingredients are stated.

CHIPS OFF THE OLD BLOCK.

"Sadie," said a mother to her small daughter, "why is it that you and your little brother are always quarrelling?"

"I don't know," replied Sadie, "unless I take after you and he takes after papa."



FACTS ABOUT FACINGS.

What They Mean on a Soldier's Uniform.

Taking the breeks off a Highlander is one ticklish job, and to deprive a British regiment of its cherished facings is another.

Many years ago, however, the military authorities, in their wisdom, attempted to do so, and to make almost all regiments wear white facings in place of the distinctive colors of which they were so proud, with the result of widespread discontent.

What, by the way, are facings? The next time you see a soldier in full uniform, cast your eye over him, and you will notice that his collar, the cuffs of his sleeves, shoulder-straps, and the piping, or edging, of his uniform are a different hue from the rest of the tunic. These are facings.

The general rule is that Royal regiments—i.e., regiments called "Royal," or which are known as the "King's" or "Queen's So-and-so Regiment"—for instance, the Royal Scots, the King's Liverpool Regiment—wear blue facings; but there are exceptions.

Scarlet, for example, are the facings of the Royal Regiment of Artillery; while the green uniform of the Royal Irish Rifles is relieved by dark-green facings.

No regiment, however, that is not a Royal regiment wears blue facings.

The famous Buffs (East Kent Regiment) are, of course, so called on account of their buff facings; while the Yorkshire Regiment were known as "Howard's Greens," from the name of their colonel and their grass-green facings.

Shiloh's Cure
QUICKLY STOPS COUGHS, CURES COLDS, HEALS THE THROAT AND LUNGS. 25 CENTS

AN ACCOMPLISHMENT.

"She's awfully proud of her husband."

"That so? Has he had his salary raised?"

"Oh, it isn't that. He can not only wash the dishes, but he can put everything away in its proper place."

CONDUCTOR CURED OF CONSUMPTION.

"Mr. Copeland, Dear Sir,—For the benefit of others I wish to make known what Copeland's Cure for Consumption has done for me. When I commenced taking it I could not sit up in bed, nor keep anything on my stomach. My doctor, and a consumption specialist of Toronto said I had the worst form of Consumption, that nothing could be done for me, and gave me only eight or ten days to live. After taking two bottles of your cure my appetite improved, and that weakening perspiration stopped. To-day I am healthier and stronger than I have been for years. I will answer any correspondence. Wishing you every success. David Warnock, Street Car Conductor, 220 Silver Birch Avenue."

Every day I receive testimonials like the above from persons given up by doctors, and who have tried all other medicines, but after taking this cure are speedily recovering. Many claim to be cured. As a cure for Consumption, weak or bleeding lungs, lingering coughs and bronchitis it is unexcelled. It acts on the stomach as a stimulating tonic. Mention nearest Express office when ordering. $1 per bottle; six for $5. Sold only by Wm. R. Copeland, 511 Pape Avenue, Toronto.

Every girl with money looks like a get rich quick proposition to some young man.

Minard's Liniment Relieves Neuralgia.

No man can profit altogether by the experience of others. He must buy some of his own.

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.

If a man is too proud to beg and too honest to steal he should leave politics to those who are fitted for it.

When Your Eyes Need Care
Try Murine Eye Remedy. No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Watery Eyes and Granulated Eyelids. Illustrated Book in each Package. Murine is compounded by our Oculists—not a "Patent Medicine"—but used in successful Physicians' Practice for many years. Now dedicated to the Public and sold by Druggists at 25c and 50c per Bottle. Murine Eye Salve in Aseptic Tubes, 25c and 50c.
Murine Eye Remedy Co., Chicago

SHORT KINGS, TALL QUEENS.

Many European monarchs are of shorter stature than their queens. George V. is several inches shorter than Queen Mary. The German Empress is slightly taller than the Kaiser; and it is alleged that when they are being photographed together William sees that the Queen takes a seat while he himself stands. The Czar of all the Russias is by no means as tall as his consort, and Alfonso of Spain is said to be a head shorter than Queen Victoria Eugenie. The King of Italy hardly reaches to the shoulders of his Montenegran wife. The Queen of Denmark, too, is taller than her husband. Exceptions are the King of Norway and the King of the Belgians. The latter, six feet two inches in height, is the tallest ruler in Europe.

For tea You can't beat LIPTON'S TEA
OVER 2 MILLION PACKAGES SOLD WEEKLY

SPOHN'S DISTEMPER CURE
Cures
INFLUENZA
CATARRHAL FEVER
PINK EYE
EPIZOOTIC
DISTEMPER
CHRONIC COUGHS
Booklet "Distemper: Causes, Cure and Prevention," FREE. All druggists, harness dealers. $1 and 50c a bottle. $11 and $6 a dozen. Distributors—ALL WHOLESALE DRUGGISTS.
SPOHN MEDICAL CO., Goshen, Indiana, U. S. A.

FRIENDLESS.

"He hasn't a friend in the world." "That's tough. Whom does he blame it on when he stays out late at night then?"

Complete in itself, Mother Graves Worm Exterminator does not require the assistance of any other medicine to make it effective. It does not fail to do its work.

THE GOAT.

Miggs—Your wife doesn't seem to like me.

Riggs—Naturally! You're the man I always lay the blame on when I am detained downtown evenings.

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.

A man can remember to his dying day all the things he learned at college—outside his textbooks.

Warts will render the prettiest hands unsightly. Clear the excrescences away by using Holloway's Corn Cure, which acts thoroughly and painlessly.

As a rule the people who have small vices also have small virtues.

Minard's Liniment Cures Dandruff.

WISE CLERK.

Grocer—What are you doing there?

Clerk—Mr. Jones had ordered a bushel of potatoes, and I'm looking him up in Bradstreet.

PILES CURED

Writing from Poplar, B.C., Mrs. C. Hanson, proprietress of the Commercial Hotel, says: "I suffered for years with bleeding piles. The pain was so bad at times that I could hardly walk, and ordinary remedies seemed utterly unable to give me any ease. Finally I decided to undergo an operation, and went to the Sacred Heart Hospital in Spokane. There they performed an operation. For a time I was certainly better, but within twelve months the piles became as painful as ever. I tried liniments, hot poultices, various 'pile cures,' and indeed everything I could think would be likely to do any good, but still I continued to suffer, and the shooting, burning, stinging pains, the dull, aching, 'worn-out' feeling that the disease causes continued as bad as ever.

"One day I read about Zam-Buk and thought I would try it. The first one or two boxes gave me more ease than anything else I had tried, so I went on with the treatment. In a short time I began to feel altogether different and better. Well, I went on using Zam-Buk, and by the time I had used six boxes I was delighted to find myself entirely cured. That was three years ago, and there has been no return of the trouble."

Zam-Buk is a sure cure for piles, eczema, ulcers, abscesses, eruptions, chapped hands, varicose sores, burns, scalds, bruises, inflamed patches, and all skin injuries and diseases. Druggists and stores everywhere, 50c. box, or Zam-Buk Co., Toronto, for price.

Zam-Buk

BUT ONE.

Bjones—"Don't you think a talkative woman is more popular with the men than any other kind?"

Henpecks—"What other kind is there?"

A Safe Pill for Sufferers.—There are pills that violently purge and fill the stomach and intestines with pain. Parmelee's Vegetable Pills are mild and effective. They are purely vegetable, no mineral purgative entering into their composition and their effect is soothing and beneficial. Try them and be convinced. Thousands can attest their great curative qualities because thousands owe their health and strength to timely use of this most excellent medicine.

Cotton can only be grown in tropical or semi-tropical countries; but wool is mainly a product of temperate regions.

Only One "BROMO QUININE."
That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Used the World over to Cure a Cold in One Day. 25c.

Lots of people borrow trouble who don't know what to do with it.

Minard's Liniment Cures Burns, Etc.

FARMS FOR SALE OR RENT.

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

FORTY ACRE FRUIT FARM—NEAR Niagara River, well planted. Revenue 1911 nearly thirty per cent. on price asked.

A BEAUTIFUL FARM OF TWO HUNdred and ninety acres on St. Joseph's Island, with fine house, up-to-date barn and outbuildings. Owner wishes to devote his time to other business, so will sell cheap for quick sale. Full particulars furnished on application.

HUNDRED AND FIFTY-SEVEN ACRES in Norfolk County: six acres fruit; up-to-date house; new bank barn; a very desirable property at a bargain.

HUNDRED AND FIFTY ACRES—WITH good house; two barns; ten acres orchard; in County Peel. A real snap.

ONE HUNDRED ACRES—GOOD HOUSE and outbuildings; near Teeswater. A first-class farm worth the money.

AN IDEAL FARM OF TWO HUNDRED acres in County of Wellington, with fine brick house; good outbuildings; can be bought on easy terms.

FOUR HUNDRED ACRES IN COUNTY of Simcoe, with Hundred Acres Good Timber; 20 acres apple orchard; good Frame House; two Barns. Can be bought right.

TWENTY-FIVE ACRE FRUIT FARM—Near St. Catharines; Brick House; Barn; twenty acres planted. Can be bought very reasonable.

ONE OF THE BEST FRUIT FARMS IN St. Catharines District—Fifty acres, thirty of which are planted; Elegant House, also Cottage and fine outbuildings. Will be sold on easy terms.

FORTY ACRES — ST. CATHARINES — Bungalo and Cottage and good outbuildings. Thirty-four acres planted in fruit, and a money maker. The owner wishes to retire and anxious to sell.

I HAVE MANITOBA, ALBERTA, SASkatchewan and British Columbia lands, both improved and unimproved, in quarter, half or whole sections, also in larger lots up to five hundred thousand acres. If thinking of investing in Western lands it is to your interest to consult me.

'Phones: Main 6990, Park 527. H. W. DAWSON, Toronto.

HALF SECTION — FIFTY ACRES broken, three miles from town, cheap. Jno. Scott, Whitewood, Sask.

MALE HELP WANTED.

LEARN TO BE A TELEGRAPHER OR Station Agent: Big demand for men. Free Book 18 explains work and wages. Dominion School Telegraphy, Toronto.

MISCELLANEOUS.

HAY and FARM SCALES. Wilson's Scale Works, 9 Esplanade, 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.

6 TON SCALE GUARANTEED. Wilson's Scale Works, 9 Esplanade, Toronto.

FEATHER DYEING
Cleaning and Curling and Kid Gloves cleaned. These can be sent by post, 1c per oz.
The best place is
BRITISH AMERICAN DYEING CO.
MONTREAL.

PURIFICO WRITE FOR PROOF
CURES
CANCER AND TUMOR
Canadian Branch: Purifico Co., Bridgeburg, Ont.

LANGMUIR'S
CREOSOTE
Shingle Stains
Protect — Preserve — Beautify
Samples and Booklets on Application
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