# SPRING BLOOD IS WATERY BLOOD

## How to Get New Health and New Strength at This Season

Spring ailments are not imaginary. Even the most robust find the winter months most trying to their health. Confinement indoors, often in overheated 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 and is clogged with impurities. Some people have headaches and a feeling of langour. Others are low-spirited and nervous. Still others are troubled with disfiguring 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 take purgative medicines in the spring. This is a serious mistake. You cannot cure yourself with a medicine that gallops through your system and leaves you weaker still. This is all that a purgative does. What you need to give you 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 weakness, but guard you against the more serious ailments that follow, such as anaemia, nervous debility, indigestion, rheumatism, and other diseases due to bad blood. In proof of this Mrs. Emma Duck, Carleton Place, Ont., says: "I was greatly troubled with weak spells, dizziness and extreme nervousness, and did not find anything to help me until acting on the advice of an aunt I began the use of Dr. Williams' Pink Pills. After using five boxes I found my health fully restored, and cheerfully recommend the pills to others."

If you are ailing this spring you cannot afford, in your own interest, to overlook so valuable a medicine as Dr. Williams' Pink Pills. 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.

### SHANGHAI POLICE FORCE.

**Three Hundred English Officers to Protect Foreigners.**

It may not be generally known that the Shanghai (China) Municipal Council has a force of some 300 English policemen for the protection of the foreign settlements at that place, says the Christian Science Monitor. These are in addition to some 400 or 500 Sikh policemen and about 1,000 Chinamen. For the past six years detachments of policemen have been sent out to Shanghai from England, and, indeed, a small detachment is at present on its way out.

In obtaining the necessary number the Shanghai Municipal Council has to compete with the metropolitan police of London, who are always on the lookout for suitable recruits to maintain their high and well-known standard. The Shanghai constable, however, has his passage paid for him, and starts with a salary of $10 a week, so a good supply has hitherto been obtained. Not a few perhaps are attracted by the call of a strange, especially an eastern, country—a call to which Englishmen have ever been ready to lend a willing ear.

There are eleven "White Rivers" in North America.


Every Crisp, Little Flake Of Post Toasties

has a flavour all its own.

"Toasties" are made of selected white Indian corn; first cooked, then rolled into wafer-like bits and toasted to an appetizing golden brown.

A favorite food for breakfast, lunch or supper in thousands upon thousands of homes where people are particular.

"The Memory Lingers"

Sold by Grocers

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


### SEALS IN JAPAN.

**Everybody Has One—The Cheapest Cost Only 5 Cents Apiece.**

Japanese seals (han) are of wood, stone or metal, with signs engraved on the face. They are used in addition to a signature to represent an individual, a legal person or a corporation. The seals of the present Emperor are distinguished as privy and state seals. They are each three inches square.

The state seal is used mostly upon documents relating to foreign countries, says the Oriental Review, and has Chinese characters engraved on it; the privy seals are stamped on imperial rescripts, issued for proclamations at home.

Japanese law requires that each individual should send in an impression of his seal as a specimen (called jitsu-in) to have it registered and kept in a government office (district office of a city, town or village), that it may represent himself in a deed.

The material employed to make these seals consists of various kinds of precious stones, gold, silver, etc., those mostly in use at the present day are of agate, rock crystal, ivory, rhinoceros or buffalo horn, shell, marbles, or of cherry wood, or box-wood, and recently India rubber has come into use.

There are two ways of engraving characters on a seal, relief and intaglio; in the one the characters in the impression are shown in color, while in the other they are represented in white on colored ground. The ink used for stamping is called niku. The cheapest kind of seals are made of boxwood and sold at 5 cents apiece. Most seals are oval in shape, but some are round and others square. They rarely exceed one-half inch in diameter.

## A MOTHER'S PRAISE OF BABY'S OWN TABLETS

Mrs. Wm. Sullivan, Main River, N. B., says: "Up to the time my baby was three months old it cried almost continually day and night. I tried many things, but got nothing to help it until a neighbor advised Baby's Own Tablets, I got a box of these and there was a change almost after the first dose and in a short time the child was in the best of health, and is now a big, fat, good-natured baby. I am now never without the Tablets in the house and recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### COMPLIMENTARY.

Agnes—"And did he say I looked intellectual?"

Gladys—"Oh, no, indeed! I assure you he said nothing disparaging."

### HONEST TEA IS THE BEST POLICY.

In order to find out to what extent the different food products are used by its millions of readers, the "Woman's World" (circulation over 2,000,000 copies monthly) recently inaugurated a most interesting coupon canvass.

One of the questions propounded was, "What tea do you use?" and the replies received demonstrate that Lipton's Tea is the most popular of all package teas, showing its sale to be double that of the nearest competitor and considerably over one hundred per cent. more than the next two mentioned brands taken together. Surely Honest Tea is the Best Policy.

### "SERVICE YEAR" FOR GIRLS.

**Would Forbid Them to Wed Without Housework Knowledge.**

That it should be illegal for a girl to marry unless she can produce official evidence of having done one year's household service was the novel proposal at a recent session of the German Women's Congress.

Discussing the project recently broached for compelling German women to do some form of military service, Frau Gnauck-Kuehne urged that the home and motherhood were woman's most important sphere and that the "service year" of girls should be spent preparing them for it.

"Our girls," she said, "should be prepared by a year of service to fulfil their duties as wives just as our young men are prepared for the duties of national defence which the country may call on them to perform. No girl should have a legal right to marry unless she can show evidence of having prepared herself by a year's training for household management."

Frau Gnauck-Kuehne also advocated placing household finances on a legal basis whereby a wife should have the right to demand a fixed annual budget commensurate with the husband's income.

### HER WAY OUT.

Little Hazel—"We've invited too many children to our tea party. There isn't enough for them to get more'n a bite each."

Little Dot—"That's too bad! I dess we'll have to call it a reception."

But the beauty that is only skin deep is better than the kind that rubs off.

# JUST ONE MORE SPLENDID CURE

**RHEUMATISM WAS VANQUISHED BY DODD'S KIDNEY PILLS.**

**Amable Lamarche Tells How His Kidney Disease Developed and How he got Relief When he Used the One Sure Cure.**

Lefaivre, Ont., April 15 (Special)—Another splendid cure by Dodd's Kidney Pills is the talk if this village. Mr. Amable Lamarche is the person cured and the cure is vouched for by his numerous friends.

"It was a sprain and a cold that was the beginning of my trouble," Mr. Lamarche says in telling his story. "I could not sleep, my appetite was fitful and I felt heavy and sleepy after meals. I was always thirsty, had a bitter taste in my mouth and perspired freely. My limbs were heavy and I had a dragging sensation across the loins.

"When my symptoms developed into rheumatism I realized that my kidneys were the cause of the trouble and I started to take Dodd's Kidney Pills. Six boxes made me a well man."

Kidney trouble quickly develops into painful and often fatal diseases. To ensure good health, cure the first symptoms with Dodd's Kidney Pills. They never fail.

**CLYDE LEEVITT,**

Of the U. S. Forestry Service, who has resigned to become Chief Forester of the Canadian Conservation Commission and chief iron inspector for the Canadian Railway Commission.

### COULD NOT SIDETRACK HER

Hostess (to one of the small guests)—"Now, dear, will you have some bread and butter to finish up with?"

Small Guest—"No, thank you. I will have some cake to be going on with."

A needle manufacturing machine is capable of producing 1,500,000 needles a week.

Over fifty tons of railway tickets are issued in a year by one English railway company.


**Shiloh's Cure**

QUICKLY STOPS COUGHS, CURES COLDS, HEALS THE THROAT AND LUNGS. 25 CENTS


### GOOD REASON.

"Maggie! You are the most cheerful creature I ever met!" cried her mistress.

"Why shouldn't I be cheerful, mum?" said Maggie. "I haven't a relation in the world."


Minard's Liniment Cures Burns, Etc.


### DEADLY HONOR.

"I simply can't stand the toot of an automobile horn."

"How's that?"

"A fellow eloped with my wife in an automobile, and every time I hear a horn toot I think he's bringing her back."


Constipation is the root of many forms of sickness and of an endless amount of human misery.

**Dr. Morse's Indian Root Pills,**

thoroughly tested by over fifty years of use, have been proved a safe and certain cure for constipation and all kindred troubles. Try them.

25c. a box.


### HE WAS TRICKED.

**German Trade Spy Fined $1,500 by a British Court.**

German spies in England are not all in search of military secrets. Franz Winzen, son of a German textile printer, has just had to pay $1,500 for trying to spy out trade secrets from the workmen of Sharp and Sons, who have a big business in that line in Yorkshire, England.

This was one of the prosecutions undertaken by virtue of the Prevention of Corruption Act. Winzen came over from Germany specially to extract the details of the secret process used by the Sharp Company, and he went about his spying in a systematic way.

Calling on an engraver employed at the Sharp works, he asked him to get a bottle of the printing mixture used and as much information as possible as to the machinery, offering $250 for the work. But the engraver was loyal to his concern and told his boss, who arranged that he and others should have further interviews with the spy and lead him on to commit himself to a more definite extent.

So the tricky Teuton was made to pay sundry dollars to the engraver, and finally drew up an agreement to engage another of the Sharp men who knew the process, for his German factory, for five years. When that interview ended Winzen was arrested, but the Sharp Company was content to make him pay the fines and costs as a warning, and did not press for a prison sentence.

### TERRIBLE RESULT OF BLOOD POISON.

**After Three Operations Zam-Buk Was Tried and Proved Successful.**

If people would only use Zam-Buk for chronic sores, blood-poison, etc., before permitting an operation, scores of limbs would be saved.

Mr. Robt. Patterson of North Pelham, Welland Co., Ont., writes: "My daughter, Annie, had blood-poison in her finger. The doctor operated twice on the finger, but did not obtain the desired result, and a third operation was considered necessary.

"Three doctors were present at this operation, but after it had been performed the wound did not heal. Try as we would we could not get anything to close the wound.

"We at last tried Zam-Buk, and it was really wonderful to watch how this balm healed the wound. Each day there was a marked improvement. First the wound in the palm of the hand closed, and then the finger which had been bad so long began to heal. The diseased flesh seemed to rise out of the wound and then drop off, and new healthy flesh formed from below, pushing off the diseased tissue. In a short time the wound was completely healed. Had we applied Zam-Buk at first we might have saved the finger.

For chronic sores, blood-poison, ulcers, abscesses, scalp sores, piles, eruptions, inflamed patches, eczema, cuts, burns, bruises, and all skin injuries and diseases Zam-Buk is without equal. 50c. box all druggists and stores, or post free from Zam-Buk Co., Toronto, for price. Have you tried Zam-Buk Soap? 25c. tablet.

### DUSTLESS.

Lady Visitor—That new girl of yours seems very nice and quiet.

Mistress—Yes, she's very quiet. She doesn't disturb the dust when she's cleaning the room.

Pills That Have Benefited Thousands.—Known far and near as a sure remedy in the treatment of indigestion and all derangements of the stomach, liver and kidneys. Parmelee's Vegetable Pills have brought relief to thousands when other specifics have failed. Innumerable testimonials can be produced to establish the truth of this assertion. Once tried they will be found superior to all other pills in the treatment of the ailments for which they are prescribed.

There are nearly 23,000 locomotives employed on the various railways in the United Kingdom.


Minard's Liniment Cures Dandruff.


### A CINCH.

Mrs. Knicker—"Can you get your boots buttoned without bending your knees?"

Mrs. Bocked—"Certainly; I make my husband do it."

Do not give your family food made with alum baking powder. Use Magic Baking Powder. Costs no more than the ordinary kinds and is guaranteed not to contain alum. All ingredients are plainly printed on each package. See if they are on the brand you are now using. All up-to-date Grocers sell and recommend "Magic."

Official figures show that the number of Quakers throughout the world is about 124,000.

There may be other corn cures, but Holloway's Corn Cure stands at the head of the list so far as results are concerned.


Goes farthest for the money

LIPTON'S TEA

OVER 2 MILLION PACKAGES SOLD WEEKLY



SPOHN'S DISTEMPER CURE

FOR PINK EYE DISTEMPER CATARRHAL FEVER AND ALL NOSE AND THROAT DISEASES

Cures the sick and acts as a preventative for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy; 50 cents a bottle; $6.00 the dozen. Sold by all druggists and harness houses. Distributors—ALL WHOLESALE DRUGGISTS.

SPOHN MEDICAL CO., Chemists, Goshen, Ind., U. S. A.


### THE WORM TURNS.

Ocean Voyager—"Don't the passengers make you tired with the questions they ask?"

Captain—"Yes, very. What else is it you want to know?"

A Pill That is Prized. — There have been many pills put upon the market and pressed upon public attention, but none has endured so long or met with so much favor as Parmelee's Vegetable Pills. Widespread use of them has attested their great value, and they need no further advertisement than this. Having firmly established themselves in public esteem, they now rank without a peer in the list of standard vegetable preparations.

### THIS SPRING CLEANING.

"He thinks he's a world-beater."

"I know, but his wife has finally convinced him that he's nothing but a carpet-beater."


I consider MINARD'S LINIMENT the BEST Liniment in use.

I got my foot badly jammed lately. I bathed it well with MINARD'S LINIMENT, and it was as well as ever next day.

Yours very truly, T. G. McMULLEN.


### AHEAD.

"Your wife is up-to-date."

"Up-to-date. Why man, she's three weeks' salary ahead of me now."


**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**


Great Britain in one year spends nearly $150,000,000 on tobacco.


Minard's Liniment for sale everywhere.


Beneath the surface of the earth the temperature increases about one degree for every sixty feet down.

"Perfectly Trustworthy" is the character of Bickle's Anti Consumptive Syrup. It can be used with the utmost confidence that it will do what is claimed for it. It is sure in its effects, as the use of it will clearly demonstrate and can be relied upon to drive a cold out of the system more effectively than any other medicine. Try it and be convinced that it is what it is claimed to be.

The longest lived of British trees is the yew, one specimen of which has attained the age of 2,880 years; the second longest is the oak, with a record of 1,600 years.

Cheapest of All Oils.—Considering the curative qualities of Dr. Thomas' Eclectric Oil it is the cheapest of all preparations offered to the public. It is to be found in every drug store in Canada from coast to coast and all country merchants keep it for sale. So, being easily procurable and extremely moderate in price, no one should be without a bottle of it.

### CAREFUL.

"He's the most careful man I ever knew."

"That's so?"

"Yes, I asked him if he could change a ten-dollar bill the other day and what do you suppose he did?"

"I don't know."

"He made me show the ten before he'd commit himself. Said he'd been touched for five that way before."

Many are called, but few want to get up.

England consumes three times as much coal per head as France.


Minard's Liniment Relieves Neuralgia.



FARMS FOR SALE.

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

HUNDRED ACRES IN CALEDON, County of Peel.

TWO HUNDRED ACRES IN CALEDON

HUNDRED ACRES—GOOD BUILDING; Orchard; near Oakville.

AN IDEAL FARM OF TWO HUNDRED and Ninety Acres in Township of Hilton; ten minutes' walk from Postoffice or Wharf; Fine Stone House and Good Bank Barn and Outbuilding. Implements included in the price. Buildings alone cost nearly as much as price asked. It is a snap.

A FINE THIRTY-ACRE FRUIT FARM—Good Buildings; well planted; at Dundas.

TEN ACRE FRUIT FARM — ST. Catharines.

TWENTY-FIVE ACRE FRUIT FARM — St. Catharines.

ALBERTA, SASKATCHEWAN, BRITISH Columbia and Manitoba lands in small or large blocks.

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

3 ACRES — 1 1-2 MILES TO LONDON market; soil, clay loam; small orchard; brick house; barn. Price $2200. Western Real Estate, London.

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.

DYEING! CLEANING!

For the very best, send your work to the "BRITISH AMERICAN DYEING CO."

Look for agent in your town, or send direct.

Montreal, Toronto, Ottawa, Quebec.

PURIFICO CURES CANCER AND TUMOR WRITE FOR PROOF

Canadian Branch: Purifico Co., Bridgeburg, Ont.

LANGMUIR'S CREOSOTE Shingle Stains

Protect — Preserve — Beautify

Samples and Booklets on Application

JAMES LANGMUIR & CO., Limited

1374½ Bathurst Street TORONTO

Maypole Soap

CLEANS AND DYES

Gives rich glowing colors, fadeless in sun or suds. Dyes cotton, silk, wool or mixtures. Use it yourself at home. No trouble—no muss. 24 colors—will give any shade. Colors 10c, black 15c, at your dealer's or postpaid with booklet "How to Dye" from

F. L. BENEDICT & CO. Montreal

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### HAD HIM THERE.

Husband—"You look badly today, my love. Is it that you are ill?"

Wife—"No, John; it's this last year's hat I'm wearing."

Sweet and palatable, Mother Graves' Worm Exterminator is acceptable to children, and it does its work surely and promptly.

### AN AMATEUR.

"What an amateur gardener he is!"

"What's the matter?"

"He actually buys the tools that he can just as well borrow."


DODD'S KIDNEY PILLS

FOR ALL KIDNEY DISEASES

CURES RHEUMATISM BRIGHT'S DISEASE BACKACHE DIABETES

NUMBER 23