A GOOD MEDICINE FOR THE SPRING

Do Not Use Harsh Purgatives—A Tonic is All You Need.

Not exactly sick—but not feeling quite well. That is the way most people feel in the spring. Easily tired, appetite fickle, sometimes headaches, and a feeling of depression. Pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order—that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble.

Do not dose yourself with purgatives, as so many people do, in the hope that you can put your blood right. Purgatives gallop through the system and weaken instead of giving strength. Any doctor will tell you this is true. What you need in spring is a tonic that will make new blood and build up the nerves. Dr. Williams' Pink Pills is the only medicine that can do this speedily, safely and surely. Every does of this medicine makes new blood which clears the skin, strengthens the appetite and makes tired, depressed men, women and children bright, active and strong. Mrs. Maude Bagg, Lemberg, Sask., says: "I can unhesitatingly recommend Dr. Williams' Pink Pills as a blood builder and tonic. I was very much run down when I began using the Pills, and a few boxes fully restored my 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.

GERMANY'S NEED OF DEFENCE

Would be No Realm Without Army and Navy.

"Germany must have a powerful army and fleet, must have a strong and autocratic government or she is lost," says a writer in Scribner's Magazine. "Ohne Armee kein Deutschland." She can permit no silly, no stupid, no excited majority to imperil her safety as a nation. If Germany were governed as in France, where they have had nine new governments since the beginning of the twentieth century, and forty-nine since the republic replaced the empire, forty-one years ago—not counting six dismissals of the cabinet when the prime minister remained—or fifty changes of government in less than that number of years, Germany would have lost her place on the map.

Political geography is the sufficient reason for Germany's army and navy. She is in the ring, and must be prepared at all hazards to take care of herself. That is a reason, too, why Germany offers little resistance to the ruling of an autocratic militarism.

The sailors and stokers would rather obey captains and officers, however they may have been chosen for them, than to be sunk at sea; and now-a-days, Germany is ever on the high seas, battling hard to protect, and to increase her commerce abroad, and her huge industrial population at home. Germany can take no chances for the moment, for only "Wer sich regiert, der ist mit Zufall fertig."

BABY'S BATTLES.

Baby's battles for health are many. The precious little life is in constant danger from the many ills that afflict little ones such a constipation, indigestion, colic, diarrhoea, etc., and unless the mother guards her little ones against these troubles serious results may follow. Baby's Own Tablets is the best medicine to fight baby's battles. They are a mild laxative that will regulate the stomach and bowels and will thus ward off sickness and will keep baby happy, healthy and strong. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Different Complexion.

Mistress—I saw the baker kissing you this morning, Mary. In future I shall take the bread myself.

Maid—It won't be no use, mum. He don't like fair women.

The man who pays as he goes may not go very far but he always gets there.

Sample free if you write National Drug Chemical Co. of Canada, Limited, Toronto.

Countess of Pembroke,

One of the tallest English peeresses.

Those Dear Girls Again.

Clara—Rose told me you told her that secret I told you not to tell her.

Belle—She's a mean thing! I told her not to tell you.

Clara—Well, I told her I wouldn't tell you she told me, so don't tell her I did.

One Indication.

"Well, dear, do you think it is going to be smooth sailing with our new cook?"

"I'm afraid not, Jack. I rather think from the way she handled the supper dishes there are going to be breakers ahead."

CLEARED AWAY.

Proper Food Put the Troubles Away.

Our own troubles always seem more severe than any others. But when a man is unable to eat even a light breakfast, for years, without severe distress, he has trouble enough.

It is small wonder he likes to tell of food which cleared away the troubles.

"I am glad of the opportunity to tell of the good Grape-Nuts has done for me," writes an Eastern man. "For many years I was unable to eat even a light breakfast without great suffering.

"After eating I would suddenly be seized with an attack of colic and vomiting. This would be followed by headache and misery that would sometimes last a week or more, leaving me so weak I could hardly sit up or walk.

"Since I began to eat Grape-Nuts I have been free from the old troubles. I usually eat Grape-Nuts one or more times a day, taking it at the beginning of the meal. Now I can eat almost anything I want without trouble.

"When I began to use Grape-Nuts I was way under mw usual weight, now I weigh 30 pounds more than I ever weighed in my life, and I am glad to speak of the food that has worked the change." Name given by Canadian Postum Co., Windsor, Ont. Read the little booklet, "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

Cats Marched to Service.

When Mulai Hafid, ex-Sultan of Morocco, succeeded to the Sultanate, he found the sacred city of Fez infested by rats. Without any loss of time he at once nationalized all the cats of Morocco and issued a command that many thousands of them should be marched into Fez for service. For some time a law has existed in Hong Kong making it compulsory to keep cats in every house, the number varying according to the size of the house.

Employee—I would like more salary. I am going to get married. Employer—Sorry, but I'll have to reduce it. I am going to get married myself.

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

A Prudent Customer.

"You are the proprietor and a pharmacist of the first class?"

"Yes, madam."

"And you know your business well?"

"From the foundation."

"That is well. Give me two cents' worth of gum drops."

Inexpensive.

"Does your wife want to vote?"

"Yes, and I'm almost inclined to give her the ballot."

"Why?"

"Well, that's the first thing she's ever wanted since we were married that won't cost me money."

Jealousy is the offspring of distrust.

From Halifax to Vancouver

WOMEN ARE PRAISING DODD'S KIDNEY PILLS.

Nova Scotia Mother Tells How They Cured Her Aches and Pains, and Made Her a Well Woman Again.

Ecum Secum Bridge, Halifax Co., N. S., May 12 (Special).—From Vancouver to Halifax come daily reports of the splendid work Dodd's Kidney Pills are doing for the suffering women of Canada, and this little place can show a splendid cure of its own. Mrs. Orastus Pace, the mother of a large family, was a sufferer from those aches and pains only women know. To-day she is a strong, healthy woman. Dodd's Kidney Pills did it.

"I had a pain in my left side and down through my hips," Mrs. Pace states. "I had headache all the time. My heart was weak, and at times a pain around it added to my fears. Some days I was hardly able to walk.

"I read of a number of cures of cases like mine by Dodd's Kidney Pills, and sent for three boxes. To-day I am a well woman, and can do as much work as ever I could."

Dodd's Kidney Pills cured Mrs. Pace because her troubles came from diseased kidneys. Dodd's Kidney Pills always cure diseased kidneys, and as ninety per cent. of women's troubles comes from kidney trouble, Dodd's Kidney Pills have come to be known as suffering woman's best friend.

Ancient Beds.

In ancient times the beds we read about were simply rugs, skins, or thin mattresses which could be rolled up and carried away in the morning. At night they were spread on the floor, which, in the better class of houses, was of tile or plaster, and as the shoes were not worn in the house and the feet were washed before entering a room, the floors were cleaner than ours. After a time a sort of bench, three feet wide, was built around two or three sides of the room about a foot above the floor, and, covered with a soft cushion, was used during the day to sit or lounge on and as a sleeping place at night. The bench was sometimes made like a settee, movable, and of carved wood or ivory.

Out of the Question.

"Why don't you take a wife, old chap?"

"Oh, I don't know."

"You must have a reason."

"Well, the fact is I couldn't afford a 1913 wife on my 1902 salary."

A Friend of the Policeman.

Continually on their feet, the "Peelers" are invariably troubled with corns and bunions—but not for long, because they know of a quick cure, Putnam's Corn Extractor; it cures painlessly in 24 hours; try "Putnam's," 25c. at all dealers.

Matter of Thinking.

"I never thought of saving a cent until I got married."

"But you think of it now?"

"Very earnestly, but that's as near as I can get to doing it."

I cured a horse of the Mange with MINARD'S LINIMENT.
CHRISTOPHER SAUNDERS.
Dalhousie.

I cured a horse, badly torn by a pitch fork, with MINARD'S LINIMENT.
St. Peter's, C. B. EDW. LINLIEF.

I cured a horse of a bad swelling by MINARD'S LINIMENT.
THOS. W. PAYNE.
Bathurst, N. B.

Naturally.

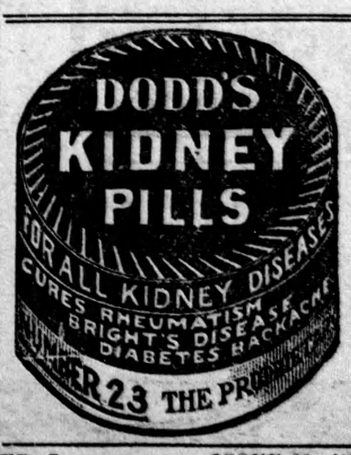
"What caused that awkward break in the conversation?"

"Somebody dropped the subject."

Minard's Liniment Cures Diphtheria.

Wet Grounds.

Father — Young Willoughby doesn't seem to call on Grace very often of late. Wonder if it's a case of dampened ardor. Son—I think likely. He proposed to her while out canoeing, and she threw him over.



ARMS AND FACE VERY MUCH DISFIGURED

Skin Cracked and Bled, Causing Much Pain. Was Getting Discouraged. Cuticura Soap and Ointment Soothed Right Away. Used Them Four Weeks. Has Not Been Bothered Since.

8 Hunter St., Davisville, Toronto, Ontario.—"My little girl was troubled with cracked arms and face from the time she was born. They were certainly very much disfigured. The skin was sensitive and cracked and bled, causing much pain by smarting. When healing a little it took the form of itching. The trouble made her very cross. When she cried the tears would make it smart and cause more pain. I tried cold cream, ———, ——— and ——— and it got better only to break out again when exposed to the air. She suffered for over three years and I was getting discouraged when I read of Cuticura Soap and Ointment and sent for samples. Cuticura Ointment seemed to soothe it right away, where other ointments made it burn, so I bought some more. I used them for four weeks and she has not been bothered since. Her face and arms have never had a mark since, in fact her complexion is wonderfully clear." (Signed) Mrs. Underhill, Dec. 11, 1911.

Cuticura Soap is best for skin and hair because of its extreme purity, delicate yet effective emollient properties, and refreshing fragrance. It costs but little more than ordinary soaps, wears to a wafer and gives comfort and satisfaction every moment of its use, for toilet, bath and nursery. Cuticura Soap and Cuticura Ointment are sold everywhere. Liberal sample of each mailed free, with 32-p. Skin Book. Address post card Potter Drug & Chem. Corp., Dept. 40D, Boston, U. S. A.

SCHOOLS TO TRAIN WIVES.

Where Girls Get a Thorough Insight Into Housekeeping.

A German idea, known as the "marriage school," neatly combines physical and mental culture, and gives equal instruction in practical housekeepnig and the duties of a hostess.

Girls are admitted after they have completed their ordinary education, and the principal instruction is in housekeeping, although, of course, cultivation of the mind is not by any means neglected.

At the commencement of the school term the mistress selects four of the girls whom she expects to take entire charge of the house for a week—two servants, a cook and a housemaid, being regularly employed to do the rough work.

These embryo housekeepers have to rise very early in the morning and see that the servants get through with their duties. The girls have to prepare the breakfast with their own hands, and afterward visit every room in the house to see that they have been put in perfect order.

Under the supervision of the mistress they have to cook the dinner, attend to the afternoon tea, and later on prepare the supper. Their duties for the day cease by another inspection of the house, to see that everything is secure for the night.

The following week another quartette of girls is chosen; they perform the same duties. The next week another quartette is chosen, and so on. Two or three times a week the guests are invited to dine, and the girls in turn act as hostess.

They take the head of the table, carve the joints and set the ball of conversation rolling. By way of recreation there are musical evenings, walks and bicycle parties.

ZAM-BUK CURED HIS ECZEMA

Mr. James McComb, of Thornton, Ont., writes: "For eight months I suffered from eczema and could get nothing to give me relief. I heard of several cases where good results had followed the use of Zam-Buk and decided to give this remedy a trial. Within three days I felt much better, and within two weeks the sores were entirely cured."

For all skin diseases, eruptions, boils, scalp sores, etc., Zam-Buk is without equal. It is just as good for cuts, burns, bruises, blood-poison, piles, varicose ulcers, bad leg, inflamed sores, etc. All druggists and stores at 50c. box, or post free from Zam-Buk Co., Toronto, upon receipt of price. Refuse harmful substitutes and imitations.

Have you tried Zam-Buk Soap? 25c. tablet.

He Believed Her.

"Do you know I'm sure I've seen your face somewhere before."

"I don't doubt you at all, madam. This isn't the first time I've worn it."

Minard's Liniment Cures Distemper.

Perhaps.

Wife—I don't think your new suit is fast colored; I'm afraid it will fade dreadfully in the sun.

Husband—H'm, perhaps I'd better go out more at night then.

Only One "BROMO QUININE"

That is LAXATIVE BROMO QUININE Look for the signature of E. W. GROVE. Cures a Cold in One Day. Cures Grip in Two Days. 25c.

The man who is called upon to carve the turkey never gets his proper share of sympathy.

Minard's Liniment Cures Garget in Cows.

BOYS' GORGEOUS COSTUMES.

Choristers in King's Chapel Are Very Splendid.

There are ten boys in London who every Sunday and on State occasions wear suits of clothes that in each instance cost something like $200. The lads thus expensively and brilliantly attired are the choristers belonging to the King's private chapel in St. James' Palace. When arrayed in their State suits they are truly a gorgeous sight.

Scarlet cloth is the foundation of this costume. Bands of Royal purple between rows of heavy gold lace are the adornments. Old lace ruffles are worn at the neck and wrists. These ruffles are so valuable and so difficult to replace that they are worn only on the most special occasions. At other times white lawn bands take their place. The boys must take great care of their suits, which must endure three years. The "undress" suits are replaced every eight months.

This choir is one of the historical institutions of Great Britain, and many of its old-time customs, including the dress of the boys, are retained to this day. The choir has numbered among its singers such distinguished musicians as Sir Arthur Sullivan, Edward Lloyd, Sir John Goss and Dr. E. J. Hopkins.

It is the right of the head boy to demand a guinea as "spur money" from any officer entering the chapel wearing spurs. It is said that when Arthur Sullivan was head boy the Duke of Wellington would always come spurred to the chapel, in order that he might have the pleasure of paying the forfeit to his favorite chorister.

That Terrible Fatigue Can Be Overcome

A Simple Home Remedy Now Cures Lack of Energy, Loss of Ambition, and a Feeling of "Don't-Care."

Successful in Nearly Every Case.

That miserable nervousnces and half-sick tired-all-the-time condition is due nine cases in ten to a clogged-up system. You grow irritable and despondent, you lack ambition, energy seems all gone. Surest road to health is by the frequent use of Dr. Hamilton's Pills; they will make you feel like new all over in a short time.

Writing from his home in Barcelona, Mr. Frederick G. Mayer states: "I think no one ever suffered as severely as I did for nearly six months. So many serious symptoms were developing as a consequence of this evil condition of my system that I realized I must find a remedy. The strong pills of various kinds I tried seemed after their first effects were over to make me far worse and I did not know which way to turn for relief. I saw Dr. Hamilton's Pills advertised, and the first box used satisfied me. I found a true remedy. Instead of griping with undue activity, Dr. Hamilton's Pills acted as naturally as if physic had not been taken. I never had to increase the dose and, indeed, within a month I reduced it, when the system finally acted of its own accord as a result of Dr. Hamilton's Pills, I took a dose twice a week only, just to make sure the old condition would not come back."

No other remedy cures constipation and biliousness so easily or safely as Dr. Hamilton's Pills; they are an ideal family remedy for all diseases of the stomach, liver and bowels. Sold in 25c boxes, five for $1.00, all druggists and storekeepers or The Catarrhozone Co., Buffalo, N. Y., and Kingston, Canada.

AVOID RICH DISHES.

Austrian Physician Says They May Cause Arterio-Sclerosis.

Do you smoke too much, and are you addicted to the consumption of rich dishes? These are frequent questions to be pondered by all those who would avoid arterio-sclerosis.

Lecturing on the subject of arterio-sclerosis, which he termed the Damocles sword suspended over the heads of us all, Prof. Adolf von Struemfell, the eminent physician and physiologist, of Vienna, Austria, gave some valuable suggestions as to how this disease might be avoided. It is most important, he said, to begin in time and carefully refrain from everything known to be injurious to the arterial system, such as over-physical strain, free indulgence in rich foods, alcohol and tobacco, especially the latter.

As for tea and coffee, there was much less to be said. Strong, black coffee certainly did produce nervous affections of the heart, but it had little effect upon the arteries, and tea was injurious only in isolated cases.

With regard to meat, doctors were right when they spoke of its injurious effects, but, after all, perhaps it was more the rich sauces and gravies accompanying it which did th emischief. The idea that so-called white meats were less harmful than dark meats was also probably only true in regard to the different way of preparing and cooking them.

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.

STRAYED

from the X Ranch Corral a wall eyed Pinto Broncho with a Roman nose and lightning heels. We have issued a humorous descriptive circular of this remarkable bronco with illustrations of his antics. Sent free on application to any reader of this paper. This is the most famous circular ever printed in the English language. More than half a million copies have already been distributed to advertise our famous Pinto Shell gloves made from tough Bronco hides. For a free copy send postal to

HUDSON BAY KNITTING CO.
Canada's Expert Glove and Mitt Makers,
MONTREAL.

Experienced.

Employer—"Do you know the duties of an office boy?"

Office Boy—"Yes, sir; wake up the bookkeeper when I hear the boss coming."

Minard's Liniment Cures Colds, Etc.

We should feel pity for the man who is forced to take consequences that he isn't entitled to.

FARMS FOR SALE.

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

FRUIT, STOCK, GRAIN AND DAIRY Farms in all sections of Ontario. Some snaps.

FACTORY SITES, WITH OR WITHOUT Railway trackage, in Toronto, Brampton and other towns and cities.

RESIDENTIAL PROPERTIES IN Brampton and a dozen other towns.

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

93 ACRES—7 MILES FROM LONDON market; soil sand and clay loam; brick house; number of outbuildings; an excellent fruit and vegetable farm. The Western Real Estate Exchange, London, Ont.

MALE HELP WANTED.

AT ONCE—MEN WANTED TO LEARN Barber Trade. Great demand. Good wages. Twenty to thirty advertised for daily in Toronto papers alone. Can teach you in six to eight weeks. Send for Catalogue. Moler College, 221 Queen East, Toronto.

STAMPS AND COINS.

STAMP COLLECTORS—HUNDRED DIFferent Foreign Stamps, Catalogue, Album, only Seven Cents. Marks Stamp Company, Toronto.

MISCELLANEOUS.

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.

GALL STONES, KIDNEY AND BLADder Stones, Kidney trouble, Gravel, Lumbago and kindred ailments positively cured with the new German Remedy, "Sanol," price $1.50. Another new remedy for Diabetes-Mellitus, and sure cure, is "Sanol's Anti-Diabetes." Price $2.00 from druggists or direct. The Sanol Manufacturing Company of Canada, Limited, Winnipeg, Man.

Quality Butter

That's the kind you make with Maxwell's "Favorite" Churn.—

Maxwell's "Favorite" is used all over the world—in Denmark, the butter country of the world—in the United States, in spite of high tariffs—and in every Section of Canada. Our Agricultural Colleges and Govt. Inspectors recommend it, because it is the finest butter-maker in the world.

Write for catalogue if your dealer does not handle it.

DAVID MAXWELL & SONS,
ST. MARY'S, ONT. 94

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

BOILERS New and Second-hand, for heating and power purposes. TANKS AND SMOKE STACKS. Agents for Sturtevant Ventilating and Heating Systems.

POLSON IRON WORKS LIMITED TORONTO
Engines and Shipbuilders