IMPURE BLOOD IN THE SPRING

The Passing of Winter Leaves People Weak and Depressed

As winter passes away it leaves many people feeling weak, depressed and easily tired. The body lacks that vital force and energy which pure blood alone can give.

Dr. Williams' Pink Pills for Pale People are an all-year-round blood builder and nerve tonic, but they are especially useful in the spring. Every dose helps to make new, rich, red blood. Returning strength commences with their use and the vigor and cheerfulness of good health quickly follows.

There is just one cure for lack of blood and that is more blood. Food is the material from which blood is made, but Dr. Williams' Pink Pills double the value of the food we eat. They give strength, tone up the stomach and weak digestion, clear the complexion of pimples, eruptions and boils, and drive out rheumatic poisons.

If you are pale and sallow, if you feel continually tired out, breathless after slight exertion, if you have headaches or backaches, if your joints ache, if your appetite fails and food does not nourish nor sleep refresh you, Dr. Williams' Pink Pills will make you well and strong. To build up the blood is the special purpose of Dr. Williams' Pink Pills, and that is why they are the best spring medicine. If you feel the need of a tonic at this season give Dr. Williams' Pink Pills a fair trial and you will rejoice in new health, new strength and new energy. Do not let the trying weather of summer find you weak and ailing. Build yourself up now with Dr. Williams' Pink Pills—the pills that strengthen.

Ask for Dr. Williams' Pink Pills for Pale People and do not be persuaded to take something else. If your dealer does not keep these Pills they will be sent by mail, post paid, at 50 cents a box or six boxes for $2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

First Modern Woman.

A correspondent claims that the first "modern Englishwoman" was born in 1589. She was Mary Frith, a pioneer in many ways, and the first woman in England to smoke a pipe. She was also the first to come out "daringly dressed," for which offence she was sentenced by the Court of Arches to do penance at St. Paul's Cross. Her home was near the Fleet, and as further evidence of her advanced tendencies, it is said that she was a "participator in most of the crimes and wild frolics of her time." As a barber in Drurylane she made a fortune, which she left to her nephew, with the strict injunction that he should not lay it out foolishly, but should get drunk with it while it lasted.

Wireless at the Pole.

For some little time the Mawson expedition in the southern Polar regions has been in communication with the outside world by means of the wireless station which was established at Adelie land, which is the base of the expedition. This wireless station had been in place nearly a year before it was put in working order, owing to the difficulties encountered in operating the gasoline engine which drives the dynamo due to the unusual conditions existing at this point, and accidents happening to the pole. The troubles were at last overcome and frequent messages are exchanged with the outside world.

Stop Sneezing Quit Sniffeling Cure Your Cold

THE SOOTHING VAPORS OF CATARRHOZONE BRING INSTANTANEOUS RELIEF.

Thousands of Testimonials Prove That Catarrhozone Cures Permanently.

When germs attack the lining of the nose, make you sneeze and gag,—when later on they infest the bronchial tubes,—how can you follow them with a cough syrup?

You can't do it—that's all. Cough syrup go to the stomach—that's why they fail.

But Catarrhozone goes everywhere—gets right after the germs—kills them—heals the soreness—cures the inflammation—makes Catarrh disappear.

"Nothing I have ever used gives the warm, soothing sensation of Catarrhozone," writes Isabel Fry, of Seguin Falls, Ont. "I was in a frightful way with catarrh of the nose and throat—had droppings, hard breathing, bad breath and indigestion. Catarrhozone relieved at once and cured me thoroughly. It is invaluable in colds, sore throat and bronchial trouble." Not difficult for Catarrhozone to cure, because it contains the essences of pine balsams and other antiseptics that simply mean death to catarrh. Large size costs $1.00, and contains two months' treatment; smaller sizes 25c. and 50c., all druggists and storekeepers of The Catarrhozone Co., Buffalo, N.Y., and Kingston, Canada.

AIR vs. EXERCISE.

The Importance of Fresh Air to Healthy Existence.

One great difference between outdoor air and indoor air is that the first circulates freely, and the second is stagnant. Another difference is that floods of sunshine constantly cleanse outdoor air of its impurities, but most rooms get very little of that useful commodity. Many persons who visit the physician with complaints of poor digestion and anaemia, declare that they are active all day long, and that going out for walks is the last thing they need, says Youth's Companion.

They may be right about the amount of exercise they get, but people constantly fall sick in spite of plenty of exercise in the house, and get well again with a little outdoor exercise. A certain amount of active work about a house is good for every one, but there ought to be some daily outdoor life as well.

It does not follow that the outdoor life ought to include violent exercise, or even any exercise at all. Why should the housemother be told that she cannot keep well unless she dresses up in walking clothes and takes a long walk after a fatiguing morning of physical labor in the house? Tired people should do their resting in the open air. There are very few days in the year when a person who is warmly wrapped up cannot sit with comfort in a sheltered sunny cornre. Every one knows how babies thrive when they take their naps outdoors; the principle applies to the adult also.

It is a matter of scientific record that people whose daily occupation obliges them to sit in the open air—such as market women, attendants at fruit stands and newspaper sellers—are robust people, who do not take cold easily. Yet it is probable that few people take less exercise.

Let it be understood that this is not at all an argument against physical exercise. That is not only excellent, but in most cases necessary. But you need not forego both air and exercise because you cannot conveniently have both; open-air life without exercise is much more healthful than indoor life with it.

A MOTHER'S PRAISE OF BABY'S OWN TABLETS

Mrs. Fred Tinkham, South Canaan, N.S., writes:—"Please send me another box of Baby's Own Tablets as I do not care to be without them. I have used them repeatedly and consider them the best medicine in the world for little ones." Thousands of other mothers say the same thing. The tablets cure all the minor ills of childhood such as constipation, sour stomach, colic, colds, simple fevers, etc., and are guaranteed to be absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

FIRST LADY CHLOROFORMED.

Mrs. Agnes Thomson Was a Patient of the Discoverer.

How clearly is the march of surgical science brought home to us by the death recently of Mrs. Agnes Thomson, the first woman in the world to be chloroformed. She was the niece of Sir James Simpson, the celebrated Edinburgh physician, who discovered the use of anaesthetics in surgery, and thereby linked his name to those of the greatest benefactors the human race has had.

If anyone will turn to the most casual history of surgery and find there descriptions of the tortures through which in the old days patients went who suffered operations, he will wonder how sufficient human mettle was found to stand them. It is little wonder that hopeless death was often preferred to a hopeless struggle.

Simpson's discovery coupled with Lister's laid the foundation of that miracle known as modern surgery. Not only were operations afterwards performed painlessly, but the subsequent dangers of septic poisoning were eliminated. Both Simpson and Lister had to face an unbelieving world, but both by their thorough methods conquered it in a short time.

It is not yet sixty years since the first painless operation was performed, and many things have been added to Simpson's work. But he remains secure on his pinnacle. We take as lightly as a pin-scratch nowadays capital operations that before his day meant certain death. We hear no longer the same burden of terrible anxiety for those who go under the surgeon's knife. The instrument of certain torture and uncertain cure has become the speedy herald of hope and health where hope and health were dead.

His Speech.

"There are some parts of your speech that I find hard to understand."

"Point 'em out," replied the great statesman, "and I'll rewrite the other portions. I intended the entire speech to be that way."

Women With Sallow Skin Here is a Good Treatment!

You Get Results Quickly.

Womanly beauty is largely the outward expression of health.

Every woman with pale cheeks and poor complexion needs medicine—needs a potent tonic to regulate her system.

To tone up the stomach—to insure good digestion—to give new life and vitality to the whole system—where is there a remedy like Dr. Hamilton's Pills?

Dr. Hamilton's Pills enable you to eat what you like—they correct constipation—make nourishing blood—instil force and vim into a run-down system.

If nervous and can't sleep, your remedy is Dr. Hamilton's Pills—they search out the cause of your condition and you rise in the morning refreshed, strong, vigorous, ready for the day's work.

Dr. Hamilton asks every weak and debilitated person to use his Mandrake and Butternut Pills. They make old folks feel young, and weak folks feel strong. Their effects upon insomnia and langour is marvellous. Hundreds declare they soothe and quiet the nerves so that a good night's rest always follow their use.

To look well, to feel well, to keep well, use Dr. Hamilton's Pills. They are mild, cleansing, strengthening—good for the young or old. Sold by all dealers in 25c. boxes.

WAR COST $548,000,000.

Bulgaria Also Lost Between 55,000 and 58,000 Men.

Prof. Tsankoff has figured out the cost of the Balkan war to Bulgaria. The total credits voted amounted to $62,000,000.

The requisitions for horses, supplies and other necessaries are estimated to have cost $30,000,000.

The deficit in the revenues of the country owing to the hostilities amounted to $10,000,000.

Munitions and transport cost $30,000,000.

The expenses of taking strategic railways and other miscellaneous expenses are placed at $36,000,000.

Pensions for soldiers incapacitated will require the capital sum of $30,000,000. The value of the territory ceded to Roumania is placed at $300,000,000.

The grand total is thus $548,000,000.

The number of lives lost was between 55,000 and 58,000, or between 6 and 7 per cent. of the adult male population of the country.

Serenaded Murderer.

A young man, named Rieder, who was lately sentenced at Thun, Switzerland, to penal servitude for life for the murder of a girl named Emily Danzer, complained the other day that he was disturbed at night by a woman singing hymns under his prison window. Inquiries were made, and the singer proved to be the murdered girl's sister. She explained to the police that she considered it her Christian duty to save the soul of the prisoner. The girl has been handed over to the care of her people, who have promised not to allow her to approach the prison again and disturb the

UPWARD START

After Changing to Postum.

Many a talented person is kept back because of the interference of tea or coffee with the nourishment of the body.

This is especially so with those whose nerves are very sensitive, as is often the case with talented persons. There is a simple, easy way to get rid of tea and coffee troubles, and a lady's experience along these lines is worth considering. She says:

"Almost from the beginning of the use of coffee it hurt my stomach. By the time I was fifteen I was almost a nervous wreck, nerves all unstrung, no strength to endure the most trivial thing, either work or fun.

"There was scarcely anything I could eat that would agree with me. The little I did eat seemed to give me more trouble than it was worth. I was literally starving; was so weak I could not sit up long at a time.

"It was then a friend brought me a hot cup of Postum. I drank part of it and after an hour I felt as though I had had something to eat—felt strengthened. That was about five years ago, and after continuing Postum in place of coffee and gradually getting stronger, to-day I can eat and digest anything I want, walk as much as I want. My nerves are steady.

"I believe the first thing that did me any good and gave me an upward start was Postum, and I use it altogether now instead of coffee."

Name given by Canadian Postum Co., Windsor, Ont.

Postum now comes in two forms:

Regular Postum — must be well boiled. 15c and 25c packages.

Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage **instantly.** 30c and 50c tins.

The cost per cup of both kinds is about the same.

"There's a Reason" for Postum.
—sold by Grocers.

HAND WOULD CRACK WITH SALT RHEUM

Pained and Burned. Hard and Sore Lumps. Couldn't Rest or Sleep. Finger Swollen. Cuticura Soap and Ointment Cured.

Legere Corner, N. B.—"I had salt rheum on my hand for a good many years. Every winter my hand would crack and part of the time I had to wear a glove to do my work, for when I washed in hot water with it unwrapped it used to irritate so much that I didn't know what to do. I had to take a rough towel and rub it until the blood would come sometimes. Many a night I had to sit up in bed and rub them and sometimes that didn't satisfy. I had to scratch with my fingers and the next morning I would find a big piece of skin which I had taken off. This winter I had sores on one of my hands. I thought they were ulcers. They pained and burned. They started just like a little lump and would be hard and sore and after that there would be a big bunch of pus and when that would be out it would leave an opening almost as big as half a five-cent piece. I couldn't rest or sleep with the pain and the burning sensation. The ulcer I had on my finger this winter was still worse. There was more inflammation for my finger was swollen almost twice its natural size and was just as red as a piece of flannel.

"I took the Cuticura Soap and made a suds with it and washed the hand with a piece of cotton and after it was washed I used to take the Cuticura Ointment and spread it on a piece of cotton and wrap the hand with it. I was cured in a little over a week." (Signed) Mrs. Charle Surette, June 5, 1913.

Cuticura Soap and Cuticura Ointment are sold by druggists and dealers everywhere. For a liberal free sample of each, with 32-p. book, send post-card to Potter Drug & Chem. Corp., Dept. D, Boston, U. S. A.

The Vigilant Guests.

"Do you think the bride and groom will be able to give us the slip?"

"Hardly. We've manned an automobile at the front door, a flock of motorcycles at the rear, and an airship on the roof."

Helpless From Rheumatism

Gin Pills Give Prompt Relief By Curing The Kidneys.

Mr. Samuel Longmore, of Montreal, says: "Just a word of praise for GIN PILLS. About fifteen months ago I could not walk across my room, suffering severely with Rheumatics. I took GIN PILLS and became quite well. Two months ago, I had Rheumatic Pains with Neuralgia. I resorted to GIN PILLS again for one week and became quite well."

50c. a Box, 6 for $2.50. Sample free if you write National Drug & Chemical Co. of Canada, Limited, Toronto.

That Goes.

Bix: "Does your wife ever go to the club for you when you are out late?"

Dix: "No, but she goes for me when I get home."

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.

Gregarious Man.

He had been calling for some time, and she thought she would give him a gentle hint."

"It is not good for man to live alone," she said.

"That's why we have clubs," he responded calmly.

Try Murine Eye Remedy

If you have Red, Weak, Watery Eyes or Granulated Eyelids. Doesn't Smart—Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c. Murine Eye Salve in Aseptic Tubes, 25c, 50c. Eye Books Free by Mail. An Eye Tonic Good for All Eyes that Need Care. Murine Eye Remedy Co., Chicago

"You wring my heart," wailed the youth whom the girl had just refused. "I'd rather wring your heart than wring your clothes," she said.

Minard's Liniment for sale everywhere.

An Accident.

Employe: "Sir, I would respectfully ask you for an increase in salary; I have got married lately."

Manager of the Works: "Verry sorry, Horneyhand, I can be of no assistance to you. The company is not responsible for any accidents that happen to its employes when off duty."

Constipation

is an enemy within the camp. It will undermine the strongest constitution and ruin the most vigorous health. It leads to indigestion, biliousness, impure blood, bad complexion, sick headaches, and is one of the most frequent causes of appendicitis. To neglect it is slow suicide. Dr. Morse's Indian Root Pills positively cure Constipation. They are entirely vegetable in composition and do not sicken, weaken or gripe. Preserve your health by taking

Dr. Morse's Indian Root Pills

WITHOUT MICROBES, WHAT?

Answer to That Question Fascinating Problem for Scientists.

To determine just what effect complete absence of microbes would have on the life of animals is one of the fascinating problems of the day. In his experiments since May, 1911, Guyenot, a Paris biologist, has reared about 40 generations of the common fly, producing about 400,000 individuals in a single line, and has kept specimens under continuous exclusion from microbes, feeding them with specially sterilized food.

At 75 deg. Fahr., the development from the egg has been completed in twelve days, laying being begun by the female in a day or two after emerging in the adult state. The flies have continued quite normal, and the successive generations have shown no lessening of fecundity.

In development under the conditions of protection there has been a great gain, the usual large mortality of the larvae and pupae having been reduced into practically nothing.

Benefactions for Universities.

Universities are now receiving some of the large private benefactions for which they have long envied American institutions. Cambridge University has recently received $450,000 for general purposes and $500,000 for a chair of astrophysics; Bristol University has had a gift of $100,000 from one donor, $90,000 from another, and $75,000 from two others.

Do Corns Lead to Cancer?

As yet this has not been proved, but interested parties will find nothing better for corns than Putnam's Corn Extractor. 25c. at all dealers.

Changed.

First Chorus Lady: "What do you think, dear? George is back from Alaska, stone broke, and so altered that you would hardly know him."

Second Chorus Lady: "I'm sure I sha'n't, dear."

Minard's Liniment Cures Burns, Etc.

Willie—"Pa, what is a slave to fashion?" Pa—"A man who has a wife and some grown daughters, my son."

Minard's Liniment Relieves Neuralgia.

Good Gracious.

"My word, Jacob," said Steinberg, "that is a beautiful diamond you have in your pin. How much did it cost?" "I paid one thousand dollars," replied Jacob. "One thousand dollars! Good gracious!" exclaimed Steinberg. "Vy, I did not know you ver vorth so much money." "Vell, you see," exclaimed Jacob, "ven der old man died he left me one thousand dollars for a stone to be erected to his memory, and dis is der stone."

Think Again.

"Now, Toney, if there were nineteen sheep in a field and seven jumped over a wall how many would be left?" "None, Miss Stowe." "No, Toney, think again. There were nineteen sheep and seven jumped over the wall." "Well, Miss Stowe, I think I know what you mean; but, really, Miss Stowe, you may know arithmetic, but you don't know sheep."

An Expensive Affair.

Youth—"What do I have to pay for a marriage license?"

Facetious Clerk—"Well, you get it on the instalment plan."

Youth—"How's that?"

Facetious Clerk—"Two dollars down and your entire salary each week for the rest of your life."

Piles Cured in 6 to 14 Days
Druggists refund money if PAZO OINTMENT fails to cure Itching, Blind, or Protruding Piles. First application gives relief. 50c.

A Smart Slap.

Mrs. Snapperson—How dare you talk back to me? I never saw such impudence. And you call yourself a lady's maid, do you?

Marie—I was a lady's maid before I worked for you, madam.

Minard's Liniment Cures Dandruff.

Bribed by the Other Side.

"My lad," asked a clergyman of a small boy, "who is that gentleman you attend church with?" "Grandpa," was the reply. "Well," said the clergyman, "if you will only keep him awake during my sermon I'll give you a penny each week." The boy fell in with the arrangement, and for the next two weeks the old gentleman listened attentively to the sermon. The third week, however, found him sound asleep. The clergyman called the boy to him and said, "Your grandpa was asleep again to-day. Didn't I promise you a penny to keep him awake?" "Yes," replied the boy, "but grandpa now gives me five cents not to disturb him."

A man entirely wrapped up in himself carries a small package.

Siamese women now have the right to vote the same as men.

Clark's

All ready baked to a nicety; whole, mealy and full flavored. Heating only is necessary.

FARMS FOR SALE.

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

IF YOU WANT TO BUY OR SELL A Fruit, Stock, Grain, or Dairy Farm, write H. W. Dawson, Brampton, or 90 Colborne St., Toronto.

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

WANTED.

AGENTS FOR WEATHER INSURance, low rates, liberal commission. Apply, The Canada Weather Insurance Company, Toronto.

NEWSPAPERS FOR SALE.

GOOD WEEKLY IN LIVE TOWN IN York County. Stationery and Book Business in connection. Price only $4,000. Terms liberal. Wilson Publishing Company, 73 West Adelaide Street, 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.

SOW **SIMMERS'**

ESTAB'D 1856

Used by successful planters

for over half a century

Our large and beautifully illustrated CATALOGUE FREE

J. A. SIMMERS, Limited
TORONTO, ONT.

SEEDS.

$1. for a Horse

Save a horse and you won't have to buy one. Don't sell or destroy any horse on account of Spavin, Splint, Ringbone, Curb, Sprains or Lameness. Spend one dollar for a bottle.

KENDALL'S SPAVIN CURE

has saved a great many horses—has put them back to work, even after they have been given up. Over 35 years of success have proved its value.

Mr. J. M. Grondin of St. Lin, Que., writes:
"I have been using your Spavin Cure for many years, always with excellent results."

Get Kendall's Spavin Cure at any druggist's. Price, $1.00 per bottle; 6 bottles for $5.00. "A Treatise on the Horse" free at druggists or from

Dr. B. J. Kendall Co.,
Enosburg Falls, Vermont, U.S.A.

"Did you ever hear the story of the dirty window?" "No, I don't think I did." "I guess I won't tell it to you." "Why not?" "You wouldnt be able to see through it."

Only One "BROMO QUININE"

To get the genuine, call for full name, LAXATIVE BROMO QUININE. Look for signature of E. W. GROVE. Cures a Cold in One Day. 25c.

Rival Fathers.

"You say your baby doesn't walk yet?" said Jones. "Mine does, and it is not as old as yours. Your baby cut his teeth yet?"

"Not yet," said Bones.

"Oh, mine has—all of them," said Jones. "Does your baby talk?"

"Not yet," replied Bones. "Can yours?"

"Great Scott, yes," answered Jones.

Then Bones got desperate. "Does he use a safety razor or one of the other sorts?" he asked.

MOTHERS

REMEMBER! The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (such as many of the cheap ointments contain) get into your child's blood! Zam-Buk is purely herbal. No poisonous coloring. Use it always.

50c. Box at All Druggists and Stores.

USE ONLY ZAM-BUK FOR CHILDRENS SORES