NERVOUS DISEASES IN THE SPRING

Cured by Toning the Blood and Strengthening the Nerves

It is the opinion of the best medical authorities, after long observation, that nervous diseases are more common and more serious in the spring than at any other time of the year. Vital changes in the system, after long winter months, may cause much more trouble than the familiar spring weakness and weariness from which most people suffer as the result of indoor life, in poorly ventilated and often overheated buildings. Official records prove that in April and May neuralgia, St. Vitus dance, epilepsy and other forms of nerve troubles are at their worst, and that then, more than any other time, a blood-making, nerve-restoring tonic is needed.

The antiquated custom of taking purgatives in the spring is useless, for the system really needs strengthening, while purgatives only gallop through the bowels, leaving you weaker. Dr. Williams' Pink Pills are the best medicine, for they actually make the new, rich, red blood that feeds the starved nerves, and thus cure the many forms of nervous disorders. They cure also such other forms of spring troubles as headaches, poor appetite, weakness in the limbs, as well as remove unsightly pimples and eruptions. In fact they unfailingly bring new health and strength to weak, tired and depressed men, women and children.

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.

POINTED PARAGRAPHS.

True love is never too good to be true.

An excess of "bracers" will unbrace anybody.

One can't get the best of a citizen who hasn't any.

Many a spoiled boy has developed into a fresh man.

It's easier to borrow trouble than it is to give it away.

Did we ever hear of a married man who flattered his wife?

There are some good husbands, but most of them are dead.

Most girls are easily entertained; all one has to do is to feed them taffy.

A man usually gets the short end of it after cutting his wife's allowance.

If the world owes every man a living, the millionaires must be preferred creditors.

The average man's idea of being unselfish is to let some other fellow have something he doesn't want.

A man thinks he has a right to entertain a lot of thoughts that would probably land him in jail if he were to let them escape.

A girl may work hard to obtain a husband, but that doesn't necessarily indicate that she will take in washing and scrubbing in order to support him.

Cures Old Folks' Coughs

Doesn't Disturb the Stomach, Eases at Once and Cures Thoroughly.

"CATARRHOZONE" A BOON TO MANY THOUSANDS.

Because you are old is no reason for suffering with everlasting coughing—those terrible chest troubles and difficult breathing can be thoroughly cured with **Catarrhozone.** You simply breathe the healing vapor of Catarrhozone, and instantly its rich balsamic fumes are carried by your breath into the tiniest recesses of the nose, throat, chest, bronchial tubes and lungs.

Just think of it—a direct breathable medicine, full of soothing antiseptic pine essences that reaches every sore, congested membrane in two seconds. No drugs to take—nothing to harm or sicken the stomach, because Catarrhozone is the purest, safest cough, catarrh and cold remedy ever devised.

"For many years," writes Richard McCallum, Stirling, Ont., "I have suffered from Catarrh, and continually hawked and coughed, so that my throat was always in an inflamed, irritable condition.

"Doctors medicine did not help me in the least, and all other remedies I used were quite useless. In one case it was time wasted in snuffing powder up the nose; in another using a greasy ointment, and so on. Not one of them was the least bit of good.

"I heard Catarrhozone favorably spoken of, and tried it. Really it benefited me more in a few hours than years of treatment with doctors' and other so-called remedies.

"Receiving such immense benefit, I continued using Catarrhozone, and in a few weeks I was completely cured of Catarrh and throat trouble."

Get Catarrhozone to-day. Large size costs $1.00, and lasts two months. Smaller sizes 25c. and 50c. All dealers, or The Catarrhozone Company, Buffalo, N.Y., and Kingston, Ont.

Manager (disgustedly) — What would you do if you had a half-baked fellow like that in your office? Caller—I'd give him the fire.

"See here, Peggy, did you tell your mother that I was one of the biggest chumps in the world?" "No, she knew it without needing to be told."

AT THE AUTEUIL RACES.
A Startling New Suit.

This startling checked suit created considerable attention at the Auteuil (France) races, March 29th. It is of closely-woven black and white material, with the new bias overskirt and cordings. The collar, cuffs and gaiters are of grey.

BABY'S OWN TABLETS KEEP LITTLE ONES WELL

Mothers, if you wish your little ones to be well, if you wish them to be bright, active and happy, free from colds, worms, constipation, and the many other childhood ailments, give them Baby's Own Tablets. These Tablets never fail to make the sickly child well. Concerning them Mrs. Alphonse Landry, Upper Caraquet, N.B., writes: "Baby's Own Tablets have been of great help to me in keeping my little ones well, and I can 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.

A GREAT TUNNEL.

The C.P.R. Is Spending Millions in British Columbia.

Advices received at Canadian Pacific headquarters indicate that the work of the great tunnel in the West is proceeding rapidly. Eleven hundred feet on the east side have been driven, about 50 per cent. of the approach has been cut on the west end. Mr. J. G. Sullivan, who is the chief engineer for the West, and who goes about planning for work and seeing that when planned it is efficiently carried out, has just returned from a visit to the tunnel, which he states is being proceeded with in a most vigorous and successful manner. Mr. Sullivan states that this programme will mean, for the year, at least, $30,000,000 of outlay. A great part of this money will be spent in British Columbia on the double-track work; but there are also about 60 miles of new line to be laid on the prairie. Rails and ties will be a big item; the work on the tunnel will call for large outlays; while the double-tracking always postulates big disbursements. All this work, as Mr. Sullivan points out, is part of the old programme—if it can be called old. It was provided for last year. It is part of a great plan which is to be gradually realized, from year to year, until it is all complete—a plan which contemplates the entire double-tracking of the entire system. This alone would take years and many millions of dollars. The work, however, will be prosecuted with steady perseverance.

When realized, it will be the biggest undertaking of modern times. The Canadian Pacific has spent before now, from $50,000,000 to $100,000,000 in the West in a single season. It has moderated its outlay this year, for 1914 will not be a year of thrills.

It is not without interest to know that Mr. J. G. Sullivan was the first assistant engineer to Mr. Stevens when the latter was in charge of the Panama Canal before the advent of Colonel Goethals. Quite a number of important railway men were at work on the great ditch in positions of great responsibility and trust; and it is related of Mr. Edward J. Williams, paymaster of the Chicago and North Western Railway, that when he was disbursing officer at the Canal he paid out $250,000,000.

His Twin Brother Told Him The Cure

WHY J. C. MAPP PRAISES DODD'S KIDNEY PILLS.

He Suffered from Kidney Disease, Lumbago and Rheumatism for Five Years—Now He Is a Well Man Again.

Boileau P. O., Ponsonby, Que., Apr. 27th (Special).—J. C. Mapp, a well-known farmer living near here, who suffered from Kidney Disease for five years, is once more a well man, and in a statement given to the press he give all the credit for his cure to Dodd's Kidney Pills.

"My trouble started with a cold about five years ago," Mr. Mapp states, "and developed into lumbago and rheumatism. I had a bitter taste in my mouth in the mornings and I was terribly nervous. I was depressed and low spirited and found it difficult to collect my thoughts, while at times I was troubled with stiffness in the joints. My appetite was fitful, and I had heart flutterings that added to my fears. My twin brother, who had used Dodd's Kidney Pills and got great benefit from them, advised me to use them. The first two boxes did me so much good that I got two more, and they completed my cure. Dodd's Kidney Pills are the right remedy for Kidney trouble."

Every person who has two or more of Mr. Mapp's symptoms has sick Kidneys. The right remedy for sick Kidneys is Dodd's Kidney Pills. If you don't know it out of your own experience, ask your neighbors.

BIRD 100 YEARS OLD.

Parrakeet at London Exhibit Still Virile After Century.

Of the 2,400 birds exhibited at the Horticultural Hall, at the London Cage Bird Association's annual show, perhaps the most notable is a centenarian parrakeet, says the London Chronicle.

It is a sage-looking bird, a rusty gray in hue, as befits its years, and it views the admiring crowd with an eye half tolerant, half contemptuous, which seems to intimate, "Why, I know your grandfather, you young upstart."

One listens in awed amazement to a bird who has been saying "Hello, cocky" for something like 100 years, and it is not hard to believe the notice which says that "it is as virile as ever." It has, however, lost its power of shedding scales and dust, and is, as a consequence, unable to keep itself clean.

White magpies, yellow parrakeet, blue love-birds, are only some of the wonders of a show boasting something like 450 foreign birds, some of which are not only of surpassing beauty, but of almost priceless worth. There is the great amethyst sunbird, of a vivid green with lengthy tapering black beak and long flowing tail of inky blackness, and many other sun, sugar, honey-sucking and fruit-picking birds from various parts of Africa and India. The queen whydah is a little bird which, though no larger than a sparrow, has a tail over a foot in length. Then there are Java sparrows of snow-like whiteness, and Gould's painted finches, veritable post-impressionistic birds of the most bizarre and daring colorings.

Close upon 1,400 canaries of diverse kinds, the hunch-backed Belgian species, crested varieties, white specimens, and Yorkshires and Lancashires, are all represented in a record show, which assuredly constitutes a bird-lovers' paradise.

When a Woman Suffers With Chronic Backache

There is Trouble Ahead.

Constantly on their feet, attending to the wants of a large and exacting family, women often break down with nervous exhaustion.

In the stores, factories, and on a farm are weak, ailing women, dragged down with torturing backache and bearing down pains.

Such suffering isn't natural, but it's dangerous, because due to diseased kidneys.

The dizziness, insomnia, deranged menses and other symptoms of kidney complaint can't cure themselves, they require the assistance of Dr. Hamilton's Pills which go direct to the seat of the trouble.

To give vitality and power to the kidneys, to lend aid to the bladder and liver, to free the blood of poisons, probably there is no remedy so successful as Dr. Hamilton's Pills. For all womanly irregularities their merit is well known.

Because of their mild, soothing, and healing effect, Dr. Hamilton's Pills are safe, and are recommended for girls and women of all ages. 25 cents per box at all dealers. Refuse any substitute for Dr. Hamilton's Pills of Mandrake and Butternut.

No Change.

"How does the poor woman support herself in her affliction at losing her husband?"

"I suppose the same way she supported herself all the time he was living."

Prevent Skin Blemishes

By Using

Cuticura Soap and Ointment

They do so much to promote and maintain the purity and beauty of the complexion, hands and hair under all conditions, and are unexcelled in purity, delicacy and fragrance for the toilet and nursery.

Cuticura Soap and Ointment are sold throughout the world. A liberal sample of each, with 32-page booklet on the care and treatment of the skin and scalp, sent post-free. Address Potter Drug & Chem. Corp., Dept. 9K, Boston, U. S. A.

SPEND LIVES IN COFFINS.

Woman Tells of Horrible Prison Conditions in Mongolia.

The contrasts of Mongolia—its strong attractiveness and gleams of western civilization, and its depraved morality and barbarity—were recently vividly sketched by Mrs. Herbert Bulstrode at a meeting of the Royal Asiatic Society in London. Mrs. Bulstrode accomplished a remarkable feat last year, when, with but a solitary companion, she travelled over 700 miles by caravan in Mongolia.

Describing the prisons, the lady said: "Within a small compound, fenced in by high spiked palisades, are five or six dungeons. There are human beings in those dungeons, and among them quite a number of highly civilized, refined and gentle Chinese, who are shut up for the remainder of their lives in heavy, iron-bound wooden coffins, out of which they never, under any circumstances, move. They cannot sit upright. They cannot lie down flat. They see daylight but for a few minutes when their food is thrown into their coffins through a hole four or five inches in diameter twice daily."

Cheap Form of Insurance

You are insured against corns and bunions by the purchase of a single 25c. bottle of Putnam's Corn Extractor; it cures painlessly in 24 hours. Try Putnam's Extractor, 25c. at all dealers.

NEW BRONCHITIS CURE.

Instrument Used to Inject Medicine Into Bronchial Tubes.

—A new treatment of chronic bronchitis and asthma and pulmonary gangrene was outlined recently before the Paris Academy of Medicine by M. Guisez, who stated that he had been able by means of a simple instrument devised by himself to inject into the bronchial tubes by way of the mouth and larynx a relatively large quantity of medicinal substance in a solution of an oily nature.

Experiments, said M. Guisez, had shown that such injections impregnate not only bronchial tubes but the whole pulmonary parenchyma, thus constituting an extremely efficacious intrapulmonary treatment. The method was shown to be of undoubted efficacy in cases of chronic bronchitis, asthma and pulmonary gangrene.

It is claimed that patients suffering with either simple or double gangrene were invariably cured when subjected to the new injections, which are likely in the future to revolutionize the treatment of these diseases.

GIN PILLS FOR WOMEN

Read What Mrs. Harris Says About Them.

Mrs. T. Harris of Tyneside, Ont., knows all about GIN PILLS. "I am now taking my third box of GIN PILLS," she writes. "The pain across my back and kidneys has almost entirely gone. I was a great sufferer from Rheumatism, but it has all left me. I strongly advise all women who suffer from Pain In The Back and Weak Kidneys, to try GIN PILLS."

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

A Hopeful Outlook.

"Are you satisfied with the jury?" he asked his lawyer when the twelfth man had been accepted.

"Yes. It's one of the toughest looking juries I ever saw."

CHINESE DINNERS.

Paris Craves for Puppies Boiled In Oil and Shark's Fins.

The latest product of the Parisian craving for the bizarre is to dine a lo chinoise.

Gay citizens love experimenting with freak dishes. Every year a new delicacy makes its appearance with the approach of Christmas to grace the table at epicurean Revillon parties. Panther steaks, camel cutlets and roast boa-constrictor have had their vogue in past years, and though it rarely happens that these delicacies are appreciated by those who are able and willing to pay for them, such a dish is regarded now as a gastronomic necessity at the festive season.

Then there is the annual luncheon of the Paris Zoological Society, where the preparation of the bill of fare must require a very fertile imagination, and the meal itself a specially adapted palate and the digestion of an ostrich. Roast armadillo and Chinese rice wines were the mainstay of the last luncheon, and the event always furnishes the newspapers with plentiful "copy."

The latest culinary extravagance is a dinner consisting entirely of dishes eaten in the Flowery East. Puppies boiled in oil, sharks' fins, and swallows' nests do not figure on the menu, however, for, according to latest reports, such delicacies are no longer favored by the Celestial aristocracy. The real Chinese cuisine is distinguished by its "discretion." According to a prominent Paris chef, it is "delicately strange," instead of being barbaric and absurd. It resembles somewhat Italian fare, but without its heaviness.

Nerviline Ends Neuralgia, Brings Relief Instantly

No Remedy Like Old "Nerviline" to Cure Pain or Soreness.

That terrible ache—how you fairly reel with it—that stabbing, burning neuralgia—what misery it causes. Never mind, you don't have to suffer—use Nerviline, it's a sure cure. Not an experiment, because nearly forty years of wonderful success has made a name for Nerviline among the people of many different nations. "There is nothing speedier to end Neuralgic headache than old-time 'Nerviline,'" writes Mr. G. C. Dalgleish, from Evanston. "It is so powerful and penetrating that it seems to eat up any pain in a minute. My family couldn't get along without Nerviline. We always keep the 50c. family size bottle handy on the shelf, and use it to end chest colds, sore throat, coughs, earache, toothache and pain in the back. My wife swears by Nerviline. For cramps its effect is astonishing and we believe it is better and speedier than any other household family remedy."

"So Paddy's still on strike?" "Yes. First he struck work, then he struck the boss, then a 'copper,' and now he's striking lumps of stone in jail."

Keep Minard's Liniment in the house.

Expert Service.

The Diner—What's the idea of serving all my orders under glass covers?

The Waiter—The glass covers magnify, sir, and make the portions look larger.

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.

A Fight for Principle.

Why did you oppose that motion at our meeting?" asked one lady.

"Oh, I had nothing against the motion. But the member who made it opposed a motion of mine and it's the first chance I have had to get even."

Minard's Liniment used by Physicians.

Oversight.

Smith—That dog I bought of you howls all night!

Dealer—Have you tried sitting up and entertaining him, sir?

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

Little George (to physician)—"I say, I don't think you look like a duck." Doctor—"Who said I did?" Little George—"Nobody. But mamma told papa that you was an old quack."

Minard's Liniment Lumberman's Friend

Begging the Question.

"I have come to consult you," she said to the prominent lawyer.

"What is the trouble?"

"I have received three proposals of marriage, and I do not know which to accept."

"Which has the most money?"

"Do you imagine," she asked, "that if I knew I would consult you or any other lawyer?"

The sentimental youth who is dead in love comes to life again.

Clark's

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

Pork & Beans

KEEP THEM WORKING

A horse in the field is worth two in the barn. You can't **prevent** Spavin, Ringbone, Splint, or Curb from putting your horse **in** the barn but you can **prevent** these troubles from keeping horses in the barn very long. You can get

KENDALL'S SPAVIN CURE

at any druggists at $1 a bottle, 6 for $5, and Kendall's will cure. Thousands of farmers and horsemen will say so. Our book "Treatise on the horse" free.

Dr. B. J. KENDALL CO., Enosburg Falls, Vt.

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

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.

ONION GROWERS, GET LITERAture re onion weeders. R. G. Bruner, Olinda, Ont.

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.

Fractions Versus Fact.

Teacher (explaining fractions) — Suppose now, Willie, you had eight little boys visiting you and you had only one apple; how much would each little boy get?

Willie—Wouldn't get any. I'd wait till they'd all gone home and eat it myself.

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.

Her First Visit.

Mrs. Youngbride—I'd like some fish please. What are these in the barrel?

Clerk—Salt mackerel, ma'am.

Mrs. Youngbride—Are they quite fresh?

Minard's Liniment Co., Limited.
I was very sick with Quinsy and thought I would strangle. I used MINARD'S LINIMENT and it cured me at once.
I am never without it now.
Yours gratefully,
MRS. C. D. PRINCE.
Nauwigewauk, Oct. 21st.

His Prescription.

"And how long, doctor, should I stick to this plain, inexpensive diet which you recommend?"

"Why—er—until my bill is paid."

Ask for Minard's and take no other.

Lord Strathcona's Maxims.

Be content with your lot, but always be fitting yourself for something higher. Only cheerful perseverance will bring you to a better position; grumbling won't help you an inch. Do the work yourself; don't depend upon the influence of friends on your behalf. Opportunity comes to some men more frequently than to others, but there are very few it does not visit at some time or another. Follow the old counsel: "Trust in Providence and keep your powder dry."

Dr. Morse's Indian Root Pills

are made according to a formula in use nearly a century ago among the Indians, and learned from them by Dr. Morse. Though repeated attempts have been made, by physicians and chemists, it has been found impossible to improve the formula or the pills. Dr. Morse's Indian Root Pills are a household remedy throughout the world for Constipation and all Kidney and Liver troubles. They act promptly and effectively, and

Cleanse the System