SPRING IMPURITIES IN THE BLOOD

A Tonic Medicine is a Necessity at This Season

Dr. Williams' Pink Pills for Pale People are an all year round tonic, blood-builder and nerve-restorer. But they are especially valuable in the spring when the system is loaded with impurities as a result of the indoor life of the winter months. There is no other season when the blood is so much in need of purifying and enriching, and every dose of these Pills helps to make new, rich, red blood. In the spring one feels weak and tired—Dr. Williams' Pink Pills develop the appetite, tone the stomach and aid weak digestion. It is in the spring that poisons in the blood find an outlet in disfiguring pimples, eruptions and boils—Dr. Williams Pink Pills speedily clear the skin because they go to the root of the trouble in the blood. In the spring anæmia, rheumatism, indigestion, neuralgia, erysipelas and many other troubles are most persistent because of poor, weak blood, and it is at this time when all nature takes on new life that the blood most seriously needs attention. Some people dose themselves with purgatives at this season, but these only further weaken themselves. A purgative merely gallops through the system, emptying the bowels, but it does not cure anything. On the other hand Dr. Williams' Pink Pills actually make new blood, which reaches every nerve and organ in the body, bringing new strength, new health and vigor to weak, easily tired men, women and children. Try Dr. Williams' Pink Pills this spring—they will not disappoint you.

You can get these health-renewing Pills through any medicine dealer or by mail post paid at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

KITCHENER'S WAY.

Secretary of War Will Not Stand for Unreasonable Acts.

A certain well-known English firm recently obtained a large contract from the War Office. To ensure it being carried out on time, it was necessary for the workpeople to work overtime. This they were perfectly willing to do, being paid at union rates.

After a few days the secretary of the trade union called upon the head of the firm concerned, and advised him that unless the overtime was stopped all the "hands" would be called out. As there seemed no way out of it the employer concerned went to the War Office and succeeded in seeing Lord Kitchener, and placed all the particulars before him.

Lord Kitchener asked for the name and address of the trade union man, and said: "Be here tomorrow at 11 o'clock." At that time the next day Mr. —— was admitted into Lord Kitchener's presence, the trade union man being also there.

The following conversation then took place:

Lord Kitchener—"Now, Mr. ——, kindly repeat what you told me yesterday as briefly as you can."

Mr. —— did so.

Turning to the trade union man Lord K. said: "Mr. ——, are these facts as stated?"

"Yes, my lord; but it is strictly against our rules to——"

Lord Kitchener: "Are the facts right?"

"Yes, my lord; but——"

Lord Kitchener: "If you call those people out on strike I will get you seven years under the Treason Act for preventing the supplying of His Majesty's forces. Good morning, gentlemen."

THE BEST MEDICINE FOR LITTLE ONES

Baby's Own Tablets are the best medicine in the world for little ones. They are absolutely safe and never fail to regulate the stomach and bowels, break up colds and simple fevers, expel worms and make teething easy. Concerning them Mrs. D. S. Bernhardt, Port Dalhousie, Ont., writes: "I have been using Baby's Own Tablets for my baby and would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Startling Answers.

Mr. Brown has just had a telephone put in connecting his office and house, and was very much pleased with it.

"I tell you the telephone is a wonderful thing. I want you to dine with me this evening, and I will notify Mrs. Brown to expect you." Speaking through the telephone: "My friend, Smith, will dine with us this evening." Then listen and hear how plain her reply comes back with startling distinctness":

"Ask your friend, Smith, if he thinks we keep a hotel."

PARIS OF EASTERN EUROPE.

Warsaw Has Many Interesting and Some Beautiful Buildings.

Warsaw, the chief city of Russian Poland, which the Germans have made no less than three brave but unsuccessful attempts to capture, was originally not a Polish city at all. When we first hear of it in the ninth century, it was the residence of the Dukes of Mazovia, and Mazovia did not belong to Poland until 1526, although the inhabitants of both regions were probably of the same stock. Not long after 1526, however, Lithuania, which is the region that lies to the eastward of Prussia, was also united to Poland; and Warsaw, because it was more centrally situated than Cracow, the capital of old Poland, or Vilno, the chief city of Lithuania, became the capital of the enlarged kingdom. Such it remained through the century when Poland was at the height of its power, and through the years of slow humiliation that led to its downfall.

When Poland was divided among the nations, Russia got possession of Warsaw; but singularly enough, in 1795, the city was handed over to Prussia, which is now fighting so hard to get hold of it again. Napoleon delivered Warsaw from the hands of the Germans, and made it the capital city of an independent duchy. But the duchy did not last long. After the failure of Napoleon's Moscow campaign, Russia again overran the country, and reasserted a sovereignty that has never been successfully challenged—although the Poles have never acquiesced in it.

The riots and uprisings that have disturbed the city during the last century have been many. The most tragic was that of 1863, which not only failed to restore the independence of Poland, but which brought down on the unhappy Poles the most terrible punishment and the loss of whatever shreds of nationality had been left to them. Only ten years ago, too, there were fresh disorders and a good deal of bloodshed, the only result of which was the further repression of Polish spirit by Russian authority.

Warsaw, in spite of its vicissitudes and misfortunes, has always been prosperous. It is the natural centre of a large and productive region. It stands on a great navigable river—the Vistula—and business has inevitably flowed in upon it. It has increased in population during the last century from 125,000 to 900,000. One-third of that number are Jews. It is a great centre for manufactures in iron and steel, leather clothing, tobacco, sugar, and objects of art. As the chief city of a numerous, cultivated, and enterprising people, it is well built, with many handsome public squares and gardens; and the animation and charm of its social life have led its admirers to speak of it as "The Paris of Eastern Europe." No other Russian city has the attractiveness and "modishness" of Warsaw. Petrograd is gloomy; Moscow is odd and half Oriental; Warsaw is a busy yet beautiful modern city.

It has a university, but the natural growth of that institution has been much interfered with by the Russians. They suppressed it entirely from 1832 to 1869, and then refused to permit its professors to teach in Polish. By insisting on making it wholly a Russian university, they have alienated the support of the Poles without gaining for it the attendance of many desirable Russians. It is, however, much resorted to by the Jews.

Among the interesting and beautiful buildings are the old royal palace, begun several centuries ago by the Mazovian dukes; the Church of the Holy Ghost, in which lies buried the heart of Chopin, the musician; the Church of the Transfiguration, which John Sobieski built in commemoration of his victory over the Turks in 1683, and in which his heart lies buried; the ancient Cathedral of Saint John; the town hall, and the national Polish Theatre. In the old part of the town, the narrow, crooked streets and quaint old buildings, not unlike those in some of the more interesting German towns, are fascinating.

The most interesting thing about the city, however, is the Lazienki Gardens, which were laid out by King Stanislas Poniatowski in an old river bed of the Vistula. The gardens stand at the end of a tree-lined avenue—the chief promenade and "show street" of the city. They contain numerous villas, an open-air theatre, and an elegant little palace, which is the summer residence of the governor-general of Poland.

His Occupation.

"My friend," said the solemn man, "have you ever done aught to make the community in which you like the better for your living in it?"

"I have done much, sir," replied the other humbly, "to purify the homes of my fellow-beings."

"Ah," continued the solemn man, with a pleased air, "you distribute tracts?"

"No; I clean carpets."

When a man comes to count his riches he usually discovers that most of those he prizes best are not convertible into cash.

They're Popular In Nova Scotia

WHY DODD'S KIDNEY PILLS ARE A HOUSEHOLD REMEDY.

People Have Learned From Long Experience that by Curing the Kidney Ills They Benefit the Entire Body.

Spry Harbor, Halifax Co., N.S., March 22 (Special).—"I have taken a couple of boxes of Dodd's Kidney Pills and have received great benefit from them. They are certainly a fine pill for anyone suffering from Kidney trouble." So says Mrs. Alex. E. Nilchey, and she speaks the sentiments of a large number of the women of Nova Scotia.

Dodd's Kidney Pills have so long been in general use that they are recognized as the standard remedy for Kidney troubles. They have become a family medicine in thousands of homes. People have learned from long experience that if they cure their minor Kidney ills with Dodd's Kidney Pills they need not fear those more terrible developments such as Bright's Disease, Diabetes, Dropsy and Rheumatism. They have also learned that when the Kidneys are cured by Dodd's Kidney Pills the whole body benefits. For cured Kidneys mean pure blood, and pure blood is the foundation of all health. That's why Dodd's Kidney Pills are universally popular.

THE HEALTHFUL ORANGE.

"An apple a day keeps the doctor away," is an old adage, and the same may be said of the orange, as it has an equally fine effect on the entire system.

If one is inclined to acidity of the stomach, the juice of an orange is a counter irritant. If the stomach is weak the juice of an orange before breakfast is an excellent tonic for the entire day. If one is dieting to reduce, one or two oranges eaten at noon will nourish, fill the aching void in the stomach, and reduce rather than add to the weight.

An orange always quenches the thirst, and in travelling it is much safer to eat an orange than to drink stale water. A hot orangeade before going to bed on a cold night warms the entire body and soothes the nervous system.

The peel of an orange thrown into a hot tub softens the water to the extent that the whole body benefits by it. For cleansing the face soak a bit of orange peel in a basin of warm water, then go carefully over the face with the peel; afterwards rinse in the water in which the peel was soaked. It is far more cleansing than cold cream, and never promotes the growth of hair.

Orange peel if soaked over night tinges the water with yellow, making it excellent for washing chamois or doeskin gloves, as in uncolored water they soon become too white. By the way, doeskin gloves are a great economy, as they wear wonderfully well and wash better than they clean. When washing them use a great deal of soap on the soiled parts, rubbing until the dirt disappears, but do not rinse in fresh water, as the soap keeps doeskin soft.

FOOD QUESTION

Settled with Perfect Satisfaction.

It's not an easy matter to satisfy all the members of the family at meal time, as every housewife knows.

And when the husband can't eat ordinary food without causing trouble, the food question becomes doubly annoying.

A lady writes:

"My husband's health was poor, he had no appetite for anything I could get for him, it seemed.

"He suffered severely with stomach trouble, was hardly able to work, was taking medicine continually, and as soon as he would feel better would go to work again, only to give up in a few weeks.

"One day, seeing an advertisement about Grape-Nuts, I got some and he tried it for breakfast the next morning.

"We all thought it was pretty good although we had no idea of using it regularly. But when my husband came home at night he asked for Grape-Nuts.

"It was the same next day and I had to get it right along, because when we would get to the table the question, 'Have you any Grape-nuts' was a regular thing. So I began to buy it by the dozen pkgs.

"My husband's health began to improve right along. I sometimes felt offended when I'd make something I thought he would like for a change, and still hear the same old question, 'Have you any Grape-Nuts?'

"He got so well that for the last two years he has hardly lost a day from his work, and we are still using Grape-Nuts."

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

Every Stiff Joint Limbered, Rheumatism Cured!

That Old Family Remedy "Nerviline" is guaranteed for the Worst Cases.

CURES NEURALGIA, BACKACHE, LUMBAGO.

Rheumatism to-day is unnecessary. It is so well understood and so readily curable that every day we have reports of old chronics being freed of their tormenter

"I can speak confidently of the Nerviline treatment, for the simple reason that it cured me," writes Albert B. Cornelius, from Kingston. "You can't imagine how stiff and lame and sore I was. Nights at a time I couldn't sleep well. I followed the Nerviline directions carefully—had it rubbed into the sore regions four or five times every day. Every rubbing helped to reduce the pain. The swelling went down. I got a fair measure of relief in a week. I also took two Ferrozone Tablets with my meals. They increased my appetite and spirits, purified my blood and toned up my system generally.

"I am as well to-day as a man could be—in perfect good health. I give Nerviline all the credit."

A large family size bottle of Nerviline costs only 50c., or the trial size 25c., and is useful in a hundred ills in the family. Whether it's toothache, earache, headache, neuralgia, lame back or a cold, Nerviline will cure just as readily as it will cure rheumatism. For family use nothing equals Nerviline.

Choosing Her Husband.

A well-known London magistrate, who has just retired from the bench, has a great repertoire of good stories. His favorite one relates to a case in which he appears as counsel. In the course of this case he had to cross-examine the wife of a notorious burglar. "You are the wife of this man?" he asked. "I am," she replied. "You knew he was a burglar when you married him?" he proceeded. "I did," she admitted. "How could you possibly marry such a man?" the magistrate demanded. "Well, it was like this," the witness explained confidentially. "I was getting old, and two chaps wanted to marry me. It wasn't easy to choose between 'm, but in the end I married that man there. The other chap was a lawyer, same as you, sir!"

Clever.

"Darling," whispered the ardent suitor, "I lay my fortune at your feet."

"Your fortune?" she replied in surprise; "I didn't know you had one."

"Well, it isn't much of a fortune, but it will look large beside those tiny feet."

Corns Drop Out

Instant Relief

Paint on Putnam's Corn Extractor to-night, and corns feel better in the morning. Magical the way "Putnam's" eases the pain, destroys the roots, kills a corn for all time. No pain. Cure guaranteed. Get a 25c. bottle of "Putnam's" Extractor to-day.

British Needs.

Great Britain in 1913 imported 2,393,363 bushels of wheat and flour from Germany, Austria and Turkey; 6,663,300 bushels of barley from the same countries, and 11,273,459 bushels of oats from Germany alone. Great Britain's total import of wheat on the average each year during the past decade has been 216,843,300 bushels, of which Canada supplied less than a fourth. Of barley in 1913 Canada supplied about one-ninth of 52,358,245 bushels, and of oats an eighth of 59,829,950 bushels. Will she do better this year?

Minard's Liniment Cures Burns, Etc.

Very Lasting.

"Is our wife an economical cook?"

"I should say so. She makes the most durable cake you ever saw."

Marion Bridge, C. B., May 30, '02.
I have handled MINARD'S LINIMENT during the past year. It is always the first liniment asked for here, and unquestionably the best seller of all the different kinds of Liniment I handle.
NEIL FERGUSON.

Hard on Them.

Austrians are being urged to send newspapers to the front to serve as chest protectors for the troops. If possible the papers should be German, as these lie best.

Minard's Liniment Relieves Neuralgia.

A Bit Mixed.

Bobby—My uncle Sam keeps squabs. Do you know what squabs are?

Tommy—Yes, I do. It's what the Injuns call their wives.

WATCH BRITISH SUBMARINES

Give Them a Chance and They'll Show What They Can Do.

The British submarines, if they get the chance, will give as good an account of themselves as have the Germans, says a writer in Everybody's Magazine. They are in the hands of the "young ones," who are full of gimp and enthusiasm, a brotherhood of daredevils, cousins of those in the destroyers.

The British submarine B-11, passed under five rows of mines in the Dardanelles and sinking the old bucket Messoudiyeh, did only a part of a day's work.

Looking for game, the British "subs" have pushed their snouts way up in the Baltic, even to the Russian coast. And one from the Harwich flotillas came plum up to the chain-slung gates of the Kiel Canal.

The naval game of secrecy is played to its limit regarding the action of submarines. At the beginning of the war, when the first British submarine came into its base at Harwich flying the skull and crossbones flag, indicating that an enemy's ship had been sunk, the crew and some of the officers described in detail how their torpedoes had gone home. The admiralty discouraged that kind of conversation by threatening no shore liberty if any member of the crew dared to open his face. Now officers don't even declare that a ship is hollow.

Death Nearly Claimed New Brunswick Lady

Was Restored to Her Anxious Family When Hope Had Gone.

St. John, N.B., Dec. 15th.—At one time it was feared that Mrs. J. Grant, of 3 White St. would succumb to the deadly ravages of advanced kidney trouble. "My first attacks of backache and kidney trouble began years ago. For six years that dull gnawing pain has been present. When I exerted myself it was terribly intensified. If I caught cold the pain was unendurable. I used most everything, but nothing gave that certain grateful relief that came from Dr. Hamilton's Pills of Mandrake and Butternut. Instead of being bowed down with pain, to-day I am strong, enjoy splendid appetite, sleep soundly. Lost properties have been instilled into my blood—cheeks are rosy with color, and I thank that day that I heard of so grand a medicine as Dr. Hamilton's Pills."

Every woman should use these pills regularly because good health pays, and it's good, vigorous health that comes to all who use Dr Hamilton's Mandrake and Butternut Pills.

Would Not Be So Cruel.

Now that you've broken your engagement with Jack, you will of course return the diamond ring he gave you?

Betty—Certainly not; it would be a constant reminder of the happiness he had missed.

LOW FARES TO THE CALIFORNIA EXPOSITIONS.

Via Chicago & North Western Ry.

Four splendid daily trains from the New Passenger Terminal, Chicago to San Francisco, Los Angeles and San Diego. Wide choice of scenic and direct routes. Double track. Automatic electric safety signals all the way.

Let us plan your trip and furnish folders and full particulars.

B. H. Bennett, Gen. Agt., 46 Yonge St., Toronto, Ont.

A well-known Bishop who has a wife of pronounced temperament one day caught a small boy stealing grapes from his vine. He reproved the offender sternly, and concluded: "Do you know, my boy, why I tell you this? There is One before Whom even I am a crawling worm. Do you know Who it is?" "Sure," said the boy unhesitatingly, "the missus."

Minard's Liniment for sale everywhere.

Clark's Pork & Beans

Highest grade beans kept whole and mealy by perfect baking, retaining their full strength. Flavored with delicious sauces. They have no equal.

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.

NURSERY STOCK.

STRAWBERRIES, RASPBERRIES, POTATOES. Catalogue free. McConnell & Son, Port Burwell, Ont.

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.

KEELEY CURE
1253 DUNDAS TORONTO
FOR ALCOHOLIC & DRUG ADDICTIONS

HAWK BICYCLES
An up-to-date High Grade Bicycle fitted with Roller Chain, New Departure Coaster Brake and Hubs, Detachable Tires, high grade equipment, including Mudguards, Pump, and Tools $22.50
Send for FREE 1915 Catalogue, 70 pages of Bicycles, Sundries and Repair Material. You can buy your supplies from us at Wholesale Prices.
T. W. BOYD & SON,
27 Notre Dame St. West, Montreal.

FACTORY CLEARANCE SALE
ROOFING
FOR REPAIRS or NEW ROOFS
85c Per Roll
108 Sq. Feet
Complete with nails and cement
Freight paid.
Asphalt Felt Roofing
100 per cent. Saturation
Contains no tar or paper
Lowest price for Pure Asphalt Roofing ever offered in Canada.
Send for Free Sample.
The Halliday Company, Limited
Factory Distributors.
HAMILTON, - CANADA.

From Frying Pan Into Fire.

She—I bought a cookbook for our new cook.

He—Goodness, doesn't she cook badly enough as it is?

YOUR OWN DRUGGIST WILL TELL YOU try Murine Eye Remedy for Red, Weak, Watery Eyes and Granulated Eyelids; No Smarting—just Eye Comfort. Write for Book of the Eye by mail Free. Murine Eye Remedy Co., Chicago.

Something Easier.

"And will your husband go back and fight for his country?"

"No, ma'am. He'll stay here an' let me support him.

Minard's Liniment Cures Dandruff.

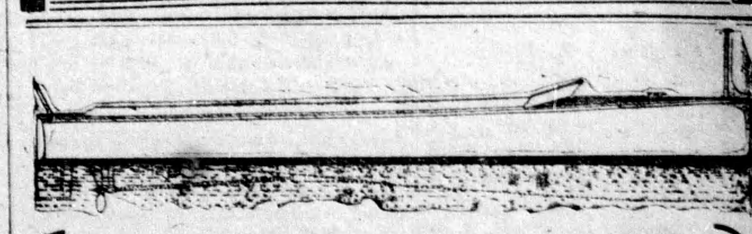
Bronze is an alloy of copper and tin.

"Overstern" V Bottom Motor Boat $55.00

Freight Prepaid to any Railway Station in Ontario. Length 15 Ft., Beam 3 Ft. 9 In., Depth 1 Ft. 6 In. ANY MOTOR FITS.

Specification No. 2B giving engine prices on request. Get our quotations on—"The Penetang Line" Commercial and Pleasure Launches, Row boats and Canoes.

THE GIDLEY BOAT CO., LIMITED, PENETANG, CAN.



The illustration shows our 18 ft. and 20 ft. power launches. We build both sizes of this line. Powered from 3 h.p. up. Staunch, smooth running and dependable craft. Carrying capacity up to ten persons. Fitted for immediate use. The finest launch for the money offered, and with the guarantee of the builders behind it.

Details of construction, fitting, power, etc., promptly supplied. Write for booklets of Launches and Canoes.

THE PETERBOROUGH CANOE CO., LTD. Peterborough, Ontario.