SPRING BLOOD IS WATERY BLOOD

How to Get New Health and New Strength at This Season

Spring ailments are not imaginary. Even the most robust find the winter months most trying to their health. Confinement indoors, often in overheated and nearly always badly ventilated rooms—in the home, the office, the shop and the school—taxes the vitality of even the strongest. The blood becomes thin and watery and is clogged with impurities. Some people have headaches and a feeling of languor. Others are low-spirited and nervous. Still others are troubled with disfiguring pimples and skin eruptions; while some get up in the morning feeling just as tired as when they went to bed. These are all spring symptoms that the blood is out of order and that a medicine is needed. Many people take purgative medicines in the spring. This is a serious mistake. You cannot cure yourself with a medicine that gallops through your system and leaves you weaker still. This is all that a purgative does. What you need to give you health and strength in the spring is a tonic medicine that will enrich the blood and soothe the jangled nerves. And the one always reliable tonic and blood builder is Dr. Williams' Pink Pills. These Pills not only banish spring weakness but guard you against the more serious ailments that follow, such as anaemia, nervous debility, indigestion, rheumatism and other diseases due to bad blood. In proof of this Mrs. D. E. Hughes, Hazenmore, Sask., says: "About a year ago I was badly run down, my nerves were all unstrung, and I could not go up stairs without stopping to rest. As I was a long ways from a doctor I decided to take Dr. Williams' Pink Pills, and in the course of a few weeks I felt like a new person. As an all round restorative I can heartily recommend this medicine."

If you are ailing this spring you cannot afford, in your own interest, to overlook so valuable a medicine as Dr. Williams' Pink Pills. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

For Baking Day.

Bake your cakes on flue-cleaning day. And on the day before scrub the oven out with hot soda water. Make a pint of whitewash with a small cake of whiting, and whitewash the interior of the oven. The difference is extraordinary.

Sieve the flour, and warm it. It may be damp, and, if not, warmed flour makes prize cake.

Beat yolks and whites of eggs separately, and add the whites last of everything.

Put sultanas, etc., in a colander and pour hot water through. This cleanses, makes the fruit swell and juicy, and partly cooks it. Never "drops" either. Dry afterwards in the oven.

If you are following a recipe, do not guess quantities; weigh accurately.

Don't "rub" butter into flour. Melt it and cream it. Much better. Dissolve carbonate of soda in a little warm milk. This provides for its even distribution.

If your mixture is too wet, sift, quickly and evenly, warm flour and finely grated dry breadcrumbs over it. The equivalent of two eggs is a dessertspoonful of vinegar in a gill of milk.

A teaspoonful of glycerine makes a cake very light. Butter your cake tin well, and line with proper paper, buttered.

If your tin is old, stand it on sand to prevent burning. If "gas" cooking, cover the cake tin with one same size, rim on rim. When the cake has risen and begun to brown, move it to cooler tray. To test if done, run a skewer into the middle of the cake, but not through it. If it comes out clean, the cake is done.

Two lumps of sugar in your oven will brown a cake without burning. A basin of cold water will cool a hot oven. Put at bottom.

A burnt cake, but not done, should have burnt part removed, and place covered with beaten egg and brown sugar. Stand cake on sieve when cooked.

Cut out this column and paste up inside your pantry door. You will find it very helpful—especially if you are a beginner—to have it always at hand.

AN EXCELLENT REMEDY FOR LITTLE ONES

Mrs. Sidney Dalby, Audley, Ont., writes: "I have used Baby's Own Tablets for the past twelve months and have found them an excellent medicine for my little girl." Thousands of other mothers say the same thing—once a mother has used the Tablets she would use nothing else. They are pleasant to take; the result is sure, and above all they are guaranteed by a government analyst to be absolutely free from injurious drugs. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

BIG AID TO BRITAIN.

The British Navy and Canadian Railway Expansion.

The present conflict in Europe has demonstrated beyond the possibility of doubt that the maintenance of Britain's superiority at sea, and the expansion of the wheat areas in British Dominions, have been linked together as basic factors in the consideration of plans for Imperial offense and defence. The lawmakers in London, as a matter of policy, have allowed nothing to interfere with the building up of an all-powerful navy, and they have steadfastly ignored the protests of Englishmen who have contended that Great Britain would be in an impossible position if a war should develop with a powerful maritime power. There were numerous men in England who believed that in the event of an important European struggle involving Great Britain, 'the hunger of London would dictate terms of peace." But the Admiralty were convinced that the sea power of Britain would keep all the routes open for foodstuffs. The lands in the British Isles which might have been devoted to the growth of more wheat were left as before, and the investors of Britain by placing their funds in the bonds of railways in Canada, in South Africa, in Australia, and in New Zealand, where vast stretches of fertile country remained to be opened up encouraged the production of a steady supply of foodstuffs which might be called upon in case of emergency. The under-water craft of Germany have failed to throttle the shipping of Great Britain. Her ships come and go almost as they please. And the resources of wheat lands, in themselves many times the area of the British Isles are available for the need of the people of Britain.

In facilitating the expansion of the various companies in the Dominion during the last thirty years, the successive governments, federal and provincial, have enabled Canada to take up the burden of a greater production in this year of the Empire's peril. Canada is measuring up to her advertised destiny as the "Granary of the Empire," or, more emphatic still, "Bread Basket of the World." The prophecies of leaders of thought for three decades are on the verge of fulfillment. The large exportable surplus of the wheat fields in Canada will go to feed a fair proportion of the dependent millions of England, and probably the war-harassed Belgians as well. The railway lines which have been constructed east and west and north and south throughout the country have made her present position possible. Without these essential traffic arteries the Dominion would have been merely a helpless spectator while the greatest war in history rumbled through to a conclusion. Canada's most important contribution to the cause of Empire is in wheat and flour and bread.

The bulk of supplies of Canadian wheat for export are drawn each year from the wheat fields of the prairie provinces. The total supply may be computed by a study of the carryings of the railways. During the crop year 1913-4, the Canadian Northern alone handled from the territory served by its western lines, 47,295,000 bushels. Estimating the increase this year at 20 per cent., this road should haul out approximately 56,750,000 bushels of wheat from the provinces lying between the Great Lakes and the Rocky Mountains. That quantity of wheat, converted successively into flour, and into standard loaves of bread, would feed Greater London, with its estimated population of 7,252,963, for more than four and a half years.

So long as Britain holds command of the seas, the available supply of foodstuffs from Canada alone should suffice to overcome the handicap her critics maintain she imposed upon herself by producing but a quarter of the wheat she annually consumes.

Rough on Tommy.

The mails from home had just been received by a certain regiment. Not only were there letters, but many parcels from relatives and friends at home for lucky soldiers. One of the Tommies received a large box addressed to himself, and with a triumphant yell he rushed off to his company's lines and gathered them around him to share in the eagerly anticipated contents of his box.

"Smokes, lads!" he cried as he undid the wrapping. "From the old man; I knows it. An' there's sure to be a bottle or two of Scotch."

He opened the box, gave one look at the contents and collapsed in a heap.

"What is it?" cried his comrades pressing round.

"It's from ole Auntie Mary," groaned the disappointed warrior. "Bandages an' ointment an' embrocation an' splints an' a book on ''Ow to be yer own Surgin'!"

It doesn't pay to do things by halves, such, for instance, as saying the right thing at the wrong time.

It All Came From Strain and Cold

BUT G. K. MACDONALD FOUND RELIEF IN DODD'S KIDNEY PILLS.

Nova Scotia Man After Fifteen Years' Suffering Found a Cure Through Reading an Advertisement.

Harrigan Cove, Halifax Co., N. S., April 19th (Special).—After suffering for fifteen years from lame back and kidney trouble Mr. George K. MacDonald, a well-known resident of this place, is telling his neighbors of the great benefit he has received from using Dodd's Kidney Pills.

"My trouble started from a strain and a cold," Mr. MacDonald states. "I was troubled with stiffness of the joints and cramps in the muscles. My sleep was broken and unrefreshing, my limbs were heavy and I had a dragging sensation across the loins.

"My back ached and I suffered from rheumatism, when reading an advertisement led me to try Dodd's Kidney Pills.

"I am only too pleased to say that the treatment was successful. Dodd's Kidney Pills have done me a great deal of good."

Mr. MacDonald's symptoms show that he was troubled with Kidney disease. That's why Dodd's Kidney Pills cured him.

To Disinfect a Room.

The usual method employed is to burn sulphur in a closed-up room, and this is perhaps as effective as any other method. Fill any large vessel, such as an old bucket or tin bowl, half full of earth, and stand it in the centre of the room on an old metal tray. Lay a piece of paper on the top of the earth, and pour onto this a pound of common sulphur or brimstone. Close all the windows, and push a mass of crumpled newspapers up the chimneys, set the projecting edges of the paper alight in several places, so that it might ignite the sulphur. Leave the room, closing the door tightly. A mat laid on the outside will prevent the fumes escaping from the room. If the room is disinfected after a serious illness brown paper should be pasted over the edges of the window and door, and left for twelve hours after the sulphur has burnt out. After that time the windows should be opened and left open for twenty-four hours. The fumes of sulphur will destroy the colors of most fabrics, and therefore during any sickness of an infectious nature nothing should be used in the way of hangings except such as can be disinfected afterwards. All bedding should be sent to a professional disinfector. The sanitary or health authorities in a town will generally give particulars of this work, and see that it is done. All wallpaper in a room must be stripped off and destroyed, a fresh paper being put on its place. Old paper is in itself a great cause of infection, and a new paper should never be pasted over an old one. This should always be removed beforehand.

A FOOD DRINK

Which Brings Daily Enjoyment.

A lady doctor writes:

"Though busy hourly with my own affairs, I will not deny myself the pleasure of taking a few minutes to tell of the enjoyment obtained daily from my morning cup of Postum. It is a food beverage, not a stimulant like coffee.

"I began to use Postum 8 years ago; not because I wanted to, but because coffee, which I dearly loved, made my nights long, weary periods to be dreaded and unfitting me for business during the day." (Tea is just as injurious as coffee, because it, too, contains the health-destroying drug, caffeine.)

"On advice of a friend, I first tried Postum, making it carefully as suggested on the package. As I had always used 'cream and no sugar,' I mixed my Postum so. It looked good, was clear and fragrant, and it was a pleasure to see the cream color it a light golden-brown.

"Then I tasted it critically and was pleased, yes, satisfied with my Postum in taste and effect, and am yet, being a constant user of it all these years.

"I continually assure my friends and acquaintances that they will like Postum and receive benefit from its use. I have gained weight, can sleep and am not nervous."

Name given by Canadian Postum Co., Windsor, Ont. Read "The Road to Wellville," in pkgs.

Postum 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.

Both kinds are equally delicious and cost per cup about the same.

"There's a Reason" for Postum.

—sold by Grocers.

Leon Chester Thrasher,

American, whose death through sinking of "Falaba" by U-28, may cause serious complications, according to the position taken by the United States, in its reply to the German notification of a submarine war zone, the destruction of American life, or American property through enforcement of the decree, would be looked upon as an unfriendly act. Thrasher was a mining engineer, and was bound for Secondee, West Africa, when he met his death.

A Nova Scotia Case Of Interest to All Women

Halifax Sends Out a Message of Help to Many People.

Halifax, N.S., Dec. 15.—When interviewed at her home at 194 Argyle St., Mrs. Haverstock was quite willing to talk of her peculiarly unfortunate case. "I was always 'blue' and depressed, felt weak, languid and utterly unfit for any work. My stomach was so disordered that I had no appetite. What I did eat disagreed. I suffered greatly from dizziness and sick headache and feared a nervous breakdown. Upon my druggists recommendation I used Dr. Hamilton's Pills.

"I felt better at once. Every day I improved. In six weeks I was a well woman, cured completely after different physicians had failed to help me. It is for this reason that I strongly urge sufferers with stomach or digestive troubles to use Dr. Hamilton's Pills."

Dr. Hamilton's Pills strengthen the stomach, improve digestion, strengthen the nerves and restore debilitated systems to health. By cleansing the blood of long-standing impurities, by bringing the system to a high point of vigor, they effectually chase away weariness, depression and disease. Good for young or old, for men, for women, for children. All dealers sell Dr. Hamilton's Pills of Mandrake and Butternut.

Who Can Do It?

A Boston school teacher tells this story: 'Children," said a second-grade teacher, "you should be able to do everything equally well with your left and right hands. With a little practice you will find it so easy to use one hand as the other."

From the rear of the room came the piping inquiry:

"How about putting your left hand in the right-hand pocket of your trousers?"

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. Choice of Scenic and direct routes through the best of the West. Something to see all the way. Double track. Automatic electric safety signals all the way. Let us plan your trip and furnish folders and full particulars. B. H. Bennett, G.A., 46 Yonge St., Toronto, Ontario.

Except for their vanity, it would be impossible to please some people.

Minard's Liniment Cures Burns, Etc.

In a cinematograph show two Scotsmen were agreeably surprised to find a cup of tea and a biscuit given them free by an up-to-date management at 4 o'clock. Half an hour later one of them broke the silence. "We've seen the pictures noo, Tam," he said; "we micht as weel gang awa' oot." To which Tam, after a moment's thought, replied: "Gang ye awa' gin ye want tae! I'm stayin' tae dinner!"

Minard's Liniment Co., Limited.

Gentlemen:—I had my leg badly hurt, the pain was very severe and a large swelling came above the knee. I expected it would be serious—I rubbed it with MINARD'S LINIMENT, which stopped the pain and reduced the swelling very quickly. I cannot speak too highly of MINARD'S LINIMENT.

AMOS T. SMITH.

Port Hood Island.

"Don't you think some men look better with long whiskers?" asked the critical girl. "Yes," replied Miss Cayenne. "I do think every man who insists on having a large diamond in his shirt front ought to be compelled to wear long whiskers."

Minard's Liniment Cures Dandruff.

Best Liniment of All Destroys Every Pain But Never Burns

"How thankful we are to get hold of such a wonderful household remedy as Nerviline," writes Mrs. E. P. Lamontagne from her home near Wetaskawin, Alberta. "In this far-away section, far away from a doctor or druggist, every family needs a good supply of liniment. Nerviline is the best of all. It destroys every pain, but never burns. We use Nerviline in a score of ways. If it's rheumatism, aching back, pain in the side, sciatica or stiff neck,—you can laugh at them if you have lots of Nerviline handy. For earache, toothache or cramps I don't think anything could act more quickly. For a general all-round pain remedy I can think of nothing more valuable and speedy to cure than Nerviline."

The above letter is convincing—it tells how reliable and trusty this old-time remedy is. Nerviline for forty years has been a household word in Canada. Scarcely a home in Canada you can find without Nerviline. Every community has it living examples of the wonderful curative properties of Nerviline which will cure pains and aches anywhere in the joints or muscles. It's penetrating, soothing, warming and safe for young and old to use. Get the large 50c. family size bottle; it's the most economical. Small trial size 25c. at any dealer's anywhere.

Whooping Cough.

"The germ of whooping cough was discovered by Bordet and Gengou, two French bacterologists. It grows in the air passages leading to the lungs, and the presence of masses of germs on the delicate lining of these passages irritates them and causes the spasmodic cough. A rapid succession of these coughs catches the breath and the spasm ends in a deep in-rush of air, the "whoop."

The germs are present in great numbers in the spray thrown out in coughing, particularly during the early stages of the disease, and they are likely to get smeared over the hands of the patient while he struggles to get his breath during the coughing spasm. So the disease spreads very rapidly by more or less direct contact, the germs being passed from mouth to hand and from hand to mouth, or exchanged on pencils, drinking cups and other things which go from mouth to mouth.

Whooping cough is a particularly hard disease to check because the patient is usually up and about for a period of many weeks and has a much greater chance of spreading germs than if he were isolated in bed. Often whooping cough is caught from a child in the early stages before the whoop develops and when people think it has only an ordinary cough.

The only safe rule is to keep children away from other children who have any cough at all.

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.

"Oh, yes, my husband is an enthusiastic archaeologist!" said Mrs. Moles. "And I never knew it until yesterday! I found in his desk some queer-looking tickets with the inscription, 'Flyaway, 8 to 1.' And when I asked him what they were he said they were relics of a lost race. Isn't that interesting?"

Minard's Liniment for sale everywhere.

SEED POTATOES.

EARLY IRISH COBBLER POTATOES, specially selected and Government inspected for seed. Only limited quantity. Price, One Dollar per bushel f.o.b. Brampton. Also Connoisseur's Pride and New Snow, two excellent new potatoes. Price, Two Dollars per bushel. Special prices for large quantity. Cash must accompany all orders. H. W. Dawson, Brampton.

NURSERY STOCK.

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

STRAWBERRY PLANTS, GOOD PLANTS, guaranteed, Senator Dunlap $3.50 per thousand, $2.00 for 500, $1.25 for 250, f.o.b. Bloomfield. Leavens Orchards, Howard Leavens, Bloomfield, Ont.

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PROFIT-MAKING NEWS AND JOB OFFICES for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide St., Toronto.

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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.

NO MORE DANDRUFF.

DANDRUCURE

Will stop your falling hair, cure the itching, and make your hair glossy and smooth. At your Druggist, or sent postpaid, 2 oz. size, 50c. 504 Traders Bank Bldg., Toronto, Ont.

Success assured in rearing Baby Chicks if you feed them

Purina Chick Feed

Send dealer's name and ask for particulars.

The Chisholm Milling Co., Ltd., Dept. 6. Toronto, Ontario.

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"America's Standard 4 Cycle Marine Motor"

4 Cycle, 4 Cylinder, 12 to 20 H.P. Highest quality. Silent operation. No vibration. Controls like the finest Motor Car engine. Extremely economical on fuel. Used as standard equipment by over 40 per cent. of the world's leading boat builders. Catalog on request. $150 to $360 depending on equipment. KERMATH MFG. CO. Dept. Detroit, Mich.

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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.

Still Holds Its Own.

The automobile people to the contrary notwithstanding the best sparking device continues to be a sofa, with the lights turned low.

Minard's Liniment Relieves Neuralgia.

"Nature," observed the philosopher, "always tries to make compensation. For instance, if one's eyesight is lost the sense of hearing grows more acute." "Faith," replied Pat, "I believe you're right, for I've noticed that when a man has one leg shorter, the other is always longer."

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.

"Poor Jim was always such a considerate husband, mum." "Considerate! Why, the brute used to beat you." "True, mum; but he never hit me where the marks could be seen by the neighbors, mum."

Canoes, Skiffs, Motor Boats

THE PETERBOROUGH LINE.

If any cance can give you satisfaction, it is a "PETERBOROUGH." Always and ever the acme of service, model, strength and finish. Over fifty styles and sizes. Write for catalogue. The latest canoe is the Peterborough canvas covered. Ask for illustrated folder. Skiffs for the popular Outboard Motors. Power Launches, all sizes and powers. Get folders telling all about these.

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