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.

RUSSIA'S STRENGTH GROWS.

New Prime Minister Says She Is "Bound to Win."

"Instead of diminishing, our strength is growing greater day by day. Our armament is now equal to that of the enemy, while we possess more fighting men than Germany, Turkey and Austria. The inevitable conclusion is that we are bound to win."

The foregoing is an extract taken from an interview given by Premier Sturmer of Russia to the Petrograd correspondent of the Paris Journal. The balance of the interview follows:

"The Czar's policy toward Poland is based on honor. His intentions regarding Poland have twice been manifested, once by Grand Duke Nicholas in his manifesto at the opening of hostilities; again through the declaration of my predecessor, Premier Goremykin, on July 19, 1915. The programme so categorically laid down by the Grand Duke and M. Goremykin will be applied to Poland with absolute integrity. We are aware of Poland's sincere loyalty to our cause, and the high courage of the Polish soldiers who have fought in our ranks since the war began.

"We have the utmost confidence in the future. Thanks to veritable prodigies in improvization and organization which would have been considered impossible two years ago, we have been able to build up our industries and national resources, until from having almost nothing with which to carry on the struggle we are now producing everything we need. As for combatants, we have more trained men now than ever before."

The pledges to Poland mentioned by Premier Sturmer guarantee Polish Jews civic liberties which they have not enjoyed heretofore.

Togs for the Family.

"I suppose tires are a big expense in automobiling."

"Yes, and attires."

Ever Eat Grape Nuts?

(Made in Canada)

There's a vast army of physical and mental workers who do not.

One reason—its delicious nut-like flavor.

Another—it is easily and quickly digested—generally in about one hour.

But the big reason is—Grape-Nuts, besides having delicious taste, supplies all the rich nutriment of whole wheat and malted barley, including the "vital" mineral salts necessary for building brain, nerve and muscle.

Always ready to eat direct from the package, Grape-Nuts with cream or good milk is a well balanced ration—the utmost in sound nourishment.

"There's a Reason"

—sold by Grocers.

From the Ocean Shore

BITS OF NEWS FROM THE MARITIME PROVINCES.

Items of Interest From Places Lapped By Waves of the Atlantic.

The little Gloucester fishing schooner, Elmer E. Gray, 84 tons, has entered the lumber carrying trade.

Private George Boone, of St. Andrews, who has twice been wounded, returned for the third time to the front last week.

A company in Woodstock, N.B., has secured a contract from the Dominion Government for early delivery of 3,000 tons of hay.

Several reports have been received in St. John's, Nfld., that seals are plentiful along the S. E. coast, but so far only a few have ben taken.

Twin boys were born to Mr. and Mrs. Jas. O'Donnell, Little Lorraine, recently. This makes the third birth of twins in that district since Christmas.

The public lands department at St. John's displays a marked improvement on any previous year. There is a $1,900 increase in revenue from leases.

The Halifax Graving Dock Co., is making another up-to-date addition to its plant by building and equipping a floating electric welding plant.

At Newcastle the dead body of Miss Hannah McInnes was found in her home where for some time she had lived alone. She had been dead several days.

Woman knitters in the Provincial Hospital at St. John, N.B., have turned out 1,500 pairs of socks in addition to doing a great deal of sewing for the Red Cross.

John March, very well-known in St. John and Kings county as long connected with educational and newspaper work in this province, died at his home in Hampton.

Andrew Paul, a native of Whycoco—the Indian settlement, Tufts Cove, died recently at an advanced age. He was well known to sportsmen of the past generation as a guide.

The Board of School Commissioners had before them one evening recently twenty-five fathers to answer to the charge that sons and daughters under the age of sixteen were delinquent attendants at school.

There is a much larger quantity of lumber cut on the Monquart stream at Bath, this winter, than has been cut for a number of years. One firm has 2,000,000 feet of lumber to drive from this stream this coming spring.

Plans for a campaign to double Newfoundland's complement of soldiers and sailors in active war service have been completed. So far 1,200 naval reservists and 2,000 soldiers have been enlisted and sent to England.

Stewart Cogswell, son of Dr. A. W. Cogswell, who has been taking a course at the Curtiss Aviation School at Newport News, has not only passed a successful test for his pilot license granted by the American Aero Club, but made the highest percentage of all students taking the course.

BABY'S OWN TABLETS GOOD AS GUARANTEED

Mrs. L. Isbell, Kingston, Ont., writes: "I am using Baby's Own Tablets and find them as good as advertised. They are certainly a wonderful remedy for little ones." Mrs. Isbell's testimony is like that of thousands of other mothers. Once a mother has used Baby's Own Tablets she will use nothing else for her little ones. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

TURKEY A VERY SICK MAN.

The Treasury Is Empty and the Arsenals Likewise.

The malady of the "Sick Man of Turkey" seems to have taken another and very acute form. In the past decade Turkey has suffered more than any other country from disasters, wars and internal rows. The Young Turks, headed by Enver Pasha, gained a tottering ascendency and went into the war on the side of Germany. Now, they are emphatically between the Devil and the deep sea. The sweeping advance of the Grand Duke in the East and the defeat and demoralization of the Turkish Army opposing him calls for every effort to be made to arrest his advance, and save all that is left worth while of Turkey, that is, the fruitful region of Asia Minor, or Anatolia.

Consequently, all the Turks in European Turkey must be hurried across the Dardanelles, and even then, they will probably not be able to stop the Grand Duke.

Germany, hard pressed as she is, can send no relief in men, ammunition or supplies to Turkey. The Bulgarians will probably break their unwelcome alliance with Turkey, and take advantage of the situation to recover the rich portions of territory which they lost to Turkey in the last war. The hundred different factions which have been held down by Enver Pasha's military power, aided by the presence of the German Generals and troops, will now assert themselves, and chaos come again. The Turkish treasury is empty, the Turkish arsenals likewise. Food, clothing and ammunition are not to be had, and the only thing that there is left to the Turks is their religious fanaticism which will hold them together, but not avail much in carrying on a war.

CRIPPLES AGAIN CAPTURED.

Men British Had Freed in German Ranks.

Among a batch of German prisoners who have just arrived in England are two soldiers who only a few months ago were sent back from England to Germany as unfit for further service.

Both men on their arrival in England were recognized by the military authorities as having been badly wounded and brought to England as prisoners last summer. One of them had actually lost an arm. In course of time the two men were, with others, sent back to Germany in exchange for British prisoners incapacitated for further service, and it was of course never imagined that they would be seen again.

Evidently, however, the Germans are hard pressed for men, for the one armed soldier and his "incapacitated" comrade were once more sent to the trenches, where for the second time they fell into British hands.

Both men, when challenged by the military authorities at the camp to which they were sent, frankly admitted that they had been captured twice.

Nova Scotia Man Has Good News

FINDS IN DODD'S KIDNEY PILLS A CURE FOR HIS RHEUMATISM.

States Out of His Own Experience That Dodd's Kidney Pills Are a Sure Relief From Pain.

Greenfield, Queen's Co., N.S., March 27th, (Special).—"To anyone who suffers from rheumatism I say: "Take Dodd's Kidney Pills. They will be sure to give you a release from pain." This is the message of Cornelius Hirtle, a well known farmer living near here. Mr. Hirtle suffered from rheumatism for four years and found a cure in Dodd's Kidney Pills.

"I was in bad shape for four years," Mr. Hirtle says in giving his experience. "My back and hips troubled me so much that I was not able to do much without suffering. I also had stiffness in the joints, my muscles cramped and I felt heavy and sleepy after meals. I had a bitter taste in my mouth, especially in the morning. My appetite was fitful and I was often dizzy.

"I suffered from shortness of breath, I was often dizzy and I was depressed and low spirited.

"I took six boxes of Dodd's Kidney Pills and they did me so much good that I am recommending them to all my friends. They are better than any doctor."

Every one of Mr. Hirtle's symptoms was a symptom of kidney disease. That's why Dodd's Kidney Pills cured him.

His Military Age.

The King and Queen recently paid a surprise visit to the National Hospital for Paralysis at Queen's Square, London. Some of the men were in bed, too ill to get up to greet their Majesties, but all who could do so lined at the front of their beds and saluted as the Royal visitors approached. The King had a long talk with a very young soldier, and laughed heartily at the patient's droll replies to some of his questions. Replying to a query as to his age the youth replied, "Nineteen, your Majesty." "But that is your military age," said the King with a twinkle. The soldier did not appreciate the suggestion, but gravely replied that he was anxious to get back again and do his bit as soon as he was well enough. He is suffering from very severe shell shock.

Minard's Liniment Cures Burns, Etc.

Holding Him to His Word.

Bobby (trying to get away)—Say, pa, wait a minute. Didn't you tell the callers last night that I couldn't be beat for mischief?

Father—That's what I did, you young rascal.

Bobby—Well, then, what do you mean by beating me now?

To whom it may concern: This is to certify that I have used MINARD'S LINIMENT myself as well as prescribed it in my practice where a liniment was required and have never failed to get the desired effect.

C. A. KING, M.D.

No Cause for Alarm.

Mrs. Finnegan (to Mike, who has just come home)—Phwat's all the noise below? Did I hear some wan shout "Foire?"

Finnegan—Ye did; but make yerself aisy. The foir's in Widdy Malone's tiniment on the first flure, an' there's six flures bechune it an' us.

Minard's Liniment for sale everywhere

National Preparedness does not come from guns and dreadnoughts alone, but from men who are fit for the day's work. The making of men is a question of food and rational exercise. You can't build stalwart men out of an unbalanced "ration." Shredded Wheat Biscuit contains all the material needed for building the perfect human body. It is the whole wheat grain made digestible by steam-cooking, shredding and baking. One or more Shredded Wheat Biscuits for breakfast with milk or cream makes a man fit for work or play. It is ready-cooked and ready-to-serve.

Made in Canada.

A SPLENDID FEAT.

How British Motor-Boats Captured a German Gunboat.

A thrilling narrative has reached Cape Town of the capture of a German gunboat on Lake Tanganyika by two British motor-boats.

The gunboat was sighted at eight in the morning, whereupon the motor-boats immediately rushed at full-speed to the attack. Fire was opened at 2,500 yards, the Germans failing to hit.

The Britishers' second shot carried away the gunboat's wireless apparatus, and the third hit her on the water line. The gunboat then turned and fled, but the motor-boats were much the faster. The fifth shot killed the captain, who belonged to the Kœnigsberg.

The gunboat surrendered in twenty minutes after the action commenced. It was not seriously damaged. The engines and boilers were untouched, and repairs were effected within a week. The gunboat is five times the combined tonnage of the motor-boats.

The capture was due to the splendid dash and gunnery of the British, who fired fifteen shots while going at full speed in a choppy sea, and hit the gunboat twelve times.

The commanding officer had a tremendous reception on landing. Belgian officers tried to kiss him, while thousands of natives did a war dance and rubbed their heads with sand.

Worked Both Ways.

Book Agent—Here's a volume crammed with useful information. Chapter one, for instance, tells you how to manage servants.

Housewife—Don't want it. One can't get any help in this town to manage.

Agent—Then there's another chapter in the book on self-help.

Brave and Vigorous.

Junior—So you didn't propose to her, after all?

Weed—No. And I'm not going to. When I got to her house. I found her chasing a mouse with a broom.

THERMOR Waterless Hot Bottle — Remains Hot for 12 Hours — Lasts a Lifetime

It is made of metal, nickel plated, of a convenient size.

Simply boil the "Thermor" for ten minutes only (no longer) and it stays hot for full twelve hours at an even temperature of 125 deg. Recommended by physicians on account of the steady heat and sanitary metal case.

No trouble — no filling — no danger of scalding the hands—no leaks—no expense and one purchase lasts a lifetime.

In sickness, such as Neuralgia, La Grippe, Rheumatism, Neuritis, Inflammation—in fact all aches and pains, the "Thermor" is invaluable. As a bed-warmer and a foot-warmer it has no equal.

"The "Thermor" measures 8½" across and is 1½" thick, yet it weighs less than a filled two quart rubber bottle.

The price is $4.00 sent Postpaid anywhere and sold under an absolute guarantee from the makers.

High-class representatives wanted in some territories.

GOLDEN GATE MANUFACTURING COMPANY, LIMITED
9 Youville Street,
Montreal.

Canadian Woods Only.

Not very long ago Lord Shaughnessy announced that so far as possible Canadian woods only would be used in connection with the construction and interior finish of all Canadian Pacific buildings, railway cars, etc., an announcement which was hailed with great satisfaction by the lumber interests of the Dominion. That such a programme was possible was known to the forestry experts who have supplied to the various Canadian Government exhibits in Europe and the United States magnificent samples of hardwoods with beautiful grains and attractive finish. It would seem that these woods are not being exploited sufficiently, but, no doubt, now that it is known there will be a good demand for it, manufacturers will give the matter greater consideration.

Breaking it Gently.

He had just been accepted.

"Does your father know I write poetry?" he asked, anxiously.

"Not yet, dear," she replied. "I've told him all about your drinking and your gambling debts, but I couldn't tell him everything at once."

Sore Eyes — Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. Murine Eye Salve in Tubes 25c. For Book of the Eye Free ask Druggists or Murine Eye Remedy Co., Chicago

Cause of Collapse.

The foreman employed by a big contractor rushed into the office of the boss, wild-eyed and palpitating.

"Boss," said he in a greatly agitated voice, "one of them new houses of ours fell down in the night!"

"What's that?" exclaimed the boss, jumping right up and beginning to take notice. "What was the matter? How did it happen?"

"It was the fault of the workmen, boss," answered the foreman. "They made the mistake of taking down the scaffolding before they put on the wallpaper."

Minard's Liniment Relieves Neuralgia.

Cheering Thought.

"Cheer up, old man! All things come to those who wait."

"Not a situation; not a position."

"Sure they do! You'll find yourself in an unpleasant situation and an embarrassing position if you only wait long enough."

EMPIRE BUSINESS COLLEGE
346 Broadview Ave., Toronto, Ont.
$30 Day — 6 MONTHS COURSE — $15 Night
The only College in Canada teaching all Typewriter Keyboards
Our rates are half those prevailing elsewhere

CANADA'S GREATEST Muskrat Handler is the old firm of HIRAM JOHNSON Limited, 410 St. Paul St. W., Montreal.
Ship all your furs there and obtain full value.

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We furnish cans, pay express charges and guarantee highest prices

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SWEET OR SOUR

Write for particulars.

TORONTO CREAMERY CO., LIMITED
References Any Banker — TORONTO ONT.
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The Ideal Winter Resort
Beautiful Drives, Saddle Riding, Golf, Tennis, Yachting, Fishing and Sea Bathing. Present Garrison of the Ottawa (38th) Regiment.
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Princess Hotel
is open from DECEMBER to MAY
Situated on the Harbor of Hamilton. Accommodates 400.
Rates: $25 per week and upward.
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HAMILTON, BERMUDA
Bermuda is reached by the steamers of the Quebec S. S. Co., 32 Broadway, New York.

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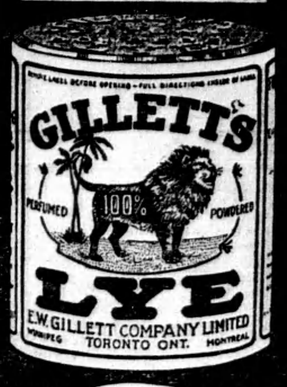

Used for making hard and soft soap, for softening water, for cleaning, disinfecting and for over 500 other purposes.

REFUSE SUBSTITUTES.

E.W. GILLETT COMPANY LIMITED
TORONTO, ONT.
WINNIPEG MONTREAL

A Duplicate to be Desired.

Bride-to-Be—I hope, dear, we won't get any duplicate wedding presents.

Groom-to-Be—Oh, I don't know. Dad's promised us a $5,000 check, and I wouldn't mind getting a duplicate from your father.

Minard's Liniment Cures Dandruff

Moral suasion is all right in its way, but there are times when it should be backed up with a gun.

SEED POTATOES

SEED POTATOES, IRISH COBblers, Deleware, Carman. Order at once. Supply limited. Write for quotations. H. W. Dawson, Brampton.

FOR EXCHANGE

PAIR SILVER BLACK CROSS BRED foxes, trade for used car. Reid Bros., Bothwell, Ont.

NURSERY STOCK

HIGH-CLASS NURSERY STOCK — buy and save middleman's profits; write for catalogue. Dominion Nurseries (Smith, Reed & Co.) St. Catharines, Ont.

FOR SALE.

FOR SALE—COAL OIL AND GASOline Buckeye Traction Ditching Machine; only did about three months work will sell right, on account of illness. B. Phillips, Chesley Ont.

HELP WANTED.

WANTED—UPHOLSTERERS, Machine-hands, Cabinet makers and boys, steady work, highest wages. Apply Lippert Furniture Co., Ltd., Berlin, Ont.

UPHOLSTERERS WANTED FOR pad and slip diner work. State experience. Factory running ten-hour day. Owen Sound Chair Co., Ltd., Owen Sound, Ont.

AT ONCE—BRUSH HANDS WITH furniture experience preferred, steady employment. Address The Meaford Mfg. Co., Limited, Meaford, Ont.

WANTED GIRLS FOR KNITTING and Finishing Departments; good wages. Apply Kingston Hosiery Co., Ltd., Kingston, Ont.

WOOLEN MILL HELP: CARDERS spinners and weavers. We will pay inexperienced help while learning weaving. Good wages paid in all these departments and steady work for months to come. For further particulars, apply to the Slingsby Manufacturing Co., Ltd., Brantford, Ont.

FOR SALE.

BAKERY, HIGH CLASS; ESTABlished ten years. Sickness forces me to sacrifice. Bennett, 590 Dundas Street, Toronto.

WHITE LEGHORN COCKERELS; Leghorn Rhode Island, Black Minorca. Buttercup hatching eggs. Cecil Meehan, Portneuf Station, Qubec.

NEWSPAPERS FOR SALE.

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 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.

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Mailed free to any address by the Author
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Blocks wheels and takes profits.

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Kills friction and makes profits.

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