REPLENISH YOUR BLOOD IN THE SPRING

Just now you are feeling "out of sorts"—not your usual self. Quite exhausted at times and cannot devote real energy to your work. Sleep does not rest you and you wake up feeling "all tired out." Perhaps rheumatism is flying through your muscles and joints, or may be your skin is disfigured by rashes, boils or pimples. Headaches, twinges of neuralgia, fits of nervousness, irritability of temper and a disordered stomach often increase your discomfort in the spring.

The cause—winter has left its mark on you. These troubles are signs that your blood is poor and watery, that your nerves are exhausted. You must renew and enrich your blood at once and restore tone to your tired nerves, or there may be a complete breakdown. The most powerful remedy for these spring ailments in men, women and children is Dr. Williams' Pink Pills for Pale People, because these Pills cleanse bad blood and strengthen weak nerves.

New, rich, red blood—your greatest need in spring—is plentifully created by Dr. Williams, Pink Pills, and with this new, pure blood in your veins you quickly regain health and increase your strength. Then your skin becomes clear, your eyes bright, your nerves strong, and you feel better, eat better, sleep better, and are able to do your work.

Begin your spring tonic treatment to-day for the blood and nerves with Dr. Williams' Pink Pills — the Pills that strengthen.

These Pills are sold by most dealers, but do not be persuaded to take "something just the same." If you can't get the genuine Pills from your dealers they will be sent you by mail, post paid, at 50 cents a box or six boxes for $2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

NEW FOUNTAIN OF YOUTH.

Recently Field Marshal Von Hindenburg gave expression to some interesting views regarding the influence the war has held on the youth, vitality and energy of the men engaged in it. It was at his headquarters in Russia a few weks ago that the field marshal received a call from an 80-year-old man who had been a neighbor of his for a long time. He was delighted to see the aged man so full of energy and vitality, and made some complimentary remarks on the care he took of himself.

"But, my dear field marshal," replied the aged man, "I am at home, enjoying every comfort, and have little else to do but look after myself. I am, however, wondering how you manage to keep your health and look younger than your sixty-eight years in all the storm and stress of this campaign. I understand you go to bed very late and get up very early. Yet you appear in better health than ever before."

"My friend, it is all a matter of the will," replied the field marshal. "Whatever happens I make up my mind to face it, and there is the whole secret of youth. All that is necessary is to have some fixed purpose, some aim or ambition ever before you, and it is amazing how cheerfully you will do your work. Then it is that you have no time to think of getting old. You sleep less and eat less, never think of looking at the clock, but simply work, work, work. It is immaterial whether the weather is stormy or the sun is shining; you don't even notice it. That is what is keeping me young."

WISE HOSTESS.

Won Her Guests to Postum.

"Three great coffee drinkers were my old school friend and her two daughters.

"They were always complaining and taking medicine." (Both tea and coffee are injurious to many persons, because they contain the subtle, poisonous drug, caffeine.) "I determined to give them Postum instead of coffee when they visited me, so without saying anything to them about it, I made a big pot of Postum the first morning.

"Before the meal was half over, each one passed up her cup to be refilled, remarking how fine the 'coffee' was. The mother asked for a third cup and inquired as to the brand of coffee I used. I didn't answer her question just then, for I heard her say a while before that she didn't like Postum unless it was more than half coffee.

"After breakfast I told her that the 'coffee' she liked so well at breakfast was pure Postum, and the reason she liked it was because it was properly made.

"I have been brought up from a nervous, wretched invalid, to a fine condition of physical health by leaving coffee and using Postum.

"I am doing all I can to help the world from coffee slavery to Postum freedom, and have earned the gratitude of many, many friends." Name given by Canadian Postum Co., Windsor, Ont.

Postum comes in two forms:

Postum Cereal—the original form—must be well boiled. 15c and 25c pkgs

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

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

"There's a Reason" for Postum.

—sold by Grocers.

GERMANS HOME GARDENS.

Strict Account of Seed Sales Are Kept.

Everything indicates that the great home gardening campaign of 1915 is to be duplicated in Germany this year, but on an even more extensive scale. Seedmen report that people began to buy garden seeds with a rush in January and the buying is now proceeding at a rate never before known. The great dealers at Erfurt, where the seed industry has its centre, are answering mail orders with printed postcards begging customers to be patient till they can fill the orders.

The strictest care is being taken that seeds be bought only for bona fide purposes. An American in Berlin, the owner of a small garden, ordered seed potatoes from Erfurt, and was surprised a week later to receive from a dealer a blank form on which the police were to certify to the fact that he owned a garden and was therefore entitled to buy seed potatoes. Otherwise he might have got seed potatoes that cost threefold more than ordinary ones.

The Imperial Government, which had taken no action last year for the encouragement of vegetables growing, has now established a special bureau at Berlin for that purpose. It has appointed a horticultural expert to take charge of it and to inaugurate and conduct a country-wide campaign for the increase of vegetable production. His plan of operations embraces practical measures of help, besides more propaganda. All available lands about cities, factory sites, and elsewhere will be put into vegetables and properly cultivated. The superintendent of gardening is communicating with the various economic war organizations to induce them to look after suplies of manure for the armies of volunteer gardeners thus to be called into the field; the waste from slaughter houses and cold-storage plants, and the sweepings from the streets are to be turned over to them at a very low cost.

Not only will vegetables be grown in greater quantities than ever before, but the preserving of them will be on a larger scale than ever known. The 52 canning and preserving factories at Brunswick (the centre of the industry) put up about 200,000,000 cans of vegetables from last year's crop, as compared with 70,000,000 cans for 1914.

WAR CROSS ON KNIFE GRINDER

Paris Dressmakers Crowd to Patronize Disabled Soldier.

Disabled soldiers are already finding their way into minor occupations—the "petits metiers." The Paris Figaro notes the presence in the streets of one armed knife grinders, one of whom, it says, was seen wearing the War Cross. He did a thriving business in the Rue de la Paix, where it seemed as if all the dressmakers had suddenly decide to have their scissors sharpened.

For centuries it has been French custom for an itinerant grinder to give some souvenir to his customers. This modern "remouleur" gave a copy of the "Marseillaise."

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Baby's Own Tablets are guaranteed by a Government analyst to be absolutely safe and free from injurious drugs. Once a mother has used them she would not use anything else for her little ones. Concerning them Mrs. George Taillon, Noelville, Ont., writes:—"Please send me two more boxes of Baby's Own Tablets for I have found them so good for my baby, I 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.

LESSON FOR AMERICANS.

Superb Spirit of People in England Praised by Traveller.

The following are extracts from a letter just received in New York from a distinguished American now in England:

The superb spirit meets you here at every turn. Lord Ruthven—a Crimean veteran, 77 years old, but as spry as a cricket and twice as jolly, now back in service as Provost Marshal of London—took me the other day to Victoria Station to see the seven days' leave of absence men start back for the trenches. Their womenfolk were there, and no weeping, no embracing and falling in a faint, but just kiss, a bright smile, a "good luck," a wave of the handkerchief as the train pulled out, and the babies in their arms kissing their hands to "daddy," whom perhaps (and probably) they will never see again. I wish people from St. Louis, Kansas City, Atlanta, and Omaha could come over here and get it into their heads that an ardent longing for peace is not the finest thing in the world, and that they have wealth and comfort and ease now because their forefathers knew what was right and fought for it. And the gentlemen in Wall street might well come over to learn here (and even more in France) that money is not the chief end of life and that there are more creditable things to be done than screw the last cent out of your friends on war contracts in the hour of their need.

BEAT BACK THE GERMANS.

Description of a Canadian Charge Against the Enemy.

An N.C.O. in the —— Gordon Highlanders, in a letter home, recently received in Scotland describes how on one occasion the Canadians came to the support of the Gordons. The lines of a British regiment had been broken, and the Gordons were sent up to relieve the situation. The N.C.O. writes: "We reached the other side (of a belt of trees) and found the Huns coming on. We got the order to charge when they were about 300 yards off. We reduced their number by one-half with the bayonet, and then we lay down and potted the rest as they tried to scuttle away. I don't think more than a dozen escaped.

"Then we had to retake the trench. I don't know if we should have managed it, but the Canadians came up as supports to us. They are simply splendid; and with their cries of 'Good old Gordons,' and 'There's nae place like Scotland' ringing above the awful din, we retook the trench. I have seen a lot, but the Canadian rush was top-notch. Those Canadians, with a roar like the crashing of waves on a rocky shore, dashed forward. Clean over our heads they leaped, and things did get lively with bayonets, clubbed rifles and everything. In one case I saw a stalwart Canadian seize a Hun and, lifting him high over his head, fling right into the middle of their barbed wire. The scrap was short and sharp, the Canadians beating back the Huns."

Manitoba Woman Sends Message

TELLS SUFFERING WOMEN TO USE DODD'S KIDNEY PILLS.

Mrs. F. J. Garlis, Who Suffered With Backache, Says That the Results She Got From Dodd's Kidney Pills Were Wonderful.

Stewart Valley, Sask., April 3rd. (Special.)—Mrs. F. J. Garlis, wife of an estimable resident of this place, is enthusiastic in her praises of Dodd's Kidney Pills.

"Dodd's Kidney Pills have helped me wonderfully," Mrs. Garlis says in an interview. "A year ago I was so bad with my back I could hardly move. I took four boxes of Dodd's Kidney Pills and they helped me more than I can tell you."

Mrs. Garlis is now able to attend to her household duties as well as nurse her fine big baby boy and she feels that she cannot recommend Dodd's Kidney Pills too highly.

Backache is the bane of the average woman's life. It is accompanied by a weakness and lassitude that makes life a burden. But thousands of women all over Canada are telling their suffering sisters that relief and cure is to be found in Dodd's Kidney Pills. They cure the kidneys and nine-tenths of women's ills come from diseased or disordered kidneys.

Saving for a Sunny Day.

Jake Penticoff was a unique character. He had a large family, and although he was reasonably diligent in the use of saw and axe on the village woodpiles, he frequently came to seek aid from the city fathers.

"I gotta haff a sack of flour," said Jake on one occasion. "I'm I'll out, and my family iss starfin'."

"All right, Jake," said the official. "If you need a sack of flour, and have no money to buy it with, we'll get you a sack. But see here, Jake, there's a circus coming to town in a few days and if we get you a sack of flour you are sure you will not sell it and take your family to the circus?"

"Oh, no," said Jake, "I already got tat safed up. Yes, I got money to go to the circus."

Hard Luck.

Mrs. A.—You seem to have bad luck with your cooks.

Mrs. B.—Yes; the first stayed only three days and the second I can't get rid of.

Shaving a Pleasure —Not an Operation.

USE IT, the wonderful new skin food and wrinkle chaser, is a boon to men with heavy, wiry beards and tender skins.

A man who has used it for a short time said recently: "Shaving is a pleasure now. I used to consider it almost an operation."

It is only necessary to rub a few drops of Usit into the beard before lathering to enjoy an easy, quick shave.

Usit penetrates into the pores, softens the beard, and gives a clean, close shave. The beard peels right off, without pulling a hair.

Usit is kind to tender skin. There is no smarting or soreness after shaving. Gives the face a fine feeling of smoothness and freshness.

Uselt prevents dryness of the skin caused by exposure to excessive winds.

Accept no substitute.

Send 50c to-day for a trial bottle—sufficient for over six weeks' use.

USEIT MANUFACTURING COMPANY,
475, Roncesvalles Avenue,
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EMPIRE BUSINESS COLLEGE
346 Broadview Ave., Toronto, Ont.
$30 Day | 6 MONTHS COURSE | $5 Night
The only College in Canada teaching all Typewriter Keyboards
Our rates are half those prevailing elsewhere

America's Pioneer Dog Remedies

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DOG DISEASES
And How to Feed
Mailed free to any address by the Author
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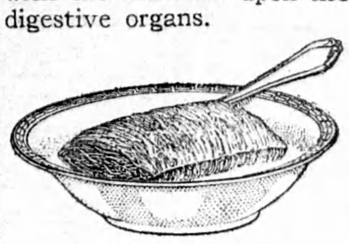
118 West 31st Street, New York

Your Ninety-First Birthday—how are you going to celebrate it? You can live to celebrate it by eating the right kind of foods. Give Nature a chance. Stop digging your grave with your teeth. Cut out heavy meats, starchy foods and soggy pastries and eat Shredded Wheat Biscuit. It supplies all the nutriment for work or play with the least tax upon the digestive organs.



Made in Canada.

IN A LITTLE FRENCH VILLAGE.

Inhabitants Made Cave Dwellers By Constant Shelling.

In the last 18 months we have been in probably 200 different towns or villages, but the most peculiar of all was the little town of P——. It was less than 2000 yards from the German lines, yet the civilians still live in the town, although not always in their houses, says a writer in Leslie's Magazine. A steep-sided, horseshoe-shaped hill incloses the little valley in which the town lies, and the toe of the shoe is toward the German lines. Three-quarters of the way up the side of the ridge is an outcropping of limestone, in which are many natural caves. The houses are built just in front of the caves, and the latter are used as stables, wine cellars and granaries. The brow of the hill is the site of a second line trench, so that the caves are occupied by troops and artillery horses. The civilians, however, refuse to be crowded out.

We were in this sector only a week but during that time the town was shelled every day, usually for half an hour between noon and 4 in the afternoon. At the sound of the first shell the troops and the women would all take to the caves and wait until the bombardment was over. More dangerous than the bombard-shells were the balles perdues or stray bullets that spattered into the town.

This constant shelling had demolished the church, schoolhouse and many of the dwellings of the town, but the parish priest moved both church and school into one of the caves, and there the children learned their lessons on weekdays and on Sunday gathered with their elders for the services of the church, secure from both bullets and shells.

The remains of the furniture from the shattered church and school buildings had served to scantily furnish the cave. The unconcern with which the people of this village looked upon the ravages of war would have been a great surprise to me if I had not seen similar evidences of fortitude in so many other places.

MURINE FOR YOUR EYES
Granulated Eyelids, Eyes inflamed by exposure to Cold Winds and Dust quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggists' 50c per Bottle. Murine Eye Salve in Tubes 25c. For Book of the Eye Free write
Murine Eye Remedy Company, Chicago

Her Fear.

Nervous Old Lady (as train stops suddenly)—What's the matter?

Trainman—There is a 200-foot embankment here and a whole train just rolled down it.

Nervous Old Lady—Oh, dear; I hope it wasn't ours.

Minard's Liniment Cures Dandruff

Worsted by War.

She—Your friend doesn't seem very happy.

He—Poor chap! Just lost a pot of money.

She—Through the war, I suppose.

He—Yes; the girl married a soldier.

I was cured of Acute Bronchitis by MINARD'S LINIMENT.
Bay of Islands. J. M. CAMPBELL.
I was cured of Facial Neuralgia by MINARD'S LINIMENT.
Springhill, N.S. WM. DANIELS.
I was cured of Chronic Rheumatism by MINARD'S LINIMENT.
Albert Co., N.B. GEO. TINGLEY.

Utility.

"Did your audience throw you bouquets after your speech."

"No," heplied the reckless orator; "they brought only useful gifts, such as bricks and other building material."

Minard's Liniment Cures Burns, Etc.

Helpful.

John—The French have gained four hundred meters from the enemy.

Auntie—How splendid! That should help to put a stop to those dreadful gas attacks!

Sure Thing.

"Money doesn't bring happiness."

"Maybe not. But it will help you greatly to go after it."

A BRASSEY STORY.

Lord Bassey, despite his great age, is very keenly interested in the war, and has presented his famous yacht, Sunbeam, to the Government of India for hospital purposes. Always noted for his love of an outdoor life, Lord Brassey in his younger days was an enthusiastic amateur cricketer, and many a game was played on his estate. On one occasion, the players being short of an umpire, one of his lordship's footmen was asked to fill the position. During Lord Brassey's innings a swift ball came and took the bail off neatly. "How's that?" he asked of the footman umpire. "I am afraid, your lordship,' said the man politely, "I must say that you are not at home." "Not at home!" exclaimed the noble batsman in surprise. "What do you mean?" "Well," returned the footman, with a neat bow, "if your lordship must have it, you are hout!"

Man's Adaptability.

It's funny how a man whose health is so poor that his wife has to carry the baby when they go out anywhere can walk fifteen miles around a lodgeroom with sixty pounds of robes and knick-knacks on him.

Minard's Liniment Relieves Neuralgia.

Part of Treatment.

Patient (to pretty nurse)—Will you be my wife when I recover?

Pretty Nurse—Certainly.

Patient—Then you love me?

Pretty Nurse—Oh, no; that's merely a part of the treatment. I must keep my patients cheerful; I promised this morning to run away with a married man who had lost both his legs.

MOTHERS

REMEMBER! The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (such as many of the cheap ointments contain) get into your child's blood! Zam-Buk is purely herbal. No poisonous coloring. Use it always.
50c. Box at All Druggists and Stores.

USE ONLY ZAM-BUK FOR CHILDRENS SORES

Before placing your order for seeds, see our 1916 **Golden Jubilee Catalogue** it is free

	Gov't. Stan.	Bus.
No. 1 Red Clover (Fancy)	$16.00	
No. 1 Alsyke	13.00	
No. 1 Timothy	5.75	

Allow 30c for each cotton bag
We pay railway freight in Ontario and Quebec over $25.00

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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.

MAGIC BAKING POWDER

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

Heard in Court.

Plaintiff's Lawyer—I rest the case.

Defendant's Ditto—You ought to; it's pretty weak.

Minard's Liniment for sale everywhere

SEED POTATOES

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

NURSERY STOCK

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

HELP WANTED.

WANTED GIRLS FOR KNITTING and Finishing Departments; good wages. Apply Kingston Hoisery 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.

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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 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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Limited, 410 St. Paul St. W., Montreal.
Ship all your furs there and obtain full value.

DON'T CUT OUT
A Shoe Boil, Capped Hock or Bursitis
FOR
ABSORBINE
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will reduce them and leave no blemishes. Stops lameness promptly. **Does not blister** or remove the hair, and horse can be worked. $2 a bottle delivered. **Book 6 M free.**

ABSORBINE, JR., for mankind, the antiseptic liniment for Boils, Bruises, Sores, Swellings, Varicose Veins. Allays Pain and Inflammation. Price $1 and $2 a bottle at druggists or delivered. Will tell you more if you write.

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Absorbine and Absorbine, Jr., are made in Canada.

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Pliable
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EUREKA HARNESS OIL
will do it.
Keeps new harness new. Makes old harness look like new.
Dealers Everywhere
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