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 your 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 purifier 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 determined 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.

CHICKENS FROM RICE.

How the Chinese Hatch Chicks and Ducklings.

The Chinese method of hatching as many as five hundred duck and chicken eggs in one sitting has not yet been adopted in this country.

Unhusked rice is used for the purpose, and when this has been roasted, it is either cooled by a fanning process, or the wind is allowed to blow through it until it is lukewarm.

The breeder then sprinkles a three-inch layer of rice in the bottom of a wooden tub, and on this surface places about a hundred eggs; another layer of rice about two inches thick is spread over them, and on this layer eggs are also placed, and the tub is filled in this way until there are six layers of rice and five layers of eggs, making five hundred eggs in all in the tub.

Every twenty-four hours the rice has to be heated, and for this purpose the eggs have to be removed, and the bottom layer this time being placed on top, and the other layers one row lower down, the eggs that occupied the central position in the tub now being placed at the edges.

There is some difficulty in gauging the exact time at which the eggs will hatch, and unless care is taken, some of the young ones are likely to be smothered.

This is, of course, the point at which the ability of the expert is shown.

HANDY HUSBAND.

Knew How to Get Part of the Breakfast.

"'I know one dish I can prepare for breakfast as well as any cook on earth,' said my husband one morning when the cook was ill and he had volunteered to help get breakfast. He appeared with his dish and I discovered it was Grape-Nuts which, of course, was easy to prepare for it was perfectly cooked at the factory, but it was a good illustration of the convenience of having Grape-Nuts about.

"We took up Grape-Nuts immediately after returning from a five years' sojourn in a hot country. Our stomachs were in bad condition and we were in poor health generally.

"In a day or two we liked Grape-Nuts better than any other kind of food on the table. We both gained steadily in health and strength, and this was caused by Grape Nuts and Postum.

"A friend of ours had a similar experience. She was seriously ill with indigestion and could find nothing to eat that would not give her heartburn and palpitation, especially at night.

"She found that a small dish of Grape-Nuts with cream made her a satisfactory supper and gave her a comfortable night's rest. In a short time she gained several pounds in weight."

"There's a Reason." Name given by Canadian Postum Co., Windsor, Ont.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

BIG LOAN SUBSCRIPTION.

French Bank Clerk Thought Stranger Was a Madman.

Amusing, and at the same time indicative of the spirit of France, is the story related by Rene Bures in the Figaro, and which concerns a subscription to the French national loan. It appears that in a certain small town, the name of which is not given for obvious reasons, a man of ordinary demeanor and clothing, with nothing to distinguish him from the great majority of his fellow-men, walked into the branch of a Parisian bank. The single employe stepped to the wicket.

"I wish to subscribe to the loan," said the stranger.

"How much?" the clerk demanded, indifferently.

"Twelve million francs," was the answer.

The clerk gagged. Finally he recovered himself and saw that the man was not joking. Neither did he have the air of a madman.

"How much did you say?" he sparred.

"Twelve million francs."

The clerk had heard of persons insane upon but one subject and he knew that to cross them meant courting danger.

"Just a moment," he stuttered, "I—I'll call the manager," And he hurried into the private office, not forgetting to lock his cash drawer. The manager, on hearing the story, came out with a jump. He stared at the customer. His clothes were neither too old nor too new; he wore a derby hat. Although he looked like an everyday man, surely not a man to hand over twelve million francs.

"A subscription?" coldly questioned the manager, buttoning his frock coat. (All French bank managers and hotel clerks wear frock coats.)

"Yes," and the stranger fixed his gaze on the manager. The latter began to wilt a bit.

"And you want to subscribe—how much?"

"I said twelve million francs," with a trace of irritation.

The manager pulled his necktie straight, fumbled with his cuffs, and looked around for an exit.

"But—that is, I mean to say—such a sum, you understand." His voice trailed away and then he mustered his courage. "Have you got twelve million francs?"

"Certainly."

"Er—here, with you?"

"Of course," and he pulled out a sheaf of certificates of deposit and handed them over. The manager turned them over to the clerk, who spoiled three receipts before he managed to fill one out properly, while the manager hovered at his shoulder. The mysterious stranger was simply a very wealthy man, whose name is well known, but who prefers to dress and live very simply. His name is withheld.

KEEP CHILDREN WELL.

To keep little ones well the bowels must be kept regular and the stomach sweet. Nine-tenths of childhood ailments are caused by derangements of these organs. Baby's Own Tablets never fail to regulate the stomach and bowels—that is why thousands of mothers would give no other medicine to their little ones. Concerning them Mrs. Chas. A. Turner, Marie Joseph, N.S., writes:—"We have been using Baby's Own Tablets off and on for the past year and a half and have found nothing to equal them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

"THE NEXT CASE PLEASE."

How a Bohemian Peasant Heard of the Death of His Son.

The Arbeiter Zeitung of Vienna, a news paper devoted to the interests of the workingman of Austria, prints the following incident.

"The scene," says the Arbeiter Zeitung, "is in a little village in Bohemia. Wenzel Nekvasil has received some legal paper. Neither he nor his wife can read, so his neighbors read it for him, telling Nekvasil that it is a summons to appear in the District Court.

"'Perhaps it is about my son,' said Nekvasil. You know we have not heard from him in four months.'

"At six o'clock in the morning of the 17th Nekvasil starts to walk to the District Court. When he reaches the Court building he is ordered to sit on a bench in the corridor. After waiting two hours he is called in.

"'You are Herr Wenzel Nekvasil?'

"'Yes, Your Honor.'

"'Your son, Franz Nekvasin, nineteen years old, who was with the Landsturm infantry regiment, No——, fell like a hero in battle in Galicia. Was he your son?

"'Yes, Your Honor.'

"'Well, assets to the value of 17.30 kronen were found on his person. Do you understand?'

"'Yes Your Honor.'

"'So I will declare you and your wife are the only heirs. Now you will please sign this examination paper.'

"'Nekvasil signs by making three croses.

"'So now you can go. Next please.'

"'Nekvasil goes to the door, but hesitates.

"'Is there anything else you wish? asks the official.

"'Pardon, but I am thinking of my son—is he dead?'

"'My dear friend, I thought that you understood. Viventis non datur hereditas—if he were alive there would be no reason for court action."

COFFEE WITH OR WITHOUT.

Many Years Ago People Did Mix It With Milk.

Evidently the Germans do not take kindly to black coffee, for we are told by the Neueste Nachrichten that on the day when the sale of milk is forbidden in Munich, the coffee houses are almost empty. Yet for many years after coffee was first drunk in Europe, says the Manchester Guardian, neither the Germans, nor anyone else, thought of mixing it with milk, any more than the Turks or Arabs do now.

The use of coffee an lait seems to date from 1867. Madame de Sevigne, writing to her daughter in that year, said that a doctor much in vogue "has taught us to mix sugar and milk with our coffee. They make a most delightful compound which will help to support me through the rigors of Lent."

In a letter written seven years earlier she had mentioned as an eccentric proceeding on the part of Madame de la Sabliere that "she drinks milk to her tea." Readers of "Unbeaten Tracks in Japan" may remember that one of the Ainus thought it disgusting that Mrs. Bishop should drink milk and pollute her tea with a fluid having so strong a smell and taste.

Can Do My Work Pain is All Gone

MISS DOLLIE McCLAIN TELLS OF DODD'S KIDNEY PILLS

Alberta Lady Tells of Quick and Complete Cure Through Using Dodd's Kidney Pills.

Ferguson's Flats, Alberta, April 10th (Special.)—"Yes, I am very glad I can say that I have tried Dodd's Kidney Pills and found them all that is claimed for them." So says Miss Dollie McClain, an estimable lady residing here.

"I was troubled with a sore back that made me almost helpless. I took one box of Dodd's Kidney Pills and my back is all right. I can do my work and the pain is all gone."

Thousands of women in Canada are suffering daily tortures from pain in the back. Thousands of others like Miss McClain are doing their work without an effort because they took the advice of others and cured their backache by using Dodd's Kidney Pills.

Every woman should use Dodd's Kidney Pills. They are the finest tonic in the world because, acting directly on the kidneys, they tone up those organs to do their full work of straining all the impurities out of the blood. Pure blood means new strength for all parts of the body. New strength means new cheerfulness. That is why so many women so cheerfully testify to the benefit received from using Dodd's Kidney Pills.

FAMINE IN GERMANY.

Renewed Stories of the Suffering of the People.

The London Chronicle has the following from Copenhagen:

It appears that the Germans are at last facing the facts of a threatening famine. New examples are daily told by travellers, especially by women. Up to the close of February it seems that a greater part of the population had not really suffered, although the rations had not long been greatly diminished, but in March a great change came, and a catastrophe is apprehended.

In a Danish journal, Dr. Edward Lehman, lately returned from Berlin, says everybody stays at home. It saves money and it saves strength.

Within a few days meat cards will be added to the bread cards and butter cards, meaning that the consumption of meat throughout the empire will be regulated from a central meat distribution office.

Minard's Liniment Cures Dandruff

Color, Anyhow.

The grocer had just put a new boy to work, and among the other instructions was this:

"If you do not happen to have what a customer asks for, suggest something else nearly like it as possible." Soon a woman came into the store and asked the boy: "Have you any fresh green stuff today?"

"No, ma'am," answered the boy, "but we have some nice bluing."

I consider MINARD'S LINIMENT the BEST Liniment in use.

I got my foot badly jammed lately. I bathed it well with MINARD'S LINIMENT, and it was as well as ever next day.

Yours very truly,
T. G. McMULLEN.

Feminine Logic.

Helen annoyed her father with questions while he tried to read the newspaper. One evening, among other things she demanded, "Papa, what do you do at the store all day?"

"Oh," he answered briefly, "nothing."

Helen was silent a moment, and then asked. "But how do you know when you are done?"

Minard's Liniment Cures Burns, Etc.

Make Your Body Tingle with life and energy for the day's work by eating foods that contain real nutriment—that do not use up all the vitality of the body in an effort to digest them. Shredded Wheat Biscuit supplies the greatest amount of body-building, energy-creating material with the least tax upon the digestive organs. It is a real whole wheat food, ready-cooked and ready-to-serve, containing the life of the wheat grain—nothing added, nothing taken away. Start the day right by eating Shredded Wheat with hot or cold milk. Serve it for luncheon with sliced bananas or other fruits.

Made in Canada.

FACTS ABOUT MUSK.

Peculiar Effects When It Is Carried Close to the Body.

The musk of commerce comes, for the greater part, from Tachienlu, a town in China that is known as the "Gateway to Thibet." Three thousand pounds of this odoriferous substance is exported annually. The bulk of it goes to France, where it is used in manufacturing perfumery. Musk is an essential ingredient of almost all perfumes.

Musk has certain radioactive properties that cause the odor of the perfume to be carried through the air in a very extraordinary way. The radioactive property of musk affects the natives who carry it to market very strangely. If a package of musk is held close to the body for any length of time, it produces sores that are similar in character to those caused by pure radium.

Musk is obtained from a sort of gland, or pouch, of the male musk deer, and it is secreted only during certain seasons of the year. The musk deer is a small animal, seldom more than three feet long and twenty-two inches in height. It is becoming more and more scarce every year, and at the present rate will eventually become extinct.

The Wisdom of Willie.

Mother (angrily)—Why didn't you come when I called you the first time?

Willie—'Cause I didn't hear you till you called the third time.

Mother—Now how could you know it was the third call unless you heard the other two?

Willie—Easy enough ma. I knew it was the third time 'cause you sounded so mad.

Obliged to Leave Early.

"Daughter, your new beau doesn't remain very late. The last one used to hang around until the milkman called.

"Well, you see, dad, this one is a milkman."

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.

TRAGIC FOLLY.

It will not be long before the fly season is again with us, accompanied by supplications from the general press to "swat the fly." Simultaneously, the deadly poison fly paper, makes its appearance, with the possible risk of fatal poisoning wherever there are children.

For during 1915 twenty-six cases of fly-poisoning were reported from eleven states. In 1914 forty-six children were innocent victims.

This record is in all probability incomplete as symptoms of arsenical poisoning are so similar to those of choltra infantum that even physicians of long experience are likely to confuse them, and the subsequent illness, is ascribed to cholera infantum.

The Michigan U.S.A. Legislature has already passed a law regulating the sale of poisonous fly papers. The question should be considered by every civic body of Canada and the States to stop infantum mortality from an absolutely unnecessary cause.

As They Often Do.

When the fish are running freely
That's the time to fish, they say,
But it irritates one, really,
When they only run away.

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**

Fine for Love-Making.

"The planet Jupiter has five moons."

"How romantic the nights must be there!"

Minard's Liniment Relieves Neuralgia.

His Concern.

"What's the matter, old man? In debt?"

"Exactly."

"I wouldn't worry about that if I were you."

"I'm not worrying about being in debt; what troubles me is that my creditors refuse to let me get in any deeper."

ZAM-BUK

Purely Herbal—No poisonous coloring matter.
Antiseptic—Stops blood-poisoning, festering, etc.
Soothing—Ends quickly the pain and smarting.
Heals all sores.

50c. Box. All Druggists and Stores

KEITH'S SEEDS THE FARMERS SEEDSMAN — FIFTY-YEARS' SERVICE — 1866 1916

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

GEO. KEITH & SONS SEEDS — 124 KING ST. E. TORONTO

DR. LAWRASON'S TRADE MARK MEXICAN LINIMENT

Should be in every stable.
STOPS BLEEDING INSTANTLY.

Cures Caked Udders

Sore Neck — Galls — Distemper — Spavins — Curbs or Splints. It has no equal.

Price 25c—50c and $1.00 sent prepaid promptly on receipt of price if your druggist cannot supply.

Dr. Lawrason Medicine Co.
Dept. H. Toronto, Ont.

SPECIALLY MADE FARM FOOTWEAR DELIVERED TO YOU $3.25

Here is a light weight, durable and comfortable working shoe specially suitable for farmers, woodsmen, millmen, trackmen, laborers—all who require extra strong, easy footwear for working in. We make them of the splendid oil-tanned Skowhegan waterproofed leather that has made

Palmer's "Moose Head Brand"

famous for almost forty years. No need to suffer with tired, sore, aching, burning feet. Get a pair of these and find ease and comfort. If your dealer doesn't carry them, send us his name, enclosing $3.25, and we will ship you a pair, all charges paid, to any address in Canada or U. S. Remit (stating size) by postal or express order. Same style as shown, 8 eyelets high, $3.75. Write for our catalog fully illustrating our Summer and Winter footwear.

JOHN PALMER CO., Limited.
Fredericton, N. B., Canada.

ROYAL YEAST CAKES — MADE IN CANADA — E.W. GILLETT COMPANY LIMITED TORONTO, ONT.

Has been Canada's favorite yeast for more than forty years.

Enough for 5c. to produce 50 large loaves of fine, wholesome nourishing home made bread. Do not experiment, there is nothing just as good.

E.W. GILLETT CO. LTD
TORONTO, ONT.
WINNIPEG MONTREAL

Her Comeback.

Evangeline—How do you like my new hat?

Caroline—I think it is charming. I had one just like it last year.

Minard's Liniment for sale everywhere

A man can even boast of his rheumatism until he gets it.

SEED POTATOES

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

HELP WANTED.

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

WANTED — LATHE MACHINISTS and Fitters, Toolmakers, also operators experienced on the larger size shells. Phone or wire applications preferred. B. Bell & Son Company, Ltd., St. George, Ont.

WANTED SPINNERS ON DAVIS & Furber and Whitley Machines. Steady work and highest wages paid. For full particulars, apply The Slingsby Manufacturing Co., Ltd., Brantford, Ont.

WANTED GENERAL MACHINISTS and belt sanders (men), also finishers and rubbers for high-grade furniture. Apply stating experience, Andrew Malcolm Furniture Co., Kincardine, 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.

AGENTS WANTED.

LIVE AGENTS WANTED FOR every County in Ontario, with exclusive territory to right men, house calls by appointment and sales practically certain, snap for college students who wish to make high wages for vacation days; write quick for particulars, giving age, experience and location desired. The Art Memorial Publishing Co., Box 7, 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.

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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.

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

MICA AXLE GREASE

Has been the standard for years. The mica fills the pores in the spindle. Saves friction, wear and money.

Dealers Everywhere

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BRANCHES IN ALL CITIES

MICA AXLE GREASE — THE IMPERIAL OIL COMPANY