SPRING REMINDERS OF RHEUMATISM

Raw, Damp Weather Starts the Pains, But the Trouble Lies in the Blood.

Spring weather is bad for rheumatic sufferers. The changes from mild to cold, the raw, damp winds start the aches and twinges, or in the more extreme cases, the tortures of the trouble going. But it must be borne in mind that it is not the weather that causes rheumatism. The trouble is rooted in the blood—the changeable weather merely starts the pains. The only way to reach the trouble and to cure it is through the blood. The poisonous rheumatic acids must be driven out. Liniments and rubbing may give temporary relief, but cannot possibly cure the trouble. The sufferer is only wasting time and money with this kind of treatment and all the time the trouble is becoming more deeply rooted — harder to cure. There is just one speedy cure for rheumatism—Dr. Williams' Pink Pills. They act directly on the impure, acid-tainted blood. They purify and strengthen it and thus root out the cause of the rheumatism. Here is strong proof of the above statements. Mr. Michael Personage, Fenlon, Man., says:—"My mother suffered several years with rheumatism. We tried a number of remedies but they all failed to cure. Then we got Dr. Williams Pink Pills, and after using them for some time she was completely cured and has had no sign of the trouble since."

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.

TOO CUNNING GREEKS.

What Happens to Men Who Are Too Smart.

The Greeks have always been noted for their exceeding cunning. It is a question whether they, the Jews, or the Armenians are the sharpest people of the near East. Someone has said that a Jew could cheat a Greek, but that an Armenian could cheat a Jew. The Greeks showed all their cunning at the beginning of the war. Although Greece is a desperately poor country, with a small army not of the highest efficiency, the Greeks made exorbitant demands upon the Allies as the price of their assistance. They wanted all of Macedonia, Thessaly and Smyrna, and perhaps more. The Allies chaffered with them for a long time, finally found that it would be cheaper to disregard their claims entirely. They took possession of Saloniki, which Greece had recently acquired, and have made it a strong base. Now the Greeks see the probable triumph of the Allies, and are clamoring for consideration in the settlement. On the other hand, the Allies are now telling the Greeks that they have overdid themselves; that they would not help when their help was of some value, and now they are not needed. They will have no consideration whatever in the settlement. This is usually the way with men who are too smart. The Spanish proverb has it, "that more foxes than asses' skins are taken to the tanners."

GOOD REPORT.

Doctor Proved Value of Postum.

Physicians know that good food and drink, properly selected, are of the utmost importance, not only for the relief of disease but to maintain health even when one is well.

A doctor writes, "I count it a pleasure to say a good word for Postum with which I have been enabled to relieve so many sufferers, and which I count, with its valued companion Grape-Nuts, one of the daily blessings.

"Coffee was banished from my own table some time ago and Postum used regularly in its place." (Both tea and coffee are injurious to many persons, because they contain the subtle, poisonous drug, caffeine.)

"I frequently find it necessary to instruct patients when they take Postum for the first time to be quite sure that it is properly made according to directions, then it has a clear, seal-brown color and a rich, snappy taste, as well as health giving qualities."

The above letter, received over ten years ago, is fully confirmed by a recent letter from the doctor, in which he says:

"It is a pleasure to render a good report covering a product of which I am so enthusiastic a friend.

"I am using in my home your Postum Cereal in both its forms. And, what is more, I am having it used in the families of several patients in which there are children, and all unite in endorsing the fine qualities of your admirable product."

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.

MULE BETTER THAN CAMEL.

Used as Beast of Burden by British in Mesopotamia.

The mule has proved a far more reliable and useful transport animal than the camel in the Mesopotamia campaign. If beasts were decorated the mule would be covered with ribbons. He knows not defeat. His hardiness is proverbial. None of the plagues of Mesopotamia have effected his sangfroid.

The camel has so far been but an auxiliary. The breed used here, called "Judi," is not, like his "Bedawi" brother, trained to go without water, but he is proof against the ubiquitous camel fly, and has certain other virtues of his own. In spite of his wobbly extremities and grotesquely proportioned limbs, the camel is a dainty beast. His haughty gait and supercilious glances are generally attributed to pose; as a matter of fact they are the expression of an inward and unsuspected delicacy. Too often the camel's uncouth bulk gives a false impression of hardiness. He is not hardy.

He is brittle, and will break his leg kicking against a stone, and he will split up and die if his legs split apart in the mud. Snow kills him. He is sensitive to damp, and will catch a cold if asked to sleep in a swamp. But well cared for, sufficiently equipped, and tactfully treated, he is second only to the mule as a beast of burden.

WANT ONLY HERO HUSBANDS.

Young Breton Girl Will Not Marry Non-fighting Man.

The young girls in Brittany have formed themselves into an association which forbids its members marrying any young man who has not taken part in the war.

This does not only refer to the deserters and those who fled their duty, but to the "slackers" who found the means, through influence or lying, without reason of ill-health or for other just cause, to keep safe in the rear and left their comrades to do the fighting.

The rallying cry of these patriotic young Breton girls is: "Better a cripple than a slacker!"

One member of the association expressed thus her thought: "I would rather love a man who had no arm than one who had no heart."

CHILDHOOD CONSTIPATION.

Mrs. Andrew G. Lund, Hughenden, Alta., writes:—"Two of my babies were very much troubled with constipation and I tried several remedies without success. A neighbor advised me to try Baby's Own Tablets and they were so satisfactory that now I would use nothing else." The Tablets never fail to cure constipation and they may be given to the youngest child with perfect safety. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Hard for Them.

"Is your father finding is difficult to give up smoking?"

"Oh, he's sticking to his resolution all right, but he's so ugly that the family's likely to crack under the strain any minute."

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**

From the Middle West

NOTES OF INTEREST FROM HER BANKS AND BRAES.

What Is Going On in the Highlands and Lowlands of Auld Scotia.

Calgary is about $1,000,000 better off than Edmonton in the matter of tax arrears.

Drumheller, formerly a village under the village act, is declared a town by the deputy provincial secretary.

Cardstown has now 22 recruits in the kilties, and Coal City 27.

Calgary is to have an institute for the feeble-minded.

The Rozilee, Sask., grain growers have invited women to form a branch of the assiciation.

A patriotic concert at St. Brieux netted $105 to help in the Saskatchewan schools' patriotic fund.

Every unmarried man of the village of Fairdale, Man., has enlisted.

Schools of Saskatchewan have now contributed $5,500 to the Patriotic Fund.

In the year 1915, no fewer than 58 new coal mines were opened in Alberta, according to a report just issued by the provincial authorities.

Instruments for the regimental band of the 203rd "Dry" Battalion at Regina have been donated by a well-known western man.

It is said that there is more work to do and less men to do it this spring than ever before in the history of Alberta, notwithstanding the fact that farmers are offering exceptionally high wages.

Fred Parker, about 45 years old, was instantly killed at Indian Head when the first division of C.P.R. train No. 1 from Montreal struck the wagon that he was riding.

Alberta has contributed to the war just about as many men as the province of Quebec, although the population of that province and that of the city of Montreal are practically equal. The population of Quebec is nearly 3,000,000; that of Alberta about 550,000.

The school children of Calgary are to present a complete set of colors to the 82nd Overseas Battalion. The presentation will take place on Victoria Day.

During February 307 cases of measles were reported in Winnipeg against 447 in the same month a year ago. The total number of communicable diseases for the month was 550 with 25 deaths, compared with 606 cases and 31 deaths last year.

Kinistino, Sask., has made very rapid strides of progress during the last two years of hard times. Over 20 new up-to-date residences have been built in the village, besides another story being added to the public and high school.

A settlement of 50 Dukhobor farmers from the Dukhobor settlement in the Nelson district arrived in Lethbridge the other day, bound for Raymond, where they will farm this year.

The sum of $50,000 has been kept in the country through the efforts of the Winnipeg city controllers in buying 12,000 cords of wood from the wood camp committee of the Patriotic association and selling it to the various civic institutions.

The Doctor Calls It "Auto-Intoxication"

It means self-poisoning—an ailment that is almost universal with men and women of sedentary employment. Its cause is the daily intake of indigestible foods. Mineral salts and saline laxatives will not cure it. Help Nature to clean out the poisons by eating Shredded Wheat Biscuit, a food that builds healthy tissue and keeps the bowels sweet and clean. The perfect food of health and strength for youngsters and grown-ups, for men who work with hand or brain. It is ready-cooked and ready-to-serve.

Made in Canada.

How "Lloyd's" Began.

"Lloyd's" has often been described, but not everyone is familiar with the varied operations of this famous institution. The great Maritime Exchange is really part of the Royal Exchange, and owes its origin to Edward Lloyd, who kept a coffee house in Tower Street, London. This coffee house was in a place where news could be obtained; and to-day Lloyd's is the leading institution in the world for obtaining maritime news. In one of the roms may be seen the first insurance policy of which there is any record. It was taken for a ship, the Golden Fleece, which was insured for a voyage from Lisbon to Venice on January 20, 1600.

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.

RUSSIAN VOGUE IN LONDON.

Language and Customs of Czar's Land Taken Seriously.

There is only one vogue, nowadays, for those fashionables who like "vogue" even better than vermouth, says the London Chronicle. That is the Russian vogue.

It appears that Pavlowa, dallied appreciably with Dostoievsky; then verred round to Votchichenko. The fair vogistes are now reveling the Russian dresses, high Catherine the Great coiffures, and black cloth boots.

But the Voguistes are taking their Russia seriously. Many have begun to learn the language, according to the manager of a popular West End library. "There is a very great demand," he said, "not only for English translations of Russian works and English books about Russia, but for books in the original language.

The Russian vogue has even extended to eating and drinking, not to say smoking. At least one widely known restaurant is now actually offering nips of real vodka and portions of real borshtch, Russia's national soup on its menu. But very far from real Russian pieces!—London Chronicle.

Ask Around You for the Proof

THAT DODD'S KIDNEY PILLS ALWAYS CURE KIDNEY DISEASE

In Every Neighborhood You Will Find People Cured of Backache, Rheumatism, Dropsy or Diabetes by Dodd's Kidney Pills.

Lac Bouchette Lac St. Jean, Que.—April 17th (Special.)—Mr. Arthur Fleurie, well known and highly respected here, has just issued a short, concise statement in regard to Dodd's Kidney Pills. It is as follows:

"I have found that Dodd's Kidney Pills are an excellent remedy and that they cure kidney disease, rheumatism and indigestion."

Mr. Fleurie has received such benefit from Dodd's Kidney Pills that he wants other sufferers to know how to find relief. He feels it is his duty to his fellowman.

If you inquire among your neighbors you will find scores of people who have found in Dodd's Kidney Pills relief from some form of kidney trouble. It may have been the dry, itching skin, dizziness, nervousness and inability to get refreshing sleep that mark the earlier stages of the disease, or it may be diabetes, dropsy, rheumatism, heart disease, or some other of the dangerous diseases that mark its advanced stages.

You will find that Dodd's Kidney Pills cure kidney trouble, no matter where or in what form it is found. Ask your neighbors for the proof.

OLD-TIME CURES PERSIST.

Much Ancient Faith, for Example, About Mandrake Root.

Superstition as to the methods of curing diseases, once very prevalent, are not altogether extinct yet, says an exchange. Much ancient faith clustered about the mandrake root, which was carved in the form of a doll dressed in fine clothes and kept in a box or coffin concealed in some corner of the house. Each month it was washed in wine and water and freshly garbed.

Another universal cure was to carry a piece of mistletoe which had been cut from a tree by a golden sickle and caught in a white vessel as it fell.

Metal scraped from a church bell or a piece of the rope was supposed to have a similar protective influence against disease, as also a cloth stained in the blood of a murderer or the rope with which he was hanged.

Minard's Liniment Cures Burns, Etc.

A Good Guesser.

Herbert Edwin—"I say, Johnny, which is the way to the pavilion?"

The Gamin—"Ow'd yer know me name's Johnny?"

Herbert Edwin—"I guessed it."

The Gamin—"Well, if yer so good at the guessing game, yer can keep on and guess yer way to the pavilion."

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.

Nearing the Limit.

Her Father—Can you give my daughter all the little luxuries t which she is accustomed?

Her Lover—Not much longer, I've been doing it for over a year now, you know!

Minard's Liniment for sale everywhere

Asked if he didn't think women are now very original in their dress, a wit replied: "Original! Aboriginal, you mean!"

GILLETT'S LYE

HAS NO EQUAL

It not only softens the water but doubles the cleansing power of soap, and makes everything sanitary and wholesome.

REFUSE SUBSTITUTES.

TWO WONDERFUL CLOCKS.

One at San Diego Has Twenty Dials, All of Them Useful.

One of the most wonderful clocks in the world is owned by a Frenchman, Louis Desoutter. It is mounted on a Louis Seize stand and has four faces. Besides marking the hours, it shows the tides at six different parts of the world, the mean time and the solar time, the age of the moon, the movements of the planets and all eclipses. It is also a perpetual calendar. It was made by Janvier, of Paris, in 1789, and took eleven years to manufacture.

San Diego, Cal., has a wonderful clock with twenty dials, which tell the time simultaneously in all parts of the world, also the days of the week and the date and month. It stands 21 feet high, and four of its dials are each 4 feet in diameter. It is inclosed in plate glass, so that every action can be seen, and the whole is illmuinated every night. It is jewelled with tourmaline, topaz, agate and jade, and required 15 months to build. The motive power is a 200-pound weight, which winds itself automatically. The cost of the clock was $3,000.

Minard's Liniment Relieves Neuralgia.

Family Affair.

"So my daughter has consented to become your wife. Have you fixed the day of the wedding?"

"I will leave that to her."

"Will you have a church or a private wedding?"

"Her mother can decide that."

"What have you to live on?"

"I will leave that entirely to you, sir."

Minard's Liniment Cures Dandruff

War-Weary in Germany.

Professor Patrick Hageland, a prominent Swedish doctor, writing on his recent experiences in Germany, says that in Berlin "there was over the whole population an indescribable expression of war-weariness," while the groups of soldiers he saw "presented a concentrated picture of mental and bodily exhaustion."

Fluff.

"Some men uses big words," said Uncle Eben, "de same as a turkey spreads his tail feathers. Dey makes an elegant impression, but they don't represent no real meat."

DR. LAWRASON'S TRADE MARK

MEXICAN LINIMENT

Should be in every home. **STOPS BLEEDING INSTANTLY.** Sure Cure for Cuts—Wounds—Bruises Sore Back—Pimples—Rheumatism — Neuralgia — Felons — Piles — Headache—Barbers' Itch—or any skin trouble.

CURES ECZEMA

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

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

Sickness Causes Inefficiency

If you are losing time and money through sickness, write at once to F. Harvey Roof Co. for a test of remedies for Neurasthenia, Asthma, Congestion of kidneys, Piles, Epilepsy or Falling Sickness, Nervous Debility, Catarrh, Eczema, Rheumatism, Old Sores or Ulcers, and Indigestion. They have been perfected by years of medical practice. If not satisfied with results after 30 days, they cost you nothing. Send no money but return this ad for postpaid test. State age and particulars. F. Harvey Roof Co., Suite A, 5004, Station N., New York, N.Y.

HAWK BICYCLES

An up-to-date High Grade Bicycle fitted with *Roller Chain, New Departure or Hercules Coaster Brake and Hubs, Detachable Tires*, high grade equipment, including Mudguards, Pump, & Tools **$22.50**

Send for **FREE 1916 Catalogue,** 60 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.

ABSORBINE
TRADE MARK REG. U.S. PAT. OFF.

will reduce **inflamed, swollen Joints, Sprains, Bruises, Soft Bunches; Heals Boils, Poll Evil, Quittor, Fistula and infected sores quickly** as it is a positive antiseptic and germicide. Pleasant to use; **does not blister** or remove the hair, and you can work the horse. $2.00 per bottle, delivered.

Book 7 M free.

ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful, Swollen Veins, Wens, Strains, Bruises; stops pain and inflammation. Price $1.00 per bottle at dealers or delivered. Will tell you more if you write. Liberal Trial Bottle for 10c in stamps.

W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.
Absorbine and Absorbine, Jr., are made in Canada.

According to Promise.

"Congratulate me, Freddy. Last night your sister promised to marry me."

"Oh, she promised mother she'd marry you long ago."

Shaving a Pleasure —Not an Operation.

"USIT," 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.

"USIT" 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.

USIT MANUFACTURING COMPANY,
475 Roncesvalles Avenue,
TORONTO.

SEED POTATOES

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

MACHINERY.

CHEESE FACTORY BOILERS, Shafting, Hangers, Pulleys, Grates. Let us figure on your requirements. Napanee Iron Works, Ltd., Napanee.

HELP WANTED.

MEN WANTED FOR WOODWORKing factory; steady work. Apply stating age and experience. The Henry Wise Woodenware Co., Palmerston, Ont.

WANTED — LATH 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.

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.

PUPIL NURSES NEEDED MAY 1ST. Exceptional advantages — Modern Nurses' Home; fully equipped Class Rooms; eight hour schedule, allowance of $5.00 per month with uniforms and text books after three months probationary period; two years of high school required for entrance. For full particulars address Miss Frederika K. Gaiser, Superintendent of Nurses, City Hospital, Cleveland, Ohio.

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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The only College in Canada teaching all Typewriter Keyboards
Our rates are half those prevailing elsewhere

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Mailed free to any address by the Author
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118 West 31st Street, New York

100% Profit

Men and Women, your spare time is worth up to $60 a week. You take no chances selling our Sanitary Brushes. Our sales system makes your income assured. Drop us a post card and let us tell you how. Canadian Fuller Brush, 63 Richmond W., Toronto.

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.

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