A GOOD MEDICINE FOR THE SPRING

Do Not Use Harsh Purgatives—A Tonic Is All You Need.

Not exactly sick—but not feeling quite well. That is the way most people feel in the spring. Easily tired, appetite fickle, sometimes headaches, and a feeling of depression. Pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order—that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble.

Do not dose yourself with purgatives, as so many people do, in the hope that you can put your blood right. Purgatives gallop through the system and weaken instead of giving strength. Any doctor will tell you this is true. What you need in spring is a tonic that will make new blood and build up the nerves. Dr. Williams' Pink Pills is the only medicine that can do this speedily, safely and surely. Every dose of this medicine makes new blood, which clears the skin, strengthens the appetite and makes tired, depressed. men, women and children bright, active and strong. L. R. Whitman, Harmony Mills, N.S., says: "As a tonic and strength builder I consider Dr. Williams' Pink Pills wonderful. My whole system was badly run down, and although I faithfully took a tonic given me by my doctor I could note no improvement. Then I began Dr. Williams' Pink Pills, and was soon restored to my old time health. I can most heartily endorse this medicine."

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.

LONDON PRICES SOARING.

Necessities Show Rise During War of 15 to 50 Per cent.

While a very great deal has been heard of the enormous rise in the price of food and other necessaries that has taken place in Germany and other enemy countries little attention has been paid to the very great increase in the cost of living in London, England.

The following list of prices has been specially compiled in a locality where the population is thick and the competition especially keen. Even a cursory glance at them shows that everyday necessities like bread, onions, firewood, coal, cheese, milk, soda, soap, and matches all show an increase of from 15 to 50 per cent.:

Article	Pre-war price	Present price
Firewood, 6 bundles	$ .06	$ .09
Onions, 4 pounds	.06	*.08
Ale, quart	.08	.14
Whiskey, bottle	.84	1.20
Flour, 2 pounds	.05	.09
Bread, loaf	.05	.09
Coal, cwt.	.28	.44
Gas, 1,000 cubic feet	.60	.72
Gas mantles, each	.04	.08
Bacon, pound	.16	.28
Meat (flank), pound	.11	.17
Cheese, pound	.16	.24
Butter, pound	.26	.38
Milk, quart	.07	.10
Tea, pound	.36	.56
Sugar (moist), pound	.04	.09
Jam, 2 pounds	.20	.20
Currants, pound	.08	.12
Prunes, pound	.08	.12
Minerals, bottle	.02	.03
Cotton, reel	.05	.06
Soda (washing), 4 pounds	.04	.08
Soap, pound	.06	.09
Matches, dozen boxes	.03	.07

*Per pound.

EXPERIMENTS.

Teach Things of Value.

Where one has never made the experiment of leaving off tea or coffee and drinking Postum, it is still easy to learn something about it by reading the experiences of others.

Drinking Postum is a pleasant way out of tea or coffee troubles. A man writes:

"My wife was a victim of nervousness, weak stomach and loss of appetite for years, and although we resorted to numerous methods for relief, one of which was a change from coffee to tea, it was all to no purpose." (Both tea and coffee are injurious to many persons, because they contain the subtle, poisonous drug, caffeine.)

"We knew coffee was causing the trouble, but could not find anything to take its place until we tried Postum. Within two weeks after she quit coffee and began using Postum almost all of her troubles had disappeared as if by magic. It was truly wonderful. Her nervousness was gone, stomach trouble relieved, appetite improved, and, above all, a night's rest was complete and refreshing.

"This sounds like an exaggeration, as it all happened so quickly. Each day there was improvement, for the Postum was undoubtedly strengthening her. Every particle of this good work was due to drinking Postum in place of coffee." 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.

VERDUN FIREMEN ARE REAL HEROES

REMAINED IN TOWN TO SAVE IT FROM FLAMES.

They Worked Daily Under Fire and Hid in Cellar During Bombardment.

This is the story of the heroes of Verdun. It will not abound in detail. Little is known as yet. But France knows that some old men lived there—and died—as bravely as any men in all the history of France.

Senator Humbert told the story when he returned to Paris from Verdun the other day. Because he is a Senator he had been enabled to visit the beleaguered city. What he told has been dovetailed in with what others have heard. Little news has leaked through the military lines in the many weeks of the battle. In the intense interest felt by all in the major event the old men who merely lived on there, doing their duty, were forgotten.

The heroes—the real heroes—of Verdun are the town firemen. Two civilians have figured in previous stories. It is not positively known how this pair managed to remain behind when every other man and woman and child was forced by the soldiers to flee from the rain of German shells. One of them has some ill-defined occupation which has been recognized by the soldiers. The other once owned a home in Verdun. When visitors come to the city now he waits, smiling, as though in propitiation, until he can gain their attention.

"Come with me," he begs.

So the visitors go with him. By-and-bye they come to the shattered wall, which is all that remains of what was once a handsome house. The man who once owned it stands on the pile of stone which mark what was once a doorway, and beckons to the visitors.

"Come in," he says. "I bid you welcome. This is my home."

But the civilians, homehow, have not the appeal to me that the old firemen have. When the war began the younger men of the Fire Department were mobilized. Some were not needed then, but as months passed by they found their way into the army. Manifestly the town could not be left without protection from fire. So men who had served in former years in the Fire Department and had been superannuated volunteered their services. Little by little old men joined, until at last there were enough for a full company.

Then the Germans attacked Verdun.

Old Firemen Remained.

The civilians—man, woman and child—were ordered out. The old firemen would not go. They were in the service of the State just as much as any man who festers in a trench or runs forward cheering against the white flashes of the mitrailleuse. Most of them had sons at the front. Some had lost sons in the war. Life was as sweet to these old men as it is to any man in the security of Paris. But they stayed. Their duty lay plain before them. It was to guard the town.

There are gendarmes there, it is true. They see to it that no one touches property in Verdun that belongs to another. Every window is closed and shuttered, and every door is locked. Now and then a 380 shell comes hurtling through the air with that gurgling scream it favors—sounds somehow like a locomotive being strangled to death in a tunnel—and falls upon a house. Then that house ceases to be. The gendarmes walk to the scene in their theatric blue capes and caps, or bicycle to it if the street approach is sufficiently free of massses of stone and brick. They solemnly write out their report, that in some future time the city archives shall bear witness to the fact that on a day of February, 1916, Alphonse Picot's home was destroyed by a German shall.

Always they find the old firemen there. The gendarmes are not pressed for time, you comprehend. If they do not make their report to-day, then it may well be made to-morrow. But the old firemen must hurry. Fire is fire to them, an enemy to be fought whether it has its origin in a stuffed flue or is carried over fifteen kilometres by a German gun. The property of their townsmen must be saved. They fight the flames wherever they spring up and save what property they can, and in their turn make their report. Then they go back to the cellar that serves them for headquarters and wait for the next alarm.

Few Fires in Verdun.

Oddly enough, there have been very few fires in Verdun. A French town is solidly built, for one thing. The roofs are tile and the walls are stone and the floors are hardwood that would hardly burn until it had been split with an axe. Also a descending shell produces such a havoc of mortar that any incipient flame may be quenched in the stifling dust. But the old firemen do their duty as they see it. Sometimes they trundle an old hand apparatus through the choked streets. More often a bucket and a wet cloth will serve the moment's need.

Humbert found the old men crouching in their cellar. Perfectly composed ed they were, as though they were used to cities collapsing over them, and a crash came, and a cloud of mortar dust arose. They plodded out methodically to look at the damage—these old ones, as one says in the tender French way—and cautioned Humbert to keep under cover until they returned. By-and-bye they came back and threw off the shrapnel helmets that they wear in going about where the air may at a moment fill with cutting slivers of white-hot metal, and told Humbert what had happened, and settled down to wait for the next shell.

They need not have served, these men. Some of them, I am told, have been killed. One expects courage of a soldier and of young men.

These men were old.

BIRDS AND GLASS.

Sometimes Fly Through Windows of Country Houses.

It has been frequently noticed that no wild bird can understand the properties of glass, and great numbers, ranging in size from a pheasant to a titmouse, are killed by flying against the windows of country houses.

If a room possesses a large mirror reflecting the view seen through an open window birds are particularly liable to be deceived, and especially if frightened, into thinking that they can fly through it.

Sparrow hawks will sometimes chase their intended victims into strange places. Some years ago a member of this species pursued a small bird through the open window of a railway carriage in motion. In its blinded determination to secure the panting fugitive it entangled its claws in the meshes of the hat rack and was ignominiously slain by an astonished passenger with an umbrella.

She Did Not Heed the Danger Signals

BUT DODD'S KIDNEY PILLS CURED HER DIABETES.

Mrs. McDonald Might Have Saved Herself Months of Pain, Sleeplessness and Anxiety by Using Dodd's Kidney Pills Earlier.

Grand Narrows, Victoria Co., N.S., May 1st.—(Special.)—That Dodd's Kidney Pills will cure kidney disease in its worst form is evidenced by the case of Mrs. Roderick McDonald, an estimable resident of this place. Mrs. McDonald suffered from diabetes for two years, and found her first relief in Dodd's Kidney Pills.

"I am sure I would be in my grave to-day but for Dodd's Kidney Pills," Mrs. McDonald states. "The doctor attended me for five months for diabetes, but I was worse when I stopped taking his medicine than when I started. I could not get a wink of sleep.

"As soon as I started taking Dodd's Kidney Pills I fell in a solid sleep for one hour, and soon I got so that I could sleep fine.

"Dodd's Kidney Pills have done so much for me that I feel like recommending them to everybody."

Mrs. McDonald states that her earlier symptoms were shortness of breath, dizziness, backache and a bitter taste in her mouth in the morning. All these are symptoms of kidney trouble—danger signals that no one can afford to neglect. Had she heeded them and taken Dodd's Kidney Pills she would have saved herself months of pain and anxiety.

PERMANENT BAN ON RUM.

Bill Has Been Introduced Into the Russian Duma.

A bill has been introduced into the Russian Duma to put into effect the government's promise that the war prohibition of alcoholic drinks shall continue in force after the war. The bill, as summarized by the Novoe Vremya, provides:—

"It is forbidden to produce alcohol for the purposes of manufacture of vodka. Equally prohibited is the import of alcohol from foreign countries and from the Grand Duchy of Finland. The production of alcohol by private institutions and persons, either for sale or for their own consumption or for household purposes, is also prohibited.

"The production of alcohol for technical or medical purposes is to be carried on by the government directly or through contractors. The government has the sole right to sell spirits for these purposes.

"The sale of light wines is only allowed in towns. In provinces and districts which grow grapes the sale of wine—not on draught—is allowed. The limit of alcohol for different kinds of wines is to be fixed by the government.

"The sale of beer is allowed only in towns. The government is also to fix for beer the limit of alcohol. Town councils have the right to issue regulations limiting or prohibiting altogether the sale of beer or light wines."

The government's position in the matter was thus outlined by Mr. Bark, Minister of Finance, in his budget speech:—"Among the factors which have helped to keep our budget balance it is impossible to overestimate the new factor in the economic life of our country—the total abstinence from alcoholic drinks. The success of this measure, which cannot be completely realized, is such that I am bound to state most emphatically that the prohibition is not to be abolished after the war."

What Does Your Food Cost? You could easily spend two dollars for a meal and not get as much real, body-building nutriment as you get in two **Shredded Wheat Biscuits,** the food that contains all the muscle-making material in the whole wheat grain prepared in a digestible form. Two Shredded Wheat Biscuits with milk or cream will make a complete, perfect meal at a cost of not over five cents. A food for youngsters and grown-ups. Eat it for breakfast with milk or cream; eat it for luncheon with fresh berries or other fruits; a perfect meal for the Spring days.

Made in Canada.

NEWS FROM ENGLAND

NEWS BY MAIL ABOUT JOHN BULL AND HIS PEOPLE.

Occurrences in the Land That Reigns Supreme in the Commercial World.

A film version of "Tom Brown's Schooldays" has been prepared and will shortly be presented in London.

"Potato bread" is to be introduced in the local workhouse by the Croydon Board of Guardians as a war economy.

A motion in favor of disallowing Sunday cinematograph entertainments has been defeated by the London County Council.

Work on London's new reservoir near Staines, has been stopped by the Ministry of Munitions which wants the plant and labor.

At the Parkhurst Convict Prison, Isle of Wight, convalescent convicts in the infirmary are knitting woolen scarves for soldiers.

The Northumberland coal owners have renewed their offer to give miners an advance in wages in lieu of free houses and coal.

The British Board of Agriculture has announced that 12,000 to 14,000 women have gone to work on the land since the outbreak of the war.

The ladies' committee of the Norfolk War Agriculture Committee have secured promise from over 3,000 women to work on the land when called on.

The War Office has asked the Metropolitan Asylum Board to provide another hospital with 800 or more beds for wounded soldiers.

The death has taken place at Newton Abbot, Devon, of Lady Baker, widow of Sir Samuel White Baker, the Central African explorer who died in 1893.

During February the supplies of fish at Billingsgate market amounted to 9,516 tons. In the corresponding month last year 12,473 tons were received.

Official intimation has been received that Warwick Prison will shortly be closed owing to the large decrease of prisoners and the pressing need of economy.

Mrs. Pleasant Lowman, who has died at Eversley, Hants, aged 82, delivered letters daily in the scattered districts of Bramshill and Eversley for 42 years.

Hundreds of shopkeepers in Manchester and suburbs, owing to the lighting restrictions, are to close before it is necessary to light up, excepting on Fridays and Saturdays.

Erected at a cost of nearly $250,000, delay is being experienced in starting a new spinning mill and a new weaving mill at Walkden, near Manchester, owing to the scarcity of labor.

The death has occurred of the Rev. T. Rustin, 50 years Congregational minister of Long Buckly, Rugby, who had been congratulated by the King on having six soldier sons, one of whom was recently awarded a commission.

Mr. William E. Cain, chairman of the Mersey Brewery, Liverpool, has offered to the Government his residence, Wilton Grange, West Kirby, Cheshire, as a home for totally and permanently disabled soldiers. It was built only a few years ago at a cost of $125,000.

Putting Him Wise.

Traveller—How's your train service here?

Small Town Native—Wal, they advertise one train a day, but you and me know them advertisements exaggerate!

HAVE YOU A BAD SORE?

If so, remember these facts—Zam-Buk is by far the most widely used balm in Canada! Why has it become so popular? Because it heals sores, cures skin diseases, and does what is claimed for it. Why not let it heal *your* sore?

Remember that Zam-Buk is altogether different to the ordinary ointments. Most of these consist of animal fats. Zam-Buk contains no trace of any animal fat, or any mineral matter. It is absolutely herbal.

Remember that Zam-Buk is at the same time healing, soothing, and antiseptic. Kills poison instantly, and all harmful germs. It is suitable alike for recent injuries and diseases, and for chronic sores, ulcers, etc. Test how different and superior Zam-Buk really is. All druggists and stores at 50c. box. Use also Zam-Buk Soap. Relieves sunburn and prevents freckles. Best for baby's bath. 25c tablet.

THOUGHTS FOR THE DAY.

We live merely on the crust or rind of things.—Froude.

Fellows who have no tongues are often all eyes and ears.—Haliburton.

All philosophy lies in two words—"sustain" and "abstain."—Epictetus.

Many delight more in giving of presents than in paying off debts.—Sir Philip Sydney.

Moderation is the silken string running through the pearl chain of all virtues.—Fuller.

People do not talk for the sake of expressing opinions, but to maintain an opinion for the sake of talking.—Hazlit.

Good intentions do not pave the road to hell; they are the stepping-stones that lift men every now and then out of the mire of common life, and there is hope for everyone save he who climbs on them no more.—J. E. Buckrose.

There are few of us that are not rather ashamed of our sins and follies as we look out on the blessed morning sunlight, which comes to us like a bright-winged angel beckoning us to quit the old path of vanity that stretches its dreary length behind us.—George Eliot.

NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. Lawrence M. Brown, Walton, N.S., writes: "I have used Baby's Own Tablets for the past ten years, and believe there is nothing to equal them for little ones. They instantly banish constipation and teething troubles, and, unlike any other medicine I have used, they are pleasant to take and do not gripe the baby." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

One or the Other.

Pat—Yis, sorr, work is scarce, but Oi got a job last Sunday that brought me five dollars.

Mr. Smith—What; You broke the Sabbath?

Pat (apologetically)—Well, sorr, 'twas wan av us had t' be broke!

Minard's Liniment Lumberman's Friend

Idle Tears.

"No, my 'usband ain't killed, Mrs. Marks. No sooner did I put all the kids in mournin', even to Biby in the pham, when I gets a telegram a sayin' 'e's alive and well. Yes, an' all this expense for nothin'."

"Wot a crool shame!"

Minard's Liniment Co., Limited:

Dear Sirs,—Your MINARD'S LINIMENT is our remedy for sore throat, colds and all ordinary ailments.

It never fails to relieve and cure promptly.

CHAS. WHOOTEN.

Port Mulgrave.

So Silly of Them!

As a train was getting up steam to leave a certain station, it suddenly parted in the middle. Of course, the communication cord broke and one end of it struck an old lady, who was standing on the platform, in the face.

"Goodness me!" she gasped in astonishment. "What was that?"

"The train has broken in two, madam,' said a gentleman who stood near by.

"And I should just think so!" said the old lady indignantly, as she eyed the broken cord. "Did they really think that a piece of string like that could hold a train together?"

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**

What Angered the Barber.

A man entered a barber shop for the purpose of being shaved. As he was somewhat hollow-cheeked, the barber, as is the custom in some country districts put his thumb in the customer's mouth, in order to press out the cheek.

Suddenly the razor slipped, making a great gash in the man's face, and he sprang to his feet with a yell of pain and anger.

"Shut up, man!" said the barber, holding up his hand. "I've cut my thumb!"

Keep Minard's Liniment in the house

His Verdict.

"How did you come out with your lawsuit?"

"I won it."

"Get damages?"

"Sure! I got almost enough to pay my lawyer."

How Changed.

"Before we were married he bought me a box of candy every time he called."

"And now?"

"He gives me a call every time I buy a box of candy."

Minard's Liniment Used by Physicians.

Money is a man's best friend, yet it is always trying to get away from him.

ROYAL YEAST CAKES

The best yeast in the world.

Makes perfect bread.

MADE IN CANADA

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

Visible and Strong.

"Goodness!" exclaimed a gentleman coming into a restaurant, and even then holding on to his hat from habit because of the gale blowing outside. "I never saw such a wind in my life."

"Never saw such a wind?" said another. "What a stupid remark! Who ever saw a wind? Pray what is it like?'

"Like," replied the first speaker; "like to have blown my hat off."

Ask for Minard's and take no other

Simple.

"Those twin boys of yours are so much alike that I don't see how you can tell them apart."

"That's easy enough. When they're on their good behavior they answer to their own names, and when they've been in mischief each one answers to the name of the other."

SEED POTATOES

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

FOR SALE.

50 ACRES, NICE HOME, BRICK house, 2 barns, all cultivated, just outside City, Dover Township. John Bacheldor, Chatham, Ont.

SEWING MACHINE SUPPLIES—16 Superior Needles 25c, Shuttles 75c, Bobbins 5c, Belts 20c, for any Machine. Superior Supplies Co., Hamilton, Ont.

HELP WANTED.

FIRST-CLASS COATMAKER — Steady job to good man. Watters and Bodell, Pembroke, Ont.

BOX RIPPERS WANTED IMMEdiately, good wages for good men. Firstbrook Bros., Penetang, Ont.

MACHINISTS, FITTERS, TOOLmakers, handy men, also operators experienced on shells. Phone, wire, or write. 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.

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time, good pay, work sent any distance. Charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

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.

America's Pioneer Dog Remedies

BOOK ON DOG DISEASES And How to Feed

Mailed free to any address by the Author

H. CLAY GLOVER, V. S.

118 West 31st Street, New York

SELDOM SEE a big knee like this, but your horse may have a bunch or bruise on his ankle, hock, stifle, knee or throat.

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

will clean it off without laying up the horse. **No blister, no hair gone.** Concentrated—only a few drops required at an application. $2 per bottle delivered. Describe your case for special instructions and Book 8 M free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins; allays Pain and Inflammation. Price $1 and $2 a bottle at druggists or delivered. Made in the U. S. A. by

W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.

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

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.