NEW STRENGTH IN THE SPRING

Nature Needs Aid in Making New Health-Giving Blood.

In the spring the system needs a tonic. To be healthy you must have new blood, just as the trees must have new sap to renew their vitality. Nature demand it, and without this new blood you will feel weak and languid. You may have twinges of rheumatism or the sharp stabbing pains of neuralgia. Often there are disfiguring pimples or eruptions on the skin. In other cases there is merely a feeling of tiredness and a variable appetite. Any of these are signs that the blood is out of order—that the indoor life of winter has lessened your vitality. What you need in spring is a tonic medicine to put you right, and in all the world of medicine there is no tonic can equal Dr. Williams' Pink Pills. These Pills actually make new rich, red blood—your greatest need in spring. This new blood drives out the seeds of disease and makes easily tired men, women and children bright, active and strong. Mrs. Eugene Cadarette, Amherstburg, Ont., says: "I suffered for a long time from dizziness, pain in the back and sick headache, and nothing I took did me any good until I began Dr. Williams' Pink Pills. These cured me after taking six boxes and I now feel better than ever I did in my life. I had fallen off in weight to 82 pounds, and after taking the Pills I had increased to 100 pounds."

These Pills are sold by all medicine dealers or can be had by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

TELLS OF FRENCH COURAGE.

Bavarian Says Verdun Defenders Fight With Bravery.

A high Bavarian railroad official who is in charge of some of the German field roads before Verdun writes home :

"The defenders of Verdun fight with admirable bravery, and their artillery does good work. Whenever they are driven out of a position the French counter-attack at once with death-defying courage. The French army is brave and capable.

"There is no hope that France will lay down her arms until the nation realizes that Germany can never be crushed. The war will go on even if Verdun fails.

"The French civilians behind our front willingly work for us, and take the high wages we pay them, but their hate remains, and they have but one thought and wish: Germany must be crushed."

ASQUITH A RECORD PREMIER.

Has Held Office for a Long Period as Prime Minister.

Mr. Asquith has been Premier of Great Britain longest of any since 1832. Not only is Mr. Asquith's single stretch of office longer than that of any other modern Prime Minister, but he is getting near the top of the list for length of years of office with or without breaks.

Mr. Gladstone was Prime Minister for about fourteen years in all and Lord Salisbury for about thirteen, but Lord Beaconsfield had only about seven years, and Lord John Russell about six. Lord Palmerston's ascendancy was roughly from 1855 till 1865, in which period he had two terms as Prime Minister, one lasting three and the other six years. It took Sir Robert Peel about five years to get and leave a name as one of the greatest of Prime Ministers.

GLASS OF WATER

Upset Her.

People who don't know about food should never be allowed to feed persons with weak stomachs.

Sometime ago a young woman had an attack of scarlet fever, and when convalescing was permitted to eat anything she wanted. Indiscriminate feeding soon put her back in bed with severe stomach and kidney trouble.

"There I stayed," she says, "three months, with my stomach in such condition that I could take only a few teaspoonfuls of milk or beef juice at a time. Finally Grape-Nuts was brought to my attention and I asked my doctor if I might eat it. He said, 'yes,' and I commenced at once.

"The food did me good from the start and I was soon out of bed and recovered from the stomach trouble. I have gained ten pounds and am able to do all household duties, some days sitting down only long enough to eat my meals. I can eat anything that one ought to eat, but I still continue to eat Grape-Nuts at breakfast and supper and like it better every day.

"Considering that I could stand only a short time, and that a glass of water seemed 'so heavy,' I am fully satisfied that Grape-Nuts has been everything to me and that my return to health is due to it.

"I have told several friends having nervous or stomach trouble what Grape-Nuts did for me and in every case they speak highly of the food."

"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.

CHAPLIN, NEWEST OF BRITISH PEERS

ALWAYS A FAVORITE IN THE BRITISH COMMONS.

Was King Edward's Chum in the Deceased Monarch's Madcap Days.

The Rt. Hon. Henry Chaplin, who has just been created a peer, has discharged the duties of leader of the nominal Opposition, in virtue of his seniority among ex-Cabinet Ministers, since the formation of the coalition Government. It is said that Mr. Chaplin's failing health necessitates his retirement from the strenuous life of the Lower Chambr, of which, by the way, he has been a member—and almost continuously—for nearly fifty years. The son of a parson—that kind of parson who was both country gentleman and clergyman, and was termed a "squarson"—and educated at Harrow and Christ Church, Oxford. The new peer is 75 years old. While quite a young man he came into splendid inheritance in the shape of the Blankeney Estate in Lincolnshire—to this day he is termed the Squire of Blankeney in the House of Commons. The estate consisted of land and a splendid mansion, and the rent roll was pretty nearly a quarter of a million dollars a year. Harry Chaplin—he is one of those men who are "Harry" all their lives—got through the lot in pretty short order.

For truth to tell, this now veteran statesman and newly-made peer was not a little of a roysterer in the days of his hot youth. Hunting, shooting, deer stalking, racing, card playing, dining, wining, and the rest of it—he was the equal of the best at any or all of these. When King Edward was acting the part of madcap Prince Hal, Harry Chaplin was one of his nearest and dearest intimates. He is said to have won as much as $500,000 on a single race, and doubtless has before now many times lost pretty nearly that sum. In his old age he was glad to accept a pension such as an ex-Cabinet Minister of impoverished means is entitled to, of $6.000 a year, and to live at Stafford House as practically a pensioner on the bounty of the Duke of Sutherland, his kinsman by marriage.

Rt. Hon. Henry Chaplin.

A General Favorite.

Yet, with all his faults and foibles—and they are neither few nor small—Mr. Chaplin has always been a great favorite in the House of Commons. Squire, sportsman, and something of a scholar—in the sense that he has cultivated a taste for literature such as is not often possessed by the average country gentleman—he is very far from being a fool in public matters, whatever he may have proved himself to be in the management of his own affairs. In fact, so astute a judge as Disraeli welcomed him as a recruit of promise when he first returned to Parliament to swell the ranks of the Conservative minority in the year 1868. His admiration for Disraeli has affected his Parliamentary style almost beyond belief. When a young and impressionable member he was accustomed to note that great man's air of Olympian reflection and his assumed grandiloquence of manner, and he came to the conclusion that if these were essential to Parliamentary success he would succeed in Parliament. However, Disraeli possessed a good deal that Harry Chaplin conspicuously lacks. And so, though the latter has been a Cabinet Minister, he has never reached a higher position than that of a second rate man.

Had Splendid Physique.

The new peer was in his youth a man of superlative physique. With his broad shoulders and his six foot two of height he was possessed of great strength. And he was, too, an extremely good-looking man, with his aqueline nose, his high foreheead, his finely chiselled face, his Saxon blue eyes, at once keen and kindly, and his general expression of prevailing good humor. If ever a man was a typical specimen of the open-handed and open-hearted English squire the newest addition to the House of Lords is that one. He has all the English squire's virtues and nearly all his limitations. Whether the House of Lords will take him more seriously than the House of Commons has done in these later days, who can tell? But it is certain that Harry Chaplin, who has always been inclined to take himself seriously in his public capacity, will not be less inclined to do so, now that a coronet adorns his Jove-like brow.

WORSHIP SNAKE IN JAPAN.

Natives Believe Reptile Has Cured Hundreds of Toothache.

In the Suma gardens of Kobe, Japan, is a huge snake brought from the tropics. It measured 25 feet in length and 28 inches round the waist. Naturally this splendid reptile excited admiration, and when it died much sympathy was expressed, and a deputation asked the management to bury the snake in the vicinity, with due ceremony. This was done, the reptile being interred in a pine grove back of the restaurant.

Then the discovery was made that the snake had died on the day of the snake in the Japanese calendar, and somebody remembered an ancient superstition according to which toothache may be cured by worshipping a snake. The grave began to be visited and much benefit was derived by toothache sufferers.

Hundreds visit the grave every week now and bring good profits to the gardens and the restaurant proprietor, who naturally are ready to be convinced of the miraculous powers of the snake. Some of the grateful people who have been cured have decided to erect a shrine to the memory of the snake.

Spreading Good News Broadcast

WANTS EVERYBODY TO KNOW DODD'S KIDNEY PILLS CURED HIM.

Louis Champagne, After a Long Period of Sickness and Weakness, Says He Found New Health in Dodd's Kidney Pills.

Millerand, Ont., May 8th (Special.)—Strong and hearty again after a long period of weakness and ill-health, Louis Champagne a well-known resident of this place, is spreading broadcast the good news that he found new health and strength in Dodd's Kidney Pills.

"For a long time," Mr. Champagne states in an interview, "I suffered from kidney disease and backache. My appetite was uncertain, and I got up in the morning with a bitter taste in my mouth. There were flashes of light before my eyes, and I had a dragging sensation across the loins. My limbs were heavy and I was always tired.

"Then I decided to try Dodd's Kidney Pills, and I am glad to be able to say that two boxes made me well. I recommend Dodd's Kidney Pills to all those who suffer from feebleness or bad kidneys."

If you have the symptoms mentioned by Mr. Champagne you may be sure your kidneys need attention. Neglected kidneys are the cause of more than half the ills mankind is heir to. The way to treat sick or weak kidneys is to use Dodd's Kidney Pills.

SCHOOLROOM FURNITURE.

How a Child Is Crippled by School Desks and Seats.

We take pains to have our school buildings well lighted, well heated, well ventilated and in other ways thoroughly healthful places. But there is one important point which is often overlooked. This is the supplying of proper seats and desks at which the children can work in comfort and without doing serious damage to their growing bodies.

Many children are hopelessly crippled with round shoulders, curvature of the spine and other deformities long before they are ready to leave school because they have been forced to sit in ill-fitting chairs and work at desks which are either too high or too low for them.

The desks and seats in every schoolroom should be adjustable. It is very wrong to make children of all sizes sit at desks of the same size. For boys and girls who are below or above the average in size there should be desks which can be adjusted to meet their particular needs.

The most common faults in schoolroom furniture are the unsuitable shape of the backs of the seats, too great distance between the seat and the desk, disproportion of the height of the seat and desk, and incorrect shape and slope of the desk.

It is important that the edge of the desk should project slightly over the edge of the seat. The top of the desk should incline downward about ten degrees toward the seat and should be low enough to allow the forearm to rest on it without raising the shoulder. The seat should be broad enough to support almost the whole thigh, and should be low enough to allow the sole of the foot to rest on the floor. It should be slightly concave to prevent slipping and horizontal rather than inclined. The back should be curved forward to support the loins so that even a weakly child will find it easy and comfortable to sit up-right.

When a schoolroom seat is too high the child does not touch the floor. He is most uncomfortable because he does not get the proper aid from the legs and feet in maintaining an upright position. It the desk is too high the elbow can get no rest except by curving the spine and raising the shoulder. This also causes extra strain to the eyes by bringing the work too close.

When the desk is too low the child has to bend over and will quickly become round shouldered. Bending over a low desk also strains the eyes and compresses important veins in the neck so that serious brain troubles may follow.

You Owe Yourself this Rare Treat after the heavy meats and the canned vegetables of the Winter—with a jaded stomach and rebellious liver—**Shredded Wheat with Strawberries**—a dish that is deliciously nourishing and satisfying—a perfect meal, and so easily and quickly prepared. For breakfast, for luncheon or any meal.

Made in Canada.

SACRIFICES OF PEERAGE.

Forty-Eight Heirs to British Titles Killed in Present War.

Attention has been again focussed on the sacrifices of the British peerage in the war by the death at the front of Lord Desmond Fitzerald, of the Irish Guards, the brother and heir presumptive of the Duke of Leinster. Lord Desmond is the 48th heir to a peerage to fall in the present war and his case is only specially notable from the fact that the peerage which he would have inherited had he lived is one of the most historic in the United Kingdom. He would have become the premier duke, marquis and earl in Ireland and he would have inherited one of the few existing peerages that can be traced back without a break to the Norman conquest.

His elder brother, the Duke of Leinster, is unmarried and in poor health and the succession now devolves on a younger brother, Lord Edward Fitzgerald, who a few years ago married Miss May Etheridge, a musical comedy actress. Lady Edward Fitzgerald will be the first musical comedy duchess, if her husband lives to inherit. He is also an officer serving at the front, but even if he should fall the succession in this case is safe, for he has an infant son, born in 1914, who in the natural course of events will one day be Duke of Leinster.

REDUCTION OF INSANITY.

War is Proving an Antidote for Madness.

Medical inquiry indicates that there has been a considerable reduction of insanity since the war began.

Dr. William Graham of the Belfast Lunatic Asylum says: "It is not the great tragedies of life that sap the forces of the brain and wreck the psychic organism. On the contrary, it is the small worries, the deadly monotony of a narrow and circumscribed existence, the dull drab of a life without joy and barren of an achievement, the self-centred, anaemic consciousness—it is these experiences that weaken and diminish personality and so leave it a prey to inherited predispositions or to the slings and arrows of outrageous fortune."

And the editor of the Lancet points out: "The traveler in Central America will face savage men and savage beasts unmoved but is driven to the verge of madness by the attacks of minute and insistent insects."

Dr. Graham quotes with approval Lord Bryce's recent statement that the effect of the fighting on thousands of men has been to sober them, to stir their deepest thoughts, and to inspire them with an urgent desire for some idealistic basis of life, and he "believes that one of the eventual results of the war will be a great decrease in the amount of mental instability which has been growing in recent years."

STRIKE OIL IN AUSTRALIA.

Message Tells of a Big Petroleum Field Near Grafton.

Discovery of the first gas and petroleum field in the continent of Australia was announced in a cable message received by P. E. Quinn, Trade Commissioner of New South Wales, Australia, New York. The message, which came from E. H. Palmer, acting assistant superintendent of the Immigration and Tourist Bureau, Sydney, contained only the information that the petroleum and gas field had been found near Grafton, on the Clarence River, in the extreme north-eastern part of New South Wales.

That the newly found supply is extensive is indicated by the fact that news of the discovery was cabled also to Niel Nielson, Australian Trade Commissioner in Sanfrancisco and other Australian representatives who are seeking to bring about closer commercial relations between the United States and the Australian Commonwealth.

Commissioner Quinn said the oil and gas supply nearest Australia was that discovered in recent years in New Guinea. He was not able to estimate how the American market of these products might be affected, but he pointed out that Australia annually has bought from the United States more than $10,000,000 worth of gasolene, benzol, lubricating oils and other petroleum products.

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

MILK SHORTAGE IN AUSTRIA.

In Innsbruck Shops Open for Only Two Hours Daily.

The scarcity of live stock and milk in Austria has assumed such alarming proportions that at Innsbruck during the mid-Lent cattle market only twelve cows were available for sale and they were immediately requisitioned by the military authorities.

The amount of milk available for sale is so limited that milk shops are opened for only two hours every day and the crowd of people is so great that the police experience the greatest difficulty in regulating the sale and distribution of milk for children and sick persons.

Conditions in other regions are much worse than in the Tyrol, where in ordinary times cattle breeding flourishes and consequently the milk supply is plentiful.

MOTHER AND BABY.

The fond mother always has the welfare of her little ones at heart. She is continually on the watch for any appearance of the maladies which threaten her little ones. Thousands of mothers have learned by experience that nothing will equal Baby's Own Tablets in keeping the children well. Concerning them Mrs. R. Morehouse, Blissfield, N.B., writes: "Baby's Own Tablets are the best medicine I have ever used for my baby. He was very cross but the Tablets soon put him right again." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Strong One Way.

Wife—"My husband is not well. I'm afraid he'll give out."

Wife's Mother—"Well he may give out. He certainly never gives in."

Ask for Minard's and take no other

Unappreciated Rewards.

Mother—"The teacher complains you have not had a correct lesson for a month; why is it?"

Son—"She always kisses me when I get them right."

I cured a horse of the Mange with MINARD'S LINIMENT.
CHRISTOPHER SAUNDERS.
Dalhousie.

I cured a horse badly torn by a pitchfork, with MINARD'S LINIMENT.
St. Peter's, C.B. EDW. LINLIEF.

I cured a horse of a bad swelling by MINARD'S LINIMENT.
Bathurst, N.B. THOS. W. PAYNE.

No Joke.

"Yes and I asked him if all the jokes about married life were so."

"What did he say?"

"He said that some people had strange ideas of what constitutes a joke."

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**

Innocence Abroad.

Grocer—We have some very nice horseradish to-day, madam.

Mrs. Newlywed—I don't think I'll take any this morning, thank you. You see, we just started housekeeping and haven't a horse yet.

Trouble Located.

"Say, jeweler, why don't my watch keep good time?"

"The hands won't behave, sir; there's a pretty girl in the case."

Keep Minard's Liniment in the house

Her Choice.

"When I am big mamma, I'm going to marry a doctor or a minister."

"Why, my dear?"

"'Cause if I marry a doctor I can get well for nothing, and if I marry a minister I can be good for nothing."

It is believed by some that the time will come when an honest man will command respect.

A Pleasant Discovery.

An old lady on board a vessel observed two sailors pumping up water to wash the deck, and, the captain being near, she accosted him as follows:

"Well captain, so we've got a well aboard, eh?"

"Yes, ma'am always carry one," said the polite captain.

"Well that's clever. It's so much better than the nasty sea water, which I always dislike so."

Minard's Liniment Lumberman's Friend

Chinese Porcelain.

It is announced that the famous King Teh Cheeng porcelain factory which from the year 1396 furnished all the fine porcelain for the royal palaces of China, is to be reopened. This factory was partly destroyed during the revolution in which the republic was established, and the various samples and patterns kept there were divided among the leading revolutionists. However, many patterns have been recovered, together with samples.

Minard's Liniment Used by Physicians.

Father's Advice.

"I told father I loved you more than any girl I ever met."

"And what did your father say?"

"He said to try and meet some more girls."

Makers of alarm clocks are among those who do a rousing business.

SEED POTATOES

SEED POTATOES. IRISH COBBLERS, Delaware, Carman 3. Order at once. Supply limited. Write for quotations. H. W. Dawson, Brampton.

FOR SALE.

GLADIOLUS THE COMING FLOWER. Colored directions free. H. F. Vanwagner, R. 5, Hamilton.

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

HELP WANTED.

WANTED—UPHOLSTERERS GOOD wages, piecework. Apply Jacobs Brothers & Co., Berlin, Ont.

WANTED, EXPERIENCED COARSE hose loopers on black work. Highest wages paid. Apply by letter Hosiery Company care Wilson Publishing Co., 73 Adelaide Street West, Toronto.

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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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Why suffer with Rheumatism, Lumbago, Lame Back or pain of any kind, when "Overseas" Liniment will cure you. The Highest Grade Liniment made. Guaranteed. Send at once. Family size 50c. Large size $1.00.

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IS YOUR WAGON LOPSIDED?

Have worn axles made the wheels all out of gear? You could have prevented that condition—and you can still help it with

MICA AXLE GREASE

The mica does it. It fills the worn pores of the axle. Won't gum. Kills friction.

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