REPLENISH YOUR BLOOD IN THE SPRING

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

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

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

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

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

SPARED ROYAL SHOOTING-BOX

House Built For Kaiser's Son Left Intact Amid Ruin.

I would like to take those who prate of pacifism, and are trying to shirk their duty to the human race, to a little hill ten miles from St. Quentin, but standing twenty feet above the plain and commanding scores of square miles of uninterrupted view of the surrounding country, writes a war correspondent on April 14. Three summers ago this slice of desecrated France was a patchwork of green orchards and brown plowland, dotted with town of gray stone and villages of red brick and peopled by a race of happy peasants. Now the whole of it is an ugly uniform of gray. The gray of grass grown withered because for three seasons it neither has been cut by man nor grazed by cattle.

Over the whole face of the withered gray desert the enemy has made are strewn thousands and thousands of what look like black fagots—murdered fruit trees, that in a few weeks would become, if the enemy had not to be driven back, a mass of white and pink blossoms. From this particular place the view of the crime of these stricken trees is particularly impressive, because more widespread and wholesale than anywhere else in the devastated country.

But there is a further reason for choosing this little hill as a place from which to contemplate this side of war. On the top of it there is a neatly built log hut of white-barked beech, fitted with glass windows and adorned inside with green canvas hangings and gilt moldings. On the narrow terrace tre fixed wooden benches and tables of the kind that belong to a German beer garden. This eligible country residence was constructed as a sort of week-end shooting-box for Prince Eitel Friedrich, to which he and his boon companions could retire when exhausted from the strain of war. There was, of course, no reason why they should not build a hut wherever they chose, but there is the cynical fact that it alone of the whole visible landscape remains intact. Everything else of the works of God and man is destroyed.

From St. Quentin itself arises the smoke of the bonfire, the kind of bonfire that all through the German retreat we saw in village after village which the British and French soldiers have since won back for France.

The moment is coming when the enemy will not be able to hang on longer to his present position, but he still has the power to destroy, and destroy he does, especially when being driven back, and destroy he will until the power is taken from him.

NO ALIEN-BORN QUEEN.

War and Revolt Have Robbed Prince of Wales of Bride.

Russia's revolution has had the result of giving increased strength to the movement which has been in progress in Great Britain since the second year of the war in favor of the Prince of Wales' selection of a consort from among his non-royal countrywomen rather than from any of the foreign dynasties, remarks a London correspondent of the Washington Post.

He then goes on to ennumerate the various European princesses, practically all of whom are now unavailable as brides for the Prince of Wales. For those who are not of the Hohenzollern family are of the Roman Catholic persuasion. Hence these latter are all similarly disqualified for marriage with the British heir-apparent by reason of their faith. It may be argued that they might abandon the Church of Rome for any other form of creed, since it is the only one that is barred. But it is contended by many that the prohibitory provisions of the constitution apply to persons born and bred as Roman Catholics, no matter what church they may eventually join, and the most eminent authorities in England on the subject of constitutional law, as well as former great law officers of the Crown, seem inclined to adopt this view, which was the subject of much discussion at the time when the late Duke of Clarence, the older brother of King George, was bent upon marrying the lovely Princess Helene of Orleans, who afterwards became the wife of the royal Italian Duke of Aosta.

Now since the present war has shown the fallacy that royal international matches make for peace, it is again urged that there are really no obstacles to prevent the Prince from choosing a suitable bride among the girls of his own country.

BABY'S OWN TABLETS USED TEN YEARS

Mrs. W. J. Wilson, Carp, Ont., writes: "I have used Baby's Own Tablets for the last ten years and can highly recommend them for babyhood and childhood ailments. My baby was very delicate; in fact we never thought he would live, but thanks to the Tablets he is now a fine healthy boy." Baby's Own Tablets should be kept in every home where there are small children. They regulate the bowels and stomach and never fail to cure the minor ills of little ones. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

THE HOME GARDEN.

On the Principle That "Every Little Helps" Let Us Do Our Best.

Yes, in the poor man's garden grow
Far more than herbs or flowers,
Kind thoughts, contentment, peace of mind,
And joy for weary hours.
—The Poor Man's Garden.

From the cares of business and the nervous strain of the office, the back-yard garden offers a relief which is not sufficiently enjoyed. Open air exercise is essential to good health. To what better end could this effort be devoted than the cultivation of the back-yard garden.

It requires but a small area of land to supply a table with green vegetables. These may be had crisp and fresh and, on this account, much more of such food will be used, to the great advantage of health.

The product of the home garden relieves to that extent the demand upon the general supply. "Self-preservation is the first law of nature." Do not abuse that law by expecting others to provide your food supply when you are capable and have the facilities for growing at least part of your needs.

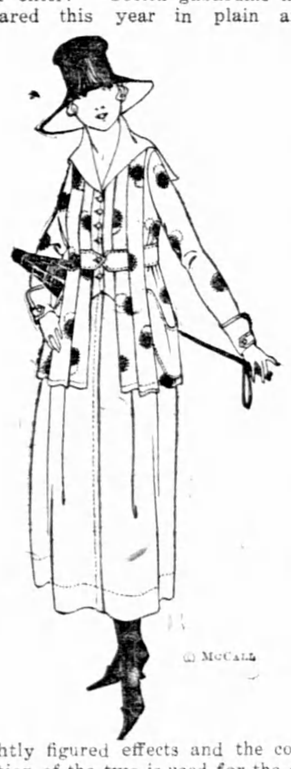
Whenever you can look at yourself and be satisfied, you should begin to suspect yourself of moral blindness.

A special meeting of the Dublin Corporation was held in the City Hall, to inaugurate the Right Hon. the Lord Mayor, for the ensuing year.

The High Cost of Indigestible Food falls heavily upon the household where there is no intelligent direction of the food supply. Expensive high proteid foods, such as beef and pork, impose a heavy burden upon the liver and kidneys. They are not as nitritious as cereals and fruits. Two **Shredded Wheat Biscuits** with milk supply all the nutriment needed for a half day's work at a cost of only four or five cents. Cut out meat and eggs, eat Shredded Wheat Biscuit with green vegetables and fruits, and see how much better you feel. For breakfast with hot milk or cream. Made in Canada.

Spring Styles

One need not be a sportswoman to wear this smart suit, for sports costumes are the rage and are worn by women into whose lives sports never enter. Cotton gabardine has appeared this year in plain and



brightly figured effects and the combination of the two is used for the development of this costume. McCall Pattern No. 7715, Ladies' Coat Blouse. In 5 sizes; 34 to 42 bust; and No. 7711, Ladies' Three-Piece Skirt, 42 or 38-inch length; in 5 sizes; 22 to 30 waist. Price, 20 cents each.

Dotted swiss and swiss embroidery with a touch of rose color in the sash are the materials of this little girl's frock, which is suitable for parties, and not too elaborate for summer afternoons. The straight lower edges of skirt and sleeves make it a desirable design for embroidered

flouncing or bordered material. McCall Pattern No. 7746, Girls' Dress. In 6 sizes; 4 to 14 years. Price, 15 cents.

These patterns may be obtained from your local McCall dealer or from The McCall Co., 70 Bond St., Toronto, Dept. W.

Censor's Generosity.

In his book, "The Balkan War," Mr. Philip Gibbs tells the following story. The official regulations for the correspondents sent out there were appallingly severe. Mr. Gibbs found that he was forbidden to describe the disposition of the troops, to give the names of generals, the names and numbers of the wounded, the success or failure of Bulgarian troops, the state of the soldiers' health, and so on.

When the censor had told all this Mr. Gibbs politely asked: "Will you tell me, sir, if there is anything about which we shall be allowed to write?"

The censor thought deeply for a moment and then answered quite gravely: "There is much that is interesting in Bulgarian literature."

"Perhaps," Mr. Gibbs suggested sarcastically. "I may also be permitted to describe the song of the birds?"

"By all means," was the censor's cordial reply.

HAS BEEN DEAR BEFORE.

Sugar Was a Great Luxury in Year of 1459.

One of the earliest records of the price of sugar in Great Britain appears in the accounts of the Chamberlain of Scotland in 1819, in which it is set down at 1s 9½d (44 cents) per lb. In 1459 sugar continued to be a great luxury, and in that year a certain Margaret Paston, writing to her husband, who was a gentleman and landowner of Norfolk, begs that he "vouchsafe" to buy her a pound of sugar.

In the accounts of corporate bodies, and the household expenses of private persons, during the sixteenth and seventeenth centuries, the item of sugar appears from time to time. In a list of viands provided for the funeral repast of Sir Jorn Redston, Lord Mayor, in 1531, for instance, sugar is set down at 7d. per lb, while in the books of the Stationers' Company the price is variously recorded as having been, in 1554 and 1558, 10d per lb and 1s 1½d (28 cents) per lb, respectively. Thirty years later as much as 1s 6d., (37 cents) per lb., was charged.

Well Known Farmer Gives His Evidence

Says Dodd's Kidney Pills Cured Him of Gravel

Mr. William Wood of Hadlington, Ont., is Added to Long List of Cures By the Great Canadian Kidney Remedy, Dodd's Kidney Pills.

Hadlington, Ont., Apr. 23rd (Special)—Mr. William Wood, a well-known farmer living near here, is shouting the praises of Dodd's Kidney Pills. He claims they cured him of two of the most painful and dangerous forms of kidney trouble, bladder trouble and gravel.

"Yes, I was troubled with gravel and bladder trouble," Mr. Woods said when asked about his cure. "But since I took four boxes of Dodd's Kidney Pills my troubles are gone. I also had heart flutterings and shortness of breath. There were flashes of lights and specks before my eyes and I was very nervous. All these troubles have gone, too, since I used Dodd's Kidney Pills."

Others in this neighborhood have used Dodd's Kidney Pills and found that they are the greatest of all remedies for kidney troubles of any kind. Dodd's Kidney Pills are specialists. They cure sick kidneys and that is all they claim to cure. The reason they are given credit for curing rheumatism, lumbago, dropsy, diabetes and Bright's disease is that all of these diseases are caused by sick kidneys.

AFTER-THE-WAR EMIGRATION.

Farmer Prisoner in Germany Getting Farm Recruits.

Coming all the way from a prison camp in Germany, a letter from a Canadian soldier reached the Ontario Department of Agriculture recently, and the quest it contained was one of the most unusual the Department has had in years. Cooped up in a Hun camp Sergeant Salter, of the 3rd Toronto Battalion, and a number of his fellow-prisoners have been doing a little "after-the-war" planning, and it is to the farm their minds have been turning. Now Sergt. Salter, a farmer himself, wants "literature" to tell the rest all about it.

Sergt. Salter's letter, writter from Giessen, follows:

"Gentlemen,—Would you be kind enough to forward me some literature appertaining to farming in Ontario and other provinces, as there are quite a number of my fellow-prisoners who are seriously contemplating emigrating to Canada after the war. As I am a farmer myself, I want to do all I can to get men to work the land, which our Dominion is so much in need of. So I would be glad of any official information which I could hand around to my fellow-prisoners who contemplate emigrating to Canada, also a few illustrated pamphlets, showing the machinery with which we farm."

If the department can get it through, Sergt. Salter will get all the "literature" he needs for effective propaganda.

Minard's Liniment Cures Dandruff.

Foggy Weather Light.

An English lighthouse has been equipped with a lamp that can be lowered almost to sea level in foggy weather when it would be invisible in its regular position.

MONEY ORDERS

When ordering goods by mail, send a Dominion Express Money Order.

The King of Bulgaria enjoys the reputation of being the shrewdest and wiliest of all royal business men. He owns theatres, cinemas, tobacco factories, dairies, and has made considerable sums on the Austrian Stock Exchange.

Minard's Liniment Relieves Neuralgia.

We are the sea police of the world. Germany, on the other hand, has acted the role of the highwayman, and is playing the part with variations which no highwayman would dream of putting in practice.—Lord Lytton.

A Guessing Contest.

Lady Visitor (to friend just married)—So you are not getting tired of studio life, eh?

Artist's Wife—Good gracious, no! It's most interesting. Jim paints and I cook. Then the game is to guess what the things are meant for.

Minard's Liniment Cures Burns, Etc.

Where She Excelled.

Jack Timid—I—er—suppose your daughter has told you—er—the object of my—er—visit to you—er—this evening?

Her Dad—Yes, young mar, and she told it a hang sight better than you seem able to.

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.

Revolution indicators for aeroplane motors have been invented by an Englishman to enable an aviator to estimate roughly his speed and distance travelled.

The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION

"Clean All" BOILER COMPOUND
For All Boiler Feed Waters
Cyclone Shaking and Dumping Grate Bars for all requirements
Canadian Steam Boiler Equipment Co., Limited
Tel. Gerrard 3660
20 McGee St. - Toronto

PILES.
You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance with Zam-Buk means cure. Why not prove this? All Druggists and Stores—50c box.
Zam-Buk

America's Pioneer Dog Remedies
BOOK ON DOG DISEASES And How to Feed
Mailed free to any address by the Author
H. CLAY GLOVER CO., Inc.
118 West 31st Street, New York

WOMEN! IT IS MAGIC! LIFT OUT ANY CORN

Apply a few drops then lift corns or calluses off with fingers—no pain.

Just think! You can lift off any corn or callus without pain or soreness.

A Cincinnati man discovered this ether compound and named it freezone. Any druggist will sell a tiny bottle of freezone, like here shown, for very little cost. You apply a few drops directly upon a tender corn or callus. Instantly the soreness disappears, then shortly you will find the corn or callus so loose that you can lift it right off.

Freezone is wonderful. It dries instantly. It doesn't eat away the corn or callus, but shrivels it up without even irritating the surrounding skin.

Hard, soft or corns between the toes, as well as painful calluses, lift right off. There is no pain before or afterwards. If your druggist hasn't freezone, tell him to order a small bottle for you from his wholesale drug house.

Platinum.

The greatest supply of platinum is said to come from a comparatively small area in Russia among the Ural Mountains, where the metal occurs in deposits of alluvial gravel along the banks and beneath the beds of the rivers. The present war has stopped the expert.

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

It is estimated that the consumption of lumber for the making of phonograph and other talking machine cabinets in 1916 was 75,600,000 square feet of manufactured hardwood lumber and 50,000,000 square feet of veneer.

Minard's Liniment for sale everywhere.

Take what is, trust what may be, that's life's true lesson.—Browning.

Mails and passengers between India and Britain will in ten years' time be conveyed by air.

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 Adelaide St., Toronto.

HELP WANTED

BRIGHT YOUNG GIRL TO ASSIST with house work. Mrs. White, 47 Indian Road Crescent, Toronto.

MISCELLANEOUS

BICYCLES, NEW AND SECOND Hand, $12.00 up. Send for special price list. Varsity Cycle Works, 413 Spadina Ave., Toronto.

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.

GREASE IS GREASE
It may be any old kind but
MICA
IS
AXLE GREASE

THE IMPERIAL OIL COMPANY Limited
BRANCHES THROUGHOUT CANADA

Rheumatism attacks the "outside" man. Pains and aches stiffen his joints and muscles and reduces his efficiency.

At the first twinge get Sloan's Liniment, easy to apply, it *penetrates without rubbing* and soothes the soreness.

After that long drive or tedious wait in the cold rain apply Sloan's Liniment to those stiff fingers, aching wrists and arms.

For gout, neuralgia, toothache, bruises, sprains, cold feet, it is promptly effective.

At all druggists, 25c. 50c. and $1.00.

Sloan's Liniment KILLS PAIN

THOUSANDS UPON THOUSANDS OF HEALTHY BOYS & GIRLS EAT Grape-Nuts AND CREAM EVERY MORNING BECAUSE WISE MOTHERS KNOW "There's a Reason"

SPOHN'S DISTEMPER COMPOUND TRADE MARK

STRANGLES

Or Distemper in stallions, brood mares, colts and all others is most destructive. The germ causing the disease must be removed from the body of the animal. To prevent the trouble the same must be done.

SPOHN'S COMPOUND

Will do both—cure the sick and prevent those "exposed" from having the disease. All druggists.

SPOHN MEDICAL CO., Chemists, Goshen Ind., U. S. A.