WEAK, NERVOUS PEOPLE

Such Sufferers Can be Restored by Building Up the Blood.

Nervous people who have not yet developed a disease that can be recognized and treated by the medical profession have the greatest trouble in finding relief. Irritation, headaches, sleeplessness, nervous dyspepsia, all these discomforts make life miserable, but are endured rather than run a doctor's bill without definite hope of an improved condition.

Every sufferer should know the danger of such a condition to the nervous system. Nervous debility and even paralysis may result if the tone of the nerves is not restored.

The one big fact that brings hope and relief is that the nerves can be restored by building up the blood. It cannot be too often repeated that only through the blood can nourishment or medicine reach the nerves. Dr. Williams' Pink Pills make the blood rich and red and quickly restore vitality and energy to a weak, nervous system. A nervous person who gives these pills a trial is almost certain to see good results, and what is more, the benefit will be lasting because the trouble is attacked at its root; building up the blood restores the nerve force. That is why people who occasionally take Dr. Williams' Pink Pills always feel bright, active and strong. Mrs. Wm. McIntyre, Gananoque, Ont., says:—"For a number of years I was always tired and listless. The least noise would so startle me that I would tremble and shake; my heart would flutter, and I would feel as though I were choking. I was almost wholly unfitted for housework, and always so nervous that life was almost a burden. I tried several medicines, but they did not help me in the least. One day I received a pamphlet describing Dr. Williams' Pink Pills and decided to give them a trial. I am glad now that I did for after using eight boxes they have so strengthened and built up my run-down, nervous system that I can work with pleasure and feel refreshed after a night's sleep. I sincerely hope some similar sufferer may benefit by my experience."

If you are weak, nervous or feeling "out of sorts," give Dr. Williams' Pink Pills a trial and you will be surprised to see how quickly the nervousness will pass away and your former energy return. You can get these pills through your medicine dealer, or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

How a Tank Behaves.

From the depths of the wood opposite came a crackling, crunching sound, as of some prehistoric beast forcing its way through tropical undergrowth, writes Ian Hay. And then, suddenly, out from the thinning edge there loomed a monster—a monstrosity. It did not glide, it did not walk. It wallowed. It lurched, with now and then a laborious heave of its shoulders. It fumbled its way over a low bank matted with scrub. It crossed a ditch by the simple expedient of rolling the ditch out flat, and waddled forward. In its path stood a young tree. The monster arrived at the tree and laid its chin lovingly against the stem. The tree leaped back, crackled and assumed a horizontal position. In the middle of the clearing, twenty yards further on, gaped an enormous shell crater, a present from the Kaiser. Into this the creature plunged blindly, to emerge, panting and puffing on the further side. Then it stopped. A magic opening appeared in its stomach, from which emerged, grinning, a British subaltern and his grimy associates.

As soon as the snow goes and the frost is out of the ground, and a few dry days take off the excess moisture, clear the lawns of litter or manure applied last autumn by the use of the rake. Roll, to smooth out the roughness.

You Will Better Understand

The popularity of

Instant Postum

when you use it as your regular table beverage for a few days.

It so readily proves its own worth in flavor, comfort, convenience and economy that its amazing increase in use is quickly explained upon trial.

"There's a Reason"

DRY-LAND FISHES.

Inhabitants of India and South Africa That Can Live Ashore.

The phrase "like a fish out of water" was coined as a vivid means of expressing extreme discomfort amid unusual surroundings. Doubtless the originator felt confident that no fish could leave its natural element for any length of time and live. According to Mr. W. P. Pycraft, who writes in Marvels of the Universe, however, there is a fresh-water fish in India and the Malay countries that not only can live without discomfort ashore but that can crawl and climb.

This strange creature is the anabas, or climbing perch. It is equipped with stout spines on its under fins and gill covers, and it thrusts these makeshifts for feet into the ground a it wriggles forward. When premonition of impending drought warns the anabas to leave the pond in which it is living, it sometimes makes overland journeys of considerable length in search of deeper water. A special breathing apparatus enables it to live out of water. This takes the form of a pair of large cavities, one on either side of the head, opening downward into the gill chamber and divided by thin, scroll-like plates of bone covered with a delicate skin, over which ramifies a network of blood vessels for the purpose of absorbing oxygen.

No less strange than the anabas is a fish that inhabits the waters of Lake Victoria Nyanza in Africa. Sir John Bland-Sutton describes it in his book, Man and Beast in Eastern Ethiopia. This fish is equipped with lungs as well as with gills, and is known as the mamba, or mudfish. It is long and cylindrical in shape, something like an eel, and it often attains a length of six feet. During the dry season the marshes that the mudfish frequents dry up, and, to meet that change, it burrows into the mud to the depth of eighteen inches, makes a cocoon or capsule of mucus, secreted by the glands of its skin, coils up, and remains in a dormant state for half a year.

All this time it breathes entirely by its lungs, and obtains air through a small aperture in the dry mud. In this condition it is often dug up by the natives, who appreciate it highly as an article of diet.

When placed in warm water it immediately wakes from its sleep and resumes the gill method of breathing. In ordinary circumstances the fish remains dormant within the cocoon until the rainy season floods the marshes again.

Care of Roses.

Roses should be pruned after the hard freezing weather is over. Most of the monthly roses, such as the China, Bengal and Moisettes, should be cut back severely, leaving only one to three eyes on each stem. Bourbons and hybrid Chinas should be left with six or eight eyes. Hybrid perpetual roses should have the weak and decayed wood cut out, also branches that are crowding. The remaining shoots, which are to produce flowers, should be cut back to about six or eight eyes from the base. All shoots older than those of last year should be cut out. Climbing roses only require the poor wood cut out and the shoots shortened sufficiently to keep them in bounds.

A SPLENDID LAXATIVE FOR THE BABY

Baby's Own Tablets are a splendid laxative for the baby. They are mild but thorough in their action; do not gripe; are easy and pleasant to take and are absolutely free from injurious drugs. Concerning them Mrs. S. P. Moulton, St. Stephen, N. B., writes:—"I have used Baby's Own Tablets for a long time and have found them the most effective laxative I have ever used for 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.

EARLY AMBITIONS.

Career of Two Noted Men Took Unexpected Direction.

Andrew Carnegie in his early days had an ambition to enter the newspaper business, but when he failed to obtain a position on the Pittsburg Despatch, he turned his talents in other directions and finally became America's leading iron and steel manufacturer.

Robert Burns, on the other hand, spurned efforts to induce him to go into journalism and thus made the way clear for his becoming the most beloved of Scottish bards. These points were brought out in an address recently given by William Will, president of the London Burns Club.

The first attempt to get Burns in the newspaper line was when Peter Stuart of the London Morning Post started the Star. Burns declined to give active assistance in turning out the paper, although he occasionally contributed articles. Later James Parry, proprietor of the London Morning Chronicle, offered Burns £5 a week to join the staff. Burns refused the offer on the plea that his duties as an excise officer would prevent him from attending to the work. Nothing ever resulted, either from the suggestion that Burns write a three act comic opera.

A little ground well tilled is better than a great deal that lies neglected.

FERTILIZER

ONTARIO FERTILIZERS, LIMITED
WEST TORONTO - CANADA

WHEN THE PLAGUE IS WORST.

Origin of Dread Disease Prevalent in Parts of China.

News dispatches speak in a horrifying way of the recent spread of "pneumonic plague" in the Shansi province of China. Dead bodies lie about in the streets of villages and are not removed for fear of infection. The local authorities defy Government orders and oppose the efforts of Chinese and foreign medical men to fight the dreaded malady.

Everybody knows about the "bubonic" plague, and that it is carried by rats. But the term "pneumonic" is little understood.

It is the same disease, but in another and much more dreadful form. When many cases of plague have developed, the lungs of some of the victims are liable to become infected. Germs distributed from their sputum get into the air. Other people breathe them, and soon the very atmosphere is poisoned. The infection then spreads like wildfire and human beings die like flies.

The populations of entire towns are literally wiped out in a few weeks' time. That is what is happening in the Shansi province just now.

The symptoms are like those of an extremely malignant type of pneumonia. The lungs fill up with water and in a day or two the victim dies. Death comes with great certainty and remarkable quickness.

There is, however, a form of plague worse even than this. It is called the "septicemic," being a poisoning of the blood. Germs find their way directly into the blood-stream and the sufferer literally rots away.

In every Chinese village there are one or more inns, where the guests commonly sleep huddled together on the floor. This gives a first-class opportunity for the rat flea (originally infected by biting a plague-stricken rat) to bite persons, and so to communicate to them the disease. Hence it is beyond a doubt that these inns are foci of plague infection.

So far as can be ascertained, the original home of plague—the disease which in the Middle Ages was known in Europe as the "black death"—is the Yunnan province of China. There it always exists, though sometimes slumbering. From there have come all the great destructive epidemics of the malady since the beginning of historic times.

GIRLS! LEMON JUICE IS SKIN WHITENER.

How to make a creamy beauty lotion for a few cents.

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quarter pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin oftener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands.

Relieving Congestion at Terminals.

Serious congestion in Grand Trunk and Canadian Pacific terminals at Toronto and other points, has been obviated by the co-operation of the Canadian Northern Railway in handling over its trunk line between Toronto, Ottawa and Montreal, a large number of cars which the other roads were unable to forward, according to figures issued here yesterday.

Up to Feb. 18th a total of 1256 loaded Grand Trunk cars destined for eastern points, had been accepted by the Canadian Northern at Toronto and moved east over its lines. Relief was extended to the C.P.R. to the extent of 360 cars, making a grand total of 1616 cars.

It is officially announced by the Canadian Northern that the road will further co-operate with the other lines to the extent of 90 cars daily from the Grand Trunk at Toronto; and 40 cars each day from the C.P.R. at Sudbury to be handled over the transcontinental line of the C.N.R. as far as Ottawa.

The old Phillistines were angels of light compared iwth the modern Hun. —Sir A. G. Boscawen.

A little girl wrote the following composition on men: "Men are what women marry. They drink and smoke and swear, but don't go to church. Perhaps if they wore bonnets they would. They are more logical than women, also more zoological. Both men and women sprang from monkeys, but the women sprang farther than the men."

Gunns Shur-Gain Fertilizer

Sacrifice.

I saw them there—
The train staccato panting in expectant haste,
Car doors and windows bulging forms all khaki-clad—
A laugh upon his lips, his arm about her waist,
She, small with bent and drooping shoulders sad;
A hurried kiss just at the parting of her hair,
And he was gone.
She shrank and withered as from heat of hungry flame,
Then gasped—and stood erect—and softly breathed his name;
I saw leap to her eyes a light that put to shame
The glory that she knew when he was born.

—Evelyn King Gilmore.

He Knows Just Why He Admires Them

Dodd's Kidney Pills Cured Mrs. Mercredi.

She Had Been Ill Two Years and Could Find No Cure. That's Why Her Husband Is Enthusiastic Over Dodd's Kidney Pills.

Fort Smith, Alberta, March 11th (Special.)—Among all the thousands of Canadians who praise Dodd's Kidney Pills for the good they have done, there is no more fervent admirer of the great kidney remedy than Isidore Mercredi, of this place.

"Yes, it always gives me pleasure to say a good word for Dodd's Kidney Pills," Mr. Mercredi says. "My wife was sick for two years. We could not find anything to restore her to health. Then we found a pamphlet telling of several persons who had been cured by Dodd's Kidney Pills.

"My wife used just two boxes of them and she is perfectly well, to the great surprise of all our neighbors. They can tell you the same thing. I cannot recommend Dodd's Kidney Pills enough."

Dodd's Kidney Pills are the greatest of all remedies for weak, suffering women. They cure the kidneys. The kidneys are the root of nine-tenths of women's ills. Moreover, cured kidneys mean pure clear blood all over the body. That means good health everywhere.

Safety First.

First Colored Recruit:—"Yes, I'se registud all right, and I'se already concreted; what you gonna join, de infamy or de calvary?"

Second Colored Recruit: "No, calvary for me. I'se goin' in dat infamy. When de Genrul sound de word 'Retreat,' dis nigger don't wan' to be bothered with no hoss."

Minard's Liniment Relieves Neuralgia.

Stick to It.

Plan for more than you can do,
Then do it.
Bite off more than you can chew,
Then chew it.
Hitch your wagon to a star,
Keep your seat, and there you are.

THE BELGIAN NEED.

A letter has just been received from the wife of the French Ambassador to the Belgian Government at Havre, saying: "Can you not raise funds for our poor Belgian prisoners? or even if you could go to the hotels and restaurants and ask for their waste bread; when first dried in the oven it keeps well, and is far better than anything they get from the Germans."

To freshen a carpet sweep it with a broom previously dipped in salt and water. Shake the broom well before using it, for it is needed damp, not wet.

We have been using MINARD'S LINIMENT in our home for a number of years and use no other Liniment but MINARD'S, and we can recommend it highly for sprains, bruises, pains or tightness of the chest, soreness of the throat, headache or anything of that sort. We will not be without it one single day, for we get a new bottle before the other is all used. I can recommend it highly to anyone.

JOHN WALKFIELD.
LaHave Islands, Lunenburg Co., N.S.

Since we have "slacker" for the man who tries to shrik his military duty altogether, and "clicker" for the man who hunts the softest and safest place, why not "nitter" for the girl who wastes yarn on herself that she might use for a soldier?

MURINE FOR YOUR EYES Granulated Eyelids, Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes. No Smarting, Just Eye Comfort. Murine Eye Remedy At Your Druggist's or by mail, 50c per bottle. Murine Eye Salve, in Tubes 25c. For Book of the Eye—Free. Ask Murine Eye Remedy Co., Chicago.

Cabbage and Nut Salad.—For every two cups of shredded cabbage allow one-half cup of hickory nut meats or walnut meats. Cut the nuts in thin slices with a sharp knife, mix with the cabbage, and add boiled salad dressing.

Wild flowers should be planted as soon as the frost is out of the ground.

Minard's Liniment for sale everywhere.

MAGIC BAKING POWDER

CONTAINS NO ALUM.

The only well known medium priced baking powder made in Canada that does not contain alum and which has all its ingredients plainly stated on the label.

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

Science and the Arts.

If I had to live my life over again, I would make it a rule to read some good poetry and listen to some good music at least once a week.—Charles Darwin.

Minard's Liniment Cures Dandruff.

A golden dream was sent to dreamers two;
One scorned the dream, the other made it True.

How much happier most of us would be if we had the moral courage to say more often, "No, I can't afford it!"

WITH THE FINGERS!
SAYS CORNS LIFT OUT
WITHOUT ANY PAIN

Sore corns, hard corns, soft corns or any kind of a corn can shortly be lifted right out with the fingers if you will apply on the corn a few drops of freezone, says a Cincinnati authority.

At little cost one can get a small bottle of freezone at any drug store, which will positively rid one's feet of every corn or callus without pain or soreness or the danger of infection.

This new drug is an ether compound, and dries the moment it is applied and does not inflame or even irritate the surrounding tissue. Just think! You can lift off your corns and calluses now without a bit of pain or soreness. If your druggist hasn't freezone he can easily get a small bottle for you from his wholesale drug house.

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

Doctors Recommend Bon-Opto for the Eyes

Physicians and eye specialists prescribe Bon-Opto as a safe home remedy in the treatment of eye troubles and to strengthen eyesight. Sold under money refund guaranty by all druggists.

A Quick Relief for Headache

A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief. 8

No Need to Rub

Try Sloan's Liniment and see how quickly the swelling is reduced and the pain disappears. No need to rub; it penetrates quickly and brings relief. Have a bottle handy for rheumatic pains, neuralgia, back ache and all muscle soreness.

Generous sized bottles, at your druggist, 25c., 50c., $1.00.

Sloan's The World's Liniment

Sloan's prices not increased 25c 50c $1

Lay a piece of newspaper over the sink-strainer before pouring greasy water down the drain-pipe. It will gather and hold the grease and keep the pipes from clogging.

Minard's Liniment Cures Burns, Etc.

FOR SALE

WEEKLY NEWSPAPER IN WESTern Ontario. Doing a good business. Death of owner places it on the market. A great chance for a man with cash. Apply Box 82, Wilson Publishing Co., Limited, Toronto.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried $1,500. Will go for $1,200 on quick sale. Box 69, Wilson Publishing Co., Ltd., Toronto.

MISCELLANEOUS

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.

TRUST YOUR SKIN AND SCALP TO CUTICURA

The Soap to cleanse and purify, the Ointment to soothe and heal

Pure and sure, these fragrant, super-creamy emollients are wonderfully effective for skin and scalp troubles that itch, burn, torture and disfigure infants, children and adults.

Free Sample Each by Mail

For free sample each address post-card: "Cuticura, Dept. N, Boston, U. S. A." Sold throughout the world.

HAULING BIGGER LOADS

without extra spanning is easily accomplished when you use

MICA AXLE GREASE

"Use half as much as any other"

Axles are rough and porous, causing friction. The mica flakes fill the pores and the grease keeps them there. Mica Grease prevents locked wheels and hot boxes, gives sure relief for unnecessary strain on horses and harness.

EUREKA HARNESS OIL

"Lengthens leather life"

replaces the natural oils that dry out of the leather and puts new life in old harness. It penetrates the leather leaving it soft and pliable, and overcomes the worst enemies of harness—water and dirt.

Sold in standard sized packages by live dealers everywhere.

IMPERIAL OIL LIMITED

BRANCHES IN ALL CITIES

DOES YOUR STOMACH CONTAIN A GLASSFUL OF ACID?

96 OUT OF 100 DYSPEPTICS HAVE DANGEROUS ACID IN THEIR STOMACHS, WHICH MUST BE NEUTRALIZED IF GOOD HEALTH IS TO BE MAINTAINED.

If you held a teaspoonful of hydrochloric acid in your mouth for only a second you would not be surprised at its burning and inflaming all the tissues; yet an eminent specialist states that 96 out of 100 dyspeptics go about with a glassful or more of this powerful acid in their stomachs, and then wonder what causes the burning and aching and why they suffer the discomfort after meals. To put wholesome food into an acid stomach only increases the discomfort, because the acid mixes with the fresh food and turns it sour, making a lot more acid. The acid condition causes food fermentation, which irritates, distends and inflames the tender stomach lining, and it is not surprising that specialists say acid stomachs are dangerous. This decidedly dangerous and uncomfortable condition can be overcome either by following a strict diet or, and this is far easier and more quickly effective, by taking a teaspoonful of bisurated magnesia in a quarter glassful of water after meals to neutralize the acidity. The latter course is much more satisfactory because it corrects the acidity and banishes discomfort without any need for diet.