

HEART TROUBLE.

THE SYMPTOMS OF MY UNDERSTOOD BY THE SUFFERER.

The Trouble at All Times an Extremely Dangerous One—How to Promptly Relieve It.

There are many forms of heart disease, some of which manifest themselves by symptoms which are misunderstood by the sufferer, and ascribed to indigestion or some similar cause, when the heart is really affected. The slightest derangement of this important organ is extremely dangerous. If at times the action of the pulse is rapid and the heart beats violently, resulting in a suffocating feeling, or if the heart seems inclined to stop beating, the pulse becomes slow and you feel a faint, dizzy sensation, you should take the best course in the world, and that is to take Dr. Williams' Pink Pills for Pale People. You will find that the distressing symptoms promptly disappear and that the heart at all times acts normally. Dr. Adolar Laska, St. Paul, Minn., writes:

"For nearly three years I was greatly troubled with a weak heart and constant fear that I would not come at any time. I placed myself under a good doctor but did not get the desired relief. In fact I grew worse, the least exertion would overcome me, and finally I had to discontinue work. While in this condition a neighbor advised me to try Dr. Williams' Pink Pills and I procured a supply. They simply worked wonders in my case and when I had used six boxes I was again enjoying good health. I have had no more of the trouble since and can cheerfully recommend the pills to similar sufferers."

Blood troubles of all kinds are also cured by these famous pills. If you suffer from headaches, dizziness, indigestion, boils or skin diseases of any kind, your blood is in an impure condition and Dr. Williams' Pink Pills are what you need. These pills are not a purgative and therefore do not weaken delicate systems of any kind. They are tonic in their nature and make new, rich, red blood with every dose, thus restoring health and strength to hopeless and despondent sufferers. But you must get the genuine, which always has the full name "Dr. Williams' Pink Pills for Pale People," on every box. Sold by all dealers or direct paid at 50 cents a box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

MODERN WAR.

Very Hard on the Nerves of the Soldiers.

To-day a man may die as soon as the enemy's long guns, hidden away in the distant cloud-topped mountains seven miles away, begin to talk. And over that seven-mile interval between him and his platoon on either hand; he must lie down at every short halt and scratch the ground hurriedly with his little spade at every long one, for the great shells are sailing toward him, and he sees by his officer's eye and hears by his commands that it is considered that he may perish at any moment, how futile those precautions must be if one of those monsters howling overhead should land as near to him as the last one did to that blasted tree, for instance, with its scorched, dangling limbs and the huge charred fissure in its stout trunk, or as the one before him to the team of mules in the embankment waggon, now a screaming, struggling jumble of harness and bloody legs.

All this is dispiriting and appears unnecessary. The country on all sides is as peaceful as his native Dale, not a sign of an enemy. Even the great blue hills ahead, on which he is told the enemy's long guns are posted, look as quiet as the mountain on a Christmas card. Yet for thinking only of it because there is nothing else to think of, and then, as twilight falls, he thinks of the line, sees his friends run for their lives between the fall of the shells, notices one of them time his run back badly and meet a projectile in full career, to part from it an awful and disgusting offence, and then lies down in the darkness with shaking nerves and the thought that five worse miles still intervene between him and the guns he knows he is intended to take.

Next morning he is awakened by a shell. It is marched with infinite caution for two more miles, shelled the whole way, is shelled even in his bivouac by the light of the moon, and as he watches the projectiles bursting like waterspouts of fire along his bivouac will be the battle, after which he will be able to walk and sleep in peace for a space.

LOCOMOTIVE WHISTLES.

The Belgian railway authorities are desirous of minimizing the effect which the ear-splitting screech of the locomotive produces upon the nervous systems of passengers. The engines are to be furnished with whistles producing two tones, and softer in effect than the ordinary signal, the former to be used in railway stations or when the train is passing platforms crowded with passengers.

"Yes," said the aristocrat, "I was indignant, and I wrote him that the clandestine marriage of our son to his daughter was blot on the family's scutcheon, and his only reply was to send me an advertisement of a new brand of soap he is just putting on the market."

A WORD TO DAIRY FARMERS.

ADVANTAGE OF DAIRY HERD MILK RECORDS.

Domination Live Stock Commissioners Gives Some Valuable Hints.

As a means of converting the raw products of the farm into more saleable form, the good dairy cow is without a peer. The good breeding animal will pay very little more than market prices for food fed from birth to shambles. The sheep, with her fleece and her lambs gives only a very modest profit on food consumed. The pig and the hen, if wisely fed, do much better than either of the above, but it is very seldom that they returns from either of them go beyond one dollar and fifty cents for one dollar's worth of food consumed.

The dairy cow, however, frequently goes as high as two dollars worth of product for one dollar's worth of food, and many a cow has been known to give two dollars and fifty cents worth of product for one dollar's worth of food consumed. Most herds fall far short of such a high return. The reasons may be summarized as lack of breeding, improper or insufficient feeding, and lack of judgment and management.

EVERY DAIRY HERD.

should average over fifty dollars' worth of products per cow per year. If your herd is not giving you such a return you are not doing it justice. Possibly, every individual in the herd is not a number one dairy cow, but do you know which are really doing good work and the relative merits of the different cows?

In order to know your cows you must keep a daily record of the milk yielded by each cow. We would like to see you do this. We are willing to help you do it. During the past year a number of dairy farmers, at our suggestion, made an effort along this line. The results were most satisfactory. In our possession are many farmers' letters, emphasizing the importance and value of such records, both as a guide in selecting cows and as an effective means of directly improving the actual herd. The extra outlay required is very small. We would supply you with record forms for a time at least. The keeping of such records takes about one-half minute per cow per day. The outlay for a balance would be from fifty cents to five dollars.

The increased flow of milk due to keeping such a record where ten cows are kept would pay for the balance of the week. Keeping milking records induces a spirit of interest and competition among milkers, and in the mind of the milkers, among the cows milked by the same milker. Rapid, clean, and careful milking will raise the average return from a cow by from two to ten per cent. according to the cow—the better the cow the greater the increase.

IF YOU EVER SELL COWS

the ability to give an accurate milk record will, generally speaking, raise a cow's value, and facilitate the sale. Especially is this true if she is a pure bred. Further, knowing the returns from each cow, in any herd, you are in a position to easily select for breeding, besides, in almost every herd are found "boarders"—cows that pay a very low price for their food, leave no profit, and frequently are kept at a loss. They should be detected and sold off for beef. Keeping a milk record is a sure way to discover them. To the breeder of pure bred stock of any of the milking breeds, Jersey, Guernsey, Ayrshire, Galloway, or milking Shorthorn strains, a daily milk record should be quite as important as the breeding record. We venture the assumption that in a very few years, every breed putting forward any claims as a dairy breed, will be making a specialty of milk records.

The reasons are obvious. Beauty of style, color, and conformation are very important, and where the breeder makes his money in some other line than farming, he may be able to keep animals for their looks alone. We, who are farming for money, must look to the profit side of everything. With us, "Handsome is as handsome does."

THE HOLSTEIN MEN.

have made a movement to the right direction with their advance Registry; the Guernsey breeders are working along similar lines. It would seem to be a good thing for some breeds, and we are sure it would be the most important step do you decide to introduce it into your herd. Let us urge upon you, therefore, the advisability of keeping such a record. We would be most happy to send you forms for keeping the daily record, as well as forms whereon to make a summary to be kept for reference. When you write for the forms please state the number of cows kept and address all letters to J. H. Gillingham, agriculturist, Experimental Farm, Ottawa, Ont. Letters so addressed come post free.

F. J. HODSON, Live Stock Commissioner.



If your Grocer cannot supply write to LEVER BROTHERS LIMITED, Toronto, sending the name and address of your grocer, and a trial sample of Sunlight Soap will be sent you free. Ask for the Octagon Mark.

FIRST LADY OF ENGLAND.

She Will Have Post of Honor at Coronation.

The honor of walking next to royalty at the British coronation ceremonies belongs to the Duchess of Sutherland, one of the handsomest and most talented women of England. She will hold that distinguished rank because of the fact that the Duke of Norfolk, the hereditary master of ceremonies, is a widower, having lost his wife several years ago.

The Duchess of Sutherland is not of English birth. She comes from the land of the heather and carries a soft burr in the turn of her tongue, which is in no manner of deduction from her many charms. She was Susan Margaret McKinnon, the daughter of Charles McKinnon, before she assumed a coronet, and one of the richest heiresses in the British Isles.

The duke is a landed proprietor who counts his acres by the thousand. By actual count he is lord of 25,400, his estates being among the most splendid in the country. He is now in his fifty-sixth year.

The duchess is the most democratic in the whole Seymour (or St. Maur) line. She has a most winning and affable nature, and possesses an entire broad charity that argues an optimistic view of the world. Fashionable society has at no time had great attraction for her, and it is a humorous irony that the proudest distinction of the forthcoming crowning of the sovereign should fall to the woman who least desires it.

Outdoor sport has at all times been her favorite recreation. She became a long before the bicycle age. She is also an excellent shot, and has been her husband's big game, in many an expedition for big game.

The duchess has, as well as no mean reputation as a litterateur. Her name is familiar as a magazine contributor, and her account of the beautiful Dart, known locally as "The British Ithica," is accounted the best description of that silver stream.

The Duchess, should the priority of rank be strictly followed, will have for her immediate associates the Duchess of Beaufort, the Duchess of St. Albans and the Duchess of Leeds.

While it has been definitely announced that Queen Alexandra will have a quartet of duchesses in her train, there was a rumor (the wish in some quarters doubtless mother in law thought) that she would choose the four youngest or most beautiful. This rumor being brought into the coveted position with the Duchesses of Sutherland, Westminister and Newcastle.

THE PALM AS A PASSPORT.

The lines of no two human hands are exactly alike. Whenever a traveler in China desires a passport, the palm of the hand is covered with fine oil paint and an impression is taken on thin damp paper. This paper, officially signed, is his passport.

The Landlady—"It pains me to speak about your board bill," the Boarder—"Then don't do it, my good woman; I can't bear to see anyone suffer."

BABY CONSTIPATION.

Can Be Cured Without Resorting to Harsh Purgatives.

LONELY LIVES.

Thousands of Men Guard the Rail-ways in Siberia.

In Siberia there are many good conduct convicts who spend their lives in little huts along the line of the new railway, "sworn apart, whose duty it is to signal with green flags that the road is clear. At night they signal with a green lamp."

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PLASTERS FAILED.

LINIMENTS, OILS AND MANY OTHER MEDICINES DID NO GOOD.

A New Brunswick Postmaster Tells of His Efforts to Cure His Kidney Trouble. He Suffered for Years and Tried Many Medicines But Only Recently Found the Right One.

Lower Windsor, N.B., April 7.—(Special)—Mr. T. H. Bena, postmaster of this place, has made a very interesting statement of his experience in his efforts to be cured of Kidney Trouble which has bothered him for many years.

At times he would have very bad spells, and when these came on he was almost laid up.

I had tried several doctors and used many medicines, but nothing seemed to help him, but he used Plasters and oils, liniments on the outside and doses of all kinds and prescriptions taken internally to have but one result. He was no better.

Finally through reading an advertisement he was led to the use of Dodd's Kidney Pills. He says: "Dodd's Kidney Pills were so highly recommended for Kidney Trouble, that after reading some testimonials I felt compelled to try them according to directions."

"I had tried so many things that I was very skeptical and had had little faith that Dodd's Kidney Pills could or would help me. However, I did not use them long before I found that they were all and more than was claimed for them."

"I have received more benefit from them than from any other medicine I have ever used, for they seem to have made a complete cure of my case."

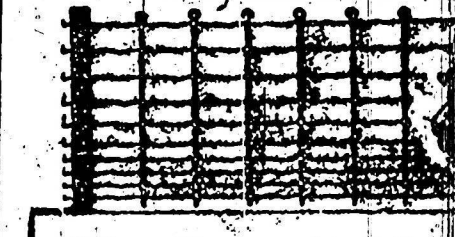
"I feel as well as ever I did and have not the slightest trace of the Kidney Trouble that bothered me ever so long."

"I want to say that I believe that Dodd's Kidney Pills are the right medicine for Kidney Trouble."

Mr. Bena is very well known to everybody in this neighborhood and these are but a few of the many testimonials of his long and successful use of Dodd's Kidney Pills.

It's sad to think how much good money is about on the bad tea despite the fact that Blue Ribbon is in every store.

Put up Black Ribbons & Ceylon Greens



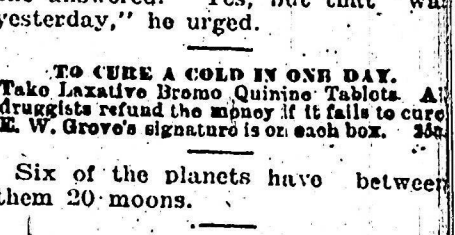
The Frost 10 Wire 6 Stay Fence is the strongest and heaviest wire made—good openings for good agents; write us at once for catalog.

THE FROST WIRE FENCE CO., WELLAND, ONT.

MAPLE SYRUP

The Dawson Commission Limited, Toronto

HERE'S A PAINT



It's the best paint you've ever used. It's the best paint you've ever used. It's the best paint you've ever used.

Will you marry me? he asked. "I told you once that I would not be answered. Yes, but that was yesterday," he urged.

To cure a cold in one day. Take Laxative Broom Quinine Tablets. A drugist will tell you if it fails to cure. E. W. Groves' signature is on each box.

Six of the planets have between them 20 moons.

5,654,092 children are on the registers of British Board schools, but of these 1,018,000 are constantly absent.

Winard's Liniment Relieves Neuralgia. In washing woollens and flannels, Lever's Dry Soap (a powder) will be found very satisfactory.

A fish swimming at a depth of 100 fathoms is subjected to a pressure of 259 pounds to the square inch.

C. C. RICHARDS & CO. Gentlemen, I have used MINARD'S LINIMENT on my vessel and in my family for years, and for every day ills and accidents of life I consider it has no equal.

CAPT. F. R. DESJARDIN, Schre "Stork," St. Andre, Kamouraska.

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CHAPTER XIX

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RAMSAY'S PAINTS

Are made from materials that do not dry up like all others, and are easy to work, economical, and the best for the best paint.

A. RAMSAY & SON, Paint Makers.

WPC 1126

CALVERT'S CARBOLIC TOOTH POWDER

Keeps the teeth sweetens the breath, strengthens the gums.

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