
There are various stories told regarding the origin of the familiar hot cross bun. The simplest explant ation is that when the religious ob servances of Holy Week were far more strict than now only a certain amount of bread was allowed to be amount of bread was allowed to be eaten on Holy Friday, and that was marked off in the dough to show its length and breadth. But the bakers continued to cross their dough long ontinued to doos the dough long ter , the occasion for measuring Whather this line fter the occasion for measuring pread had passed. Whether this was due to force of habit or from reinjous sentiment is a matter of con-

It is possible that bread was markad with the sign of the cross because that symbol was so prominently in all minds during the celebration of Holy Week. It is more propable that the sign of the cross originated with the idea of consecrating bread to be caten on so holy a day as of bread which, in early times, were old to pilgrims in the churches are cry likely responsible for the small read or buns of to-day.

The traditions connected with the ot cross bun so not seem to inflyace the present haking, selling, servng and eating of tiny cross-bedecked paves of bread, tastefully sweetened nd generously fauited with currants It is the sentiment of ustom only which controls the poplarity of the hot cross bun.

It may be that our hot cross bun the natural outcome of a concenration of the reverence bread comhands in all countries as one of od's most cherished gifts, the only sential food, the commonly acceptstaff of life from time immemor-That which has been a source wealth and prosperity to nations nd individuals, that which has enred into the literature of the world om its carliest history, that which s been a factor in the technicalities the law; and which, more than gliteen hundred years ago was osen to be blessed indeed is torday every known civilized and savage untry of the world considered sac. on bended, knee, with hearts Hitel to God, millions of people, every language; petition for daily ead in the words of the universal ayer, "Give us this day our daily The significance of the ss on bread is generally unheed-FThe cross is the only sign sig-

n' the generality of rages all bread the dough or by making/the sacsign over it. The original idea this was to stamp all bread with symbol of God, as a facit acwledgment of His goodness in bewing upon humanity this staff of

o many the crossing of the dough in femelabrance of the miracle of feeding of the multitude, as the cross upon the ad before he brokevit. t. of Spain the cross is symbolic bity bread. All loaves ind for distribution among the r are so marked.

merstition is the mother of by quaint and curious customs. In of the rural localities of Engsmall loaves of bread are bakeven yet, on Good Friday, and erved for inedicinal purposes. In districts it is believed that a fortion of such bread grated ater, and given to persons . sufig with various ailments, will e a speedy cure. Another curiidea is that to refrain from eathot cross bread on Good! Friis to invite destruction of proand danger to life by fire. many Catholic communities it minonly believed that small d baked on Good Friday will glow mouldy. A piece of baked on this day will be revly preserved throughout the

as a protection against many Such bread is supposed to the danger of fire, to control atality of sickness linechildren, ward against; hunger and cold o protect religious beliefs from iption ..

Normandy a bit of bread baked hristmas Eve is crushed and with the slough on Good Fri-The simple peasants think! they so, combine the protective. ties of the two holy days' bak-Christmas Eve bread acts dalisman to preserve from dans believed to ward off temptafrom those who cat it. one part of Switzerland it is

mary on Holy Briday to feed live; stock with a species of made from rye, bran and salt, with water. The mess is cond baked when thoroughly heatmily has prayed that it . may the blessing of God to his poor beasts, it is dealt out to the the donkey, the goats, the and even the chickens. This my is supposed to protect the is from disease during the

sia Minor no one makes bread od Friday, for it is the belief he water used in mixing dough change on that day into the of Christ and a deadly sin he committed by all who ate

DANGER IN THE PIPE. th, and a most terrible form of dechared to lurk in the topipe if it is made of clay. s the startling statement made e Irish Registrar-General in. a report on cancer in Ireland aid on the table of the Hause mmons. The clay "c'hudeen" common amongst the person Ireland. It is often smot-

the shank is quite short it so irritates the lies of oder that capeer soristimes.

THE SPRING PEELING.

Lassitude and a Desire to Moid Exertion.

There are it w people who have not what is aptly termed the apring feeling. Languor and weariness, loss of appetite, touches of indigestion, pimples and irritawith the spring. All these ills are banished by Dr. Williams' Pink Pills. They enrich the blood, brace up the pervos, and charm away all spring wearing Dr. Williams Pink Pills are the best tonic medicine in the world. They make new, rich, red blood; strengthen men and women and make the roses of health bloom on palid cheeks. Here is proof: Miss Catherine Johnston, Gardner Mines, N. B., save: "I was very much run down and so weak that I would frequently have to lie down. My appe-tite was moor and food distasteful. Totten suffered from headaches, and the least exertion left me completely used up. I used a few boxes of Dr. I have felt like a new person. I do not know of any medicine equal to

In this climate a tonic is an absolute necessity in spring, and health will be gained and money saved by using only Dr. Williams' Pink Pills Don't take a substitute or someelso said to be "just as . If in doubt send to the Dr. Medicine Co., Brockville. Ont., and the rills will be mailed post paid at 50 cents per box or six boxes for \$2.50.

AGE AND ITS POSSIBILITIES. Young Men Not Only Ones Who

Can Do Original Work. men rapidly, because it is supposed bald-headed vultures. that unless a man makes his mark "Business," the other, "Bosh." can be cited of given old men that voluminous orders and memoranda. it seems useless to lay stress upon this point! And yet, when we think of Kelliker and the enormous amount of original work that has appeared in his Gewebelchre, we must pause before vaunting too enthusiastically the adjustages of youth. Another remarkable - Illustration

has recently been furnished by you to write the article upon the detrainever stems. Von Kupffer under-took it, providing he has permitted to write the article as a result of Black, N his 'own original and independent observations. He was then 70 years old. In order the better to carry on his work he resigned his teaching position at the university, spent ave hours every day at the Anatomical listitute, and then devoted all his afternoons and evenings until midnight to his library and desk. He took no summer holidays, and was ward itting in his efforts. In two years the work was completed. It contained nothing old, nothing

Officer - "What is the complaint here?" Orderly (offering basin) - "Tas o that, sir." Officer (tasting) - Well, I think it's excellent soup. Orderly - Yes, sir, that's the trouble. They want to persuade us Gat it's tog.

The following note was recently received by an employef from an abfrent wirkman: "Honored Sir + I am forry to say I cannot say when I shall be well enough to be able to come rack to work. The doctor dang, which I hope will meet , with your approval."

AN OPEN LETTER TO MOTHERS We are permitted to make public the fellowing letter, which, is a fair sample of hundreds written by mothous Maroughout Canada praising Boby's Own Tablets:

Danbar, Ont., March 18, 1903. Several weeks ago my baby was very cross and ill owing to troubles common to children whon teething. A correspondent highly recommended baby. I sent for a box, used them according to directions, and must eay that I have found them the best medicing for a teething child I have ever tried. One Tablet every other day keeps my baby well and I am sure of my rest at night. . I echo

Mrs. Charles Willard. Baby's Own Tablets will cure all the minor allments of children, and may be given with absolute safety Tablets are the only medicine for box by writing direct to the Dr. dear, but I discovered later that he williams Medicine To., Brockville, had fifty thousand. Williams Medicine Jo., Brockville,

"they are just splendid."

LORD KITCHENER'S WAY. An Instance of the Great

eral's Carefulness. No man ever kept his own counsel better than Lord Kitchener, / when fighting was afoot. There was never any leakage of information be-

cause there was never any information to leak. So writes a staff offiof indigestion. They all come to leak. So writes a staff offiwith Kitchener" in Blackwood's. He gives an instance of the great general's carefulness. Once when the enemy threatened

our line of communications I expressed some anxiety about our wires, which were laid, for all the world to see, as a ground-line along the desert, glistening in the sun and bearing a menning even to a dervish, which is saying a good deal. Kitchener told me to ride down to

the river bank and say if I felt happier.) Down I went, and after diligent search discovered a second wire As I was about to ride back I saw

a steamer pushing off, and asked the young engineer officer on board what he was about. It turned out that he had personal instructions from Ritchener to lay a third line of telegraph on the other bank of the Nile, and no one in the army but largest exporter of agricultural imthe chief and this young officer had wind of the matter.

From an instinct of self-preservaion nobody ever slept with more ports of Canadian Implements have than one eye shut when Kitchener was with the army. A sound sleeper lions of dollars, or equal to the ex-was always in danger of finding him-port of twenty million bushels of self alone in the desert, and the wheat grown in the great Northarmy gone. This actually happened to a worthy officer who was rather acts should certainly establish in hard of hearing. Some one whis- the minds of all thinking farmer's pered, "Dervishes !" and the army the excellent quality and the high marched softly away without beat, eputation which apportain to Can-We speak of this as the age of drum in the usual half-hour or adian-made implements canadian young men. It is the custom in the less. The officer awoke, and in place implements are exported to every English army to get rid of the of twenty thousand men, found no country in the world where grain is

that they are more efficient, says the Kitchener's officers took their cue Canadian implement manufacturers Medical Journal. It not infrequent from their chief, and imitated his as well as to the Canadian farmer, ly happens in medical schools that methods. Once a general officer was or hardly any of his products find the younger man is given preference inspecting a post on the line of a market to the position, simply because the communications, and duly arrived at live American is competing all over younger man is supposed to be the little hut which represented the the world, and in Canada, too, for worth more to the institution, on headquarters of the majesty of the account of the greater amount of army in some wind-swept hole. original work that he is likely to Enter X., who, looking round, espies perform. Indeed, it has been said an office-table and two ticketed.

however, is merely a relative term, and Kitchener's methods." But sumed by the Canadian people? It has been said often and is often when he went further, and proceeded forgotten, that one man is young to examine the papers in the "Bosh" at 80, while another is old at 30. tray, he found that the documents There are so many illustrations that consisted exclusively of his own

velopment of the central nervous Tea the world produces, some gymnasia would-be athletes system for his new Handbuch der system for his new Handbuch der and is sold only in load

Black, Mixed and Green. anan tea drinkers try "Salada" Green tea. 1 t-1

OMNIBUS SHOOTS A MAN. In the principal street of Vienna an omnibus passed over and explod-

ed a rifle cartridge which had been dropped. A passer-by was struck on the head by the bullet. Deafness Cannot Bo Cared

previously used, and discussed authoritatively all the questions then There is only one way to cure deafness, therefore, speak too slightingly of the abilities of many years.

There are few young men who would have accomplished nearly as much; few young men who would have had the moral courage to neglect all other things for the one piece of work that they had undertaken. Let us not, therefore, speak too slightingly of the abilities of many years.

There is only one way to cure deafness, and that is by constitutional remedies. Beafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube lining for the Eustachian Tube. When this tube lining of the Eustachian Tube. When this tube lis inflame closed. Iteration, and when it is entirely closed. Iteration can be taken out and this tube restored to its normal condition, hearing will be destroyed forever. Nine cases out of ten are caused by Catarrh. which is nothing but an inflamed condition of the mucous lining of the Eustachian Tube. When this tube lis inflamed closed. Iteration Tube. When this tube lis inflamed condition of the mucous lining of the Eustachian Tube. When this tube lis inflamed closed. Iteration Tube. When this tube lis inflamed closed. Iteration Tube. When this tube lis inflamed closed. Iteration of the mucous lining of the Eustachian Tube. When this tube lis inflamed closed. Iteration of the mucous lining of the Eustachian Tube. When this tube lis inflamed condition of the mucous lining of the Eustachian Tube. When this tube lis inflamed condition of the mucous lining of the Eustachian Tube. When this tube lis inflamed condition of the mucous lining of the Eustachian Tube. When this tube list is provided.

vices.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c.

Hall's Family Pills are the best.

without danger as much as ten plied on my breast cured me com-A chimney 115 feet high will sway inches in a strong wind.

Minard's Liniment Cures Distemper

Teacher (to class) - "What is an ctopus?" Small Boy (who has just commenced Latin, eagerly) eight-sided cat!"

For Over Sixty Years.

AN OLD AND WELL-TRIED REMEDY: — Mrs. Winslow's Soothing Syrip has been used for over sixty years by millions of mothers for their children while teching; with perfect success. It soothes the child, softens the gums, allays all pain, cures wind coite, and is the best remedy for Diarrheea. Is pleasant to the taste. Sold by druggists in every part of the world. Twonty-five conta a bottle. Its value is incalculable. He sure and ask for Mrs. Winslow's Soothing Syrup and take no other kind.

German farmers and planters own Baby's Own Tablets, saying she 1,000,000 acres of Brazilian soil; would use no other medicine for her on part of this land 20 million coffee bushes are, planted.

Minard's Liniment Cures Dishtherla,

"Doctor, a week ago you gave me something that you said was good for dyspepsia." "Yes." "Well, the words of my friend and say for dyspepsis." now, suppose you give me something that's bad for it. It's been humored enough, sir."

Miss Mainchance - "T suppose even a new born baby. These you've heard of my engagement to lets are the only medicine for Mr. Jenks?" Her Friend — "Yes, children sold under an absolute and L confess L was surprised. You guarantee to contain no opiate or told me once that you wouldn't harmful drug. Sold by druggists or marry him for ten thousand dol-gat by mail post paid at 25 cents lars." Miss Mainchance "I know,



Shirt waists and dainty linen are made delightfully clean and fresh with Sunlight Soap.

CONVICT'S QUICK CHANGE.

A European prisoner named Ernest Jones, who was doing twelve months hard labor at Cape Town, managed to slip into the turnkey's quarters, and change his gaol cunningly laid under the bush and clothes. He then walked calmly out of prison and escaped.

CANADA'S EXPORTS.

Canada produces one bushel wheat to thirty bushels grown elsewhere in the world. Notwithstanding this fact, Canada is by far the plements in the world, her population being taken into consideration. During the past seven years the exreached the vast total of ten milolder officers and promote the young thing living in sight except two grown, except to the United States. That market is a scaled book to there, while the aggresevery inch of ground now held by the Canadian farmer and manufacturer. Don't you think it would be to your own advantage, as well as to the advantage of Canada as a nathat unless a man makes as mark before 35 years of age, he is unlikebefore 35 years of age, he is unlike"Excellent officer !" purrs X tion, that articles should be grown and made at home that are contion, that articles should be grown Phink the matter over, and see whether it is not your duty to work

DO YOU TUB-ROLL?

for this end

The spectacle of a stout man balancing himself face downwards across a tub which he rolls to and fro beneath him has an element of comicality about it. But this is the that there is one sure and true and across a tub which he rolls to and speedy cure for them, giving relief almost the instant the first sponful in taken, and driving out the last of the discass in one to three days. latest cure for fatness, and, moreover, is highly recommended as a form of athletic exercise, for developing the muscles. The tub has in Kupfier O. Hertwig requested him Ceylon Tea Is the finest consequence, become a recognized part of a gymnastic outfit, and in erformances on casks. The ex cises consist for the most part of lying face downwards on the chest across the tub and propelling it to and fro by the hands and feet. In this way, it is said, the muscles are developed in a style hardly possible in any other form of gymnastic ex-

She (poetically) - "Isn't that sunset glorious, Harold? The bars of red and gold and green are Nature's own efforts in picture making. What in mind o' something, too. I can't think whether it's streaky-bacon or a plate o' sliced tomatoes.'

Cordelia — "I am always worried when I am buying new clothes." Cornelia — "Why?" Cordelia — "Oh, nelia I can't decide whether to look stylish and be uncomfortable, or to be comfortable and look a fright."

Rossway, Jan. 28, 1901.

C. C. RICHARDS & CO. Dear Sirs - This fall I got thrown on a fence and hurt my chest very bad so I could not work and it hurt me to breathe. I tried all kinds of Liniments and they did me no good hobite of MINARD'S LIMI-MENT warmed on Rannels, and ap-

C. H. COSSEBOOM. Rossway, Digby Co., N. S.

Bertha - "I think Harry is, soft enough for anything." Bessie sir, I know, sir, it's an do I. Oh, by the way, dear, that reminds me. Last night I overheard him say he was going to propose to

> I suffered, with nervous headache and indigestion. The use of Dr. August Koenig's Hamburg Drops fured me entirely. Frank Barnard, \$10, Avenue D., San Antonia, Tex., May 22.

Judge — "You deny persistently that you committed the act, and yet the description fits you exactly, a beautiful face, youthful appearance, pretty little foot. Woman Defend- ble; that's enjyement." ant - "Judge, I confess all."

A MIDNIGHT VISITANT.

Man Found His Way Into the Richest Room in the World.

The Bank of England, the Y'Old Lady of Threadneedle street," had s startling experience not long ago. The directors received this note, as unexpected as the most flaming communication of a melodramatic novel: "You think you is all safe hand

ou bank is safe, but I known better I been hinside the bank the last 2 nite hand you nose nuffin about it. But I am not a theaf, so hit yer will mett me in the great squar room at twelf 2 nite, ile explain, orl to you, let only 2 come down, and say nuffin to nobody."

The next | night the square room. "the richest room in the world," was guarded. But nothing happen-

Then came the next phase of the mystery. A heavy chest of securities, taken from the strong room, arrived at the bank, with a letter complaining that the directors had the police, and that the notified writer had therefore not appeared, according, to promise. Now, to prove that he was not a thief, he sent a chest of papers which he had taken from the bank. If a few gentlemen would assemble, without the police, in the strong room, the writer would join 'them at midnight. Otherwise, the mystery would continue unsolved.

The directors assembled. At midnight there came a cry from behind the stone walls, "Put out the lights!" They obeyed. Then a man with a dark lantern burst in. His story was soon told. He was one of those men who gain a living by searching the sewers at night. Through a sewer opening he had found his way into the richest room in the world.

Traveller (waiting for train already twenty minutes late) - "Porter, when do you expect that train to come in?" Porter - "Can't say, sir; but the longer you waits for it the more sure it is to come in the next minute."

Judge (to witness) - "You say you have known the prisoner all your life?" Witness -"Yes, your nonor." Judge - "Now, in your. opinion, do you think he could guilty of stealing this money?" Witness - "How much was it?"

A Woman of I orty-five is young and loveable nowadays, but she is at the threshold of the time of rheumatism, lumbage and



Cure does it. Miss M. C. Kennedy, Toronto. "Defore taking South American Rhoumatic Cure, I was unable to put my feet on the floor and could not obtain relief from the doctor/who sttended me. Shortly after taking it I recovered completely.

THE GREAT SOUTH AMERICAN s invaluable to women especially.
Relieves pain in urinary organs in six hours, and effects a cure, a permanent cure, very quickly.

12.

Mary - "Oh, Nellie, I'm so glad to meet you. I have not seen ye for ever so long. Where are lodging? Nellie (loftily) Nellie (loftily) don't lodge. I am married and have taken a flat." Mary — "You don't soy so? What is his name?'

Use Lever's Dry Soap (a powder) to wash woolens cnu you'll like it.

Young Doctor - "I find it hard to age. draw the line between a common cold and influenza." Old Doctor -It is hard, my boy; but social distinctions have to be made; . there's

no help for it."

IN COLD CLIMATES

Casey — "There's trouble over at Clancy's." Costigan — Phwat is ut?" Casey — "A family foight." Costigan — "Shure, that's not trou-

With the old surety,

St. Jacobs Oil Lumbago and Scietica

Where to my cuch word so fell. Price, 25% and for

A CHANCE FOR ER PEOPLE

It should be easy for people what will induce their friends to try it

Twenty-five cash Prizes will be ded in order of merit to those sending in the best advertisement. Bue Ribbon Red Label Tea.

First Prize Second Prize Third Prize 4th to 13th Prizes, 5 pd cach 14th to 25th, \$5.00 ball

100.00 60.00 \$500.00

\$200.00

100:00

40.00

In addition, beginning with the week c ding April 4, a special weekly prize of \$5.00 will be good to the sending in the best advertisement during that week the nine weeks \$45.00 in special prizes, or a grand of the the four cash prizes, \$545.

CONDITIONS No professional ad. writer, for dright a reced directly or indirectly with the Blue Ribbon. Tea Company of the pole

3rd. One of the cards used in packing the hipton Red Label Tea—there are two in each package—must be the package to be ach batch of advertisements sent. The competition closes June 1, 100 And 201 reach one of the following add estate that re

Blue Ribbon Tea hinnipeg, Man. Blue Ribbon Tea . Toronto, Ont. Blue Ribbon Tes hcouver, B.C. No person shall be awarded more one of he main prizes, but may also

take one or more weekly prize.

6th. In case of a tie, decision will be Mr. H. M. D. Evans, of the Winning hegelin, is kindly consented to judge the advertisements and award prizes Mo win a prizo, but which

are good exough to will be paid for at Unless expressly requested to the conto publish the names of prize winners A good advertisement should be the all and intain an idea brightly and

forcibly expressed. A bona fide signer has tested the tea, is a good form. not associate with it, even by contract ment is the one that will induce he

Sock your Inspire n in A Cup of Blue Ribbon Rod T. Ten and the Monday year

That me Montgeal.

copies for sublication

we wil consider ourselves at liberty

for with dress and date from one who

vertiseme t for an article of food should

unpleasent idea. The best advertise

cople to fy the article advertised.

rato of \$1.00 cach.

No cheap paint acca nor is there a good as Ramsay's Pai paint so cheap. ply co or has the same Every can and high quality. ing this oper and we'll send our

The permanent staff of the Brit House of Commons Their salaries total £42,000 a

A. RAMSAY OL SO

Minard's Liniment' Cures Colds

Add a few drops of ammony the blue water to whiten the closi-Cures Cargel In Confe

A jurer must be over 21 year

BRITISH AMERICAN DYELNIZ

Latest Novelties, all styles.

Correspondence invited. Exclose 2c. stamp for circula. THE UNIVERSAL SPECIALTY P. O. Box 1142. Montreal 6-57

ORANGES LEMON We have Mexicans, WE

California Navole, Valencias, and

HAVE

BANANAS. Carload every week. All the about

Buttor, Eggs, Poultry Maple Syrup and other produce to adva tage for you. THE BAYSON COMMISSION CO., Limited Opr. West Market St., TOKOHTO

D. Torrance & Co., Montreal and Portland

umonts, Brums, Uniforms, Etc.

even's town can have a band

Howest prices ever quoted. Fine catalogue. The trations, mailed froe. Write hus for any-

MEN EY ROYCE & CO., Limited.

Marinion Line Steamships

Foronto, Oat., and Winniger, Man. 1-26

GOVERNMENT MUNICIPAL CORPORATION BONDS

VIELDING FROM

WE ESPECIALLY INVITE CORRES-PONDENCE BOND LIST MAILED ON AP-PLICATION.

DOMINION SECURITIES Cornoration, Limited, KING ST. E., TORONTO.

13-25