

HEALTH

HOW TO AVOID THE GRIPPE

A great many people have formed the habit of allying to every little cold as an 'attack of grippe'...

Much of the spreading of the grippe is by quite unnecessary contact. It is only fair for grippe patients to be isolated...

Much can be done to avoid this dread disease in other ways than by shutting the sufferer. This is not always feasible, anyhow...

There are a most useful ally of this trouble, and should never be risked in young or old. Most persons have heard of the man who went to the theatre...

Several years ago one of the old school physicians who had never lost a case of pneumonia...

Sometimes it is difficult to wring cloth out of water, sufficiently hot to obtain the desired result. One way is to place the cloth to be wrung in a tub of water...

FRUIT. Fruit alone will not sustain life for any length of time, but helps to furnish a variety in the diet...

Daughter (looking up from her novel)—'Papa, in time of trial, would you suppose brings the most comfort to a man?' Papa—'An acquittal, I should think.'

A SPRING NEED

The Indoor Life of Winter is Hard on the Health

Not exactly sick—but not, feeling quite well. That's the spring feeling. The reason—close confinement indoors during the winter months...

ATLANTIC WHALING

Old-Time Business Becoming Profitable Once More. 'Thar'sh' blo-owin'! The ancient call, trumpeted by heathen lungs...

After the final examinations he had passed, Schurman was appointed to the position of instructor in the university...

WORSE BOOKKEEPING. The system of bookkeeping in the Bloemfontein Ordnance Department is next mentioned. In numerous instances, the total quantities recorded on the issue of the ledger exceeded the actual quantities of goods...

AVAILABLE TO MOTHERS

Baby's Own Tablets are for children of all ages. They are equally good for the newborn babe and the well-grown child. They will promptly cure indigestion, constipation, colic, vomiting, diarrhoea, and sour stomach...

'I say, Maud,' said Mamie, 'did you see Mr. Jinkles' new vase?' 'Yes, isn't it perfectly horrid?' 'You don't know yet. I haven't found out whether it is modern and perfectly horrid, or antique and perfectly lovely.'

WAR STORES AND FRAUD

BRITAIN WAS BUNCOED OUT OF LARGE SUMS

Jams Sold Under Weight—Ammunition Was Imperfectly Made. Losses, deficiencies, discrepancies, irregularities, these are not cheerful words in connection with the national accounts for British subjects...

AMOUNT OF LOSS

'I, therefore, requested that information might be furnished as to the terms of the contracts in these cases, and as to the exact nature of the goods that full contract weights were delivered, also whether any other cases of short weight had been brought to notice...

HAD AMMUNITION

The Auditor-General's report, is dated February 21, of the present year. His letter to the War Office of last April has therefore remained unchanged for almost a year...

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RUSSIA'S FOUR GREAT WARS

The present war is the fourth upon which Russia has entered within the last three-quarters of a century. Her first war was with Turkey. It involved an expenditure of \$100,000,000 and not a loss of 120,000 men...

THREE SHOULD PAY HENT

Probably the most costly tree in the world is the plane tree which grows in Wood Street, in the City of London. It occupies space which would bring in a rental of \$1,250 per annum, and this tree has cost thirty years' purchase gives a value of \$37,500.

HE TELLS THEM TO ASK THE I.O.F.

JOHN J. BURNS CURED BY DODD'S KIDNEY PILLS

He Had Chronic Inflammation of the Kidneys—Says His Brother Foresters can Tell all About it. Darnley, E.I.L., April 17—(Special)—John J. Burns, a prominent member of the I. O. F. here, whose cure of Chronic Inflammation of the Kidneys caused a sensation some time ago...

GREW TIRED OF STUDYING

SCHURMAN'S SON IS NOW A LABORER

President of Cornell Is Letting His Son Cultivate a Taste for Learning

While President Jacob Gould Schurman of Cornell University is enjoying the pleasures of travelling in Mexico and other southern countries with his wife and daughter, his eldest son, Robert Schurman, aged 19 years, is working as a laborer...

TROUBLE ON THE ROCKS

After the final examinations he had passed, Schurman was appointed to the position of instructor in the university of the same name. He had to do this for some time, but he was not satisfied with the work...

Ask for Minard's and take no other

Tokio is a few degrees colder than London in January, and 15 degrees warmer in July.

BEST EXCURSION TO NEW YORK

Goes via Lacawanna, April 29th. \$9.00. Round Trip. \$9.00. Full particulars, A. Leadley, Toronto, or Fred C. Fox, Buffalo, N. Y.

NOT BEAUTIFUL

A mother was overheard calling her little boy that if he continued being naughty, she would give him a spanking.

SCHOOL THIS

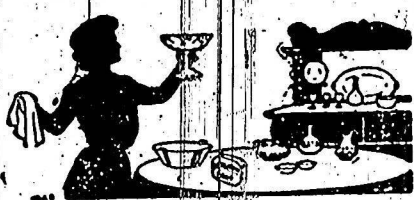
All new school buildings in Switzerland have a portion of ground floor appropriated for baths. Each class has a bath, and a shower, and a warm bath, and a cooler one. Sick children and those having skin diseases are provided for.

TRIPLET PHILOSOPHY

An expert is a man who does not get confused when cross-examined. A fault which hampers a man is to him that a good action which suits him up with pride, and the young man to attract attention from a young man will tend to acquire if his mother gets any.

TRIPLET PRINTING OFFICES

All printing establishments in Turkey, according to a new law, may have only one door, and that opening on to the street. Windows must be covered with close-meshed wire, netting, or fine paper, can be made a year in advance of the amount of ink required, which will be supplied by the State. A specimen of everything printed is to be kept in a file at any time to a police inspector on pain of a fine.



A Little Sunlight Soap will clean cut glass and other articles until they shine and sparkle. Sunlight Soap will wash other things than clothes.

No Breakfast Table complete without

EPPS'S An admirable food, with all its natural qualities intact, fitted to build up and maintain robust health, and to resist winter's extreme cold. It is a valuable diet for children.

COCOA

The Most Nutritious and Economical.

A ROYAL PROCKET

The Grand Trunk railway System are distributing a very handsome pocket, descriptive of the Royal Yacht, situated in Lake Ontario, in the city of Toronto.

Mistress—'Do you think that young policeman who calls her so often means business?' The Cook (blushing)—'I think he does, madam. He begins to talk about my cooking already.'

Minard's Liniment used by Physicians

Iceland possesses a large number of trees, although not so numerous as with having of oak. The climate and soil are by no means unfavorable to tree-growing, and evidence exists to show that Iceland has once been covered with trees.

Sciatica put him on crutches

Jas. Smith, January, of Grimsby, Ont., writes: 'By the use of Minard's Liniment, I was cured of sciatica, a disease which rendered me almost helpless for several months.'

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Pleasant Dreams PURE TEA-like

Blue Ribbon Avoid ordinary teas if you care for your health. Ask for the specially made BLUE RIBBON TEA. ONLY ONE BEST TEA.

JAPS KEEP NO ANIMALS

Japan is a land without domestic animals. It is this circumstance which strikes the stranger so forcibly in looking upon Japanese landscapes. There are no cows, there are but few horses, and these are imported mainly for the use of foreigners.

Minard's Soap — disinfectant — is strongly recommended by the medical profession of a safeguard against infectious diseases.

OLDEST RESIDENCE

The oldest inhabited residence in the United Kingdom is said to be Dunvegan Castle, in the Isle of Skye—the seat of the McLeods of Skye—part of which dates from the ninth century, or a couple of hundred years before the conquest of England by William the Norman.

They Are Not Violent in Action—Some persons, when they wish to cleanse the stomach by means of other purgative salts. These are speedily in their action, but serve no permanent good. They produce violent colic, and if persisted in they injury the stomach, and the food gets upon the intestines in a beneficial way.

Minard's Liniment Lumbago's friend

There is hardly anything so foolish as imagining that people are crazy to be reformed.

FOR OVER SIXTY YEARS

Mrs. Winslow's Soothing Syrup has been used by mothers for generations for their children while teething. It soothes the child, softens the gums, always cures windcolic, and soothes the bowels.

Yours is rather a discouraging profession, is it not?

'After years of testing and comparison, I have no other cause but saying that Dr. Agnew's Cure for the Heart is the quickest, safest, and surest known to medical science. I use it in my own practice. It relieves the most acute form of heart ailment in ten to fifteen minutes and never fails.'

THE LARGEST ISLAND IN THE NEW WORLD

The largest island in the New World is Greenland, which is 2,199,846 square miles.

Running Sores, the outdoor

Dr. Agnew's Cure for the Heart is the best household remedy on earth. It relieves the most acute form of heart ailment in ten to fifteen minutes and never fails.

Recent travellers in Tibet have noted

that while the effects of rarefied air are severely felt at altitudes of between 15,000 and 16,000 feet, on going yet higher all disagreeable sensations pass off.

When the little folks take cold

and coughs, don't neglect the membranes of their lungs. Give them...

Chiloh's Consumption Cure

It will cure them quickly and strengthen their lungs. It is pleasant to take. Price, 25c., 50c., and \$1.00.

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THE GREAT Loyalty Is

A despatch from Bro... says: 'Rev. Ke... proached from the... 'De thou faithful... Most words are... silver did a few... among these, the... 'The great thing... the English com... dress to the col... 'Write the word... let each letter b... Experience fully... loyalty turned an... orality turns in... ruff the confid... house, disloyalty... clerk can defeat... the chief. 'The... many failures... Contrasted with... failed where the... loyal followers... at every point? 'Don't praise... President Melan... gentlemen (grad... his first speech... 'The man that... that he had been... at counsors. 'In... assuming Presid... notable illustra... he was loyal. 'A... all the thunders... should be strid... was faithful un... Above all other... for loyal men. 'I... business was ind... had a little sho... eries, another... for a devoted... hundred shops... 'ERA OF OIB... Each man, 'as... himself, became... trial mechanism... parts. So color... that if any on... ed for purpo... elsewhere today... great bank, a... government of... several hundred... one leader, and... through the w... Only as the w... ally does not... 'This is why... North and South... great industrial...

FOR LAMP OIL ECONOMY

Sarnia Prime Oil White

Queen City Oil Lamp

PRATT'S ASTRAL

CLEANING LADIES'...

THE S. S. LESSON

INTERNATIONAL LESSON

Lesson IV...

THE LESSON

Our lesson...

Why did...

the most...

Strong words...

Recent travellers...

When the little...

Chiloh's Consumption...

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