

LETTS MEDICINE

CLEANS AND DISINFECTS

THE CLEANLINESS OF SINKS, CLOSETS, BATHS, DRAINS, ETC., IS OF VITAL IMPORTANCE TO HEALTH.

LETTS' MEDICINE

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EMPIRE BLOOD IN THE SPRING

The Passing of Winter Leaves People Weak and Depressed

As winter passes away it leaves many people feeling weak, depressed and easily tired. The body lacks energy and vitality which can be restored by the use of Dr. Williams' Pink Pills for Pale People.

Dr. Williams' Pink Pills for Pale People are a year-round blood purifier and restorer, but they are especially useful in the spring. They help to make new, rich, red blood cells, and the vigor and energy of good health are restored.

There is just one cure for lack of energy and vitality. Food is the material from which blood is made, but Dr. Williams' Pink Pills for Pale People are the food which gives the blood its strength, tone up the system, and restores the vigor and energy of good health.

Dr. Williams' Pink Pills for Pale People are a year-round blood purifier and restorer, but they are especially useful in the spring. They help to make new, rich, red blood cells, and the vigor and energy of good health are restored.

Modern Woman.

Modern woman, who has been so long in the saddle, has many aches and pains. Her back is aching, her head is throbbing, her nerves are on edge. She needs a remedy that will give her relief and restore her health.

Dr. Williams' Pink Pills for Pale People are the remedy that will give her relief and restore her health. They are a year-round blood purifier and restorer, but they are especially useful in the spring. They help to make new, rich, red blood cells, and the vigor and energy of good health are restored.

Do Corns Lead to Cancer?

It is a common belief that corns lead to cancer. This is a dangerous misconception. Corns are a local condition and do not lead to cancer. However, if a corn is neglected, it can become a source of infection and pain.

Minard's Liniment is the best remedy for corns. It is a powerful antiseptic and will help to prevent infection and pain. It is also a good remedy for other skin conditions.

HAND WOULD CRACK WITH SALT RHEUM

Pained and Burned. Hard and Sore Lumps. Couldn't Rest or Sleep. Finger Swollen. Cuticura Soap and Ointment Cured.

There is a cure for salt rheum. It is a common skin condition that causes pain and discomfort. Cuticura Soap and Ointment are the best remedy for salt rheum. They will help to soothe the skin and prevent further irritation.

STREET CARS IN JERUSALEM

OLD WALLS OF THE HOLY CITY TO BE PULLED DOWN.

Growth of District Demands Their Fall—Telephones and Cars to Bethlehem.

Very shortly the sacred streets of the Holy City will hum with the noise of the electric cars, and its more important thoroughfares will be illuminated at night with the brilliant electric filament. Its old picturesque walls and massive towers are to be pulled down, and the city is to have an adequate water supply, writes a correspondent at Jerusalem.

The rapidly with which Jerusalem is extending, through the return of the Jews in such large numbers to the city of their forefathers, has rendered these improvements necessary. Indeed, to the north and west of the old city there have sprung up, within the last decade, large Jewish colonies, populous residential sections, as well as convents, hospitals, institutions, schools and other buildings, with the result that to-day there is a greater Jerusalem without the walls than within.

Four separate tramway routes are to be laid down. They will all start from the Jaffa Gate, the principal entrance into the city, and run outwards to the various parts of the city, which will have a length of about two miles, will give easy access to what may be termed the business quarter of the Holy City, while the second, of similar length, will link up the large Jewish colonies to the north with the city's principal entrance. The third will encircle the old city, embracing many of its most historic sites, such as Gordon's Calvary, believed by many scholars to be the scene of the Crucifixion, of the Tomb of the Kings, the Mount of Olives, and the Valley of Jehoshaphat.

THE ROAD TO BETHLEHEM.

The fourth line will run from the Jaffa Gate to Bethlehem, some six miles distant, traversing what is perhaps the most sacred thoroughfare in the world. It terms with reputedly holy places—sacred wells, tombs and ruins. The work of laying the rails is to begin next April, and according to the terms of the concession, the syndicate have power to extend the lines in any direction for a distance of some twenty-five miles.

The city walls, which have a circumference of about three miles, and rise in places to a height of 35 feet, are now being offered by the Government for sale as building material. It is expected, however, that efforts will be made to save isolated sections, more particularly the massive towers. Indeed, influential citizens of Jerusalem have formed a society and are approaching the Government with a view to preserving David's Tower, which they propose to convert into a museum.

Of late years Jerusalem has suffered greatly from the want of fresh water. With the exception of a small quantity brought into the city from the ancient pools of Solomon, near Bethlehem, by means of a pipe which runs along the aqueduct, the Holy City is entirely dependent for its water upon the rainfall. Now reservoirs are to be built in the upper part of the valley of the Brook Cherith at the springs of Ain Fariah and Ain Founay, where the water will be stored and brought into the city as required.

Telephones in Holy City.

That Jerusalem is gradually being Westernized is evident. A few months ago a water-car was brought out from England to water the roads, which had previously been sprinkled from skins. Then it was only a year ago that the Holy City was equipped with an efficient telephone service, while now its police are to have bicycles.

Then, not only in Jerusalem, but all over the country, modern methods are being brought into vogue. On the rich plains of Sharon, lying between Jaffa and Jerusalem, one may detect modern harvesting and reaping machines driven by steam, as well as threshing machines operated by motors. This is a vast improvement on the old-fashioned method of reaping by hand and threshing out the corn on the primitive threshing floors by oxen. The extensive orange groves around Jaffa are now being irrigated by water raised by motor-driven pumps.

At Jaffa the French are to build a harbor, which is certainly badly needed. A motor-boat has been placed on the Dead Sea, and similar craft are running upon the Jordan and the Sea of Galilee, carrying both passengers and freight. Upon the shores of the latter sheet of water a fish-curing and sardine factory is to be established.

Oil Lamps in Paris.

The oil-lamps which remain in use at the Ministry of the Interior are only one of the anachronisms of Paris, for the French, despite their republican principles, are at heart essentially conservative. A year or two since an enterprising journalist discovered that one of the doors of the Palais de Justice was left ajar every night, and a dive among the old records revealed that fact that this particular door had not been shut since 1618, when Louis XIII. ordained that it should remain perpetually open. Many subjects may seek justice at any hour of the day or night.

Are You One Of The Unfortunates

WITH BACKACHE, HEADACHE AND THAT TIRED FEELING.

If So, Listen to the Story of George F. Stander, and Use Dodd's Kidney Pills.

Handsforth, Sask., April 13th.—(Special)—If you are one of those unfortunates who suffer from sore back, headache and that tired feeling that makes work a hardship and life not worth living, the story of Geo. F. Stander, a well-known young man of this place, will interest you.

"For nearly ten years," Mr. Stander says, "I suffered from sore back and headache. I had a bad taste in my mouth in the morning, and I was always tired. I finally decided that my kidneys were the cause of my trouble. I bought Dodd's Kidney Pills, and before I had finished taking them I was completely cured.

"I advise anyone suffering as I did to use Dodd's Kidney Pills."

Healthy kidneys strain all impurities, all the seeds of disease, out of the blood. Weak kidneys leave these impurities in the blood, and the result is nervousness, tired feeling and pains and aches that often develop into Diabetes and Bright's Disease. Dodd's Kidney Pills make weak kidneys strong and healthy.

GREETED EXILE IN SIBERIA.

Woman of Seventy Who Suffers in the Cause of Freedom.

"Babushka," the Russian word for "little grandmother," is the half-endearing, half-respectful name applied by revolutionaries to Mme. Katherine Breshkovsky, whose recent attempt to escape from her living tomb in Siberia created such a stir.

A large number of Russian refugees in London assembled recently to celebrate "Babushka's" seventieth birthday, and a wonderful story was unfolded by numerous speakers, marshalled by M. Karpovitch, himself a celebrated revolutionary, who escaped from Siberia a few years ago.

Though born in a well-to-do family, and married to a Liberal landowner, Mme. Breshkovsky did not hesitate to forsake her husband and her children to enter the ranks of the "first propagandists" among the peasantry. That was in the early seventies.

For doing this she was arrested, kept in prison for three years, and then arraigned with 193 others before a special tribunal, which sentenced her to four years' hard labor, with subsequent settlement in Siberia for life.

But no amount of hardship and exile treatment could break her indomitable spirit, and in 1897 she simply took the train back to Russia, and, ignoring the authorities, helped to establish the Revolutionary Socialist party. Subsequently she undertook a lecture tour to the United States to obtain funds for the "cause."

Her arrest in 1907 followed on the denunciation of the notorious spy and agent-provocateur Azeff. Arraigned once more—this time with M. Nicholas Tchaikovsky—she was condemned in 1910 to banishment to Siberia. Though an old woman, broken in health, she made a daring attempt to escape in December last.

UPWARD START

After Changing to Postum.

Many a talented person is kept back because of the interference of tea or coffee with the nourishment of the body.

This is especially so with those whose nerves are very sensitive, as is often the case with talented persons. There is a simple, easy way to get rid of tea and coffee troubles, and a lady's experience along these lines is worth considering. She says:

"Almost from the beginning of the use of coffee it hurt my stomach. By the time I was fifteen I was almost a nervous wreck, nerves all unstrung, no strength to endure the most trivial thing, either work or fun.

"There was scarcely anything I could eat that would agree with me. The little I did eat seemed to give me more trouble than it was worth. I was literally starving; was so weak I could not sit up long at a time.

"It was then a friend brought me a hot cup of Postum. I drank part of it and after an hour I felt as though I had had something to eat—felt strengthened. That was about five years ago, and after continuing Postum in place of coffee and gradually getting stronger, to-day I can eat and digest anything I want, walk as much as I want. My nerves are steady.

"I believe the first thing that did me any good was Postum, and I use it altogether now instead of coffee."

Names given by Canadian Postum Co., Windsor, Ont.

Postum now comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages. Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

The best per cup of both kinds is about the same.

There's a Reason for Postum. Buy it from your Grocers.

Helpless From Rheumatism

Gin Pills Give Prompt Relief By Curing The Kidneys.

Mr. Samuel Longmore, of Montreal, says: "Just a word of praise for GIN PILLS. About fifteen months ago I could not walk across my room, suffering severely with Rheumatism. I took GIN PILLS and became quite well two months ago. I had Rheumatism with Neuralgia. I resorted to GIN PILLS again for one week and became quite well."

6c. a Box, 6 for \$2.50. Sample Free if you write National Drug & Chemical Co. of Canada, Limited, Toronto.

Not Up To Him.

Workman—I've gotten married, sir, and I'd like you to raise my wages.

Employer—Very sorry for you, but I'm only responsible for accidents that occur in the work.

Minard's Liniment. Relieves Rheumatism. Pay for your relief. Save enough to pay for your return ticket.

TOYS WHICH ARE EXPENSIVE.

Manchester Guardian Bewails "Unfortunate Fashion."

The London correspondent of The Manchester Guardian has been given an account of the enormously costly presents which it is now the unfortunate fashion to give to children of the rich.

The most outrageously expensive toys are calmly accepted by fond parents as well merited tributes to the children's charms, as visitors to country houses, especially at Christmas, know to their cost. A small boy, who would probably have been equally content with a half-dozen of soldiers, was recently presented with a £40 man-of-war, the donor's regrets that he had not been able to get it complete with guns (costing a solid hundred guineas) being received with quiet mild disclaimers by the small boy's parents. The tiniest children are presented with such things as grocer's shops completely fitted and equipped a small fortune, and expensive mechanical toys.

Added to this, the appalling fashion of jewellery for children has come over from America, and the daughters of American peerees and others possess complete miniature jewel cases and expensive, if tiny, rings.

In contrast, the writer quotes a description of two of the children of the Queen, when she was Princess of Wales) playing happily in the garden at Frogmore with soap spades and buckets, although presumably they had any toys they could wish for. Every possessor of a nursery will appreciate the truth of the moral. The over-expensive toy kills imagination by leaving nothing to it, and it is just in the exercise of imagination that a true child so much delights.

A MOTHER'S PRAISE OF BABY'S OWN TABLETS

Mrs. Fred Pinkham, South Canaan, N.S., writes:—"Please send me another box of Baby's Own Tablets as I do not care to be without them. I have used them repeatedly and consider them the best medicine in the world for little ones." Thousands of other mothers say the same thing. The tablets cure all the minor ills of childhood such as constipation, sour stomach, colic, colds, simple fevers, etc., and are guaranteed to be absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

ALCOHOL VS. MEMORY.

Number of Experiments With Beer and Memory Tried.

Dr. Smith, of Heidelberg, Germany, has recently conducted some experiments which show how thoroughly alcohol disturbs the memory. A number of persons were given three or four glasses of beer a day and required to memorize certain sentences and write them down on paper. Half a dozen experiments were made with each person. No sentence was longer than four lines. The person was given the sentence and told to go and write it out; in fifteen or twenty minutes another sentence was given and the process repeated.

For twenty days these experiments were carried on. The same amount of beer was given daily. After the sixth day the errors and losses in memory increased, and on the twentieth day the losses amounted to 70 per cent; that is, in one hundred experiments over seventy of them were errors and mistakes. The faults of memory steadily increased. The first day's experiments showed a small amount of error. Then there was a steady increase.

This experiment confirms Professor Ebbinghaus' tests of remembering numbers and words. He found that without alcohol one hundred figures could be remembered after forty repetitions, an average of two and a half numbers to each repetition. With alcohol the same person could only remember sixty figures after sixty repetitions, an average of one number for each repetition. This showed a diminution of normal memory to the extent of over 40 per cent.

In every-day life, where accuracy of memory is called for, it is a common fact that alcohol drinkers are the most unreliable. Events which the person had no interest in seemed to make little or no impression on the brain when under the influence of spirits, and only with difficulty could he recalled. Even when remembered they were distorted and inaccurate.

These experiments bring out the astonishing fact that the memory, of all the brain functions, suffers most pronouncedly from the use of alcohol.

His Ambition.

The minister was making friends with Willie, his host's son. "And how old are you?" he asked. "I'm five," said Willie. "Ah, quite a little man! And what are you going to be?" questioned the minister, who has been in the ministry so many years that he now believes that he selected his own career in the cradle, and that all infants do likewise. "I'm going to be six," Willie returned.

Judging by Appearances.

Have you called on the new preacher's wife yet?" "No. Have you?" "Yes; I was there yesterday. I guess he must have married her for her money."

"Did she say anything about having a rich father?" "No; but they have a rug on the living room floor that must have cost at least \$40."

Lumbago's Misery Ceases

Every Aching Muscle Cured

JUST RUB ON OLD-TIME "NERVINE-LINE."

Not necessary to drug inside! That awful stiffness that makes you limp—cured for a certainty, and quickly, too, if you just rub on Nervine-Line.

Rub Nervine-Line right into the sore spot, rub lots of it over those tortured muscles, do this and the pain will go. You see Nervine-Line is thin, not oily. Therefore it sinks in, it penetrates through the tissues, it goes right to the nerves that make you dance with pain. You'll get almost instant relief from muscle soreness, stiffness, aching joints, lameness, or rheumatism by rubbing with Nervine-Line. It's a soothing liniment, and doesn't blister, doesn't burn or even stain the skin.

It's the most harmless cure in the world for Lumbago, Back Strain or Sciatica. It takes away the ache at once and ends your misery quickly.

Now quit complaining—don't suffer another day—Nervine-Line, that good, soothing old-time liniment will limber up your aching muscles. Get a bottle today, the large 50c. family size bottle is the most economical, of course, the trial size costs but 25c. Any dealer anywhere can supply Nervine-Line.

To Celebrate Bannockburn.

Great arrangements are being put forward in Scotland for the celebration of the six hundredth anniversary of the battle of Bannockburn this year, and a committee, which was appointed by the associations and public bodies representative of Scottish national feeling, has issued a report of its proposals. One of the intentions of the committee is to erect a permanent memorial on the field of the battle. It is suggested that several acres of land should be bought round the Borestone on the field of Bannockburn, to be laid out as a public park. A national holiday is expected to be proclaimed throughout Scotland on the anniversary of the battle, Wednesday, June 24.

Stop Sneezing Quit Sniffeling

Cure Your Cold

THE SOOTHING VAPORS OF CATARRHOZINE BRING INSTANTANEOUS RELIEF.

Thousands of Testimonials Prove That Catarrhozine Cures Permanently.

When germs attack the lining of the nose, make you sneeze and gag,—when they get into the throat, cause a cough—how can you stop them with a cough syrup?

You can't do it—that's all. Cough syrup goes to the stomach—that's why they fail.

But Catarrhozine goes everywhere—gets right after the germs—kills them—heals the soreness—cures the inflammation—makes Catarrh disappear.

"Nothing I have ever used gives the warm, soothing sensation of Catarrhozine," writes Isabel Fry, of Seguin Falls, Ont. "I was in a frightful way with catarrh of the nose and throat—had droppings, hard breathing, bad breath and insomnia. Catarrhozine relieved at once and cured me thoroughly. It is invaluable in colds, sore throat and bronchial trouble." Not difficult for Catarrhozine to cure, because it contains the essences of pine balsams and other antiseptics that simply mean death to catarrh. Large size costs \$1.00, and contains two months' treatment; smaller sizes 25c. and 50c., all druggists and storekeepers. The Catarrhozine Co., Buffalo, N.Y., and Kingston, Canada.

Constipation

Is an enemy within the camp. It will undermine the strongest constitution and ruin the most vigorous health. It leads to indigestion, biliousness, impure blood, bad complexion, sick headaches, and is one of the most frequent causes of appendicitis. To neglect its slow suicide, Dr. Morse's Indian Root Pills, positively cure Constipation. They are entirely vegetable in composition and do not weaken, irritate or grip. Preserve your health by taking

Dr. Morse's Indian Root Pills

Surveying North Australia.

Captain H. V. Barclay, who three years ago left Melbourne with nine assistants and a string of 12 camels to explore the Northern Territory of Australia on behalf of the Federal Government, has returned to Melbourne. For the past 18 months he has been engaged on survey work on the north coast, principally in the vicinity of the Pelieu Islands, where there is a likelihood of a harbor being made for trade development and possibly a naval base. Since leaving Melbourne Captain Barclay, now 70 years of age, has travelled over 5,000 miles and examined 3,000 miles of coast line. He thinks the territory is distinctly a white man's country.

Lady Was Wise.

I have just been told, writes a correspondent of the London Daily Chronicle, the story of a lady of title who lately heard that a suffragette attack was meditated against her country house. Instead of going into hysterics, summoning the police, and setting a guard round the premises, she quietly forwarded a substantial contribution to the head-quarters of the militants. And now she feels safe. Even the wildest of the wild women would scorn to damage property of a supporter.

Women With Sallow Skin Here is a Good Treatment!

You Get Results Quickly.

Womanly beauty is largely the outward expression of health. Every woman with pale cheeks and poor complexion needs medicine—a potent tonic to regulate her system.

To tone up the stomach—to insure good digestion—to give new life and vitality to the whole system—where is there a remedy like Dr. Hamilton's Pills?

Dr. Hamilton's Pills enable you to eat what you like—they correct constipation—make nourishing blood—instill force and vim into a run-down system.

If nervous and can't sleep, your remedy is Dr. Hamilton's Pills—they search out the cause of your condition and you rise in the morning refreshed, strong, vigorous, ready for the day's work.

Dr. Hamilton asks every weak and debilitated person to use his Mandrake and Buttering Pills. They make old folks feel young, and weak folks feel strong. Their effects upon insomnia and languor is marvelous. Hundreds declare they soothe and quiet the nerves so that a good night's rest always follows their use.

To look well, to feel well, to keep well, use Dr. Hamilton's Pills. They are mild, cleansing, strengthening—good for the young or old. Sold by all dealers in 25c. boxes.

GUEST WHO DOESN'T PAY.

Hotel Keepers In Japan Give Him Broom Treatment.

If a guest leaves a Japanese hotel without paying his bill, a broom is dressed up, his name is attached to it, and it is inverted as a sign of disrespect, says W. J. Hildburgh.

Complaint, he added, is then made to the figure, and it is ordered to bring the money next day. Farmers heat beans to find out what the weather is going to be, and sacrifice a black horse if they want rain. Paper amulets are used during thunderstorms, and shopkeepers at the end of each year conduct demon-dispelling ceremonies.

To avoid litigation the person who fears it bathes in the twilight on the fourth day of the fourth month. In villages wells are covered over during eclipses of the moon, as the people believe that poison drops from the sky at that time.

Clark's

Pork & Beans

Always baked to a nicely whole, mellow and full flavored. Heating only is necessary.

Clark's

Pork & Beans

Clark's Pork & Beans are a staple food for the family. They are easy to digest and provide a good source of nutrition.

Used by successful planters for over half a century

ESTABLISHED 1856

J. A. SIMMERS, Limited

TORONTO, ONT.

KENDALL'S SPAVIN CURE

Save a horse and you save a lot of money. Kendall's Spavin Cure is the best remedy for spavin, a common ailment of horses. It is easy to use and provides quick relief.

MOTHERS

REMEMBER! The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (ointments contain) get into your child's blood. Zambuk is purely herb. No poisonous coloring. Use it always.

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