

SHAKE OFF THAT SPRING FEELING

DODD'S KIDNEY PILLS WILL DO IT NATURALLY AND WELL.

Cause and Cure of the Tired Feeling That is Epidemic at This Season of the Year.

The spring is here. You can feel it in every part of your body. Your clothes are too heavy and though you are not sick, you are too tired to walk, too tired to work, yes, even too tired to eat.

It's that "spring feeling." Do you know the cause of it? No, all you want to know is how to get rid of it. Well, the explanation and the cure are alike simple.

In the winter you "get used" to the cold, you think. As a matter of fact it is the body that gets prepared. It puts on a fortification of extra tissue that keeps the cold out. In the spring time this tissue is thrown off by the body and if the system is all in good working order, the blood carries away the cast-off tissue, which is in turn filtered out of the blood by the Kidneys, and expelled from the body.

This means extra work for the Kidneys, and if they are at all tired or worn they fail in their work. The result is clogged circulation and that tired spring feeling.

The cure is to tone up the Kidneys with Dodd's Kidney Pills. Dodd's Kidney Pills make healthy Kidneys. Healthy Kidneys quickly cleanse the blood of all impurities and the "spring feeling" is replaced with a vigor of body and buoyancy of spirit that makes work a pleasure.

THE SPIDER'S LIFE LINE.

How One of Them Escaped From An Island.

The more man learns of the ways of animals the more he respects them, and the more he feels that they are embodiments of the wisdom of the Creator as truly as man himself. Therefore, although man's experiments with the mute creatures are sometimes a trifle hard on them, there is an ultimate gain in understanding and sympathy. A writer tells of an experiment he made on a spider.

I took a wash-basin and fastened it in a stick upright like a mast, and then poured in water enough to turn the stick into an island for my spider, which I named Crusoe.

I put him on the mast. As soon as he was fairly cast away he anxiously commenced running round to find the mainland. He would scamper down the mast to the water, stick out a foot, get it wet, shake it, run round the stick and try the other side, and then run back to the top again.

Pretty soon it became a serious matter to Mr. Crusoe, and he sat down to think it over. As I was afraid he might be hungry, I put molasses on the mast. A fly came, but Crusoe wasn't hungry for flies just then. He was homesick for his web in the corner of the wood-shed. He went slowly down the pole to the water and touched it all around, shaking his feet as pussy does when the wets her stockings in the damp grass.

Suddenly a thought appeared to strike him. Up he went, like a rocket, to the top, and began to play circus. He held one foot in the air, then another, and turned round two or three times.

He got excited, and nearly stood on his head before I found out what he had discovered, and that was that the draft of air made by the fire could carry a line ashore on which he could escape from his desert island.

He pushed out a thread that went floating in the air, and lengthened and lengthened until at last it caught on the table. Then he hauled on the rope until it was tight, struck it several times to see if it was strong enough to hold him, and walked ashore. I decided that he had earned his liberty.

Have you Eczema?—Have you

any skin disease or eruptions? Are you subject to chafing or scalding? Dr. Agnew's Ointment prevents and cures any and all of these, and cures itching, bleeding and Blind Piles besides. One application brings relief in ten minutes, and cures cured in three to six nights. 35 cents.—71

ANIMALS IN JAPAN.

One of the things that soon strikes the attention of the traveller in Japan is that there are no domestic animals—no cows, no sheep, no pigs, no goats, no mules, and no donkeys. There are a few horses, which are reported for the use of foreigners, but light carts and the familiar rickshaw are drawn by coolies.

It may be only a trifling cold, but neglect it and it will fasten its fangs in your lungs, and you will soon be carried to an early grave. In this country we have hidden changes and must expect to have coughs and colds. We cannot avoid them, but we can effect a cure by using Bickel's Anti-Consumptive Syrup, the medicine that has never been known to fail in curing coughs, colds, bronchitis and all affections of the throat, lungs and chest.

If a man is satisfied with one meal a day he can afford to write poetry.

NATURE OF FISH DIET.

Does Not Possess Great Brain Forming Element.

It is doubtful whether any given food in common use contains constituents which have a selective action, so to speak, on the property of ministering to one part of the body more than another. As a rule, when a food is assumed to have specific reparative properties—as, for example, a so-called brain or nerve food—the fact really is that such food is easily and quickly assimilated to the body's general advantage; in a word, in such a case repair quickly overtakes waste and a real purposeful nutrition and restoration are accomplished. The administration of such elements as phosphorus or iron in medicine is, of course, a different matter, but these elements are evenly distributed in the materials of a daily diet.

It is often stated that fish is a food which ministers particularly to the needs of the brain because it contains phosphorus. As a matter of fact, fish does not contain more phosphorus than do ordinary meat foods and it certainly does not contain it in a free state. The notion that fish contains phosphorus had no doubt its origin in the glowing phosphorescence of fish in the dark. This phosphorescence is due not to phosphorus at all, but to micro-organisms. The belief, therefore, that fish is a brain food is just about as reasonable as the idea that because a soup is thick and gelatinous "it will stick to the ribs," or as sensible as the celebrated advice to Verdant Green to lay in a stock of Reading biscuits to assist his reading.

Fish, of course, is excellent food, partly because of the nourishing nature of its constituents and partly because of its digestibility. But it is in no sense a specific for brain or nerve.

PROGRESSING.

Jones: Well, old boy, how are you prospering with Miss Budd? Does she smile on your suit yet?
Jenkins: Not exactly; but I'm in great hopes. The last time I saw her she laughed at my overcoat.

WONDERFUL RESOURCES OF THE WEST.

If you are looking for a home and want to visit the West you can do so with very little expense, as the Union Pacific will sell One-Way Colonist Tickets every day at the following rates from Missouri river terminals: (Council Bluffs to Kansas City inclusive. Until April 30th.

\$25.00 to San Francisco, Los Angeles and many other California points.

\$20.00 to Ogden, Salt Lake City, Butte, Anaconda and Helena.
\$22.50 to Spokane and Wenatchee.
\$25.00 to Portland, Tacoma, Seattle, and many other Oregon and Washington points.

From Chicago and St. Louis proportionately low rates are in effect by lines connecting with the Union Pacific.

The Union Pacific has also extended territory to which round trip Home-seekers' Excursion tickets will be sold as follows:

From Missouri River terminals to many points in Kansas, Nebraska and Colorado;

To many points in Wyoming, Utah, Montana and Idaho;

To many points in Eastern Oregon and Washington.

One fare plus \$2.00 for the round trip.

Tickets on sale March 15, April 5 and 19, May 3 and 17, August 2 and 16, September 6 and 20, October 4 and 18.

For full information call on or address H. F. Carter, T.P.A., 14, Janes Building, Toronto Canada.

"I thought you promised your wife you wouldn't drink any more." "I did, and I'm keeping my word. Don't drink a bit more than I used to!"

Mild in Their Action.—Parmelee's Vegetable Pills are very mild in their action. They do not cause griping in the stomach or cause disturbances there as so many pills do. Therefore, the most delicate can take them without fear of unpleasant results. They can, too, be administered to children without imposing the penalties which follow the use of pills not so carefully prepared.

THE SUN AND CENTRE.

The character of the young men of a community depends much on that of the young women. If the latter are cultivated, intelligent and accomplished, the young men will feel the requirements that they themselves should be upright and gentlemanly, and refined; but if their female friends are frivolous and silly the young men will be found dissipated and worthless. But remember always that a sister is the best guardian of a brother's integrity. She is the surest inculcator of faith in female purity and worth. As a daughter she is the true light of the home. The pride of the father often centres on his sons, but his affection is expended on his daughters. She should, therefore, be the sun and centre of all.

"Don't you suppose it is possible for a man to go through the world without telling a lie?" "I doubt it. Almost every man has been in love at some time in his life."



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

PLAYING DOWN TO HIM.

Young couple (who expect the visit of a very miserly relative, from whom they have expectations) are clearing the room of every sign of luxury. Wife (earnestly)—We must do all we can to make uncle feel at home. Husband (caustically)—Then we had better let the fire out.

It's a case of quick consumption with the man who bolts his food.

STATE OF OHIO, CITY OF TOLEDO, Lucas County, ss.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of Hall's Catarrh Cure. FRANK J. CHENEY. Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886.

A. W. GLEASON, Notary Public

Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials free. F. J. CHENEY & CO., Toledo, O. Sold by all Druggists, 75c. Take Hall's Family Pills for constipation.

Edyth—"Why do you doubt Mr. Slowman's sincerity? His voice has an honest ring." Mayne—"Yes, but that isn't the kind of ring I'm looking for."

\$33.00 to the Pacific Coast

Via the Chicago-Union & North-Western Line from Chicago daily during March and April, to San Francisco, Los Angeles, Portland, Seattle, Tacoma, Vancouver and other Pacific Coast points. Very low rates to Helena, Butte, Spokane, Ogden and Salt Lake City. Corresponding low rates from all points. Daily and personally conducted excursions in Pullman tourist sleeping cars to San Francisco, Los Angeles and Portland, through without change, double berth only \$7.00. Choice of routes. For particulars address B. H. Bennett, 2 East King St., Toronto, Ont.

"I can hardly make up my mind to accept Reginald. He is so self-satisfied that I fear he will prove exacting." "On the contrary, my dear, the circumstance shows that he is very easily satisfied."

Have you tried Holloway's Corn Cure. It has no equal for removing these troublesome excrescences, as many have testified, who have tried it.

Many a fool man expresses his willingness to die for a woman who wouldn't even take in washing for him.

For Over Sixty Years

Mrs. Winslow's SOOTHING SYRUP has been used by millions of mothers for their children while teething. It soothes the child, softens the gums, allays pain, cures wind colic, regulates the stomach and bowels, and is the best remedy for Diarrhoea. Twenty-five cents a bottle. Sold by druggists throughout the world. Be sure and ask for "Mrs. Winslow's SOOTHING SYRUP." 23-04

Patience—"I always think of all the mean things I have said during the day before I fall asleep at night." Patrice—"Gracious! Do you stay awake as long as that?"

Pale sickly children should use Mother Grave's Worm Exterminator. Worms are one of the principal causes of suffering in children and should be expelled from the system.

BELOW FREEZING POINT.

A Berlin professor has been experimenting with the effects of extreme cold on fish life. He has found that many fishes remain alive in a temperature of 45 deg. below freezing point, but they then become so hard and brittle that they splinter like a piece of ice when struck against a hard substance.

You can't cure a cough or cold from the outside. You must cure it through the blood.

Shiloh's Consumption Cure

The Lung Tonic is the only remedy that will do this. It gets right to the root of the trouble. It is guaranteed to cure. Prices: S. C. WELLS & Co. 312 25c. 50c. \$1. LeRoy, N.Y., Toronto, Can.

15-04

PAGE "ACME" NETTING

150-foot roll, 4 feet high.....\$4.40
180-foot roll, 5 feet high..... 5.10
150-foot roll, 6 feet high..... 6.00

No doubt your Tea may be good, but if you want to try something better, ask your Grocer for Blue Ribbon

LOWER PRICES USE BETTER QUALITY

FIBRE EDDY WARE

ESTABLISHED A.D. 1851

CAN BE HAD IN Pails, Wash Basins, Milk Pans, &c

Any First-Class Grocer Can Supply You. INSIST ON GETTING EDDY'S.

A DANGEROUS MINE.
"He calls her his baby-mine."
"Well, she'll blow him up all right after the ceremony."

NO SALE FOR HIM.
Agent: "Madame, could I sell you this book of fairy tales?"
Mrs. Muchwed: "No. I've been married four times, and fairy tales are a chestnut with me."

Lever's Y-Z (Wise Head) Disinfectant Soap Powder dusted in the bath, softens the water and disinfects.

MIXED PICKLE.
She—You met Miss Borem through Mr. Jokeley, I understand. I didn't know he was a friend of yours.
He—He isn't.
She—Oh, I thought he was.
He—So did I.

60 Specialists on the Case.—In the ordinary run of medical practice a greater number than this have treated cases of chronic dyspepsia and have failed to cure—but Dr. Von Stan's Pineapple Tablets (60 in a box at 35 cents cost) have made the cure, giving relief in one day. These little "specialists" have proven their real merit.—72

Tommy—"What's an 'encore,' auntie?" Auntie—"An 'encore' is when you are asked to go over the same thing again." Tommy—"Then my teacher is always encoring me at lessons."

They Cleanse the System Thoroughly.—Parmelee's Vegetable Pills clear the stomach and bowels of bilious matter, cause the excretory vessels to throw off impurities from the blood into the bowels and expel the deleterious mass from the body. They do this without pain or inconvenience to the patient, who speedily realizes their good offices as soon as they begin to take effect. They have strong recommendations from all kinds of people.

OMINOUS.
Cholly—So you told your father I loved you? What did he say?
Ethel—Nothing; simply picked up a pair of dumb-bells and went to practicing.

Baptist Testimony

INSTANT RELIEF FROM COLDS, HEADACHE AND CATARRH.

REV. FRY'S STATEMENT:

Rev. P. I. Frey, Pastor of the Maple St. Baptist Church, Buffalo, N.Y., says: "I have been greatly troubled with colds, headache and catarrh. I have used Dr. Agnew's Catarrhal Powder with best results. In fact it has done wonders for me, and I wish to recommend it to everyone." This remedy is also a perfect specific for influenza. 24

Dr. Agnew's Ointment is without an equal for Skin Diseases and Piles.

SIX SERMONETTES.

Every mind is at times sensitive to the most trifling words.—Lew Wallace.

When we do good we invest in a savings bank from which the heart receives the interest.—Edmund Spenser.

As everyone may see, fashionable life is passed not in being happy, but in playing at being happy.—Herbert Spencer.

The true and strong and sound mind is the mind that can embrace equally great things and small.—Anon.

A firm faith is the best divinity; a good life the best philosophy; a clear conscience the best law; honesty the best policy, and temperance the best physic.—Anon.

Have you ever known what it is to be encouraged to do right, not by being told to do so, but by being near a man stronger than yourself, whose mere presence helped you so that you were the stronger man because he was there? There are men living to-day on the strength of other men.—R. J. Campbell.

CALIFORNIA via **UNION PACIFIC**

EVERY DAY until April 30th, inclusive, colonist rates to all principal points in that state from

Chicago \$33.00

SHORTEST ROUTE FASTEST TIME SMOOTHEST ROADBED

Tourist Sleeping Cars a Specialty.

Inquire of
H. F. CARTER, T. P. A.,
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TORONTO, CANADA

Poultry, Butter, Eggs, Honey, Apples,

ALL KINDS OF FRUITS

And Farm Produce generally, consign it to us and we will give you good prices

THE **Dawson Commission Co.,** TORONTO, LIMITED

When a man is unable to make a living at anything else he is eligible for a Government job.

20 Years of Vile Catarrh.—Chas. O. Brown, journalist, of Duluth, Minn., writes: "I have been a sufferer from Throat and Nasal Catarrh for over 20 years, during which time my head has been stopped up and my condition truly miserable. Within 15 minutes after using Dr. Agnew's Catarrhal Powder I obtained relief. Three bottles have almost, if not entirely, cured me." 50c.—73

Dawkins—"How well Miss Antique holds her own!" Dawson—"It's a matter of necessity. She can't get anybody else to hold it for her."

Unequaled.—Mr. Thos. Brunt, Tyendinaga, Ont., writes: "I have to thank you for recommending Dr. Thomas' Electric Oil for bleeding piles. I was troubled with them for nearly fifteen years, and tried almost everything I could hear or think of. Some of them would give me temporary relief, but none would effect a cure. I have now been free from the distressing complaint for nearly eighteen months. I hope you will continue to recommend it."

NO INFORMATION.

"Yes, she tried to find out how much money her husband had in the bank."

"And did she learn?"

"No, indeed. They wouldn't let the bank teller."

Sit down to the Washing

To economise fabric, time and strength and wash your clothes cleaner use a

New Century Washing Machine.

There is nothing washable it will not wash—perfectly clean—do it in half the time without boiling the clothes. Runs on ball bearings, just a touch does it. Send for descriptive circular, better still, ask any hardware man to show it to you.

The Dowdell Mfg. Co., Ltd., Hamilton, Ont.

