

SPRING BLOOD IS WATERY BLOOD

How to Get New Health and New Strength at This Season

Spring ailments are not imaginary. Even the most robust find the winter months most trying to their health. Confinement indoors, often in overheated and nearly always badly ventilated rooms—in the home, the office, the shop and the school—taxes the vitality of even the strongest. The blood becomes thin and watery and is clogged with impurities. Some people have headaches and a feeling of languor. Others are low-spirited and nervous. Still others are troubled with disfiguring pimples and skin eruptions; while some get up in the morning feeling just as tired as when they went to bed. These are all spring symptoms that the blood is out of order and that a medicine is needed. Many people take purgative medicines in the spring. This is a serious mistake. You cannot cure yourself with a medicine that gallops through your system and leaves you weaker still. This is all that a purgative does. What you need to give you health and strength in the spring is a tonic medicine that will enrich the blood and soothe the jangled nerves. And the one always reliable tonic and blood builder is Dr. Williams' Pink Pills. These Pills not only banish spring weakness but guard you against the more serious ailments that follow, such as anaemia, nervous debility, indigestion, rheumatism and other diseases due to bad blood. In proof of this Mrs. D. E. Hughes, Hazenmore, Sask., says: "About a year ago I was badly run down, my nerves were all unstrung, and I could not go up stairs without stopping to rest. As I was a long way from a doctor I decided to take Dr. Williams' Pink Pills, and in the course of a few weeks I felt like a new person. As an all round restorative I can heartily recommend this medicine."

If you are ailing this spring you cannot afford, in your own interest, to overlook so valuable a medicine as Dr. Williams' Pink Pills. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Cherry Growing.

"The Cherry in Ontario," by E. F. Palmer, B.S.A., is the title of Bulletin No. 230, forty pages, well illustrated, which is being distributed without charge by the Ontario Department of Agriculture, Toronto, to those interested in this branch of fruit growing.

The relationship between the sour and sweet varieties of cherries is thoroughly discussed, it being pointed out that the latter are much more tender in bud, and consequently are less generally grown, the number of sweet cherry trees being less than ten per cent. of the total. Fall planting of the young cherry trees is recommended, and at distances not less than 18 x 18 feet for sour and 24 x 24 feet for sweet varieties. In the matter of pruning, low headed trees with rather open centres are advocated. Low-lying, undrained land should be avoided in planting a cherry orchard, as the trees do not thrive with "wet feet."

Methods of picking, packing, and marketing the fruit are fully described, with illustrations of the most desirable packages. The most suitable varieties to plant, cost of production, insect enemies, diseases, etc., are given in detail. Three leading cherry growers also contribute articles based upon their individual experience, which is not the least valuable feature of the bulletin.

Still Has It.

"He has the first dollar he ever earned."

"That's nothing. I know a chap who still has the first dollar he ever borrowed."

AN EXCELLENT REMEDY FOR LITTLE ONES

Mrs. Sidney Dalby, Audley, Ont., writes: "I have used Baby's Own Tablets for the past twelve months and have found them an excellent medicine for my little girl." Thousands of other mothers say the same thing—once a mother has used the Tablets she would use nothing else. They are pleasant to take; the result is sure, and above all they are guaranteed by a government analyst to be absolutely free from injurious drugs. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

HOME

A little salt dissolved in water is recommended for eyelids reddened in the wind.

When cooking a custard stir slowly and regularly. This is the only way to prevent curdling.

The celery and cheese sandwiches are delicious. A little mayonnaise is mixed in with the cheese, which is finely grated, the celery being put through the mincing machine.

To clean brass that has been exposed to the weather, make a paste of salt and common vinegar; rub the brass with the mixture and leave for ten minutes. Then clean in the usual way.

Prevent a steamed pudding from becoming heavy by putting a cloth over the steamer before placing the lid on. This prevents the moisture from settling and making a pudding heavy.

When there's company for dinner a man stands at the back of his chair and waits until all the guests are seated; when they're alone he dives into his chair and says: "Come along with the food."

When a brown stew or curry is too greasy, mix a teaspoonful of flour into a smooth paste with a little water, pour it into the stew and let it boil up again, when all fat will have disappeared.

Pin This Up.

One teaspoonful of salt to one quart soup.

One teaspoonful salt to two quarts of flour.

One teaspoonful of soda to one pint of sour milk.

One teaspoonful of extract to one plain loaf cake.

One scant cup of liquid to two full cups of flour for bread.

One scant cupful of liquid to two cups of flour for muffins.

One scant cup of liquid to one cup of flour for batters.

One quart of water to each pound of meat and bone for soup stock.

One-half cup of yeast or one-quarter cake compressed yeast to one pint liquid.

Four peppercorns, four cloves, one teaspoonful of mixed herbs for each quart of water for soup stock.

When darning table linen tack a piece of stiff paper under the rent and make a number of fine stitches backwards and forwards carrying them a good inch over the edges. Then tear the paper away.

Sew snap fasteners on each pair of stockings at the top and have the wearers snap them together when taking them off. They can be laundered this way and save all the bother of trying to match the stockings.

Jewelry can be successfully cleaned by washing it in hot soapsuds in which a little ammonia has been dissolved. Shake off the water and lay the jewelry in a small box of fine sawdust to dry. This method leaves no scratches or marks of any kind.

About Oranges.

Two of the housewife's most vexatious problems, "How to lessen the cost of living?" and "How to vary the menu?" could easily be solved by a greater use of fruit, declares one of America's best-known food experts.

Says she:—"I have been testing out fruits as foods; ordinary fresh and dried fruits such as we all have around the house all the time.

Mark well what I say, fruits as foods.

Nearly every one has been using oranges, bananas, prunes and apples simply as fruits or for different kinds of desserts. But hardly any one ever has thought of these things being worth much more than their delicious flavor. And almost no one has attempted to use them as meat substitutes or in place of vegetables, or even in soups!

Well, for months I have been experimenting with these and other everyday fruits, and with rice, for I have found it is such an indispensable thing when working with fruits as food.

I had always known that many fruits possessed far more nutritive value than is commonly attributed to them. For instance, a pound of ripe bananas contains more food value than a pound of white potatoes. And a pound of dates is far more productive of energy in the human body than a similar amount of beefsteak. These, and all other statements I make concerning the food value of fruits, are based on figures furnished by the United States Department of Agriculture.

Also, I had realized that people did not make free enough use of fruits, although their consumption has increased largely during recent years. Still, more should be eaten. And with meat prices steadily climbing and other food staples advancing as a result of the war, I set to work to see what we could do with fruits as food.

I suppose few persons have any idea that an orange has real food value. Yet, pound for pound, the edible portion is two-thirds as nourishing as potatoes.

Also, few persons have any idea that oranges can be served in more than half a dozen ways, and those in the raw state or used as a flavoring.

Yet nothing is more delicious than an orange omelet, a breakfast dish fit for a king!

Yes, the orange admits of so many different ways of preparing and serving, some cooked and others uncooked, that it is possible to serve a whole course dinner with almost nothing but orange dishes in the menu. And this meal, aside from being novel, is tempting and nourishing. Here it is:

Orange Juice

Orange Omelet

Orange and Rice as Vegetables

Orange Salad

Ice Cream and Cake

Candied Orange Peel

Orange Juice

In serving such a dinner, the table decorations should be made to carry out the orange idea. There should be a centre piece of fine, bright oranges with green leaves—orange leaves and blossoms if possible—interworked among the fruit, and the color scheme should be followed in candles, candle shades and place cards.

WHAT GREAT BRITAIN HAS DONE.

When the Mother Country decided to embrace the cause of Belgium, France, Russia and Serbia, against Germany and Austria-Hungary, she had a standing army of 125,000 with reserves that brought up her total of trained men to 798,000. Of course, these forces did not include her overseas troops that are subject to the disposal of the several autonomous colonial governments.

On the ocean she was invincible, and the mightiest of the world's fleets was her chief reliance in the event of a war, her real bulwark for attack and against invasion.

But this fleet was destined for a time, at least, to play only a minor role in actual hostilities. The real test of Great Britain's fitness was to be made on land, and the soil of France and Flanders was to prove whether she had become a decadent and played-out nation since Waterloo, or whether she was still in the national race.

Numerically, hers was a contemptible, insignificant, little army compared with the others, she sent to the scene of conflict when the war began. But it was the best she could do in the few days of mobilization.

It is not surprising that the Kaiser picked it out for ridicule and chastisement.

There was a chance, he thought, to overwhelm the pride of England in the first conquering rush, and the effect of such a victory would, no doubt, have proved enormous upon the spirit and morale of the whole situation. But the fitness of the British regular was amply demonstrated in the grueling retreat from Mons. He kept his head, and the fighting spirit, while his skilled and splendid commander, General French, who had learned all the tricks of the game, as it was played by the trickiest fighters in the world—the Boers—kept him out of the grip of Von Kluck until a position was reached from which he could strike back.

The British had the most important part of the battle of the Marne, for it was on their end of the line that the issue was decided, and it was they who started things going the other way, that swelled into a precipitous route of the Germans. They remained a small army for a long time, but the Germans dropped the adjective "contemptible" when referring to them thereafter.

Since then the achievement of Great Britain has been the maintenance of that original force at constantly augmented strength in spite of terrible losses, and the simultaneous creation out of volunteer material of an entirely new army said to number over two million men.

This achievement is unparalleled in military history. In seven months a great thoroughly equipped body of trained soldiers has been built up, and there has been no conscription, no compulsion, beyond the appeal to patriotism of the people to "rally round the flag."

The men who compose this grand



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aggregation, came from every section of the British Isles, and from every corner of the vast empire; and among them stand Ireland's noble sons, who forgot their local troubles in the complete blending of the sons of Ulster with those of Connaught.

These men came of their own accord to face the horrors of the trenches, for the sake of the British flag, and the cause of freedom. This surprised Germany, for they had counted on disaffection to weaken England's hand. They told the German people that the tribes of India, South Africa, the colonies of Canada, Australia, New Zealand and the inhabitants of her other possessions only awaited the chance to fly into open and obstinate rebellion. Germany sent her agents of disaffection into all of the colonies and possessions of Great Britain, and they have been very energetic in fomenting strife, discord and sedition, but so far without substantial success. About 300,000 Irishmen are enlisted in Kitchener's army, the rebellion in South Africa was put down by the loyalists of that uncertain country, while Egypt refused to respond to the cry of a "Holy War," and the native princes of India have given generously of their wealth, while Indian troops are among the bravest of the brave fighters to be found on the firing line.

Great Britain is touched by the loyalty of Canadians, Australians, and those from the Isles of the Sea, who have so grandly responded to the call for help, and whose soldiers are the best and bravest at the front.

With a wonderful force of loyalty and affection, she has held her far-flung empire together, and has rallied the flower of its manhood to her colors from pure love of the old Union Jack, that stands for liberty and democracy wherever its folds float on the breezes of heaven. But her biggest and grandest part in the field is yet to be played.

She has held her corner, small though it be, against the most vicious assaults of the enemy through the winter; and if Dunkirk and Calais are still French it is due mainly to the invincible and unbreakable fence of steel that her forces have opposed to Germany in the region of Ypres and La Bassée.

Meantime, her fleet has cleared the last of the enemy raiders from the high seas; bulwarked her coasts against invasion, led the bombardment of Dardanelles, and convoyed, without the loss of a man, over a million troops to France to "begin the war in May."

The world now recognizes that the master struggle is between Great Britain and Germany. If France and Russia, and Austria-Hungary were to withdraw from the fight to-day, Great Britain would welcome the chance to fight it out with Germany alone. But instead of being deserted by her allies, other nations, in the near future, will join with them, until the overthrow of militarism is complete and the world spared an-



Schmidt the Spy and His Message to Berlin.

"All the Indian soldiers in London are wounded in the head. They must be a very hardy race, as apparently none of the wounds prove fatal."—London Opinion.

other such inexcusable slaughter as it is now witnessing.

CHAS. M. BICE.
Denver, Colo., April 6, 1915.

UNIVERSITY HOSPITAL SUPPLIES.

The various committees in charge of supplies report satisfactory progress.

A sheet shower was held on Wednesday last in the Physics Building, which resulted in an addition to our store, amounting to about seventeen hundred sheets. In addition to this, the necessary quota of the following articles has been reached—Surgeons' gowns and masks, nurses' caps, covers for hot water bottles and pneumonia jackets.

In spite of efforts, however, the number of articles required is still great. In the first place, ten thousand sheets are still needed, and this is an urgent necessity not to be denied. Next to sheets the most pressing needs are pajamas, of which nearly two thousand suits are required, and surgical night-shirts. Also let us not forget the need for socks. Each letter from the front emphasizes the urgency of the demand for them.

The writer will be glad of contributions to the wool fund, of offers from women who are willing to knit if wool is sent to them, as well as of contributions of socks.

(Mrs. A.) JEAN McPHERAN,
Convener of the Ontario Red Cross Sock Fund.

MRS. F. N. G. STARR,
Treasurer.

University Hospital Supply Association.

The Canning Industry at a Glance

Annual production in Canada—about 125,000,000 tins—more than 200 every minute of the year.

Capital invested—\$10,000,000 approximately.

Land required for growing fruits and vegetables—40,000 acres.

Number of persons engaged in growing raw materials—12,000.

Value to growers—\$1,250,000.

Cost of manufacturing—\$1,000,000.

Number of Canadian people benefited annually by the canning industry—75,000.

Classes of persons benefited—manufacturers of tin cans and their employees; the growers of fruits and vegetables; the fishermen; the farmers who raise cows for milk and cattle for canning; lumbermen; employees of lumber mills and of box factories; the makers of nails; artists who design, and lithographers who manufacture the labels; the Canadian railways; wholesalers and retailers.—Canadian Grocer.

Diplomatically Speaking.

"I want to answer Gwendolyn's letter and say something that means nothing."

"Tell her you love her."