In the Spring Most People Need a Tonic Medicine

One of the surest signs that the change from winter to spring. These prove that the long indoor life of winter has had its effect upon the blood, and that a tonic medicine is heeded to put it right. Indeed there are few people who do not need a tonic at this season. Bad blood does not merely show itself in disfiguring eruptions. To this same condition is due attacks of rheumatism and lumbago; the sharp, stabbing pains of sciatica and neuralgia; poor appetite and a desire to avoid exertion. You cannot cure these troubles by the use of purgative medicines-you need a tonic, and a tonic only, and ban equal Dr. Williams' Pink Pills empty space, which fills with air. the "prison editor" is a recognized he advised me to try Dodd's Kidney for their tonic, life giving, nerve. This is always at the broad end, and institution. It is understood in the Pills. He said he had used them among all medicines there is none restoring powers. Every dose of down this reason the point should be case of the reison the point should be this medicine makes new, rich blood which drives out impurities, stimulates every organ and brings a feeling of new health and energy to weak, tired, ailing men, women and shildren. If you are out of sorts give this medicine a trial and see how quickly it will restore the appetite, revive drooping spirits, and little cloudy the egg is bad. All your veins with new, health-giving blood.

You can get these pills from any vent evaporation. If the air is exmedicine dealer or by mail at 50 pents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Selfishness.

We all know that selfishness makes us unkind, but have we ever suspected that it also makes us incompetent? These dwindled characters which we see on all sides of us we cannot always account for by known or even suspected evil-doing. Characters shrivel before our eyes and we cannot understand why. It comes to be a common experience to see lives that start off with every promise of brilliancy and power, they are put into a colander or fry- Pills and then after a number of years have gone by to realize slowly that the promise is not being redeemed. We resign ourselves to the superfiand that few men can succeed at eggs absorb odors, but they do quite best, but we do not realize the not do its work at a stroke, but flavor when cooked, which the doubt many of us never suspected fault in preserving. all this, simply because we have believed that selfishness was even a source of efficiency. The soul might be hurt by selfishness, the inner life might suffer, but that ability was decreased by it is the last thing we imagine.

ful spirit."

HAPPY NOW

Family of Twelve Drink Postum. "It certainly has been a blessing m our home," writes a young lady in regard to Postum.

"I am one of a family of twelve, who, before using Postum, would make a healthy person uncomfortable by their complaining of headache, dizziness, sour stomach, etc., from drinking coffee." (Tea is just as injurious because it contains the same drug, caffeine.)

"For years mother suffered from palpitation of the heart, sick headache and bad stomach, and at times would be taken violently ill. About a year ago she quit coffee and began Postum.

My brother was troubled with headache and dizziness all the time he drank coffee. All those troubles of my mother and brother have die its early competitors, and in every appeared since Postum has taken department of the national life of the place of coffee.

life with headache and heart trou- recognized as indisputable. As the ble, and about all she cared for was seat of the executive power it has coffee and tea. The doctors told deposed Winchester and York. her she must leave them alone, as wealth and influence it surpasses medicine did her no permanent the industrial areas of the Midlands

"She thought nothing would take scientific research it rivals the place of coffee until we induced older universities. Finally, as the her to try Postum. Now her trou- centre of maritime trade, it bles are all gone and she is a happy eclipsed all other British seaport little woman enjoying life as people towns. The Cinque Ports have long

Postum now comes in two forms: ing points from which enterprises Regular Postum— must be well on great commercial enterprises have fallen some high some have fallen

WAYS OF PRESERVING EGGS. AND ERUPTIONS Which the Housewife Will Do Well System of Punishment in Vogue in

to Put Into Practice. The months of April, May and June are the hen's busiest, and their product is at the lowest price. In Russia. He is a development due Hence it would seem wise for those to the insecure life which every who keep chickens for home con- newspaper not under official consumption to preserve the surplus trol has to lead. The latest inciunsightly eruptions and eczema during these months so that when dent which revealed his existence the hens cease to lay the table can be supplied just the same as usual. Pravda' the other day, when he Those persons who have to purchase proved to be an illiterate laborer of eggs all the year around might also reggs for winter use supported to be an illiterate laborer of Riga. posing they have a cool place for keeping them. The freezing point is the "Redaktorizdatel," or "respon- his friends of his simple but comby no means necessary. Any cool

cellar will answer. When the eggs are bought they should be candled before being preserved. A candling chimney costs

very little. As most people know, egg shells air for the chick to breathe. Also the egg evaporates through the

the empty space the older the egg. there is a haze or the white looks a The object to be obtained in pre-

serving eggs, is, of course, to precluded eggs will keep perfectly at A Nova Scotia Case Of home for months. The process is very simple. In fact, I have known eggs to keep by just placing salted butter in the palms of the hands and turning the eggs about until Halifax Sends Out a Message of every bit of the surface was covered. A cleanly method is to dip the eggs into liquid glass, which can be

the same time quite conveniently if

reason they should be placed by Pills.

ing the eggs away in, using dry bran to prevent breakage.

BABY'S OWN TABLETS **GUARANTEED SAFE**

A gentleman was once walking absolutely guaranteed to be strictly metropolis by a fog of exceptional beside a well-dressed girl, and free from opiates, narcotics and density and blackness. This fog thought to himself, "I wonder if she other harmful drugs. They carry lasted for seven days. Then came takes half as much pains with her the guarantee of a government the frost. Between London Bridge heart as she does with her clothes?" analyst to this effect, so the moth- and Blackfriars Bridge the Thames A poor old man was coming up the ers whose little ones are ailing need soon became one large sheet of ice, road with a loaded wheelbarrow, have no fear in using the Tablets. and remained as such for nearly ten sand just before he reached the girl They cannot possibly do harm, and weeks. The frost did not finally he made two attempts to go into the never fail to do good. The Tablets break up until the end of March. yard of a small house, but the gate cure all childhood ailments such On the ice were erected tents and Take LAXATIVE BROMO QUININE stance within was taken out and was heavy, and would swing back as constipation and indigestion, booths in which refreshments were before he could go through. worms, colds, colic, simple fevers, sold to the thousands of Londoners ture is on each box. 25c.

Take LAXATIVE BROAD money if it filled up again with the part of a sponge, wherein was vinegar and the girl, slipping etc. Thousands of mothers through- who enjoyed the novelty of promelightly forward. "I will hold the out Canada say they would use nading in midstream. Printers set gate open." She did so, and re- nothing else for their babies. They up presses on the ice and printed ceived thanks. "She deserves to are sold by medicine dealers or by various mementoes of the occasion have beautiful clothes!" thought mail at 25 cents a box from The whilst in the middle of February the the gentleman, for she has a beauti- Dr. Williams' Medicine Co., Brock- River Thames became the site of a ville, Ont.

THE PORT OF LONDON.

It Has Eclipsed All Other British Seaport Towns.

Amid the mushroom cities of the modern world London, the metropolis of the British Empire and the stands like an ancient oak with its roots deep in the soil of byegone ages. There is perhaps we also be standed in the soil of byegone gives relief. 500. ages. There is, perhaps, no glamor of legendary interest attending its origin, such as still invests the decadence of Rome, Athens and Carthage with a halo of veneration; but on the other hand, despite its agegoing experiences, the seam of time and the scars of history, it possesses all the attributes of a communty instinct with life and vigorous growth, its record through the cen- the ocean greyhounds drink out of. turies has been one of steady an gradual accretion of power and in uence. One by one it outstripped the country it has acquired and "A sister was ill nearly all her maintained a supremacy which he and the north. In learning and Name given by the Canadian Pos-tum Co., Windsor, Ont.

Postum now comes in two forms: fing points from which they see out

PRISON BY PROXY.

The "prison editor" is a reality was the case of the "Severnais.

name must be registered as that of and highly respected here, is telling sible editor," and it is against the plete cure from a protracted illness is taken by the authorities. Now as ney Disease; he took Dodd's Kidit would obviously not be conveni- ney Pills; they cured him. But let ent for the actual editor to be im- Mr. Hansen tell his own story. prisoned, either in non-payment of "I was troubled with my Kidneys are porous, the tiny holes admitting sult of a direct sentence by way of 'My back was so sore I couldn't punishment, a dummy is employed get out of bed in the mornings. same means, and this results in an sideration. In the provincial press good. Then I met a neighbor, and downward when storing eggs. To case of the prison editor that if the in his family for a long time and ment (after putting in the egg). If the option of a fine his honorarium "I bought six boxes of them, and ment (after putting in the egg). If is commensurately larger than if it by the time I had taken three of not quite full the egg is not perfect be ordinary arrest in a guardhouse. them I was feeling much better. ly fresh, and, of course, the larger In the latter case he takes his "est- Now I am quite well, and I think The yolk should be perfectly edly, being supplied from outside life was what I paid for Dodd's round and show perfectly clear. If with his meals, drinks, tobacco, and Kidney Pills." reading matter at his employer's Dodd's Kidney Pills are no cure-

Interest to All Women

Help to Many People.

Halifax, N.S., Dec. 15 .- When inbought at any drug store. Another terviewed at her home at 194 Argyle way is to dip the eggs into boiling St., Mrs. Haverstock was quite willwater for less than a minute-just ing to talk of her peculiarly unfortunwater for less than a minute—just ate case. "I was always blue and young Princes and Princess are long enough to form a thin coating depressed, felt weak, languid and utof albumen inside the shell, and terly unfit for any work, My stom- formed. then put them through a very thin ach was so disordered that I had no syrup made by dissolving sugar in appetite. What I did eat disagreed. I suffered greatly from dizziness and A number of eggs can be done at sick headache and feared a nervous breakdown. Upon my druggist's re- to the Victoria Institute in the commendation I used Dr. Hamilton's

ing basket and then dipped into the "I felt better at once. Every day I liquids, but it should be seen that improved. In six weeks I was a well every bit of the shell is covered. | woman, cured completely after differ- best possible conditions not more asked the question : Some persons do not know that ent physicians had failed to help me. than six thousand were visible to "Now, who can tell me what oy-It is for this reason that I strongly the human eye, so that, although sters have? urge sufferers with stomach or diges- they had been compared to the A bright little girl, very eager to as much as butter does, so for this tive troubles to use Dr. Hamilton's

much of the failure of men's lived themselves until a sufficient quan- Dr. Hamilton's Pills strengthen the one ever have seen more than half is due to the steady, subtle, and tity is gathered for preserving. stomach, improve digestion, strength- of the visible ones—that is to say, respectable selfishness which does Otherwise they may have a queer en the nerves and restore debilitated three thousand—at one time. systems to health. By cleansing the blood of long-standing impurities, by does it surely none the less. No housekeeper may attribute to some bringing the system to a high point of vigor, they effectually chase away A wooden pail is handy for pack- weariness, depression and disease Good for young or old, for men, for women, for children. All dealers sell Dr. Hamilton's Pills of Mandrake and

Frozen London.

Not for one hundred years has the Thames been completely frozen Baby's Own Tablets are the only within the London (England) area. medicine for little ones that are The year 1814 was ushered into the great fair. During recent years the nearest approach to a frozen

> Thames was seen in January, 1881. Sweet Home. "Did she make you feel

"No, but she made me wish

Money is pitifully cheap when it pression upon it." is all a man has.

Minard's Liniment Lumberman's Friend

Oh, Splash. Maiden-What's this trough the sea" we read about? Corney-Oh, I guess that is what

"NA-DRU-GO DYSPEPSIA TABLETS

Proved of Great Value to Me"

There is only one explanation for the numbers of enthusiastic letters that we Tablets, and that is that these tablets certainly do cure any kind of stomach Here is a typical letter from Miss

liza Armsworthy, Canso, N.S.: "It is with pleasure I write to inform you that your Na-Dru-Co Dyspepsia Tablets have proved of great value to me. I tried remedy after remedy but

Best Money He Has Ever Spent

FOR DODD'S KIDNEY PILLS.

Had Been Ailing for Six or Seven Years when He Took a Neighbor's Advice and Found a Complete Cure.

Mona, Man., May 4th (Special) What happens is that by law a Mr. Cornelius Hansen, well known person so registered that any action | The facts in frief are: He had Kid-

the frequent fines levied or as a re- for six or seven years," he says. -of course for an appropriate con- tried medicines, but they did me no

ting" very comfortably and content- the best money I ever spent in my

all. They simply cure sick Kidneys. But they do all that is claimed for them.

Royal Children Well Informed.

The Queen is immensely interested in everything historical, and Prussian births and deaths for 1913 when going on a visit to a new place show that there were rather more invariably reads everything con- than 15,000 fewer births than in nected with its past. This plan of 1912, but that the excess of births knowing all about places of interest over deaths was 550,764, the excess beforehand commends itself so being 824 above that in 1912. The greatly to her that she encourages number of births in Prussia in 1913 her children to do the same, and the was about 100,000 fewer than in young Princes and Princess are 1906. As Prussia is about two-

Only 6,000 Seen at One Time.

Dr. Sydney Chapman, lecturing sands of the sea for multitude, no recite, answered, "Crackers."

Minard's Limiment Co., Limited. Dear Sirs,—Your MINARD'S LINI-MENT is our remedy for sore throat, colds and all ordinary allments. It never fails to relieve and cur CHARLES WHOOTEN. Port Mulgrave.

Said With a Regretful Sigh. Miss Young-What in your opinion is the best time for a girl to

Miss Elder-Whenever the man is

Sympathetic. Ethel-Jack tried to kiss me. Marie-How impudent! Ethel-But he was interrupted.

Marie-How annoying? Try Murine Eye Remedy If you have Red, Weak, Watery Eyes or Granulated Eyelids. Doesn't Smart —Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c. Murine Eye Salve in Aseptic Tubes, 25c. 50c. Eye Books Free by Mail. An Eye Tonic Good for All Eyes that Need Care Murine Eye Remedy Co., Chicago

Hard Case.

"She has a heart of stone." "Perhaps not." "She has! I can make no in "Have you tried a diamond?"

His Trade. Warden (to new prisoner)-What

work can you do? What was your occupation? Prisoner-I was a 'cellist in an orchestra. Warden -Well, then, we'll set you to saw ing wood.

Small Portions.

"How did you find that piece of steak, sir " asked the smiling waiter in anticipation of a liberal tip. "I really don't know," said the large man, gazing at his plate; just happened to move that little piece of potato and the steak was

Angry Customer. "See here, waiter," exclaimed the indignant customer, piece of wood in my sausage! 'Yes, sir," replied the waiter,

eat the kennel too!" Keeps Him Up to Time. "What is Flyppe's wife's

dog, but I'm blowed if I'm going to

"Orystal. And it suits her/2 "She's always on the watch."

ard's Liniment used by Physi When a man fails in business h begins to look around for a politi

And Foot. In Bad State. Inflamed and Festered. Could Not Sleep. Completely Cured by Cuticura Ointment in Short Time.

> calded her leg and foot very badly with a pan of boiling water. She suffered very much and her leg was in a bad state. The skin was Pred and inflamed and it festered. She suffered dreadful pain. She scalded it in the evening and could not sleep that night and could not bear to have

anything near it. "We tried - and and then some ---- but everything seemed to make it worse and she just screamed for pain. I told my mother about Cuticura Ointment and we got a bex immediately and bandaged up her foot and leg. Two applications made quite a difference and we kept on using it and in a short time her leg and foot were completely cured." (Signed) Miss L. Parks, May 17,

TO REMOVE DANDRUFF

Prevent dry, thin and falling hair, allay itching and irritation, and promote the growth and beauty of the hair, frequent shampoos with Cuticura Soap, assisted by occasional dressings with Cuticura Ointment, are usually effective when other methods fail. Cuticura Soap and Cuticura Ointment are sold by druggists and dealers everywhere. A single set is often sufficient. For a liberal free sample of each, with 32-p. book, send post-card to Potter Drug & Chem. Corp., Dept. D. Boston, U. S. A.

Fewer Births in Germany.

The preliminary statistics tion throughout the empire.

The Fixin's.

A kindergarten teacher, after extheatre of the Royal Society Arts, plaining to her much interested London, gave a general census of class that birds have feathers, bears the stars. He said that under the have fur, sheep have wool, etc.,

Limited Knowledge.

"Have you any experience with "No, ma'am, I always worked in

the best families.'

Warts Disfigure the Hands But can be painlessly removed twenty-four hours by the use of Put-

nam's Wart and Corn Extractor. Fifty years in use and still the best. Insist on getting "Putnam's" Extractor, 25c. at all dealers.

Oranges In England.

Oranges first went to England about the beginning of the sixteenth century, and found ready favor with those who could afford them. Curious use was sometimes made of the fruit soon after its introduction. Cavendish describes Cardinal Wolsey as entering a crowded chamber "holding in his hand a very fair orange, whereof the meat or subother confections against the pestilent airs; the which he commonly smelt unto, passing among the press, or else when he was pestered with many suitors."

"I may have bragged about my

children a bit." "That's true, you have." "And I may have referred times to the fact that my ancestors

were celebrated people. "Yes, I have heard you do that." "But I still think I am entitled to some credit for modesty. I have never claimed that my employers could not get along without me.'

Rheumatism Goes Quickly Its Virus Forever Destroyed

EVERY CASE IS CURABLE.

Good-bye to Rheumatism!

Your aching joints, your stiff, sore muscles, those sleepless nights and suffering days-good-bye foreveryour day is gone. Sufferer, cheer up, and read the good news below. said, 'don't stay crippled, quit com-

plaining, limber up.' My answer was, 'I'm rheumatic, I can't do it.' He looked me over in a pitying sort of way and told me to go to the nearest drug store for Nerviline and Ferrohim. I was convinced of his sincerity and followed his instructions. I rub bed on Nerviline three times every day-rubbed it right into my aching joints. The pain quickly lessened. and draw the virus of the disease from my blood I took two Ferrozone Tablets with every meal. I am well today, not an ache, not a pain and no sign of stiffness at all."

like this it can do for you too. For nearly forty years Nerviline has been recommended for Rheumatism, Lumbago and Sciatica and Lame Back.

Mrs. Thompson—My husband is seriously ill. He's having a consultation now. Laundress—Poor man, do you think it hurt him bad.

Serious.

A whiskey still is operated on the

A bad memory is a cheerful liar's nightmare. One gentleman who calls another gentleman a liar is no gentleman. Fortunately for the average man,

When a fool has nothing to say

he's never satisfied until he says it.

few of his prayers are answered.

More than a blanket mortgage is needed to keep a house warm is Only a fool will neglect his family in order to pose as a public bene

An ordinary cold is one of the very few ailments the modern physician has been willing to undertake cure without a surgical opera-

Little Brother Disgusted.

"Does the baby talk yet?" asked a friend of the family of the little brother. "Naw," replied the little brother, disgustedly. "He don't need to talk. All he has ter do is to yell, and he gits everything in the house worth having.

Sister's Request.

Sister (who wants to be left alone ONION GROWERS, GET LITERAfor a moment with her suitor) - | Olinda, Ont. Fritzi, it's cold in the house; go in the next room and close the window.

Fritzi—But it's closed.

Canternal and external, cured with
out pain by our home treatment. Write
us before too late. Dr. Bellman Medical
Co., Limited. Collingwood. Out.

Sister-Well, then, open it.

Terrible Scalding Accident ZAM-BUK GAVE QUICK RELIEF.

For taking the pain out of a burn or scald there is nothing equal to Zam-Buk. Mrs. Eugene Demers, of Pembroke, Ont., who was the victim of a painful scalding accident, proved this. She says: "I was carrying a boiler of steaming water from the stove to the wash-tub, when suddenly my strength failed. As the boiler was falling in spite of my efforts, I Leard my babies cry, and to avoid scalding them I gave the vessel a quick turn. The effect of this was that every drop of the boiling water poured over my feet and limbs,

scalding me from my waist down. "As soon as I saw the children had escaped, I told my oldest boy to bring the Zam-Euk (which we always keep in the house). I applied Zam-Buk freely, and the pain was soon eased. I continued using Zam-Buk, and in a wonderfully short time the

sores were comple' ly healed." Zam-Buk is equally good for cuts, bruises, eczem ulcers, piles, pimples, etc. Price 50c. per box, at all druggists and stores, or post free from the Zam-Buk Co., Toronto, on receipt of price. Refuse substitutes and imitations. There is nothing "just as

The Dissemblers.

Gibbs-I'd really like to know the secret of social success Dibbs-My boy, there are many Keep Minard's Liniment in the house secrets of social success, but one of the most important is to be able to pretend you are having a good an old woman arrayed in her

Highest grade beans kept whole and mealy by perfect baking, retaining their full strength. Playored with delicious sauces. They have no equal.

PARMS FOR SALE

H. W. DAWSON, Ninety Colborne Street IF YOU WANT TO BUY OR SELL A Fruit. Stock. Grain. or Dairy Farm. write H. W. Dawson. Brampton. or sell-colborne St., Toronto. H. W. DAWSON, Colborns St., Toront

NEWSPAPERS FOR SALE. G OOD WEEKLY IN LIVE TOWN IN York County. Stationery and Book Business in connection. Price only \$4,000. Terms liberal. Wilson Publishing Company, 73 West Adelaide Street.

CANCER, TUMORS, LUMPS, ETC

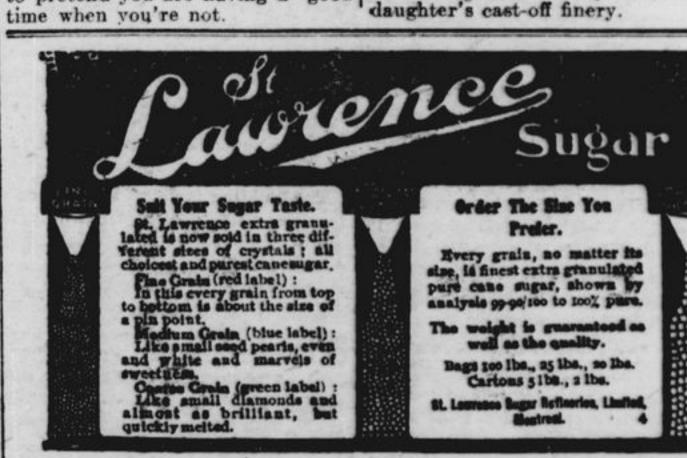
Eating Versus Talent.

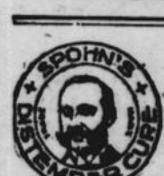
Connection between feeding and literary genius is commented on by Robert Sherard in his "Modern Paris." Zola, he says, wrote best when he was very stout, and that when his bulk dwindled so did his talent. Theophile Gautier, himself enormous, maintained that a man of genius should be fat, and for proof pointed to "that more barrel than man," Balzac, to Alexandre Dumas, "always fat and jolly," to the "hippopotamus in breeches," Rossini, and the plump and well fed appearance of Victor Hugo and Sainte

What 1340 Did For Us.

The cold winter of 1340 gave us the blanket. Its inventor, Thomas Blanket, was a Flemish merchant, settled in Bristol, and fallen from affluence to want. He and his wife suffering from the intense cold by reason of scant bedding and lack of fuel, he searched for something to put on the bed to increase the warmth, and hit on a piece of rough unfinished cloth that had been thrown to waste. Its success as a warmth-giver suggested the manufacture of special bed covers of the same material, and these articles, to which he gave his own name, won him fame and immortality .-London Chronicle

Nothing looks more pitiful than





doses often ours. One bottle guaranteed to cure one case. Safe for brood mares, baby colts, stallions—all ages and conditions. Most skillful scientific compound. Any druggist.



10 Pound. 20 Pound, 50 Pound

and 100 Pound Cloth Bags, and in 2 Pound and 5 Pound

Sealed Cartons CANADA SUGAR REF

ause I understand much ut because I'm fond of

lace looks as if it had I inhabited for years."

yard, and Stafford exa

SAME DI