'Spring Fever"

"Spring Fever" is just another namefor Biliousness, Irregular Bowels, Upset Stomach.

What you must do is to get the blood pure-by stirring up the liver-making the bowels regular and the stomach sweet. The quickest, and surest, and pleasant, way

to do all this is to take Abbey's Salt. It's the best spring tonic.

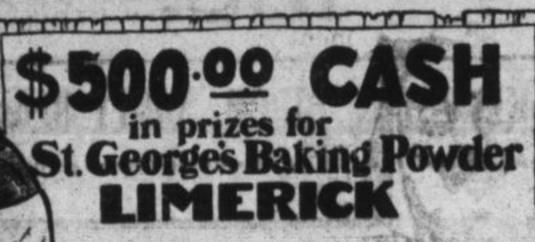
25c and 6oc a bottle.





manhood brought back after years of weakness and despair. Nature's Secret restored by combining three of the rarest chemical reagents in the world. This is of Europe. Tens of thousands of weak and hopeles cases cured by 30 days treatment. This is a fact | Prove it yourself by a test. A 5 days treatment with full particulars sent absolutely free: All packages are carefully sealed in a plain wrapper with no mark. A full 30 days treatment, (180 doses) with guaranteed cure or refund of money, for \$3.00.

Dr. K JAR MEDICINE CO. P.O. Prawer L 2341, MONTREAL



200.00 will be given to the person sending in the best 50.60 to the person sending in the 2nd. best. 5.00 each to the next twenty five best.

And a Special Weekly Prize of \$5. for the Best Last Line Sent in Each Week

GAIN, we give you a chance to share in the \$500 offered as prizes for the best last lines submitted for St. George's Baking Powder Limerick.

This second Limerick contest continues until May 31st. Nearly all cheap Baking Powders are made from alum. It is against the law to use alum in England. St. George's Baking Powder is made from 100% pure Cream Tartar. Use St. George's and avoid alum poisoning, indigestion and other stomach troubles. Get a can of St. George's and compete in the Limerick contest, but by all means use the Baking Powder and see for yourself how good it is.

Each week, a special prize of \$5.00 will be mericks, winning the weekly prizes of \$5, will also ompete for the \$500,00 prizes.

2. Carefully remove the trademark from the tin of St. George's Baking Powder by wetting the label with a cloth dampened in hot water (be careful not to get the baking powder damp). Paste or pin the trademark to the corner of the coupon in the space provided. 3. Competitors may send in as many lines as they like, provided each is accompanied by a trademark cut from tin of St. George's Baking Powder.

4. The Editor of The Montreal "Star" has kindly ensented to act as judge, and all answers must be idressed to The Editor, St. George's Baking Powder merick, Star Office. Montreal. 5. All answers must be posted not later than

May 31st. 1908. The names of the prize winners will be published in this paper as soon after that date as possible.

6. No trademark, cut from our sample package, will be accepted.

7. No personal explanations will be made, nor the receipt of limericks acknowledged.

. CUT HERE ...

LIMERICK

A young lady near Napanee Said "Thank you, no Alum for me; St. George's Baking Powder My cake must be pure And St. George's, I'm sure

I agree to abide by the decision of the Editor of The Montreal "Star" as final, and cuter the competition with that understan

Dealer's name from whom you bought St. George's Baking Powder

Dealer's address...

Address this coupon, with St. George's/trademark attached, and your line and no plainty written, to The Editor, St. George's Egiting Powder Linerich, Star Office, treal, before May Sist. It your dealer does not keep St. George's Enting Powder, and its name and we will tell you where it may be obtained.

HERO OF MUTINY RECEIVES PENSION AFTER 50 YEARS.

During the past few days the splenservices of a civilian during the that he has been awarded a pension of per annum, from Jan. 1, 1908. intervention of the King, through His Majesty's private secretary, Lord Knollys, for this recognition of a ro-

civilian, to attempt to restore British authority in Etah, a town and fort 70 miles away from Agra, on the high road from Delhi to Cawnpore. An order for 5,000 rupees, the greater part uncashed, is one of Mr. Churcher's treasured possessions. With this was to raise a force and do his

How his ragged force marched from Agra; how they caught and flogged a rajah twenty miles away, who, three months before, had robbed Mr. Churcher's father and mother; how they came through at last to Etah are incidents which would provide absorbing narratives. But the great incident was the taking of Etah.

"I came to Etah in August, 1857, with 100 horsemen and 150 foot," said Mr. Churcher recently, "and called upon the rajah to allow me to occupy the fort for the British. He planted a green flag on the wall, proclaimed himself a vice-regent of the King of Delhi, and refused admission. That evening, camped in the mango grove near the fort, I heard that 20 Sikhs

Benares were approaching. "Knowing the dare-devil character of these men, I sent for their chief and offered him and his men 100 rupees each for a night's work. They of the mango trees they made storming ladders, which they carried in the dead of night and placed against the walls of the fort. Up they went, and I followed, while my men went round to the gate of the fort. It was a forlorn hope, but it succeeded

"I remember well running along the ramparts with a spy, who knew the fort, and one of the Sikhs, looking in the darkness for the rajah. We found him sitting in his room with attendants on either side. He was a fat man and slow to move. Through the glass doors we, being in the darkness, could see him well. "My Sikh raised his musket and smashed in the doors. I rushed in, a pistel in one hand, a sword in the The attendants drew their I threatened to shoot the rajah first and them afterward, where-

attempted to fly by the gate of the are dotted all across the three pro-fort, and later we counted forty dead vinces of Manitoba, Saskatchewan and "For many years," he explains, "I in one spot. Next morning the fort Alberta, the average distance between applied electricity in the ordinary way frequently with beneficial results, town. I took the rajah to the gate | tions are that there will be no lack of | without knowing exactly the why or and announced from the wall above competition for lots in these town- the wherefore. As the body is largely

Thus was Etah taken. For six months, until the end of the mutiny, Mr. Churcher maintained authority, collected revenue, which he sent to the relief of Agra, and kept the trunk road clear of rebels. Wounded and sick, he came to England when the mutiny was suppressed. Returning again, he found that a native clerk. whose loyalty he had commended, had been made rajah of Etah, receiving in place of his clerk's salary of 7 rupees per month a fortune of \$150,000. For nearly half a century following the mutiny, Mr. Churcher, who is a barrister, acted as unpaid special magistrate in the United Provinces. He is now living in a quiet flat in West London.

House of Lords Shabby.

The House of Peers is indeed sadly in need of repair. Not only are the red leather benches in a dingy condition, but the seats in the Strangers' in length, from 20 to 30 miles of track Gallery, in which the peers may in-vite their admiring friends, are too miles west of Winnipeg, where the

friends there are decently upholster-ed—in fact, they merit the descrip-tion 'magnificent' in comparison with the strangers' benches in the Upper

"Members of the Commons can be greatly supplemented take their friends to the bar of the time during the season. House of Lords on obtaining tickets from Black Rod, and I should say that a 'standing seat' there is infinitely preferable to the accomme up above, for which their lordship can obtain permits for their friends." A gentleman who has had recent experience of these seats says that there were no backs to them, that altogether they were "worse than the benches in the gallery of a thirdrate provincial music hall."

If we each loved the other, there would still be some one to bring sui for alienation of affection. A man laughs at his own joke mere-ly to prove that he appreciates a good thing when he hears it,

THRILLS OF ICE BOATING.

Sport Seems Tame Till Craft Strikes How the Neighbors Helped Them-

One of the most inspiring sports of the winter season is yachting on the ice. The frozen landscape slips by at the rate of forty miles an hour, that the rate of forty miles an hour, Man Who Captured a Town—Caught more or less, and the pure, frosty air makes the ears of the passengers tingle. On, on the machine flies, answering every turn of the helm like an animate creature, and the only tegret of the persons aboard is that the place as if they owned it. Such they can't violate the speed laws and the done, and nothing would be cartied off. Of more recent years a more list.

There is nothing to run over mixed class of people have been enin all the vast shining expanse of tering the West, some of them unverscongealed water, thinks the amateur. Neither chickens nor dogs will get in which the early comers took so have been recognized. The India his way. He begins to gnaw his lip in much pride.

Office has informed E. J. Churcher disappointment. He thinks a power that he has been awarded a pension of boat would be better, because there use to put in his time while doing his ing can happen, he reasons, on the neighbor, during which time he might swift gliding ice of the poetry of mo-tion, which palls on the appetite. This shack of his was, perhaps, not

Mr. Churcher, now 76 years old, is ers from a stiff jolt, swerves and a tall, commanding figure. His tread leaps into the air like a bird. It is still elastic, his manner dignified, and his speech quiet but full of force.
Two of his sons are officers in the British army. Two of his brothers were killed in the mutiny.

In July, 1857, when the mutiny was at its height and height and sail two or three hundred are said to the sail that at its height and Agra deluged with blood, J. Russell Colvin, the hapless lieutenant governor of the united provinces, sent Mr. Churcher, a young civilian to attempt to restore Pritish. ordinary chasms, but it may come to went "home" to sleep at nights. one which will engulf the merry crew and make them swim in water of an extremely bracing temperature.

A knowledge of seamanship comes

in play not only for such an eventual-The ice yacht responds more quickly to the helm than water craft, and an untrained hand would cause an upset in about half a second. Sails must be flashed over his mind as he sprang

are provided with steel runners, which soon become highly polished; a sharp long journey and it was evident by rudder, which cuts into the ice enough to balance the wind driven craft. The ined that this was to be its future latter feature resembles the device in use by South Sea Islanders for surf form of boards above the runners, and who were unhitching the horses. the youthful sportsman goes "belly-whopping" while he steers his speed-

The iceboat is not so popular in Long experience of rural mankind has shown that an iceboat requires too out together, and nothing can beat the old-fashioned one-horse sleigh.

The horse steers himself while the much attention when two persons go young man and the girl sit far apart held which is not to be despised.

New Prairie Towns. In view of the approaching completion of their main line from Winni-"Meanwhile the rajah's soldiers had ada on the market. These town-sites take part in the process of blood forit that I would hang him on the spot and turn the ten guns, which we captured on the ramparts, upon the town if they did not disperse."

competition for lots in these town sites, and that upon most of them, salts or potash and soda, it becomes an excellent electrolyte. In no part of they did not disperse." there has already been a good de-mand for lots, and some twenty build-of the organism permit the ingress of

ings, are in course of erection. The extremely mild weather of the such circumstances a perfectly stable winter season in the West has enabl- nervous system is a rarity. Here pared the company to go ahead at a ticularly electrolysis becomes an imgreat rate with construction work, and portant factor, giving new activity by a high official of the company stated establishing beyond doubt an average that the line will be completed from neuro-physic equilibrium.

Winnipeg to Portage la Prairie by He then introduces the passage prospect that the line will be complet- man 71 years old, who had suffered

In the vicinity of Winnipeg great about an entire change for the better. The patient now walks with ease and comfort and his face regained its red color." a high fence on either side two miles

To a Tramp. O happy tramp! I envy you,

To care if they're correctly creased

And one pair satisfies you, which is No embarrassment of breeches. Only One "BROMO QUINING," that is oures a Cold in One Day, Grip in 2 Days plete coward.

TALE OF PINCHER CREEK.

selves to a Shack.

In the early days in the Canadian "cop." There is nothing to run over mixed class of people have been en-

is a chance for it to explode. Noth homestead duties, by working for a The amateur's heart jumps and he er' of our grandfather's time, and its clutches a hand rail as the yacht shiv-

There is a story told at Pincher

which he felt that he was on the sea crossing the rolling billows towards his English home. A noise awakened ity, but in handling tiller and sails. him, and his amazement may be imagreefed for approaching squalls and up, but on looking out of his little allowance made for contrary currents window he found that a team of horses of air sweeping through breaks in the was rapidly hauling his shack away, shore line.

Racing between well matched boats provides lots of fun and excitement. There is faster going in these contests than in most other kinds, save for automobilig and sledding in the Alps. A speed of more than sixty miles an hour has been attained. The yachts are provided with steel connects which adventure through

long journey, and it was evident by to give a purchase in steering, and the noises outside that it had reached often a side-extended heavy runner its destination. Those outside imag-

boats. In some home made models and the rightful owner stood there of iceboats there is merely a plat- smiling cheerfully on two startled men "Well, boys, you needn't unhitch here," he said, genially. "I'd planfast? You must be hungry."

MAKING NEW BLOOD.

Sir James A. Grant, physician to in blissful meditation or allow their Earl Grey, Governor-General of Canhands to touch under the buffalo robe. ada, and consulting physician to the Yet, for all that, when a third person | Montreal General and St. Luke's Hosmanages the iceboat, the young man pitals, announced recently in an arand girl have a chance to hold or be ticle in the New York Medical Journal that blood can be made by electricity, and that persons suffering from anaemia can be benefitted greatly

"An important fact, demonstrated peg to Edmonton, the Grand Trunk | clearly," says Sir James in his article Pacific Co. is now busy making ar- "is that blood can actually be made upon they fled, and I secured my rangements for placing about one by electricity, by stimulating through hundred town-sites in Western Can- the abdominal walls the ganglia that

point on the line west of Winnipeg, ties of life more marked than in the ings, consisting of stores and dwell- bacterial toxins. In this tract the blood becomes interrupted. Under

June 1, thus giving a through track quoted above about making blood, clear to Saskatoon. There is every Among the cases cited is that of a ed clear into Edmonton by the end for a number of years from muscular of the summer, although the constructive weakness and general debility. of the summer, although the Battle tion of the bridge over the Battle solar plexas," he says, "given every second day for three weeks, brought

Gallery, in which the peers may inhave already been laid, while six
uncomfortable to deserve the name of
seats at all.

An old Cherokee Indian recently
gave away the secret of how the Intemporary yards and shops will be
situated, several miles of track are
their arrow heads for war purposes "I am genuinely sorry for the peers," said a Liberal M.P., "but still sorrier for their friends, because the benches in the Strangers' Gallery are as hard and comfortless as can be.

"To tell the honest truth, they are merely planks of wood covered with a strip of red carpet as an apologetic attempt at upholstery. Now, we are very much better off in the Commons. "The benches we can offer our men friends there are decently upholster-will be no lack of either when they would grave and then went to certain places where they knew they would find rattering upon the active work of transportation early this season, extensive preparations are under way for the supply of rolling stock. For some two years past the company has been placing orders for the building of both locomotives and cars, so that there will be no lack of either when they will be no lack of either when they are needed. Already there are some 32 engines and 6,000 box and flat cars on the western lines, and these will be greatly supplemented from time to The bucks would then hunt up another rattler and repeat the perform-ance, keeping up the work until the liver was well soaked with snake poison. Then the pole was carried O happy tramp! I envy you,
Whose cares and clothes are very taw.
It never puzzles you to choose
What tie to wear, which shirt or shoes.
Your pants may bag, but you have ceased

Doison. Then the pole was carried home and fastened somewhere in an upright position until the liver became as dry as a bone. The liver was then pounded to a fine powder and placed in a buckskin hag, to be used as needed for their arrows. This powder would stick like glue to any moisten ed surface and was death to any creature which it entered on arrows.

A coward might be a bully, but he never gets the chance if he is a com-

The one thing about self-respect that makes it so uncomfortable is its habit

Nearly all our little ills come through inactive bowels. days that you lose because you don't feel right-Cascarets will save them all.

In the old days, physic was dreadful - calomel, castor oil, salts or And they were worse than they seemed, for they irritated the stomach

and bowels. They acted much as pepper acts in the nostrils. They flooded the bowels with fluids. But those fluids were digestive juices. And a waste today means a

It's different with Cascarets Their effect is the same as that of laxative foods, or of exercise. They stimulate the bowels to natural action. No griping, no irritation. They act as a bowel tonic.

You secured relief, but you were actually worse off than without it.

The old way, too, was to take large doses of physic. People waited until the bowels were clogged. The new way is to take one Cascaret when you need it. Carry the box in your pocket or purse.

many good hours.

Ward off the troubles instantly.

Cascarets are candy tablets. They are sold by all druggists, but never in bulk. Be sure you get the genuine, with CCC on every tablet. The price is 50c, 25c and

The modern plan is to keep at your best. The old way wasted too

TEN CENTS PER BOX



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O you appreciate the importance of the Fit-Reform trademark and what it means to you? It is the personal guarantee of the Fit-Reform Company that every garment they make must be satisfactory, or the money will be refunded.

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which its magnificent success has been built.

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FREE TO YOU AND EVERY SISTER SUFFERING FROM WOMEN'S AILMENTS. FREE TO YOU-MY SISTER am a woman's sufferings.
I know woman's sufferings.
I have found the cure.
I will mail, tree of any charge, my home treatam a woman.



mest with full instructions to any sufferer from women's allments. I want to tell all women about this cure - you, my reader, for yourself, your daughter, your mother, or your sister. I want to daughter, your mother, or your sister. I want to tell you he we care yourselves at home without the help of a doctor. Men cannot understand women's sufferings. What we women know from experience, we know better then any doctor. I know that my home treatment is a safe and sure cure for Lencorrhos or Whitish discharges, Ulceration, Displacement or Failing of the Wemb, Profuse, Scanty or Painful Periods, Uterine or Ovarian Tumors or Growths, also pains in the head, back and bowels, braring town feelings, nervousness, creeping feeling up the spine, melancholy, desire to cry, hot flashes, weariness, kidney and bladder troubles where caused by weaknesses peculiar to our sex.

weaknesses peculiar to our sex.

I want to send you a complete 10 days' treatment entirely free to prove to you that you can cure your self at home, ensity, quickly and surely. Remember, that if will cost you nothing to give the treatment

that if will cost you satisfy the freatment a complete trial; and if you should wish to continue, it will cost you only about 12 cents a week, or less than two cents a day. It will not interfere with your work or occupation, lust send no your case, entirely free, in plain wrapper, by return mail. I will also send you free of cost my book—"WOMAN'S OWN MEDICAL ADVISER" with explanatory illustrations showing why women suffer, and how they can easily cure themselves at home. Every woman should have it, and learn to think for herself. Then when the doctor kays—"You must have an operation," you can decide for yourself. Thousands of women have cared themselves with my home remedy. It cares all, old or young. To Mothers of Baughters, I will explain a simple home treatment which speedily and effectually cures Lessorracea, Green Sickness and Poinful or Irregular Menstruation in Young Ladies. Plampaess and health cloways result from its use.

Wherever you live, I can refer you to ladies of your coun locality who know and will gladly tell any sufferer that this Home Treatment scally cares all woman's diseases and makes women well, strong, plump and robust. Just send my your address, and the free ten days' treatment is your, also the book. Write today, as you may not see this offer again. Andrews:

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