Why Feel Badly At All?

Of course, it is "spring fever". But why not keep the liver active—the stomach clean—and the blood pure — with

Abbey's Effer-vescent Salt

A glass every morning is the best possible tonic for young and old.

At all druggists—25c. and 60c. a bottle.

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ROOMS $1.00 a day and upward

Baggage to and from Station Free. Send 2c stamp for N. Y. City Guide Book and Map

The 1911 Ferro Is the Engine You Will Like Best

Carburetion and ignition, the two things on which internal combustion engines depend for efficiency, are greatly improved in 1911 Ferro Engines. These engines have been correct in principle since their introduction, and with added efficiency due to 1911 improvements, the Ferro is the most perfect marine motor of the time. Before you buy

See The FERRO

The 1911 Improved Ferro Carburetor, working in unison with the timer, mixes just the proper proportions of gasolene and air. This gives an easy starting, quick responding motor of great power, and overcomes certain annoyances heretofore encountered with carburetors.

High Tension Ignition can also be had in 1911 Ferro Engines. This form of ignition is proven best by its performance on the leading automobiles.

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The Engine that Mastered Niagara.

The FERRO MACHINE and FOUNDRY Co.
87 Hubbard St. Cleveland, Ohio, U.S.A.

A. R. WILLIAMS MACHINERY CO. Canadian Distributors for the Ferro Engine, Toronto.

Engines in Stock for Prompt Delivery.

WOMEN MAY AVOID OPERATIONS

By taking Lydia E. Pinkham's Vegetable Compound

The following letter from Mrs. Orville Rock will prove how unwise it is for women to submit to the dangers of a surgical operation when it may be avoided by taking Lydia E. Pinkham's Vegetable Compound. **She was four weeks in the hospital and came home suffering worse than before.**

Here is her own statement.

Paw Paw, Mich.—"Two years ago I suffered very severely with a displacement. I could not be on my feet for a long time. My physician treated me for seven months without much relief and at last sent me to Ann Arbor for an operation. I was there four weeks and came home suffering worse than before. My mother advised me to try Lydia E. Pinkham's Vegetable Compound, and I did. Today I am well and strong and do all my own housework. I owe my health to Lydia E. Pinkham's Vegetable Compound and advise my friends who are afflicted with any female complaint to try it."—Mrs. ORVILLE ROCK, R. R. No. 5, Paw Paw, Michigan.

If you are ill do not drag along until an operation is necessary, but at once take Lydia E. Pinkham's Vegetable Compound.

For thirty years it has been the standard remedy for women's ills, and has positively restored the health of thousands of women. Why don't you try it?

SIR JOHN FULLER

GOVERNOR OF VICTORIA, AUSTRALASIA.

Is a Member of an Old English County Family—His Favorite Home is Jaggard's Hall, a Haunted Place.

Sir John Fuller, whom King George has transferred from the post of vice-chamberlain of the royal household, to be governor of the Australian colony of Victoria, is, in spite of his modern knightship, member of an old county family of Wilts. He was educated at Winchester and at Christ church, Oxford, and was A.D.C. to Lord Elgin, when viceroy of India. He is a sportsman in every sense of the word, fond of all open air pursuits, which will commend him to Australians, and is a crack amateur steeple-chase rider. Moreover, he has been a frequent visitor to the United States, with Lady Fuller, who is one of the Phippses of Chalcot, Westbury, in Wiltshire. He has several county seats, but his favorite home is Jaggard's hall, near Corsham, which dates from 1664.

Of course, the house is said to be—or to have been—haunted, and in this connection the late Dr. Ellicott, bishop of Gloucester, used to tell a story about it. It seems that about forty years ago there was some difficulty in finding a suitable residence for the clergyman appointed to the district, so Jaggards was rented for the purpose, the bishop himself going to see the place. But the clergyman soon began to have trouble with his servants, who would not stay in the house, which they alleged was haunted by a woman in blue, who appeared everywhere. Things became so bad at last that the clergyman resigned, and was succeeded by another. The bishop, on being appealed to, suggested that when the lady next appeared the rector should ask, in a sympathetic manner what he could do for her. This was done, and with "a seraphic smile" according to the tale, the spirit vanished, never to appear again. Subsequently, the late bishop of Gloucester received a letter from an old clergyman in America, who said that an aged parishioner of his, on his death-bed, had told him the story of a crime he had witnessed in England while a boy. He had been captured by a number of highwaymen, who had their headquarters at Jaggards, and while there had witnessed many deeds of violence, including the murder of a young girl in blue, who had been carried off to Jaggards, and in the quarrels which ensued had been killed. The bishop had his correspondent's story investigated in Wiltshire, and the result was that the death-bed confession which he had received from his clerical friend in America, was shown to be absolutely as related.

The Kaiser's Example.

A singular petition to the German emperor has been forwarded to Berlin by an American society for the prevention of cruelty to animals. It calls attention to the fact that "in the fine equestrian statute of your majesty erected at the entrance to the new railway bridge at Cologne the tail of the horse is docked." The petition sets forth (says the Mail) that "your majesty is not aware that the docking of the horse's tail constitutes one of the worst cruelties practiced on a dumb beast. It adds: "In our humble opinion it would be a mistake to leave the statue in its present form. A beautiful long tail might be put in the place of the stump. Such an alteration would not only add much to the beauty of the statue, but would also stop adverse criticism regarding your majesty's feelings towards a humane cause." The emperor has not yet replied to the petition.

A Big Decrease.

The agricultural interests of the province of Ontario, Canada, is the subject of a special report to the state department, Washington, from Consul Johnson at Kingston. He says that there has been a tremendous decrease in the rural population of the province, it falling off 104,488 inhabitants in the past twenty-one years, but he thinks the depopulation of rural Ontario has now ceased. In 1908 the population of the agricultural regions increases by 2,558 over 1907, while in 1909 there was a gain of 2,559.

The agricultural wealth of the province has increased rapidly. In 1909 the field crops were valued at $167,077,577, a gain of $32,772,887 in three years.

Trains Without Drivers.

Germany possesses a miniature, but most useful railway, of which the chief peculiarity is that its trains have no drivers. It is used for carrying salt from the salt mines at Stassfurt, and the trains consist of thirty trucks, each carrying half a ton of salt. The engines are electric, of twenty-four horse power each. As the train approaches a station, of which there are five along the line, it automatically rings a bell, and the station attendant turns a switch to receive it. He is able to stop it at any moment. To start it again he stands on the locomotive, switches the current, and then descends before the engine has gained speed.

Dog a Faithful Guard.

On the ranch of Henry Matthews, near Husum, Wash., a little girl of the family, while playing in the yard with her pet dog, put her mittens on a large flat stump, and told her playfellow to "watch it." Forgetting the dog and mittens the child returned to the house. Not until after dark was the dog missed, when a search among neighbors was made for the pet. The next morning the girl suddenly remembered of leaving the dog on a stump in charge of her mittens. The faithful animal was found still guarding his charge.

With the Language Editor.

"Are you the language editor?"

"Guess so. What do you want?"

"I've got a long list of Mexicans towns here that I can't find on the map."

"Issums see'em. Those ain't towns—they're colonels."—Cleveland Plain Dealer.

OLD SCOTCH WAYS PASSING OUT.

No Longer Custom to Give Departing Dance Guests Soup.

Social customs are altering in Scotland, and innovations are becoming disturbingly common. Formerly it used to be the custom to give departing dance guests a cup of hot soup to fortify them against the cold morning airs. But now this custom is being changed.

At a ball recently dancing went on until about 4 a.m., and when the guests were about to depart they were conducted to the tables, where, standing, they partook of—ham and eggs! The change created a sensation, and now it is quite correct to serve a bite or two of ham and egg to the departing guests, with whom the idea finds favor, since it dispenses with breakfast at home.

But this is not the only nor the most important innovation at hand. Edinburgh is to have student hotels, especially for women students.

A site has been selected, the old Craigmiller golf course, containing nineteen acres. Here a fine three-storey building, modern to the highest degree in every appointment, is to be put up at a cost of $200,000. Here all women students are to be required to reside except those living at home or with kinfolk. Each will have a study bed-room of 100 square feet of floor space, fitted with bed, bureau, bookcase, desk, dressing table and cupboard. The building will contain a library, dining-room, visitor's room, hospital rooms, and a sitting room. The building will have hot water heat in all rooms except public ones, which will have open fireplaces.

This is all due, like the ham and eggs innovation, to successful agitation by women.

Glasgow has a new worry in connection with its widely-advertised street railway system. The worry is due to the color scheme of the cars—red, white and blue. People long since ceased paying any attention to the side panels on which destinations of cars are indicated. So, when some route changes were made recently, Glaswegians began to go everywhere but home, and then objurgations began. Some of these have been really profane, and the newspapers are urging the people to pay less attention to colors and more to side panels. It is even suggested that all cars be painted blue.

While standing in front of a store in Shandwick place the other day, waiting for her husband, Lieut. Cameron, of the Royal Field Artillery, to come out, Mrs. Cameron was suddenly seized by the throat from behind by a man who unfastened her £30,000 pearl necklace and ran away with it.

Despite a large reward and frantic police exertions, not a trace of the robber has been found. That Mrs. Cameron was unwise in trotting around the streets with such a valuable outfit about her neck is the general verdict, and she has stated that if she ever recovers her gems she will not again wear them carelessly in the streets for public inspection.

ORIGIN OF MENU CARD.

Modern Custom First Used by Duke of Brunswick in 1541.

At a banquet given by Duke Henry of Brunswick in 1541 he was observed in the intervals of the dinner to be seen consulting a long slip of paper which reposed at the side of his plate, to which he every now and then referred. One of the duke's guests, whose curiosity was aroused, ventured to ask his grace what the paper was for.

He explained that it was a sort of programme or catalogue of the dishes he had commanded from the cook. "To the intent that if some delicacy, which especially appealed to his appetite, were marked for a later stage in the repast, he might carefully reserve his appetite for it." The simplicity and utility of the idea, says the London Globe, at once took the fancy of the duke's convives, and the menu card from that moment became an institution. The new fashion was so much admired it travelled far and near, and was adopted in England and France at once.

Our great forefathers in times of yore contented themselves by merely looking at the dishes and taking things as they came. They were not quite so particular as we are nowadays. In the great houses the menu card was absolutely installed, while the bills of fare reigned supreme, at the inns and taverns. The old-fashioned bills of fare used in private mansions by the nobility and gentry were unusually written on large cards elaborately ornamented with gastronomic symbols and all kinds of eccentric caricatures.

A BLOOD TAX.

Payment to Spain for an Ancient Crime.

Seven hundred years ago some shepherds of the valley of Roncal, in Navarre, were murdered by shepherds of the valley of Bareton, in Bearn, the crime taking place on the high pasture lands of Arlas, in the Pyrenees. It would have been difficult to bring the murderers individually to justice, and the Spaniards were preparing to make war upon the valley from which the French murderers had come when the French villages proposed that peace be maintained at the price of a yearly tax of tribute, to endure for all time, and this proposition was accepted.

The payment of this blood tax—originally three white mares, but later three cows of a particular breed and color—has been made ever since, the custom (it is nothing more) having survived even the great wars in which both France and Spain have engaged and the storm of the French revolution.

Yearly the representative men of the two valleys meet on the frontier at a certain stone remote from any town and go through the ceremony of presenting and receiving the cattle. The order of procedure, which is elaborate and impressive, is fixed by a document bearing the date 1375, though the tax was paid an hundred years prior to that time. The records of each yearly meeting and payment are duly attested and deposited in the archives of Roncalais.—New York Tribune.

Has Hopes.

"Have you made up your mind about the initative and referendum?"

"No," replied the political novice; "but I've made a good start. I have a stenographer who can spell them."—Washington Star.

WOMAN FREEMASON

THERE WAS ONLY ONE SUCH A MEMBER.

How She Came to Join the Body—What is Said to be an Authentic Account of Often-Garbled Incident is Herein Set Forth.

"Mystic Shrine" writes the New York Sun as follows:

"There have been many reports current of the initiation of the only woman Freemason and the authentic facts appeared only recently in an account given by Brother Condielock, editor of the Scottish Masonic Historical Directory, who made a most careful investigation. The only woman admitted into the fraternity was the Hon. Miss Elizabeth St. Leger, daughter of Lord Doneraile, and afterwards the wife of Richard Aldworth. She was initiated under warrant 44 of the Lodge Doneraile, Ireland, (now dormant), in 1735.

"The Hon. Miss Elizabeth St. Leger had been reading in the library of their house near Doneraile and fell asleep. When she awoke she heard conversation in the next room, and as the house was undergoing repairs she found that by removing a brick from the wall she could see what was happening in the room. It was a meeting of the Masonic lodge. Prompted by curiosity she removed several bricks from the wall and was thus enabled to witness the whole proceeding without hindrance. When the meeting was over she attempted to escape but the tyler on guard arrested her. Her father, Lord Doneraile, and the brothers of the lodge were immediately summoned by the tyler. On hearing the circumstances of the case some of the brethren demanded the young lady's life. Others were more lenient. The members of the lodge re-assembled and the option was given of submitting to the Masonic ordeal or death. Being asked to decide, acting on her father's advice, she gladly and unhesitatingly accepted the offer and was then duly initiated and became a Freemason.

The story of the woman hidden in a clock and all its romantic details thus vanishes and we possess the true history.

Mrs. Aldworth died in 1773, aged eighty, and was buried in the Davies' vault in the old St. Finnebarre cathedral in the city of Cork. And in the parish church of Doneraile a tablet is erected to her memory. She was a woman of strong mind, inflexible purpose and rectitude of life. She was punctual and scrupulous in her Masonic duties and in all her relations of life. The late Colonel Richard Aldworth, who died in 1890, was in direct descent from this only woman Freemason. He married the eldest daughter of the Earl of Brandon.

Javelle Water Easily Made.

No housewife should be without her javelle water with which to remove obstinate ink or ink stains. This is made from one pound of sal soda, one-fourth pound of chloride of lime and two quarts of cold water.

These should be thoroughly mixed, let stand for several hours, drained, and the clear liquid bottled and kept in a cool place. The stain should first be wet with the javelle water and then rinsed well with cold water. Repeat, if necessary, and wash at last in ammonia and water.

Like Old Maids.

Boston Weekly Gossip.

At the dedication of a new fire engine in a little town on the Massachusetts coast, the following toast was proposed: "May she be like the dear old maids of our village, always ready, but never called for."

GILLETT'S

THE Standard Article

Ready for use in any quantity.

Useful for five hundred purposes.

A can equals 20 lbs. SAL SODA.

Use only the Best.

SOLD EVERYWHERE

For Making Soap.

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FREE TO BOYS AND GIRLS

To every boy who sells $5.00 worth of our celebrated Overland Post Cards at 5c for 5c, we will send a watch that he'll be glad to own—it is a **handsome, strong, regular size and weight man's watch.** To a girl sells them we will send her a watch she'll be proud to carry—**a small, neat, new model lady's watch,** stem winding, beautifully finished with milled edge and Arabic dial. Both watches are good time-keepers.

Send us your name and address and we will send you the cards to sell—when sold you return us the money and we will send you the watch. **If you don't want a watch you can keep $1.00** and send us $4.00, thereby being paid in cash for your trouble.

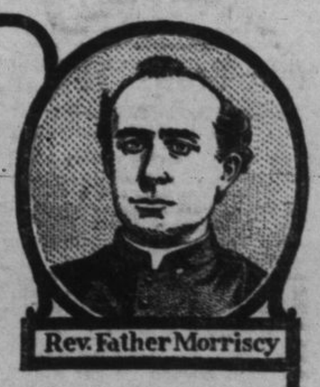
Our cards are very easy to sell—they are so much nicer than other cards that people buy them on sight. There are comics, birthdays, high-grade colored cards and special motto cards, etc. One boy writes "I sold them all in a few days." A little girl says "I have sold all the cards you sent me so think I may try another lot." You should see the letters like these that we get every day.

Write us to send you the cards, to day; You can make lots of money and get many nice presents acting as our Agents. We give an extra present if a good game if you sell our cards and return the money within 10 days.

OVERLAND MERCHANDISE CO., DEPT. 69, TORONTO

A Real Lung Tonic

There are many preparations that will *relieve* a cough—few that will *cure* it. The first class, containing such drugs as Opium and Morphine, simply deaden the irritation and stop the cough, but do little or no permanent good.



Rev. Father Morriscy

"Father Morriscy's No. 10"

does not contain a trace of these dangerous drugs, but is an absolutely safe and scientific preparation of Nature's own remedies—Herbs, Roots and Balsams.

It entirely removes the irritation that caused the cough, by cleaning out the mucus, stopping the inflammation and healing the delicate membrane of throat and lungs.

Moreover, it tones up and strengthens the whole system, particularly the lungs, and protects against future coughs and colds.

Trial size 25c. per bottle. Regular size 50c.

At your dealer's. 23

Father Morriscy Medicine Co. Ltd. Montreal, Quebec.

Sold and guaranteed in Kingstonby Jas. B. McLeod.

Wah Long's Laundry

First-class work guaranteed. Drop me a card and I will call promptly for your laundry. 155 WELLINGTON ST., etween Brock and Clarence Sts.

THOMAS COPLEY,
PHONE 987.

Drop a card to 19 Pine Street when wanting anything done in the Carpenter line. Estimates given on all kinds of repairs and new work also. Hardwood Floors of all kinds. All orders will receive prompt attention. Shop, 40 Queen Street.

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The Up-to-date Restaurant and Eating House. Separate appartments. Well furnished and lighted.

Try our full course dinner, 25c.

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ALL KINDS OF LUMBER AT LOW PRICES.

ASBESTIC PLASTER FOR SALE.

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NAPTHA POWDER,
AMMONIA POWDER,
GOLD DUST POWDER,
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And all other House-cleaning Requisites.

D. Couper,

Phone 76. 541-3 Princess Street.
Prompt Delivery.

Afternoon Teas...

Will be complete with some of

GRIMM'S Delicious Ice Cream

Phone 797.

COAL!

The kind you are looking for is the kind we sell.

Scranton Coal

is good coal and we guarantee prompt delivery.

BOOTH & CO.,
FOOT WEST STREET.

Chews the Way to Health

What are you doing to give your children sound and healthy teeth? Out of 11,374 children inspected by the Medical Inspector in the schools of Toronto nearly 3,000 cases of physical defects were found. Of these 2,027 were credited to decayed and imperfectly formed teeth. Sound teeth and good bones come from thoroughly chewing a food that is rich in the phosphates. You can't build them with mushy porridges, soggy pastries or sweetmeats. Shredded Whole Wheat contains all the necessary phosphates in a digestible form. You HAVE to chew

SHREDDED WHEAT

The crispness of the shreds compels thorough chewing and a thorough mixing with saliva, which is the first process in digestion.

Shredded Wheat Biscuit every morning for breakfast, served with milk or cream, will build sturdy, robust youngsters and is a preventive of stomach and bowel disorders so common to children. Being ready-cooked and ready-to-serve it is so easy to prepare a nourishing meal with it in combination with fresh or preserved fruits—a meal that is deliciously satisfying to grown-ups as well as youngsters. Your grocer sells it.

THE ONLY CEREAL BREAKFAST FOOD MADE IN BISCUIT FORM

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