

"I Suffered Intense Pains in My Left Side."

Do you realize it is better to be safe than sorry, that it is the best policy to lock the stable door before the horse is stolen?
Dr. Miles' Heart Remedy cured Mrs. C. C. Gokey, of a stubborn case of heart disease, such as thousands are now suffering with. Read what she says:

"Before I began taking Dr. Miles' Heart Remedy I had been suffering from heart trouble for over five years. I had grown so weak that it was impossible for me to do thirty minutes work in a whole day. I suffered intense pains in my left side and under the left shoulder blade. I could not sleep on the left side, and was so short of breath that I thought I should never be able to take a full breath again. The least excitement would bring on the most distressing palpitations. I had scarcely taken a half-bottle of the Heart Remedy before I could see a marked change in my condition. I began to sleep well, had a good appetite, and improved so rapidly that when I had taken six bottles I was completely cured."
MRS. C. C. GOKEY, Norfolk, Va.

If you have any of the symptoms Mrs. Gokey mentions, it is your duty to protect yourself.

Dr. Miles' Heart Remedy is what you need. If the first bottle fails to benefit, your money is returned. Ask your druggist.
MILES MEDICAL CO., Toronto, Can.

MOODY'S KLENZINE



Best for the Bath
MOODY'S KLENZINE will soften the hardest water and thereby make bathing a pleasure as well as healthful and beneficial.

MOODY'S KLENZINE contains ammonia in its purest form—will not injure the most delicate skin.

Your Grocer sells it. Large Size Packet 10 cents.
THE ALPHA CHEMICAL CO. LIMITED
BERLIN - CANADA

\$3.50 Recipe Free—For Weak Men

Send Name and Address Today—You Can Have It Free and Be Strong and Vigorous.

I have in my possession a prescription for nervous debility, lack of vigor, weakened manhood, falling memory and lame back, brought on by excess, unnatural drains, of the life of youth, that has cured so many worn and nervous men right in their own homes—without any additional help or medicine—that I think every man who wishes to regain his manly power and vitality, quickly and quietly, should have a copy. So I have determined to send a copy of the prescription free of charge, in a plain, ordinary sealed envelope to any man who will write me for it. This prescription comes from a physician who has made a special study of men and I am convinced it is the most effective combination for the cure of deficient manhood and vigor failure ever put together.
I think I owe it to my fellow man to send them a copy in confidence so that any man anywhere who is weak and discouraged with repeated failures may stop dragging himself with harmful patent medicines, secure what he believes is the quickest-acting restorative, upbuilding, SPORE-TOUCHING remedy ever devised, and so cure himself at home quickly and quietly. Just drop me a line like this: Dr. A. E. Robinson, 3415 St. Clair Building, Detroit, Mich., and I will send you a copy of this splendid recipe in a plain ordinary envelope free of charge. A great many doctors would charge \$20 to \$50 for merely writing out a prescription like this—but I send it entire free.

Silverware

Let us have it to replat. Now is the time; also
Skates
Nickel Plating and Electro Plating of all kinds. Nickel, Copper, Brass, etc.
We guarantee a good job.

PARTRIDGE & SONS
KING STREET WEST.
Phone 330.

Stops Headache

Mr. E. F. Tomkins, Ex-Mayor of Coaticook says so.
"Your tablets are a safe and effective remedy for headache."
Mr. Geo. Legge, Editor of Granby Leader, Main says so.
"Your Zutoo-tablets deserve to be widely known as a cure that will cure."
Major A. C. Hanson, B.A., B.C.L. says so.
"I use Zutoo tablets and find them a very satisfactory cure for headache."
So says every mother's son who has tried

Zutoo

You are wrong, Cordelia; a man doesn't acquire that dark brown taint in the early morn'g from wearing tan shoes.
The chronic borrower is quite likely to be a very poor payer.

Texas Bad Man.

"I am willing to wager you a lunch of a plate of ribs that you'll have a double for an evening's work," laughed Edith Dougher as she made ready for Mrs. Meredith Ogden's dance in honor of Robert Atton, a nephew from the Southwest.

"You'll lose," warned her mother. "One good lunch will do you, even if I have to pay for it, is preferable to taking all my meals with a Texas bad man. Oh, you needn't shake your head. His wonderful attractions will prove to be the outcome of Mrs. Ogden's vivid imagination. She should have been a writer."

"It's rather funny, isn't it, that she has practically married you to her nephew before you have had a chance to look him over. It wasn't exactly generous of her to discuss the matter so freely, for it will be trying in case you do not like the man."
"Like him? Impossible. It would be too much like one of the many romances I have written for the magazines. They don't really happen, mother."

A bell tinkled, and Edith caught up a big white coat. "There is the gentleman of the orchids. They look pretty on the white gown, isn't it too bad that I can't fancy a bald head and a Fifth Avenue establishment instead of writing foolish stories for our bread and butter in a flat?"
"Well, we're happy."
"Yes, and there is something in that. Good night."

For weeks the arrival of Mrs. Ogden's nephew had been a eagerly anticipated, according to his kinswoman who recounted them with mathematical precision to every eligible young woman of her acquaintance. But she constantly said that he must be the partner for Edith Dougher, and stated emphatically that she expected to do everything in her power to make the match.

Edith Dougher and her mother had been compelled to give up their plantation home, and had moved to the metropolis, believing that Edith would find a place here for her work as a writer. At first she had struggled along bravely, with very little encouragement, but eventually some short, breezy articles from her pen, coming under the notice of a prominent journalist, she began to be successful and soon acquired a name for herself. The old-time Southern charm of blended grace and dignity had soon surrounded her with many friends. She had several offers of marriage, two or three of that the world called brilliant opportunities, but at twenty-eight she was still single. She felt that she could love, she often declared, smilingly added that the blind god had passed her by.

"Isn't he all I promised and more?" demanded Mrs. Ogden.
"All and more," replied Edith, feeling the blood mount to her face and throat.
"I am glad to know you," said Alton, warmly. Something in his brown eyes and his gaze, they were laughing down into hers. "It seems that we are destined to be friends by Fate," and Edith smiled at the large proportions Fate had assumed in the person of his august aunt. "Don't let Fate prejudice you. At least, don't make a decision until I have had a hearing."

Within a week people were nodding significantly when Edith and Alton appeared together, but the girl was apparently unconscious of it. She attributed her interest in the man to the fact that in hearing the stories of Western life he told her she was accumulating valuable material for her future work.
One afternoon Alton had taken her for a drive, and afterward she had asked him in for a cup of tea.
"So you think my Western stories are poor, or, to put it more tactfully, uninteresting?"
"I didn't say that," he corrected.
"I didn't say that your Western men are too mild or too heroic. You have not drawn the man of the West as he really is. Did you expect me to shoot up the town?"
"Yes, I am willing to confess that you disappointed me. Are you a good type?"
"A likely one," he answered.

"He was leaving," Alton noticed for the first time that Edith's eyes looked tired though her lips smiled.
"Until to-night," she said.
"Why, you've been working overtime because I've been so selfish. It was hard to stay away when I wanted so to come, but I'll try not to forget again," Edith. He smiled apologetically at use of her name.
"So you're not coming to-night?"
"For just a little while," said Alton, shamefacedly, as he hurried down the steps.

What was it she reflected, this subtle, indefinable something that was making life so sweet to her? Could it be love, the all-absorbing passion that in her later day cynicism she believed was confined to imaginative writers? At last she had known a great, masterful man, free from sham and hypocrisy, who had taken her and her own narrow experience, and had torn them piece by piece, only to replace them with theories, which he had gleaned from life itself.
At nine o'clock the bell rang and Edith waited expectantly. Suddenly, she heard for the first time the chill wind that sighed past her window again. Edith, in a long, low moonlight, "Some flowers and a note," said the maid.
"My dear Miss Dougher," Edith read.

"A telegram from the west, and I must leave at once. I shall live for June, when you and my aunt are to visit me, you remember. My regards to your mother, and tell her not to let you work too hard."
"Yours, ROBERT H. ALTON."

"It is love," she whispered to the fragrant flowers. The wind had changed, the moon had died out of it and it laughed, and danced at her window pane. "He loves you," it called. The dying embers of the fire were slowly dropping. "He loves you not," they seemed to say to her with love's uncertainty.
Letters from Alton came often, strong, helpful letters, full of his wholesome philosophy. Edith felt in them the broad sweep of the plains, the man's clean life, and only between the lines she read his love. She plan-

ned so that she and Mrs. Ogden would be on the ranch when her first novel, "The Man of Promise," was given to the public, and when she went away asked that no mail be forwarded to her. She had worked hard and she wanted to play.

To both eastern women everything was delightfully new and novel, from the minute they reached the red station where Alton met them. The ranch was twenty miles from the rail road, and as they rode along in Alton's comfortable car they looked over the rolling prairies that stretched out warm in the sunshine, until they seemed to be lost in the blue of the skies.
"It seems to me I have been entering an angel, but not unawares, I assure you," Alton opened a newspaper a few evenings later. "I know you don't want any news from home, but this is too good to keep."
"Please spare me. It's about my book, I know."

"Many years have passed," Alton read, "since the public has been given such a surprise as that occasioned by Edith Dougher's first novel, 'The Man of Promise.' It is an exceptionally clever piece of work, and critics are unqualified in their praise of it. The man is a remarkably fine character, thoroughly western, and his wise philosophy avows of the wide expanse of plains. Miss Dougher furnishes us with more just such clean, wholesome literature as 'The Man of Promise.'"

When he had finished reading there was a challenge in Edith's eyes and hope in his own. "He is yours, or rather, he is you," she acknowledged and looked off where one by one the stars came out and made the sky a jeweled canopy.
"Let's walk down to the big gate. I've something to tell you."
She leaned her arms on the bars and stood waiting. All through spring he had seen her there, his dreams waiting for him as he rode home at twilight.

"I wanted you to see it for yourself," he said, "this western home of mine. I love you," there was tenderness in his voice, "and I need you. Back in your country there are other women to place your place in the charmed circle, but for me there had never been and there never will be any woman but you. Come to me, dear, and let us look at the old life from a great distance. Could you, do you love me, Edith? She lifted her head and looked into eyes that compelled her gaze. Somewhere, in the low catalpa trees, a bird fluttering uttered a little note of contentment.

TIPS ON LATEST MODES.

Fashion's Stern Decrees—What Well-dressed Women Wear.

Edton jacket and bolero both are among the accepted styles for the spring.
On many of the new suits braid is used as freely as was fur during the winter.
Fichu cape collars of net, tulle or fine linen are used on house frocks of soft silk.
Black and white lace is used for huge bows or for surface coverings on large hats.

The smartest spring coat and skirt costumes are of heavy silk or flannel-back satin.
Many effective hats for children are of the mushroom type with downward turning brims.
The feather toque is a happy medium between the summer hat and the fur toque of winter.

Lace enters very conspicuously into the trimming scheme of the new spring garments.
There is nothing smarter and few things more handsome than the new bordered foulards.
Skirts are actually full enough to make walking possible, but they hang absolutely straight.
Many effective hats for children are of the mushroom type with downward turning brims.
The spring dresses are simply beautiful and beautifully simple. The empire features predominate.

Quills and bows and ornaments of straw are a part of the trimming on some smart hats for morning wear.
Embroidered velvet bands for embellishing summer wraps and satin and silk dresses show the color embroideries.

A jeweled comb for the hair is a long, shallow crescent large enough to fit over the top of the head and come down to the ears. It can be worn at the front or back.
For the receptions, the gowns of voile, marquisette and the changeable silks show just a tiny train at the back that is much more becoming than the short, round skirts of last year.

The return of the bordered fabric is one of the modish occurrences on which we can generally rely each spring. The offering in some of the spring and summer goods is beautiful.
The new trousseau skirt is trimmed divided like a riding skirt, and this division is entirely hidden by a box plait that is stitched at its edge to the underskirt down the middle back and front.

Saving Life in the Famine.

Rev. E. E. Lobenstein, writing to the Christian Herald, from famine-stricken China, says:
"It is a constant surprise to see the fortitude of the people in the face of death. It is true that there has been much robbery and theft throughout the famine district, and that the country has been kept from breaking loose in rebellion only by the strong hand of the law. In the city alone the official has either decapitated or hung in wooden cages over three hundred people since last fall, and the number is not much less in other cities; still, in view of the fact of the awful suffering of the people, and of the additional fact that even the theft of a few loaves of bread is sufficient to cause a man to be hung, it is a constant miracle that the country is as peaceful as it is." Mr. Lobenstein adds that up to the present time the relief afforded to over 300,000 persons in four large districts during the last two and a half months has amounted to only a fraction of a cent per head. Imperfect as has been the relief work it has undoubtedly resulted in a large saving of life. They have kept alive somehow."

The good things of life are seldom appreciated until they assume the shape of a man whom one enjoys doing a thing unless he doesn't have to do it.



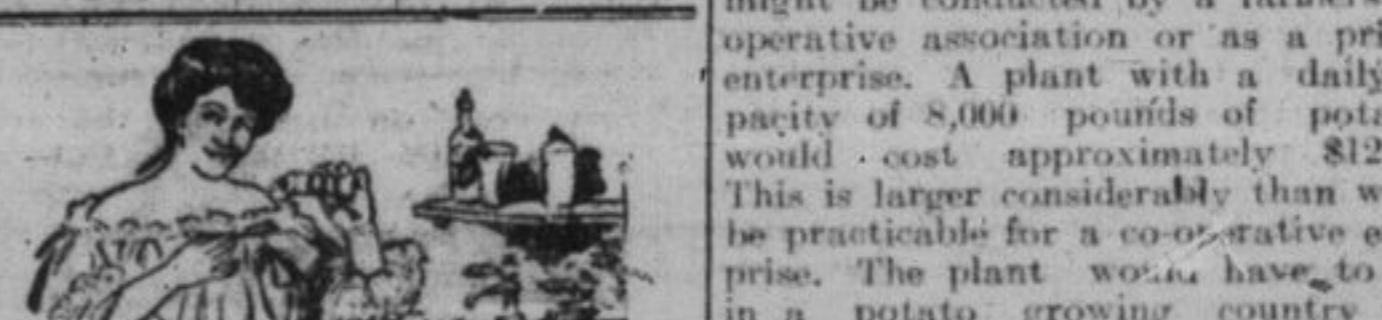
A PRETTY SPRING SUNSHADE IN MAUVE AND VIOLET.

Perhaps the very prettiest of the new parasols are the double square models; one silk square being apparently laid over another with the eight corners coming at the eight rib points. The centre of this parasol is of cream pongee, the border being a shaded Dresden silk pattern with a pale violet edge divided from a mauve inner edge by a festoon design of pink flowers. A deep violet line separates the border from the pongee centre.

POWER FROM POTATOES.

Make Alcohol From Them and Run Farm Machinery With It.
Culled potatoes will be furnishing the power for the gang plow and the other farm machinery for many years to come. A bushel of culled potatoes is worth fifty-six cents. Turned into denatured alcohol they would be worth seventy-two cents. The process of extracting the alcohol is not one that every farmer can carry on, but the alcohol is there all right.
Alcohol is produced by the fermentation of sugar. Potatoes contain starch that may be converted into sugar by the addition of malt and then fermented. The potatoes are steamed until the starch is cooked thoroughly. Then the malt is added.

When the starch has been converted into sugar a yeast mash is added and the sugar is fermented. What is left from the potato mash can be fed to cattle. Experiments have proved that the mash has a high feeding value.
Denatured alcohol is used for heating and lighting in chemicals, in varnishes, in explosives, and as a fuel for engines. For some years the tax laws were such that alcohol was too expensive to use for engines. For this reason machinery has not been adapted for using denatured alcohol. But it is coming into use.
The United States department of agriculture has issued a bulletin recently on this subject. Denatured alcohol is being extracted from potatoes in other countries with success.
A distillery for this sort of work might be conducted by a farmers' cooperative association or as a private enterprise. A plant with a daily capacity of 8,000 pounds of potatoes would cost approximately \$12,000. This is larger considerably than would be practicable for a cooperative enterprise. The plant would have to be in a potato growing country with good railroad facilities.—Kansas Industrialist.



SANTOL is Life and Accident Insurance for your teeth. The germs that produce decay and dis-color teeth can not exist where Santol is used. Santol is a scientific germicidal preparation assuring white solid teeth, hard healthy gums and leaving a refreshing taste. Santol is pure white—no coloring matter to cover a deficiency.
SANTOL
Tooth Powder & Paste
At your Druggists 25c. Each.

Chinese Revenue.
New York Herald.
There has just been received at the state department from the American legation at Peking a translation of the first Chinese budget ever prepared by the Chinese government and of the memorial submitting it to the throne adopted by the first national assembly.
The budget shows the revenues of China to amount to 301,910,296 taels, equal to \$196,241,692, a much larger sum than has hitherto been estimated by foreign writers upon the subject.

That Splitting Headache will vanish if you take "NA-DRU-CO" Headache Wafers Give quick, sure relief, and we guarantee they contain nothing harmful to the heart or nervous system. 25c. a box, at all drug stores. National Drug and Chemical Co. of Canada, Limited, Montreal.

2 IN 1 SHOE POLISH

is a favorite in distant countries as well as being the most popular Polish in Canada and the United States. Australia alone takes over half a million boxes per year. Superior merit is the reason:
It contains no Turpentine. Try it with a match.

It is good for your shoes.
THE F. F. DALLEY CO., Limited,
HAMILTON, Ont., BUFFALO, N. Y. and LONDON, Eng. 11

NERVOUS, LIFELESS DEBILITATED MEN



DRS. KENNEDY & KENNEDY
Cor. Michigan Ave. and Griswold St., Detroit, Mich.

NOTICE All letters from Canada must be addressed to our Canadian-Correspondence Department in Windsor, Ont. If you desire to see us personally call at our Medical Institute in Detroit as we see and treat no patients in our Windsor offices which are for Correspondence and Laboratory for Canadian business only. Address all letters as follows: **DRS. KENNEDY & KENNEDY, Windsor, Ont.**
Write for our private address.

A Dish for a King



That means YOU. The free, independent Canadian citizen who has the means and the intelligence to gratify his taste in a simple, normal way is a KING—nothing is too good for him. The richest, biggest man in the world cannot buy anything more delicious, more wholesome or more nutritious than

SHREDDED WHEAT BISCUIT

and Strawberries—the most luscious product of the Canadian garden combined with the cleanest, purest, most nutritious cereal food. Nothing so wholesome, nourishing and strengthening in Spring or Summer as Shredded Wheat combined with berries or any other fresh fruit.

Heat the Biscuit in the oven to restore its crispness; then cover with strawberries, raspberries or other berries and serve with milk or cream, adding sugar to suit the taste. A dainty, delicious delight for the palate that is tired of heavy meats and soggy pastries. Two Shredded Wheat Biscuits with milk or cream and a little fresh fruit will supply all the energy needed for a half day's work. Try it today.

THE ONLY CEREAL BREAKFAST FOOD MADE IN BISCUIT FORM