


"The only and original FRUIT SALT."



The Headaches that so many women suffer from

—are often due to a congested state of the liver—the body's filter. What is needed is a gentle tonic-aperient, to produce a healthy and normal action of the digestive organs and rid the blood of impurities. In such cases nothing is so good as

ENO'S FRUIT SALT

—the world's household remedy for more than forty years. Its action is gentle and natural, cleansing the system, banishing headaches and listlessness, and assisting nature. A void worthless imitations. There is only one FRUIT SALT—ENO'S. Ask your druggist.

Prepared only by
J.C. ENO, Ltd., "Fruit Salt" Works, LONDON, Eng.

Sole Agents for North America
HAROLD F. RITCHIE & CO. LIMITED
10 McCALL STREET, TORONTO

(8)

Beware of Substitutes

The Man on Watch

Now that church folks are to put themselves on the "Indian list," the farmers are not the only people who will have reason to complain of the dry spell. The anti-treating request will be applauded by some "lone drinkers" the Lampan could name, and who were never guilty of such liberality.

Councilman "Dan" Couper, who is precursor of Chalmers Church, will no doubt demand an investigation into the chlorinating of that church's organ melior pipe. With the hotel beer pumps and the organ pump out of commission at the same time, it certainly was pretty hard lines.

The General Hospital is not given an opportunity of presenting a long service medal to any of its superintendents. All its heads remain but a few years and then "for the time being" the Arabs and as silently steal away—to get something more remunerative.

According to a returned soldier, who was disabled before he got to the war zone, the Canadian doctors are giving pills for every ailment, even to a fractured limb. There will, however, be no necessity of them going back to the ancient method of bleeding. The Germans will do enough of that.

When the Kingston Veterans ask that God protect the colors of the 22nd Battery, they must mean from bombs of German Zeppelins, for the banner is safely stored away in Westminster Abbey. If the Kaiser hears that the Kingston colors are there he may send some bombs across the North Sea to blot them up.

Old King Solomon was not the only magistrate who could decide the ownership of a child. Here is the Lampan's friend, "Jimmy" Farrell, who lays down the principle that a child's mother is always its mother, and that a rap of paper giving away a "kid" does not hold good.

A Kingston lawyer told the Lampan that when a boy he went to a school in which there were two German lads, and he saw the boys' instinct was strong in them. On the way to the schoolhouse there was slaughterhouse. The German lads used to visit the place regularly, delighting in witnessing the killing of pigs while one visited for the English boys was sufficient to keep them away afterwards.

In Toronto recently, a Queen's professor, in telling of what the Germans had given to the world, instanced that fact that they were leaders in the Higher Criticism movement. If Higher Criticism tends to make other peoples like the Germans, the Lampan implores the Canadian pulpit to drop it, and get back to the preaching of hell fire.

—THE TOWN WATCHMAN.



MEN OF NO. 1 CASUALTY CLEARING HOSPITAL. This photo was taken in France immediately after a game of soccer. It was sent by Pte. N. Rummy seated behind the wooden horse (the mascot of the soccer club).

A GOOD MEDICINE FOR THE SPRING

Do Not Use Harsh Purgatives—A Tonic is All You Need.

Not exactly sick—but not feeling quite well. That is the way most people feel in the spring. Easily tired, appetite feeble, sometimes headaches and a feeling of depression. Pimples or eruptions may appear on the skin or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order—that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble.

Do not dose yourself with purgatives, as so many people do, in the hope that you may put your blood right. Purgatives gallop through the system and weaken instead of giving strength. Any doctor will tell you this is true. What you need in spring is a tonic that will make new blood and build up the nerves. Dr. Williams' Pink Pills is the only medicine that can do this speedily, safely and surely. Every dose of this medicine makes new blood which clears the skin, strengthens the appetite and makes tired, depressed men, women and children bright, active and strong. Mrs. S. E. Stephens, Ponoka, Alta., says: "I suffered severely from headaches, and was badly run down in health. I had tried several remedies with no benefit, until I was advised to try Dr. Williams' Pink Pills, and these have fully restored my health, and I can recommend them with confidence to all weak women."

Sold by all medicine dealers or by mail at 50c. a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

NEW DUNLOP PEERLESS HEELS

DUNLOP HEEL PHRASE CONTEST

Ask for this card!

You may get one of these prizes, aggregating \$600 for the year, if you ask for the Pink Slip when making your purchase. It contains the instructions and is to be found in every Heel Box.



DUNLOP RUBBER HEELS

DUNLOP TIRE & RUBBER GOODS CO., Ltd.
Head Office: TORONTO. Branches in Leading Cities.
Rubber Hothing, Packing, Hose, Heels, Mats, Tiling, and General Rubber Specialties.

IT'S WASHDAY IN THE MORNING!

What does it mean to you? Is it a burden—a toil—a weary round of drudgery? Get a

Maxwell

"EXCEL-ALL" WASHER

and laugh at washday. Just put the clothes in. The washer does all the hard work. Clothes come out clean and white—better than if you spent hours scrubbing over a steamy tub. The Maxwell "Excel-All" Washer has an adjustable wringer board, top opens up giving heaps of room for work and tub has assisting spiral springs and ball bearings.

Ask your dealer to show you the Maxwell "Excel-All." Also inquire about our Washers for Water, Electric or Gas Engine power.

MAXWELLS LIMITED
ST. MARY'S, ONT.

If your dealer does not handle the Maxwell line, write to us direct



MADE IN CANADA

Such stomach comfort! On a cold day when there is work to do that calls for mental vigor and physical fitness nothing touches the spot like


SHREDDED WHEAT

served with hot milk and a little cream. Better than mushy porridges that are bolted down without chewing. You have to chew Shredded Wheat—that's the reason it's so good for the "kiddies." It develops sound teeth, strong muscles and good brain.

Shredded Wheat is made in two forms, BISCUIT and TRISCUIT—the Biscuit for breakfast with milk or cream, or with fruits; Triscuit, the wafer-toast, delicious for luncheon with butter or soft cheese, or for any meal as a substitute for white flour bread.

Made at Niagara Falls, Ontario

Toronto Office: 49 Wellington St. East



WARDS OF THE STATE

How France Proposes to Care For War Orphans.

Paris, April 24.—It was decided yesterday by the Cabinet that children made orphans by the death in the war of their fathers should be cared for by the state. The cabinet considered this matter at length, and determined in principle that these orphans should be made public wards to be maintained and educated according to a plan to be decided upon later. A commission representing the several ministers concerned will be appointed to study this complicated question and examine bills already introduced in Parliament.

THE SPORT REVIEW

Meadows, the young recruit, who twirled part of the game for St. Louis Nationals, Thursday, is the modern day player to play with ordinary reading glasses.

Thirteen thousand dollars was the sum Jess Willard received for defeating Jack Johnson at Havana, the heavyweight champion told friends in Chicago yesterday. "Johnson received \$30,000, and when I defend my title I am going to get the same amount of money he did," Willard said.

Seven players were dropped from the roster of the Philadelphia American League club by Manager Mack before the team left for Boston. Sam Crane, shortstop, goes to Richmond, and Joe Sherman, outfielder and pitcher, to Jersey City, in the International League.

A glance at the American and National League tables shows the Athletics and Giants to be taking the dust of the seven other fellows in their respective leagues.

Stuart Allan, St. Catharines, has been notified officially that his record of 52.40 1-5 for ten miles, made here last year, has been recognized by the A.A.U. of C.

At an informal meeting of the executive of the football section of the Montreal A.A.A. "Sinc" McEwen, who coached the team during last season, was the recipient of a gold watch suitably engraved and bearing the crest of the Winged Wheel Association. Under the instruction of McEwen the Winged Wheelers made a better showing than they have in years on the gridiron.

J. J. Golden, Toronto, the well-known racing cyclist, has joined the Eaton Machine Gun Battery as a private. He was a quarter-mile champion in 1911-12-13-14 and a grand motor-race follower. If Golden gets to the front in the European war this will be his second campaign. He was on the battlefields of South Africa on his fourteenth birthday, and was the youngest lad in service under the British flag in that campaign.

HAVE DEFENSIVE ALLIANCE

Pact Said To Exist Between Roumania and Italy.

Copenhagen, April 24.—An Italian correspondent of the National Tidende sends his newspaper an interview had at San Remo, with a former Roumanian minister. The minister is quoted as having said that Roumania demanded certain concessions of territory from Austria in return for remaining neutral in the war; but that Austria refused to acquiesce. The minister, according to the correspondent, added that there exists a defensive alliance between Roumania and Italy and that Italy would not accept any offer from Austria without having received the sanction of

ACCURATE GUNNERY

10,000 French Shells Placed In 400-Yard Radius.


Paris, April 24.—The Eclair prints a letter from a soldier wounded in a recent successful "blibbe" at the German lines, which illustrates vividly the work of the French artillery.

"Before attacking," he says, "we watched the bombardment of the German position. Ten thousand shells of all calibres fell within a space of four hundred yards in less than one hour. The earth trembled. We saw pieces of bodies, shelters, and trenches flung into the air together.

"TIZ" FIXED MY SORE, TIRED FEET

Use "TIZ" Don't have puffed-up, burning, aching feet or corns.

"TIZ" makes my feet just dance."



POPE IS CONVINCED

Will Use Influence For Restoration of Belgium.

Rome, April 24.—The Messenger is responsible for the statement that the Pope, after having examined the documents presented to him by Monsignor Duploigne, rector of the University of Louvain, and Belgian Deputy Melot, was convinced that the German action in Belgium was deplorable. According to the Messenger Benedict XV. formerly pledged himself, no matter what the result of the war, to use his influence that Belgium be restored and has authorized Monsignor Duploigne to acquaint Cardinal Mercier with his determination. Naturally the Pope will not make his decision public until an opportune moment, although from now on it will be his policy to conform to this aim. This is a complete change in the views of the Holy See, which has heretofore been opposed to any such restoration, besides helping Belgium, will gain the support of the Allies, for he desires to be represented at the conference when terms of peace are decided.

BRITAIN'S GREATEST REMEDY

Popularity Now World-Wide.

Cures like these only tend to emphasize the power of Dr. Cassell's Tablets to cure Nerve and Bodily Weakness in young and old. A nervous man who has been unable to do his work for some time should be sure to begin taking Dr. Cassell's Tablets if you are suffering from Nerve Failure, Infantile Weakness, Sleeplessness, or any of the above.

How are good results like this brought about? The explanation is this: Cassell's Tablets are composed of ingredients each one of which has definite curative action on the nerve system.

It's a good brand of fertilizer that will raise a mortgage. A man who is penniless foolish may

JUST A FRAME OF BONES.

Dr. Cassell's Tablets Cure When Cure Thought Hopeless.

A wasted wreck for eight years and weak as a baby.

Thought he was going into a rapid decline.

No treatment tried did any good.

New Health and Strength from DR. CASSELL'S TABLETS.

As a result new vigour is put into the bodily organs, which thus regain their power to work with that perfect efficiency which means health for the entire system.

WASTED TO A SHADOW through Stomach Disorder.

"I feel I could go out into the street and tell everybody I meet about Dr. Cassell's Tablets," exclaims Mrs. Wooding, of 32, The Green, Belgrave, Leicester, England. And who can wonder at her enthusiasm! Think of a mother who, believing her child doomed, by chance finds a remedy which restores health abounding and complete.


Mrs. Wooding continued: "To me it is a marvel that any medicine could act as these tablets did, for my child was to all appearance beyond hope of recovery. The beginning

"Had it not been for Dr. Cassell's Tablets I believe I should never have worked again; I hardly think I could have lived." These are the words of Mr. Ernest W. Barrett, of 32, Cecil-road, Gloucester, England, a young man, now in the perfection of health and vigour. And he goes on: "The Tablets cured me of a long and serious illness when all methods I tried had failed, and now I am as well and fit as anyone could wish to be. It is eight years since the trouble came on. I caught a cold, which turned to pleurisy and rheumatic fever, and for nine weeks I lay between life and death. When at length I could be taken downstairs I was a wreck of my former self, wasted to a frame and weak as a baby. One side was all drawn up, and if I tried to straighten myself the pain was intense. I used to hobble about on sticks or get my father to take me out just a little way, leaning on him all the time. But instead of getting better I got worse. I had the best advice; but all the medicine I took proved quite useless. It was thought I was going in a rapid decline, and that nothing could save me. I was just a frame of bones by this time, and I can't tell you how weak and miserable I felt.


"However, my father chanced to read about Dr. Cassell's Tablets, and got me some. I shall never cease to be grateful for the result. I began to mend almost at once. Slowly my strength returned, I

of the trouble was an attack of measles about a year ago. My other children who had the complaint got over it all right, but Henry was left with stomach trouble, which no treatment I tried could relieve. Poor child! he could not keep anything at all on his stomach. We had advice, of course, and did all that was possible, but no relief followed. Whether we gave him returned. We tried milk and lime water, but even that came back, and to add to his suffering he was so constipated that the strongest purgatives had to be used. He was wasted to a perfect shadow, and so feeble that sometimes we thought he was dead.

"It was one night while I was sitting up with him that I read about Dr. Cassell's Tablets. Next day I got some, and the result was so good that I saw I had found a real remedy. Soon my child began to eat, and rapidly he grew well and strong. Now he is brimful of life and activity."



Henry Wooding.



Mr. Ernest W. Barrett.

WEST TORONTO