

More than half a Century of Quality is behind every package of

BENSON'S Corn Starch. Always order by the name BENSON'S in order to get what you want. Practically every grocer in Canada has BENSON'S.

"TIZ" EASES TIRED, SORE, SWOLLEN FEET

Instant relief for aching, puffed-up, calloused feet and corns. Why go limping around with aching, puffed-up feet—feet so tired, chafed, sore and swollen you can hardly get your shoes on or off? Why don't you get a 2-cent box of "Tiz" from the drug store now and gladden your tortured feet?

"Tiz" makes your feet glow with comfort; takes down swellings and draws the soreness and misery right out of feet that chafe, smart and burn. "Tiz" instantly stops pain in corns, callouses and bunions. "Tiz" is glorious for tired, aching, sore feet. No more shoe tightness—no more foot torture.

LADIES! SECRET TO DARKEN GRAY HAIR

Bring Back Its Color and Lustre with Grandmother's Sage Tea Recipe.

Common garden sage brewed into a heavy tea, with sulphur and alcohol added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get the ready-to-use preparation improved by the addition of other ingredients, costing about 50 cents a large bottle, at drug stores, known as "Wyeth's Sage and Sulphur Compound," thus avoiding a lot of fuss. While gray, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared. After another application or two your hair becomes beautifully dark, glossy, soft and luxuriant and you appear years younger. Wyeth's Sage and Sulphur Compound is a delightful toilet requisite. It is not intended for the cure, mitigation or prevention of disease.

SALTS IS FINE FOR KIDNEYS, QUIT MEAT

Flush the Kidneys at once when Back hurts or Bladder bothers.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which clogs the kidney pores so they sluggishly filter or strain only part of the waste and poisons from the blood, then you get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, constipation, dizziness, sleeplessness, bladder disorders come from sluggish kidneys. The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia and has been used for generations to flush clogged kidneys and stimulate them to activity, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder disorders. Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which all regular meat eaters should take now and then to keep the kidneys clean and the blood pure, thereby avoiding serious kidney complications. Self-conceit is always ready to overlook its own mistakes.

General Information for Busy People

STUDY YOUR TONGUE.

It is a Monitor That Registers Your Physical Condition. One of the first things a doctor does when he is called to a patient, is to look into his mouth. That is because it is the quickest and easiest way to examine the internal cavity of the body and observe the signs of health or disease there displayed. The month is lined with mucous membrane, which is quickly affected by many disorders, and the tongue, which is simply a mass of muscle wrapped up in mucous membrane, is a veritable horizontal guide post. Since it is a muscle its general size and shape and its susceptibility to proper control inform the physician of the muscular condition of the patient, and the state of the mucous membrane that covers it indicates the general systemic condition. A person who suffers from fever of any degree will generally show a "furred" tongue. The word, graphically describes the condition, and it is not necessary to be a physician in order to recognize it. In a long continued fever like typhoid the fur accumulates until the tongue is covered with a thick, brown mass that shades off to a lighter tint at the edges. In scarlet fever the tongue is often covered with a white fur dotted with little red points. That is called the "strawberry" tongue. When the stomach is badly out of condition the tongue shows a thick white or brown fur, and those who are suffering from tonsillitis or from any other inflammation of the throat may show a layer of thick, creamy white fur all over the tongue. Sometimes when the patient is much exhausted the tongue will not be furred, but dry, red and raw. "Thrush" consists of small white patches raised above the surface and, although not serious in itself, generally shows that the constitution is weak. One strange thing about the tongue is that, although it so often betrays the state of the stomach to the physician, yet in two of the most serious stomach troubles—cancer and gastric ulcer—the tongue is generally very clean. The tongue in health is always under the muscular control of its owner and should be perfectly steady when it is put out. A tremulous tongue denotes weakness, and the tongue that is coated and tremulous in the morning, but that grows steadier through the day, is generally the result of too much alcohol.—Youth's Companion.

FATAL RIDICULE.

Youths of Ancient Alexandria Paid For Their Caustic Wit. In ancient days the impudent wit of the young Greco-Egyptian dandy was proverbial, says Arthur E. F. Brown Weigall in "The Life and Times of Cleopatra." That was especially true in Alexandria, whose people were characterized by the Emperor Hadrian as "light, wavering, seditious, vain and spiteful, although as a body wealthy and prosperous." No sooner did a statesman assume office or a king come to the throne than the wags of the city gave him some scurrilous nickname that stuck to him throughout the remainder of his life. Thus Ptolemy IX, was called "The Blasted," Ptolemy X, "The Vetch" and Ptolemy XIII, "The Piper." Seleucus they named "Pickled Fish Peddler," and in later times Vespasian was named "Scullion." When King Herod Agrippa passed through the city on his way to his insecure throne these young Alexandrians dressed up an unfortunate madman whom they had found in the streets, put a paper crown upon his head and a reed in his hand and led him through the town, hailing him as king of the Jews and that in spite of the fact that Agrippa was the close friend of Caligula, their emperor. Against Vespasian they told, with delight, the story of how he had pestered one of his friends for the payment of a trifling loan of 6 obol, and some one made up a song in which that fact was recorded. They ridiculed Caracalla for dressing himself like Alexander the Great, although his stature was below the average, but in that case they had not reckoned with their man. His frightful revenge upon them was the almost total extermination of all the well to do young men in the city, whom he collected together under a false pretense and then butchered in cold blood.

LUXURY IN THE BASTILLE.

The Famous French Prison During the Reign of Louis XIII. It was during the reign of Louis XIII. that the Bastille became recognized as a prison, especially for notable persons suspected of treachery against the French government. Richelieu used it for the secure lodgment of troublesome opponents, and during his time the celebrated fortress became the luxurious prison of a powerful aristocracy. Apart from the necessary restrictions, a stay in the famous prison of Paris was little more than an agreeable diversion. It seemed indeed as though the king was determined to show his kindness. He expressed great anxiety for the comfort of his prisoners. Money could buy in the Bastille all the luxury that could be obtained outside, and should a poor man stray within the impenetrable walls the king was so eager to prove his hospitality that he at once allowed him a reasonable pension. The rooms in which the prisoners were confined were lofty and well aired; the furniture was arranged according to the taste of the occupant. Mme. de Sevel, for instance, hung her walls with rich tapestries, and many a distinguished culprit carried with him to the Faubourg St. Antoine his family portraits or a valuable library. Nor is it in the least significant that the prison barber visited his patrons every morning with a silver basin, perfumed soap and embroidered towels. The best viands, well cooked, were furnished to the better class of prisoners, and at the close of the meals they exchanged visits, played cards and made the walls of the gloomy looking prison ring with their merriment.

Sympathy Versus Science.

"We boast much of our advance in science, but science is naught to the sick and wounded compared with the word of comfort and assurance," says the New York Medical Journal. "It is literally true that we would rather die than be treated successfully by certain practitioners. * * * A little sympathy outweighs much science." Inexcusable. Said the waiter to a noisy card party in a hotel bedroom: "I've been sent to ask you to make less noise, gentlemen. The gentleman in the next room says he can't read."

Cholera Morbus.

Inflammation of the stomach and bowels caused by poison in the digestive canal is called cholera morbus. It is especially liable to occur during hot weather followed by cool nights. It is chiefly caused by eating indigestible foods, such as raw vegetables, underripe or overripe fruits and spoiled meats. Circumlocution. "Just what is meant by circumlocution?" asked the seeker after knowledge. "I haven't a definition on the tip of my tongue," replied the busy man, "but if you will look in the paper I dare say you will find a very good example of it under the general heading of 'Diplomatic Correspondence.'"

Oh, Certainly Not!

John Kendrick Bangs was one day calling on his wife on the telephone. The male at the other end did not recognize the "master's voice," and, after a moment had told her whom he wanted, he asked: "Do you wish to speak with Mrs. Bangs?" "No, indeed," replied the humorist; "I want to kiss her."

Poor Timper!

"I have just made a valuable discovery," announced Timper. "What is it?" asked Twigg. "The joke is on your friends," replied Timper. "You know something they don't think you know."

Possible.

The tall, edgely man hurriedly entered the depot and, addressing a bystander, asked, "Do you think I can catch the fier for Chicago?" The man addressed casually surveyed the other's long legs and, slowly removing the cigar from between his lips, replied, "Well, it looks like you ought to, but you'd better hurry, for she's been gone half an hour."

Just So.

"What brought you to housebreaking, my man?" "Lost my job as a baseball pitcher, judge."

And So Forth.

"Willie," said the teacher of the juvenile class, "what is the term 'etc.' used for?" "It is used to make people believe that we know a lot more than we really do," replied the bright youngster.—Chicago News.

FOOD AND CHARACTER.

How Different Diets Bring Out Various Traits in Nations. It is proved that today the wheat eating nations lead the meat eating nations. There are some interesting observations on the subject.

The appearance and favor of most depend not only upon careful cooking, but on what the animal was fed with. In the same way the meat and food we eat influence our characters. Englishmen are "beef fed," and to that they owe their stolid and tolerant characters, slow to move to enthusiasm, with a great liking for compromise and toleration and a big facility for forgiveness. The porridge of the Scot makes him argumentative and opinionated, and the restless vivacity of the Irishman is due to his potato diet. A famous actor carried his belief in the influence of food so far as to vary his menu according to the character he was playing, eating pork for tyrants, beef for murderers and mutton for lovers. This may have been taking matters to extremes, but it is a fact that mutton lovers are generally of a quiet temperament and given to sentiment, while big beef eaters are more often than not of a choleric, fierce character. Observations of regular pork eaters have not justified the allegation that they are tyrannical, but certainly pork is different from other meats, and noted bullies have been extraordinarily fond of pork chops. Fat bacon produces a lethargic character—slow in thought and action. It is alleged that vegetarianism makes clear thinkers, but moody characters. Last, but not least, big bread eaters are of a dominating character and become natural leaders.

GOING TO MONTREAL.

G. A. Warburton May Organize Prohibition Campaign. Toronto, March 24.—It is understood here that G. A. Warburton, chairman of the executive of the Committee of One Hundred, and former general secretary of the Y. M. C. A., is going to Montreal soon to organize Quebec for prohibition. His work here practically is completed with the introduction of temperance legislation.

Wishing is all right, but it is best to keep right along working.

One as a Pronoun.

I have never been smitten with the use of the word "one" as a pronoun. It takes a word juggler to attempt it and get away with it. Unless one feels that one has won one's spurs in this respect and can extricate oneself from the mess one gets oneself and one's readers into one should avoid the use of the word one in referring to oneself as one would a plague.—Westminster Gazette.

The Frenchwoman and Hats.

It is said to take much less money to start a millinery shop in France than in England, because it is not necessary to the French milliner to carry a stock of trimmed hats. The Englishwoman, it seems, cannot buy a hat or anything else without seeing it completely finished. The Frenchwoman has imagination enough to picture the completed article to herself and knows just how she will look in it.

Procrastinate.

Teacher—What is the meaning of the word "procrastinate"? Pupil—To put off. Teacher—Right. Illustrate it in a sentence. Pupil—I tried to steal a ride on a street car yesterday, but I was procrastinated.

Obedient.

"Well, my little man," queried the minister who was making a call, "do you always do as your mamma tells you?" "You bet I do," answered the precocious five-year-old, "and so does papa."

No Use.

"You say Jones is down and out? Why, it was only a little while ago that he told me he had the key of success."

Insult Upon Injury.

"And to make matters worse," complained the employee who had just been blown up by a premature explosion in a quarry, "when I claimed damages the foreman called me a blasted fool."—Lippincott's.

Musical Note.

A thief was lately caught breaking into a song. He had already got through the first two bars when a policeman came out of an area and hit him with his staff. Several notes were found upon him.—London Mail.

A New View.

"What a nice, kind man Nero was?" "What? Why, the wretch fiddled while Rome burned!" "I know. He'd probably waited all his life for a chance when he wouldn't disturb any one."

His Practical Mind.

Sculptor (to his friend)—Well, what do you think of my bust? Fine piece of marble, isn't it? Friend—Magnificent! What a pity to make a bust of it! It would have made a lovely washstand.

All He Wanted and More.

Ragged Rogers—Did you ever have all you wanted of anything? Tired Thomas—Yes, two things—advice and water.

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One hears a great deal about labor reform, but a far greater need is the other fellow's view point. The last will and testament is often an instrument of injustice.



Steady!

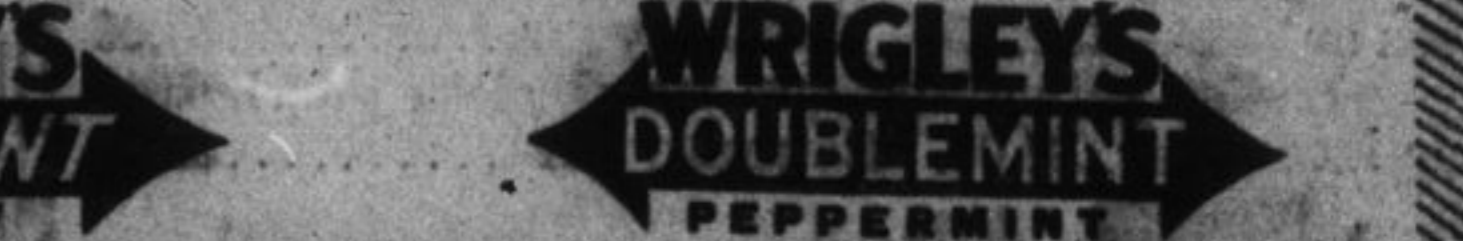
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