



Unique Distinction.
Mr. Henry Tollemache, M. P., addressing his Cheshire constituents at Malpas, says The London Star, observed that he shared the almost unique distinction of the late Sir Watkin Wynne of having been in the House of Commons for 24 years without making a speech. Mr. Tollemache, who has represented the Eddisbury division of Cheshire for 24 years, is one of the Unionist M.P.s who will retire at the next general election. Parliament seems to have been a disappointment to him. He complained not long ago of the deterioration of Parliamentary manners. "It seems," he said, "that nowadays a member, to be really popular, ought to get himself named by the Speaker, and if he is only carried out by a policeman he can have a safe seat in many a constituency for life." At the house of which he has forgotten the number, he said the doorkeeper was B. flat, and Sir Alexander kicked the scrappers in the street till he heard the note.

Practical Use of Mucil.
The London Chronicle says that the late Sir Arthur Sullivan wanted to direct Sir Alexander Mackenzie to the house of which he had forgotten the number; he said the doorkeeper was B. flat, and Sir Alexander kicked the scrappers in the street till he heard the note.

Suffered Intense Pain Around The Heart For Four Years.

Was Very Dizzy.

Four Boxes of

Milburn's Heart and Nerve Pills
Effected a Complete Cure.

They are a specific for all troubles arising from a weak condition of the heart or from the nervous system. For troubles such as Palpitation of the Heart, Sleeplessness, Nervousness, Faint or Dizzy Spells, Shortness of Breath, Starting in the Sleep, Cold, Clammy Hands or Feet, Brain Fag, etc., we would strongly advise the early use of Milburn's Heart and Nerve Pills. This remedy, taken in time, has been the means of saving many a life, and restoring strength to those who were weak, nervous, healthless and invalid.

Mrs. E. Kilmer, Humberstone, Ont., writes:—"Allow me to tell you of the great results I have derived from Milburn's Heart and Nerve Pills. For four years I suffered intense pain around the heart, and was very dizzy. After using four boxes of Milburn's Heart and Nerve Pills, I was completely cured."

Milburn's Heart and Nerve Pills, 50 cents per box, or \$1.00 for three boxes. All dealers, or mailed direct on receipt of price.

TAN T. MILBURN CO., LIMITED, TORONTO, ONT.

Owne a Home.
A house, like a child, is an educator. It has an ethical and spiritual influence commensurate with its economic value. With the school of thought, now somewhat in evidence, which would send the mothers out into business and professional life, "farm out" the babies in nurseries and fetch the food supply from a co-operative kitchen, we have little in common. The family, united and sanctified by a happy homelife, is the unit of society and the bulwark of the nation. On the home building, the simple life, and the doctor and the preacher rise up and call them blessed. Practice the simple life and have a home—Good Housekeeping.

Don't wake baby
Did you know you could give medicine to your children while they were soundly sleeping? You certainly can. It is called Vapo-Cresolene. You put some Cresolene in the vaporizer, light the lamp, and place near the bed. The children quietly breathe in the vapor. There is nothing equal to it for whooping-cough, croup, colds, cough, sore throat, and all other troubles of the throat and chest. It is economical, pleasant, safe.

Vapo-Cresolene is sold by druggists, or sent express prepaid on receipt of price. A Vapo-Cresolene Vaporizer is sold by druggists, or sent express prepaid on receipt of price. A Vapo-Cresolene Vaporizer is sold by druggists, or sent express prepaid on receipt of price.

Rheumatism Cured
Why do you suffer?—Stear's Magic Rheumatism Cure will relieve the worst cases of acute rheumatism, or inflammatory rheumatism in 24 hours. Every bottle has a positive guarantee to cure. Hundreds of marvelous cures have been made in all parts of Canada. If your druggist cannot give you Stear's, take no other, send direct to us. \$1.00 per bottle.

OSBORN REMEDY CO., 175 FINE ST., TORONTO, ONT.

TIRED MISTAKES.

Of Honest Workers Who Are Born Tired, Live Tired and Die Tired.
How many of us wear ourselves out trying to correct mistakes we never would have committed if we had not been so tired? It is a simple semicolon which occurs in the law regarding the hours at which hotels shall cease to sell liquor, and which its opponents allege was a copyist's mistake, that has caused so much petitioning to the Massachusetts legislature for and against retaining that special punctuation mark. More than likely the clerk was "plain tired."

Three mistakes needlessly imbibed family life. When we have neuralgia, how we find fault with those who were not to blame! If it is a good rule to sleep upon the desire to chastise before inflicting punishment, how much better it is to be perfectly well before thinking of reproving some one!

Joy the Antidote.
And yet we have not been unfaithful in purpose, though failing every day. It is not the indiscriminate pumper who is most tired, but the man, woman or child who works hard and honestly from morning till night. They are born tired, live tired and die tired.

Still, in spite of tired mistakes, we should go on correcting them and trying again. That is, we must have personal enthusiasm over ourselves and our work, however tired we are.

It has been stated that one reason why Mrs. Julia Ward Howe has such vitality of physical frame, and such marvelous intellectual strength is because she enjoys. So for us average people one of the ways of avoiding tired mistakes is to be willing to enjoy.

Put Mistakes Into "Sundries."

It should be a matter of home economics and personal religion not to get overtired, or, if we are, not to crucify ourselves by way of retaliation upon ourselves for unimportant mistakes. If the cup is broken because we were too daisy to put it in its saucer worrying over its breakage does not mend it. The item "sundries" in our account book is a noncommittal hiding place for errors that concern only ourselves.

A child can wait for its reproof. We can do without theaters, fine clothes and expensive menus for the sake of rest. Then when we have made mistakes let us accept them and begin again. The daily wretchedness in average homes arising from conscientious worrying over trifling mistakes can well be set against the daily grind in other homes to gain the pleasure for weekly food and rest.—Kato Gannett Wells in Boston Cooking School Magazine.

Handy Household Devices.

Two handy arrangements for the kitchen or pantry walls, either of which can be easily made by the home carpenter, are illustrated in the Ladies' World.

Fig. 1 shows a rack for holding tin covers, these being slipped into the slots at the sides, top, middle or bottom.

At the bottom is a receptacle for knife or other articles, such as cork-screws, can openers, etc., which need some such special place that they may be at hand when desired.

Fig. 2 shows a thick strip of wood that has been saved in it for holding meat knives and other cutlery with sharp points, the edges of which would become dull if all were placed loosely together in a box or drawer to rattle over one another.

Keeping a Bright Stove.

In polishing a stove if the blacklead is mixed with strong soapuds—the kind that will jelly when cold—it will polish with less labor and dust than when mixed with water. Then, too, use an old woolen stocking for polishing where the brush will not go, and always for wiping the stove unless it is greasy, in which case wet a cloth with vinegar or coal oil and rub the grease off first. But there is a great deal in being careful of the stove after you get it polished. For instance, always cook ham and bacon in the oven, as it not only saves the stove, but improves the meat, and when cooking anything that "spatters" keep it covered as much as possible.

Household Winkles.

A paper bag inverted over the lamp chimney when not in use, prevents dustiness which comes from dust and greasy vapor.

In bedwork heads often come slipping off the needle. Have a bowl of water handy and dip the needle in it occasionally. The moisture on the needle will prevent the beads slipping off.

Give your chamals a dry rinse in soapy water. It will dry softer than if wrung from clear water.

Knot your thread at the end where it was broken off, next to the spool, if you don't want the thread to kink while using it.

White woodcloth may be cleaned by covering the surface with flour, letting it remain several hours, then brushing it off. Repeat the process until the cloth is clean.



Of all overworked women probably the farmer's wife is the hardest worked. She has so much to attend to with very little help. Hard work can be very much lightened if she knows the value of system and she should try and take a short rest in the day time. A physician who has become famous all over the world, Dr. R. V. Pierce, of Buffalo, N. Y., the specialist on women's diseases, for many years practiced medicine in a persons farming district in Pennsylvania. He there observed the lack of system in the planning of the work.

It is a headache, a backache, a sensation of irritability or twitching and uncontrollable nervousness, something must be wrong with the head or back, and a woman should take rational treatment for its cure. The local disorder and inflammation should be treated steadily and systematically.

Backed up by over a third of a century of remarkable and uniform cures, the proprietors and makers of Doctor Pierce's Favorite Prescription now feel fully warranted in offering to pay \$500 in legal money of the United States, for any case of Leucorrhoea, Female Weakness, Prolapsus, or Falling of the Womb, which they cannot cure, should they fail in a fair and reasonable trial of their means of cure.

WHYS AND WHEREFORES.

Pleasant Old Time Dietetic Habits

Justified by Modern Science.

There are many eating habits which, though followed merely because they have been customary from time immemorial, really have a scientific basis. Such is the eating of butter with bread, which by itself, though rich in starch and having a fair proportion of protein, at all events when made of whole meal flour, has not the fat which is dietetically necessary. Similarly with rice puddings the milk is added to make up for the deficiency of protein in the rice.

The Justification of Milk in Tea.

The scientific justification for adding milk to tea is quite different. When taking meat with tea, the tannic acid contained in the latter combined with albumen to form tannate of albumen, which is practically leather, so that by drinking tea the coating of the stomach is made leathery. But milk also contains albumen, and when milk is added to tea the molecules of tannic acid select their albumen from it, and, as a divorce is unknown to tannate of albumen, the albumen of the stomach is less liable to be affected by tannic acid than it would be if the tea were taken alone.

Sharp and Smooth of the Salad.

There is a chemical reason for adding vinegar to salads. Raw vegetables are easily enough digested by cows and horses, but with difficulty by the human stomach, because they contain that hard, fibrous substance, cellulose. But acids dissolve cellulose to some extent, and vinegar is an acid. That is why it is a good thing to take vinegar or lemon juice with salad and cabbage, and doubtless that is why it tastes so well, for the palate is an excellent judge of what is good for the stomach. The justification for adding oil to fat in the salad itself and partly that it protects the lining of the stomach from the action of the acid in vinegar.—Boston Cooking School Magazine.

It takes less sense to find fault with all than to be fair with all.

Allen's Lung Balm

Cures Coughs, Croup, Bronchitis, Large BOTTLES \$1.00, MEDIUM 50¢, TRIAL SIZE 25¢.

\$2.50 CANARY FREE!

Send Bird Seed and get a lovely looking canary free by sending Allen's Lung Balm to the following address: Allen's Lung Balm, 100 N. 1st St., St. Paul, Minn. (If you prefer, send your order to the nearest drug store.)

BIRD SEED

Allen's Lung Balm, 100 N. 1st St., St. Paul, Minn.

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Cures Coughs, Croup, Bronchitis, Large BOTTLES \$1.00, MEDIUM 50¢, TRIAL SIZE 25¢.

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CHURCH CHIMES

International Bible Lesson for Tomorrow.

The Entry of Jesus into Jerusalem. John 12, 12-26.

Golden Text—"Blessed is He that cometh in the name of the Lord." See four records—Matt. 21, Mark 11, Luke 19, and John.

Multitudes of Jews from all parts of the world crowded Jerusalem at the Feast of the Passover. The fame of Jesus and His mighty works had roused the people to believe and receive Him as the Messiah and many desired Him as King. This spontaneous reception was not political, but designed by God to fulfill prophecy.

Note how careful our Lord was to fulfill to the letter all things written concerning Himself, and when He returns to reign He will be just as careful to fulfill to the letter His millennial glory. The unbounded enthusiasm of the common people and of all who saw Lazarus raised from the dead, the Greeks who had come to this Passover and longed for an interview with Jesus, who, in the midst of it all, is overshadowed by the cross.

The mystery of our Lord's death and resurrection we credit though unable to comprehend. He likens it in verse 24 to the life springing from a dead grain of wheat which can only thus, by death, multiply itself. See I. Cor. 15, 36-37. What is sown lives not only fully satisfied divine justice against our sin and on our behalf, but it is God's way to impart to us a new life, raising us from a death of sin and to know the power of His resurrection.

Sinner, wouldst thou serve and see Jesus? If we set our hearts on our own selfish lives ours is an eternal loss, but if our lives are as nothing to us in comparison to Jesus Christ we shall be eternal gainers. Surrender all and accept all in Christ Jesus, and all is well; him will my Father honor.

CHURCH NOTES.

First Presbyterian.

Rev. A. H. MacGillivray, pastor, will occupy the pulpit on both occasions to-morrow. In the morning he will take as his subject, "The Fact of the Resurrection," and in the evening, "The Power of the Resurrection."

Bible Class and Sunday School to-morrow afternoon at 3 o'clock.

Regular weekly prayer meeting on Wednesday evening at 8.

Young People's meeting on Friday evening at 8.

Christ Church.

Rev. R. McCosh will conduct the Easter services, and preach both morning and evening. The services and sermons will be in keeping with the great and glad festival. The church will be appropriately decorated.

The vested choir of nearly sixty voices will lead their praises to Jesus Christ, and their services will be bright and attractive.

There will be two celebrations of the Holy Communion to-morrow morning—one at 8 o'clock and the other at the 11 o'clock service.

Few holders are kindly asked to be in their pews on Easter Day 10 minutes before the time for beginning the services. Strangers are cordially invited and will be provided with seats by the sidesman.

Bible class for young ladies at 3 o'clock; Bible class for young men at 8 o'clock.

Sunday School is held every Sunday afternoon at 3 o'clock.

The members of Christ Church Junior Guild meet every Monday evening in S. S. Hall at 7.30.

St. Andrew's.

The pastor, Rev. Dr. Battisby, will preach both morning and evening to-morrow.

Bible Class and Sunday School to-morrow afternoon at 3 o'clock.

Regular weekly prayer meeting on Wednesday evening at 8.

Victoria Ave. Methodist.

The pastor, Rev. F. E. Mallott, will conduct special Easter sermons to-morrow, preaching in the morning on "The Power of Christ's Resurrection," and in the evening on "The Making of a Christian, His Birth."

Classes meet to-morrow morning at 10 o'clock and 12 noon.

Bible Class and Sunday School to-morrow afternoon at 3 o'clock.

Sunday School is held every Sunday afternoon at 3 o'clock.

The Epworth League meets on Friday evening at 8 o'clock.

Holy Trinity.

The pastor, Rev. J. W. Hodgins, will conduct the services and preach on both occasions to-morrow.

There will be two celebrations of the Holy Communion to-morrow morning—one at 8 o'clock and the other at the 11 o'clock service.

Sunday School and Bible Class to-morrow afternoon at 3 o'clock.

William St. Baptist.

Special Easter services will be conducted by the pastor, Rev. J. W. Hoyt. Appropriate sermons will be preached morning and evening.

Prayer meeting to-morrow morning at 10.

Sunday School and Bible Class to-morrow afternoon at 3.

The ordinance of baptism will be administered at the evening service. Regular weekly prayer meeting on Wednesday evening at 8.

The B. Y. P. U. meets in the lecture room every Friday evening at 8.

Park St. Methodist.

Rev. G. H. Cobbleick, pastor, will

QUEEN OF ACTRESSES PRAISES PE-RU-NA.



MISS JULIA MARLOWE.

In a recent letter to The Peruna Medicine Co., Miss Julia Marlowe of New York City, has the following to say of "Peruna":

"I am glad to write my endorsement of the great remedy, Peruna, as a nerve tonic. I do so most cordially."—Julia Marlowe.

Nervousness is very common among women. This condition is due to anemic nerve centers. The nerve centers are the reservoirs of nervous vitality. These centers become bloodless for want of proper nutrition. This is especially true in the spring season. Every spring a host of invalids are produced as the direct result of weak nerves.

This could be easily obviated by the use of Peruna. Peruna strikes at the root of the difficulty by correcting the digestion. Digestion furnishes nutrition for the nerve centers.

Buy a bottle of Peruna today. If you do not receive all the benefits from Peruna that you expected, write to Dr. Hartman, Columbus, Ohio.

\$10,000 forfeit if we cannot produce the original letter and signature of above testimonial which well demonstrates its full genuineness.

conducted Easter services to-morrow. The subject for the morning will be "Christ's Empty Tomb," and in the evening "Our Triumphant Lord."

Meetings for Christian fellowship to-morrow morning at 10 o'clock, in S. S. Hall.

Bible School at 3 p. m. Sunday School in S. S. Hall, Bible Class in the Church, Young Men's Club in the Vestry.

Mid-week service Wednesday evening at 8.

Young Men's Club Tuesday evening at 8, in S. S. Hall.

Epworth League Monday evening at 8, in S. S. Hall.

Reading Circle Friday evening at 8 o'clock in S. S. Hall.

Latter Day Saints.

Services will be held to-morrow at the usual hours.

Sunday school to-morrow afternoon at 2 o'clock.

Prayer service at 3 o'clock to-morrow afternoon.

Regular weekly prayer meeting on Wednesday evening at 8.

Religious Society meets on Sunday evening at 8 o'clock, immediately after evening service.

Salvation Army.

Services on Easter Sunday, at the Salvation Army, will be conducted by Adjutant and Mrs. Bloss, as follows:

7 a. m.—Sunrise Prayer Meeting.

11 a. m.—Risen Life.

3 p. m.—Risen Testimonies.

7.30 p. m.—What the Resurrection Did for the World.

There will be special singing and music. The public are invited to all these services.

Campbell A. M. E.

Rev. T. H. Henderson, the pastor, will conduct special Easter services.

Services will be held to-morrow at the usual hours.

A. U. M. P.

Services will be held as usual to-morrow.

Regular weekly prayer meeting on Wednesday evening at 8 o'clock.

When the heart is won the understanding is easily convinced.

Bright Eyes.

Clear Complexion.

Sweet Breath.

Good Digestion.