

**SCRUBBING**  
is well begun  
and half done  
when you start  
it with —

**Old Dutch  
Cleanser**

There they've stars for playthings,  
Rosy clouds for clothes;  
And what other wonders  
Only Moonman knows.

Through the nursery window,  
As I go to sleep,  
There he laughs and beckons  
From the sky so deep,

Till I'm sure he's coming—  
Sliding down the beams—  
Then I sleep, and see him  
Even in my dreams!

**A CHILD'S GRATITUDE.**

A pathetic little story, bearing eloquent testimony to the gratitude of a little boy, has recently come to light. It appears that one summer a widowed lady and her little son were staying in the neighbourhood of Egremont, when the boy, wading in the river, got beyond his depth and was in danger of being washed away by the current caused by the backwash of a steamer. Attracted by his cries, a lady who was reading on the promenade hurried to the spot, and, wading into the river, managed at some risk to rescue the little boy, and, assisted by a passer-by, restored him to consciousness, to the great gratitude of his distracted mother. The visitors then left the neighbourhood, but unfortunately the shock of the accident resulted in a nervous breakdown for the child, who, during the

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whole course of his illness, was possessed by a great desire of once again seeing his rescuer. In order to gratify him his mother once more took him to the neighbourhood, but not knowing whether the lady was a resident or a visitor, their enquiries proved fruitless, and the little fellow passed away, expressing the hope that if ever his mother could find the lady she would give her his gun-metal watch and guard and purse as a keepsake. Once more, prior to her emigrating to Canada, the mother set out to try and effect the little boy's wish, and this time her efforts met with success, for a visit to St. John's Church, Egremont, revealed the rescuer—Miss Cissie Smith—in the choir, and the little boy's gifts were placed in the keeping of one whom, we are sure, will greatly value them, and the touching gratitude of which they were so striking a proof.



**A MYSTERIOUS LAKE OF  
LIFE HIDDEN IN THE  
WILDS OF NIGERIA,**

From Southern Nigeria news has been received of the remarkable discovery just made by Mr. P. Amaury Talbot, a district commissioner, of what is known as the "Sacred Lake of Life," on which, according to popular belief, the existence of a hundred thousand people depends.

When, some months ago, (says Reuter's Agency) Mr. Talbot returned to this country from extensive travels in unknown parts of Nigeria, he announced, as one of the most interesting discoveries, the finding of the "Lake of the Dead" in the Oban country. This he visited after great difficulty, and in spite of the fact that porters and carriers refused to proceed to the dreaded spot.

The scene about the lake, he said, was full of mystery and dread. The surface of the water was absolutely still, and round about were 10 feet high bushes bearing what looked like great tufts of creamy flowers. These, however, proved to be nests of tree frogs. The place was a sanctuary for all wild things, for no hunter would dare to penetrate the bush to this fearsome place.

As Mr. Talbot stood at the edge, gazing over the water, its quiet was suddenly broken by a broad ripple, and little fish were seen to spring agitatedly above the surface. A great python was crossing, and this, it was learned, shared with the crocodiles the guardianship of the Sacred Lake. Nothing was allowed to trouble the water or even to touch its outer edge for fear of famine and pestilence ensuing. Hither, the natives believed, came by night the ghosts of long-dead Ekoi, to drift in sad companies, hopeless and wailing, over the surface of the water.

On Mr. Talbot's return to Nigeria he found that the news of the discovery of the "Lake of the Dead" had brought to light the fact that another sheet of water to which mysterious powers were ascribed existed in the neighborhood of Ikot-Obo, the chief

WHEN IT'S HOT AND STICKY

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Sealed Lead Packets Only.

Allow the tea to steep for five minutes and then pour off into another vessel to cool gradually. Never use artificial means of cooling until ready to serve; then add sugar, ice and lemon.

town of the Ibibios; and one afternoon Mr. Talbot and Mr. Eakin, accompanied by Mrs. Talbot and her sister, set out to endeavor to locate it.

Hitherto the knowledge of the lake had been kept a jealously guarded secret from all Europeans, and not even the natives, with the one exception of the high priests, had been allowed to approach the sacred water—the dwelling place of the greatest Deity of the race.

Formerly many victims were annually sacrificed here, though at the present day human life was not permitted to be taken. Countless legends had grown up round the spot. It was said to be placed by its first guardian, the Thunder God, under the care of a python and a leopard, who ceaselessly kept watch and ward and destroyed anyone rash enough to seek to penetrate its mysteries.

It is specially sacred as the dwell-

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Access to the lake was through a sacred grove so cunningly contrived that a stranger might pass within a few yards yet never find the holy pool. Mr. Talbot and his party, guided to the spot, found that the water was full of great fish on the welfare of which depended the life of the Ibibio race. The fish were so tame that they fed from the hand of the reigning high priest, the only native human being allowed to look upon the water.

ing place of the most powerful Deity—the Great Mother—Isu-Ma (the Face of Love), whose symbol is a holy rock facing the entrance.

Near by the travellers found a second pool ancillary to the lake itself. In the centre of this is a palm tree, near which, in the water, are stationed a man, a girl and a boy, who bear the name of the goddess, as they were granted to the parents in direct answer to prayer.—London Chronicle.

**Tired and Weak  
Nerves Exhausted**

The feelings of fatigue and languor which overcome so many people at this season of the year tell of the exhausted condition of the nerves.

It is impossible to keep up the action of the heart and the vitality of the nerves when the blood is thin and watery, and this is why nearly everybody needs tonic treatment in the spring.

Some of the symptoms are restlessness, purposeless activity, insomnia, absent-mindedness, tired gait, lack of ambition and enthusiasm, headache and neuralgic pains, dyspepsia and feelings of languor and depression.

Monotony of work and mental overstrain or worry sap the nervous system, as does also the strenu-

ousness of modern life, whether in the business or social world.

More and more men and women are obliged to seek the assistance of such concentrated foods as Dr. Chase's Nerve Food to restore vitality to the tired and worn-out nerves.

Such treatment is necessary, because diseases of the nerves do not right themselves. As nerve force runs low the digestive system fails to extract the necessary nutrition from the food. Dr. Chase's Nerve Food supplies in condensed form the ingredients required, and restores health.

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