



Sold Everywhere in Sealed Packages

MCCORMICK'S Jersey Cream Sodas are sold in every hamlet, town and city in Canada. They are bought everywhere because there is nothing to equal them.

McCormick's Jersey Cream Sodas are sold in sealed packages because this is the only sanitary method of handling foodstuffs.

The airtight package preserves their oven freshness and purity.

To continue getting the best soda biscuits made, ask for

McCormick's Jersey Cream Sodas

Sold fresh everywhere. In sealed packages. Factory at LONDON, Canada. Branches at Montreal, Ottawa, Hamilton, Kingston, Winnipeg, Calgary, Port Arthur, St. John, N.B.

ERED THE COP A NIP AND THAT BROUGHT TROUBLE

arm and generous heart of... 22 Peter street, caused... the scenery of Hamilton... from a seat in the dock... that he had punctured... but Nick declared that he... liquor via the prescription

olfe told the story of Nick... rous conduct. At 12.50 last... noticed Nick walking up and... ke street, acting in a strange

ay," said Nick very softly... officer approached him.

he lost his way, asked... for directions and wanted... him because he showed him... home," explained Interpre... on the prisoners behalf... the liquor by prescription... if he can prove that he got... doctor, he can go," the mag... id. "The fellow was kind... offer the constable a drop... cold night, too."

will be made by the po... if Nick's story is verified... let go.

NOSTRILS! END A COLD OR CATARRH Get Relief When Head Nose are Stuffed Up.

ifty! Your cold in head... disappears. Your clogged nos... open, the air passages thro... will clear and you can... freely. No more smugling... mucous discharge, dryness... hes, no struggling for breath

small bottle of Ely's Cream... in your druggist and apply... his fragrant antiseptic cream... nostrils. It penetrates thro... passage of the head, sooth... healing the swollen or in... mucous membrane, giving yo... relief. Head colds and catarr... the magic. Don't stay stuffe... miserable. Relief is sure.

corner-stone of the Stamford... Institute Memorial Hall was... erday afternoon without any... It is hoped to have the Hall... opened some time in May.

Specialist

ERVE EXHAUSTION, ES, ACNE, SKIN DIS- BLOOD CONDITIONS. years is of much benefit is again feeling well—that oulders, I give every pati- ed, licensed and register- possible time.

ICE HOURS: Wednesdays and 9 a. m. to 9 p. m. Thursdays and 9 a. m. to 6 p. m. Hours—10 a. m. to

CONSULTATION AMINATION FREE Niagara Square LAGARA STREET e McKinley Monument FALO, N. Y.

g Man ON YOUR BLOOD. Any of any of the various vital Dr. Ward Leading and Most Successful Specialist Niagara Sq., Buffalo, N. Y.

Women As Brave As the Men

THEIR STRUGGLES SHOW A REMARKABLE SPIRIT

Talk about the bravery of men but where can you find a finer spirit than among the half-sick women who are fighting and struggling to do their duty against the terrible odds of ill-health, and who will not give up.

One woman in every three is struggling against weakness. Most of them are not exactly sick, but, oh, how miserable.

The burden and misery of it all has its foundation in the blood which is thin and watery. The red cells are too few. The very stream of life is reduced in vitality. Weakness and inevitable ill-health are the certain result.

Every ailing or weak woman can quickly regain her health in this very simple way. By filling the system with the nutrition that comes from rich red blood, a quick change for the better will result. To accomplish this, take two chocolate-coated Ferrozone Tablets after each meal. You'll feel better immediately for this simple reason that Ferrozone renews the blood. It gives you vim, vigor, endurance, restores a tired, worn-out system very quickly.

You'll feel like new all over once you get Ferrozone working through your blood. It puts color into faded cheeks, brightens the eye, quickens the step, brings back that wonderful feeling of youth.

One of the finest things Ferrozone does is to make you eat lots and digest it well. With keen appetite, sound sleep, strong nerves and lots of nourishing blood your bound to regain robust health. Any sickly girl or ailing woman that Ferrozone won't make well must be incurable. There is a secret power in Ferrozone and it is worth a trial at all events. Fifty cents per box, six for \$2.50. At all dealers in medicine, or by mail from The Catarrhzone Co., Kingston, Ont.

HOUSECLEANING TIME

In the Spring a Woman's Fancy Turns That Way.

She Finds the Work Fascinating—Some Very Practical Hints as to Doing the Job—Recipes for Cleaning and Polishing.

(Contributed by Ontario Department of Agriculture, Toronto.)

HOUSECLEANING for the most part is fascinating work, that is, after we pass the cellar. After all, this is really the most important part of the house and should receive first consideration in the spring. Probably it will never be known how much of the low state of vitality found in some families is to be charged to ill-ventilated, badly-lighted, poorly drained cellars, where decaying vegetables are kept, sending its foul germ-laden air to every part of the house. If vegetables are stored in the cellar they should be carefully picked over and all growth and decayed ones removed. In addition to thoroughly cleaning, the walls should be white-washed, and if the cellar is at all damp, it is well to keep a metal parthen receptacle containing unslaked lime constantly present. Not a day should pass without the cellar being properly aired. In the very hot summer days, the windows should be opened every night and closed during the day. The reason for this is, that the outdoor air in the daytime is much warmer than in the cellar. This warm, moist-laden air enters the cooler atmosphere of the cellar, and the moisture condenses and rests on all surfaces making the cellar damp and warm. By opening the windows at night and closing them in the daytime the cellar is kept dry, pure and clean. It is well, too, before leaving the cellar, to see that the screens are placed properly in the windows—screens of fine wire netting to prevent flies, or insects entering. We cannot emphasize too emphatically the need for proper protection against flies. More diseases are caused by flies than we are wont to believe; and while doing the spring cleaning it is well to see that each room is screened properly to prevent the entrance of flies.

If we attend to the little things before we start the actual cleaning, such as sorting and cleaning drawers, putting away furs, winter curtains, extra blankets, etc., and laying in a supply of cleaning materials, this will save a lot of time. It has been customary to cover the home with new furniture. We think it would be easy to make the house look well if we just had some new chairs, dressers, tables, etc., but as a matter of fact, it does not make the house look half as interesting as if we have some old furniture (which we have longed to discard for years) to transform into something new. What could be more fascinating than the painting of chairs, tables and other furniture in order to have it harmonize with the walls, the drapery, the woodwork, and the floor.

It is not only that a floor looks much better if it is painted or polished, but it saves time and energy in cleaning. The rough surface collects greasy moisture, dust settles in it, and it soon grimy discolored and unhealthy conditions exist. Pine floors are hard to keep clean. The following methods of treating them may be of value:

1st. Spread over the floor strips of old sheeting; to this add two coats of paint. This will secure a very satisfactory border for the floor and the centre may be covered with a rug.

2nd. Apply a coat of linseed oil. Then fill cracks with "Crack and Crevice Filler," and apply an oak stain and two coats of floor finish.

It is difficult to say which rooms in the house should receive the most careful consideration. The bedroom is important because it is in the bedroom the person should receive that perfect sleep which will insure physical and mental strength.

The kitchen, too, is important, because here the woman spends a great deal of her time. It will be found most satisfactory to have linoleum placed on the kitchen floor. This is easily kept clean, and is soft, warm, elastic and wears well. There should be nothing in the kitchen which cannot be washed. The furniture, walls, etc., should be washable. While cleaning this spring it is especially important that when should see that all the utensils which are being used constantly should be in a convenient place, and if possible, closed cupboard should be placed in the kitchen. The following recipes and information may be found of value in doing the spring cleaning:

Washing Windows.—Always dust first and clean the woodwork before the glass. The glass may be washed with warm water and soap, ammonia, or kerosene, or whitening and ammonia. In washing wipe the cloth almost dry, rinse off the window, and dry with a soft cloth and polish with a soft paper or cloth.

Painted Woodwork.—Wash in warm soapy water with a soft cloth, doing it up at a time and drying as you go along. For light painted wood use whitening paste.

Vanished Woodwork.—If very soiled use soap and water. Dry very thoroughly and then rub with ammonia or kerosene. To use kerosene just dampen the cloth and after rubbing on the varnished woodwork rub again with a dry cloth. If not, you will find a white glow will result.

Dustless Dusters.—Dip the cheese cloth in a mixture made from 1/2 cup melted paraffin.

Note.—These dusters may be washed several times before they require to be dipped again.

There are many helpful suggestions for cleaning, and labor-saving devices appearing in weekly papers and magazines from time to time. It is a good plan to cut these out, place them in a labelled envelope or box for future use.—Miss D. M. Sutherland, Women's Institutes Branch.

Col. Harbottle has donated a shield to be given to the boxer scoring the most points in the Pittsburg-Toronto tournament which commences today.

DUTCH GOVERNMENT SEVERELY CENSORED

THE HAGUE, March 19.—The Dutch government was taken severely to task for what was declared to be its leniency toward the former German Emperor in a debate in the grand chamber of parliament this afternoon, when the premier announced a decree limiting Count Hohenzollern's movements and his pledge to mix in politics.

Deputy Schaper, Socialist, whose questions brought about announcement of the decree, said he was dissatisfied with the premier's answer as a mere slight increase in the guard about the former emperor was not enough and Count Hohenzollern's pledge not sufficient.

The premier, in answer, referred to his letter to both houses of parliament informing them of the assurance obtained from Count Hohenzollern that he would refrain from all political activity and do nothing which would involve Holland in any international difficulty. He added that similar action with reference to the former-crown prince had been considered

by the government, but the premier declared that the government's policy of silence had strengthened the general belief that the former emperor came to Holland originally with Holland's silent approval.

Other deputies took a similar stand some wanting to know how lowing the Hohenzollern's would be allowed to stay in Holland. The premier said the government long ago had stated it knew nothing in advance of the former emperor's coming and not a single person in the government knew of it. Up to the present the premier declar-

ed it has not appeared that the former emperor or his son has participated in a single act in the government.

DELTA, Col. Mar. 19.—With the roof of the hospital ablaze, Dr. J. W. McArthur, local surgeon, continued an operation upon a patient here. While the patient was on the operating table fire broke out on the roof directly over the operating room, but the surgeon continued his work. "It required all the nerve I could muster," he remarked.

You Pay only the Same Duty on Red Rose Orange Pekoe Tea as on the Very Poorest Tea

Before the war there was no duty on tea.

To-day there is a duty of 7 cents a pound on tea brought from British possessions, and one of 10c. a pound on tea brought from other countries, regardless of the quality.

If it were levied on the value of the tea, as is the case with other goods imported into Canada, the duty on a pound of Red Rose Orange Pekoe Tea would be about double that levied on common tea.

But the duty on a pound of this fine-quality, mountain-grown tea—Red Rose Orange Pekoe Tea—is the

same as that on a pound of the very poorest tea.

This is one of the reasons that this tea of extra quality—as well as our standard, well-known Red Rose brand—is so much better value than ordinary teas.

You pay less duty. This situation is appreciated by tea lovers all over Canada. There is a greater demand for fine-quality tea to-day than before the war. And our NEW fine-quality tea—Red Rose Orange Pekoe—is already enjoying a brisk demand.

Try it. Sold only in our new package—the waxed board carton.

T. H. ESTABROOKS COMPANY, LIMITED
St. John, Montreal, Toronto, Winnipeg, Calgary, Edmonton,
St. John's, Nfld., and Portland, Maine.



Mountain grown Orange Pekoes from the best plantations. A tea of quality at a little extra price.

Our well-known Red Rose Package, the sale of which is increasing faster than ever before. Red Rose consists chiefly of Assam teas, the richest and strongest in the world and therefore very economical. (The Red Rose Orange Pekoe Package is a little different in design.)

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



The name "Bayer" on Aspirin is of "Bayer Tablets of Aspirin" which like Sterling silver. It positively identifies the only genuine Aspirin. Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Neuritis, Joint Pains, and Pain generally. For over nineteen years and now made in Canada. The boxes of 12 tablets cost but Always buy an unbroken package a few cents. Larger "Bayer" packages. There is only one Aspirin—"Bayer"—You must say "Bayer"

PAINT LENGTHENS LIFE OF BUILDINGS AND MACHINES

Many an old ship has stood the racket of ocean travel for years mainly on the strength of the tar or paint applied to her sides, but sailors do not wait for the ship's hull to become weather beaten before applying the first coat of paint. Farmers, on the other hand, seem much inclined to let their buildings reach a state of partial decay before making any special effort to safeguard them against the play of wind and water. As a matter of fact, nothing pays better than paint applied immediately after the building is constructed, in lengthening the life of the structure. The same applies to farm machinery parts especially the wooden parts and it will always pay to paint such repairs to machinery wagons, etc., as have to be made before the work season for these articles commences.

Good paint applied to farm buildings and machinery, not only protects the good management employed in serving them, but calls attention to running the farm, a fact that helps greatly in case the owner wishes to sell either the farm or some of its products. Many farmers have paid so much attention to the economic value of the farm that they have neglected an important side of farm life. There is no reason why the farmer and his family should not have as attractive a home as attractive as the city dweller has. The farmer's neighbors as well as the passing observer, will judge him largely by the care he

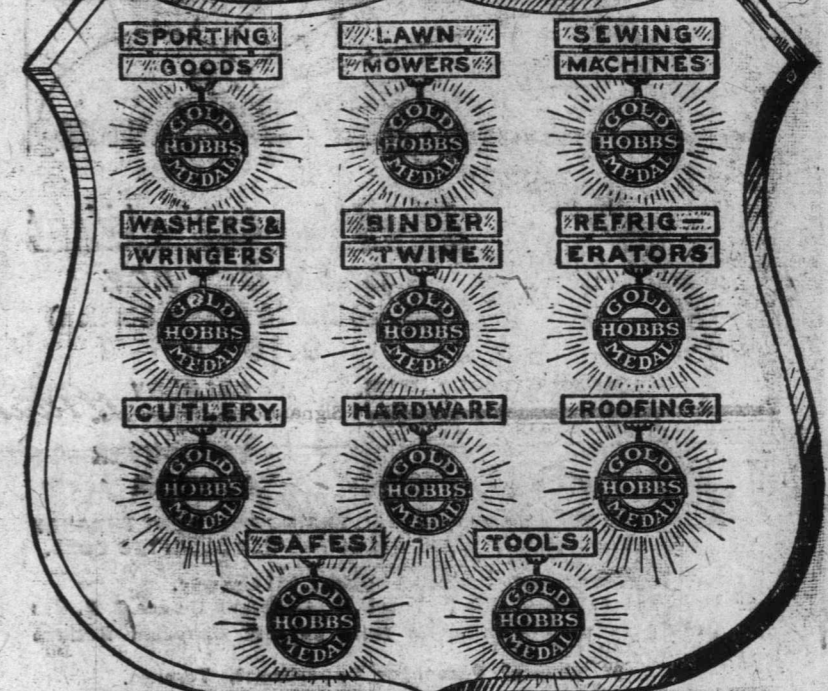
Any Woman Can Dye And Keep in Style

"DIAMOND DYES" TURN FADED SHABBY APPAREL INTO NEW. Don't worry about perfect results. Use "Diamond Dyes" guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods,—dresses, blouses, stockings, skirts, children's coats, feathers, draperies, coverings. The "Direction Book with each package tells so plainly how to diamond dye over any color that you can not make a mistake. To match any material, have druggist show you "Diamond Dye" Color Card.

Wm. H. Frost the President of the Smith's Falls Malleable Castings Co. died at the age of seventy-three.

P. W. Wade has resigned as Secretary and Manager of the Ontario Winter Fair at Guelph, and J. E. Retter former Assistant Secretary, has been appointed in his stead.

HOBBS GOLD MEDAL



"QUALITY" OUR WATCHWORD

The "Gold Medal" Label Shields You Against Unknown Hardware Goods

Easy to remember! Think of "GOLD MEDAL" when you want the best! Look for the Gold Medal Label on any article and you will know instantly—without question—that it must be right.

For Sale by All First-class Hardware Dealers