


Use Only 1 Teaspoonful
of Armour's Extract of Beef for a cup of Beef Tea. Yes, some require a whole teaspoonful—but they are not Armour's.

ARMOUR'S Extract of Beef
is the different and better kind. It contains all the strengthening properties—all the rich delicious flavor—of prime roast beef. Test it yourself—see how much more tasty soups, sauces, and gravies are—and how much longer it lasts—when you use ARMOUR'S.

Sold by all Grocers and Druggists
ARMOUR LIMITED, TORONTO.



Some Fine Cut Facts.
Soda water is now prescribed for hunger, especially for the abnormal hunger produced by disease. It is claimed that Costa Rica has a greater variety of animals than any other country. Of birds alone there are about 700 kinds.

One of the latest industries developed in Vienna and Berlin is the cleaning of playing cards. They are subjected to various processes and emerge looking like new cards.

Several years ago a company was formed in London which offered to all women who, for a certain time, bought half a pound of tea at their stores a pension of 19 shillings a week if they lost their husbands. The list of widows gradually reached 20,000, and the company had to suspend payment.

India has a staff of mounted army nurses. The Indian Government allows these women of the Indian nursing service 30 rupees a month for the upkeep of their horses and free conveyance of their animals to and from active service. This corps of nurses are all women of good social position, and have to undergo three years' training in a general hospital before qualifying.

WHOOPIING COUGH GROUP

Don't let the child suffer. Instant relief and a permanent cure is obtained with

DR. SLOCUM'S COLTSFOOTE EXPECTORANT

It heals and soothes throats that are worn and inflamed with coughing, arrests the progress of disease, and effects a complete cure speedily.

Sold by all druggists. Price 10c. and 25c. per bottle. Dr. Slocum, Limited, Toronto.

Lime, Cement AND Cut Stone.

We keep the best in stock at right prices.

JOHN H. OLDERSHAW,
Thames Street,
Opposite Police Station.

Y-Don't you have a neat Photo of yourself taken at the GIBSON STUDIO, Cor. King and Fifth Sts.

25c. BIRD BOOK FREE
Thousands sold. But this book free by sending us a bird house and address and three recent newspaper clippings. If desired we will send you a list of bird books or stamps for this month.

BIRD SEED (Post paid) 50c. per lb. and 10c. per lb. for 10 lbs. Send your order to the publisher, 100-102 W. Madison Ave., Chicago. They will send you an order on your druggist for a 50-cent bottle free, if you will state the disease to be treated.

Liquozone Free!
Any sick person who has never used Liquozone should write the Liquozone Co., 69-71 W. Madison Ave., Chicago. They will send you an order on your druggist for a 50-cent bottle free, if you will state the disease to be treated.

Minard's Liniment used by Physicians.

FOR YOUNG FOLKS

A TOOTHPICK BOMB.

It will Blow Your Little Toy Demon High in the Air.

Here is the way to make a simple apparatus out of which you can get a lot of sport: Select five toothpicks. They must be as long as you can find and quite straight and without any imperfections.

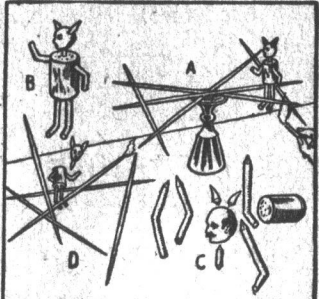
Lay two crosswise on the table. Lay a third one on top of these two in such a way that it will divide the cross formed by the first two into equal parts.

Then adjust the two remaining toothpicks across the ends of the others in such a way that the complete arrangement shall be in the form as shown in Fig. A of the picture, where the toothpicks are depicted as resting across the foot of an inverted tumbler.

Now you must make the figure of the little demon. Make the head of kneaded breadcrumbs or of wax. The body is made of a small cork. The limbs are made of toothpicks or matches whittled into the shapes shown in Fig. C.

Fig. B shows the completed body. Having adjusted the toothpick apparatus on the foot of the tumbler, balance the little figure on the end of the middle toothpick, as shown in the picture.

Now light a match and set fire to one end of the apparatus. When the fire burns to the point where the toothpicks are braced against each other the whole thing will fly apart with the effect of a little infernal machine and the figure will go hurtling into the air. If you do not join your little demon together too tightly it will fly to pieces, too, when the crash comes, as shown in Fig. D.



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REAL BRAVERY.

A Boy Who Did Not Cry For Every Bump and Bruise He Got.

When Morton was a little boy his father and mother paid little attention to his bumps and bruises, and so he learned not to mind them himself.

One day, when he was five years old, he was playing with his dearest friend, Wilfred, across the street. Morton was at the head of the back stairs—a long, steep flight—and somehow he lost his balance and down he tumbled from top to bottom.

Hearing the noise and the screams of the other children, Wilfred's mother and a neighbor who was there, together with Ann, the kitchen girl, rushed to the spot. Morton reached the foot of the stairs, and, turning to look at the way by which he had come, he said cheerily:

"That was quite a fall, wasn't it?"

On an earlier occasion Morton displayed even greater bravery and endurance. He was on a visit to an uncle with his father and mother, and they had been for a drive in his uncle's carriage. The small boy wanted a longer ride, and the coachman who had taken a fancy to the lad, said that he might ride round to the stable and that he would bring him home when he came. So Morton jumped in again, happy enough. The coachman gave the door a bang. Alas, one of the little hands chanced to be right in the way of that door! Nobody saw it, but they heard a sudden cry of pain. When they turned the little fellow's lip was quivering, but not even a whimper did he make.

"That was my thumb!" he remarked, holding it up to view.

Of course everybody was sorry, for they all knew how such an injury hurts; but, although it was enough to cause the loss of the nail, there was never any further ado about it—Youth's Companion.

Willie's Question.
Where do you go when you go to sleep? That's what I want to know! There's loads of things I can't find out. But nothing bothers me so. Nurse puts me to bed in my little room. And takes away the light. I muddle down in the blankets warm and shut my eyes up tight. Then off I go to the funniest place. Where everything seems queer. Though sometimes it is not funny at all. Just like the way it is here. There's mountains made of candy there. Big fields covered with flowers. And lovely ponies and birds and trees. A hundred times nicer than ours. Often, dear mamma, I see you there. And sometimes papa, too. And last night the baby came back from heaven. And played like he used to do. So all of this day I've been trying to think—

"Oh, how I wish I could know— Where babies that wonderful country is! Where sleepy little boys go."

—Independent.

Indian Names.
Quasqu—A blue heron.
Deedeeash—A blue jay.
Uuk-Wank—A porcupine.
Mitchee—A ruffed grouse.
Koykaws—A barred owl.
Umquettuin—A moose.
Upweckis—A Canada lynx.
Skooktum—A trout.
Sekagadagee—A Canada grouse.
Kunaseekko—A sheldrake.—Wood Rambler.

Give the Children

"FRUIT-A-TIVES" whenever the head aches, the stomach gets upset, or Constipation troubles them. Little folk may take them every day in the year without fear of ill-effects. It's just like giving them rice, apples, oranges, figs and prunes. That's what

Fruit-a-tives

or Fruit Liver Tablets are. The fruit juices are so combined by our secret process, that the medicinal action is intensified many degrees. Nothing like them keep the children plump and rosy—and free of the stomach and bowel troubles of childhood. Equally effective with grown folk. 50 cents a box.

FRUITATIVES, Limited, OTTAWA.

HOW TO BUILD UP CANADA.

Drastic Rules Suggested by Prof. Goldwin Smith's Private Secretary.

I.—Put several politicians in jail and keep them there.

II.—Stop the eternal and infernal political wrangling and jangling, and get down to work.

III.—Educate Canadian boys and girls so as to fit them for life in Canada. Teach them to produce (to use Carlyle's pet phrase).

"There are 799,331,000 acres of forest land in Canada, but not one single, properly-equipped School of Forestry. And will anyone pretend to say that our agricultural colleges, our experimental farms, our engineering colleges, our mining schools, our biological, marine, or lacustrine laboratories, our technical schools, or our schools of science (all so necessary to our material development), are adequate to the needs of the country? What are our universities chiefly teaching? Why, Latin and Greek and Literature and Modern Languages and Philology and Theology—things that tempt men to leave their native land, not stay in it and develop it."

"I visited once, some years ago, a high school in a little Ontario country town, situated in the midst of a great stretch of beautiful and fertile soil, all of it covered much of it by the bordering on a bountiful and navigable lake. Its head master told me, evidently with pride, that his upper classes were reading Plato's 'Laches,' and Tennyson's, 'The Princess.' A Mother's Sons' day, perhaps, some one will have the sense to substitute for Plato and Tennyson, tuition in intensive farming, scientific dairying, stock-raising, horse-breeding, poultry-keeping, fruit-growing and preserving, bee-keeping, pisciculture and fish-culturing, and forest-conservation. I should think the sooner that day came the better."

IV.—Build up the Empire of which Canada is an integral part, by furthering its interests, sharing its responsibilities, and contributing to its defence.

V.—Buy, whenever feasible, the necessities of life from Canadian manufacturers, and boycott, whenever possible, everything made outside the Empire, that would put a stop to a lot of tariff talk.

VI.—Tempt British capital to invest in Canada, and good British emigrants to settle here.

VII.—Believe in the country, work for it and in it—and don't talk about it.—Arnold Hamilton, in Canada First.

He Will Cure You First—Then You Pay Him

The physician, who has not sufficient confidence in his own ability to cure his patient first, and receive his pay afterwards, is not the man to inspire confidence in those who are in search of a cure. Dr. Goldberg's acceptance of cases for treatment is equivalent to a cure, because a cure is never accepted in a curable case. He is satisfied to cure the money for the value he has given the patient, but he expects to receive his fee before he asks for the fee. So, should he fail to cure the case, the patient loses nothing, while the doctor, when he cures the patient, has given him what is worth much more than money—he has given him his health.

Dr. Goldberg is the first specialist in the United States or Canada, who has had sufficient confidence in his ability to cure the afflicted that he has a dollar need to be paid until cured.

There is no guesswork, no experiment about his method. He is a known expert in his chosen specialty, and offers you the best, and only the best treatment. When your life or your health is at stake, inferior treatment (which leaves after-effects worse than the disease itself) is dear at any price.

Dr. Goldberg has 14 diplomas and certificates from the various colleges and state boards of medical examiners, which should be sufficient guarantee as to his standing and ability. It makes no difference who has cured you, or how, but it is to your advantage to get the doctor's opinion of your case free of charge. He wants to hear from you, and he will be glad to see you, if you are unable to come. He will send you a book, which contains the 14 diplomas and certificates, entirely free. All medical fees for Canadian patients sent from Windsor, Ont., duty and transportation prepaid. Address, Dr. B. Goldberg, 208 Woodward Ave., Suite 511, Detroit, Michigan.

Keep Minard's Liniment in the House.

WHAT IS WORN.

Blue and Brown Pailletted Evening Gowns—Odds and Ends of Dress.

Both brown and dark blue are being used for evening wear. The brown net is thickly sewed with shaded copper sequins, while the blue is similarly decorated with moonlight blue paillettes.

Tinted laces of all shades are prime favorites for evening gowns. Cunning little cravats of satin folded around the neck and finishing in fringed ends are popular this spring. Pelerine capes will be much worn. These are of plaited taffeta trimmed



A USEFUL COAT.

with taffeta of a lighter shade and chiffon ruffings.

Three-quarter coats of delicately tinted pongee and of white cloth are trimmed with fringe and handsome embroideries in self colorings. The much admired unlined dress of black china silk is among the useful and dainty summer togethers always worn by smart women.

Black petticoats of soft satin are dainty if thoroughly ruffled and edged with narrow black lace. They will also—and this is a consideration for the woman who has a meager purse—outlast at least three taffeta skirts.

The illustration shows a three-quarter coat of black cloth trimmed with panne, white cloth and gilt buttons.

JUDIC CHOLLET.



WALKING COSTUME.

Intervals around the hem of a skirt or the edge of a blouse and are repeated in corresponding style on the bolero or bodice.

Narrow frills must be taken into account also in enumerating the different trimmings. They add an ornate appearance to the simplest of gowns.

Bands of shirtings now attain the proportions of three or four inches in width, and in many cases they are edged on either side with wide irregular applications of lace.

The new coats as well as the gowns display rich undersleeves of lace and mull. The newest undersleeve is one composed of many tiny ruffings.

The new spring silk frocks are of taffeta and a soft, luminous weave of French silk. They require to be plaited, gauged or trimmed in some way to give them chic folds.

Fine black cloths always form a smart costume, and in the illustration you will see an example of this. Pin tucking figures largely on coat and skirt. The latter, by the way, is a very new model.

JUDIC CHOLLET.

Abbey's Effervescent Salt

prevents that weary, tired-out feeling that comes

In The Spring

It clears the bowels regularly and without the slightest discomfort. Keeps the stomach clean and sweet, quickens the action of the liver, leaves no astringent after-effects, clears the head, and tones up the whole system.

It is the simplest and most effective remedy for all the ills and ails of the summer season.

Sold by all druggists. 25c and 60c a bottle.



YOUR BUILDINGS

Need repairing. Who will furnish you with better Lumber at more reasonable prices than we can?

PINE and HEMLOCK

rough or dressed in large or small quantities. Give us a chance to figure on your contracts and we will prove that our prices are the lowest.

Blonde Lumber and M'g Co. Ltd

Phone 52, Lumber Dealers, Builders and Contractors

WE HAVE ON HAND

A LARGE SUPPLY OF

LIME, CEMENT, SEWER PIPE, CUT STONE,

at All of the best quality and at the LOWEST POSSIBLE PRICES

J. & J. OLDERSHAW

A Few Doors West of Post Office.

To Look Clean

Is gratifying

To be Clean

Is satisfying. You will enjoy both when you place your linen with us, for we do our work by the most modern methods known to our art.

The Parisian Steam Laundry Co. Phone 20

Glenn & Co., WILLIAM ST.

Import direct the finest Ceylon, Assam and China Tea, Black Gunpowder and Young Hyson, Best English Breakfast Tea 35c and 40c.

Spring Styles...

OUR SPRING WOOLLENS are winners for us, and the

be winners for you.

LET'S MEASURE YOU now before the rush, for your EASTER SUIT?

Every garment is made in the building by masters of the trade, who take pride in turning out good clothes.

Spring Suits from \$15.00 Up. Trousers from \$3.00 Up, all made to Measure

The Woollen Mill