REPLENISH **YOUR BLOOD** - IN THE SPRING

Just now you are feeling " out of sorts"-not your usual self. Quite ex-hausted at times and cannot devote Sleep does real energy to your w not rest you and you "all tired out." Per is flying through y matism

nts, or may be your s

ed by rashes, boils or pimples. nead-aches, twinges of neuralgia, fits of nervousness, irritability of temper and a disordered stomach often increase your discomfort in the spring

The cause—winter has left its mark on you. These troubles are signs that your blood is poor and watery, that your nerves are exhausted. You must renew and enrich your blood at once and restore tone to your tired nerves, or there may be a complete break-The most powerful remedy for down. these spring ailments in men, women

weak nerves.

New, rich, red blood-your greatest comes clear, your eyes bright, your better, sleep better, and are able to do your work.

Begin your spring tonic treatment o-day for the blood and nerves with bo-day for the blood and nerves with Dr. Williams' Pink Pills — the Pills ings from the streets are to be turnthat strengthen.

These Pills are sold by most dealers, but do not be persuaded to take "some-bhing just the same." If you can't get the genuine Pills from your dealers they will be sent you by mail, post paid, at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' table Medicine Co., Brockville, Ont.

NEW FOUNTAIN OF YOUTH.

Recently Field Marshal Von Hinden-Recently Field Marshal von thinden burg gave expression to some inter-esting views regarding the influence the war has held on the youth, vitality and energy of the men engaged in it. It was at his headquarters in Russia a few weks ago that the field marshat received

age to keep your health and look younger than your sixty-eight years in all the storm and stress of this all the storm and stress of this cam-paign. I understand you go to bed very late and get up very early. Yet you appear in better health than ever

'My friend, it is all a matter of the will. weather is stormy or the sun is ing; you don't even notice it. shining; you don't even notice That is what is keeping me young."

GERMANS HOME GARDENS. been broken, and the Gordons were Strict Account of Seed Sales Are Kept.

The Imperial Government, which had taken no action last year for the encouragement of vegetables growing, has now established a special bureau and children is Dr. Williams' Pink at Berlin for that purpose. It has ap. The scrap was short and sharp, t Pills for Pale People, because these pointed a horticultural expert to take Canadians beating back the Huns." weak nerves.

charge of it and to inaugurate and con-duct a country-wide campaign for the increase of vegetable production. His plan of operations embraces practical measures of help, besides more pro-paganda. All available lands about by Dr. Williams, Pink Fills, and with this new, pure blood in your veins you quickly regain health and increase your strength. Then your skin be comea clear, your over brickt, your defined to garrength. Then your skin be-cultivated. The superintendent of gar-clear, your eyes bright, your dening is communicating with the vari-strong, and you feel better, eat ous economic war organizations to in-sleen better, and are able to

manure for the armies of volunteer gardeners thus to be called into the field; the waste from slaughter houses

ed over to them at a very low cost. Not only will vegetables be grown in greater quantities than ever before, but the preserving of them will be on a larger scale than ever known. The 52 camping and proceeding for 52 canning and preserving factories at Brunswick (the centre of the industry) put up about 200,000,000 cans of vegetables from last year's crop, as compar-ed with 70,000,000 cans for 1914.

Paris Dressmakers Crowd to Patronize Disabled Soldier.

Disabled soldiers are already findago that the field marshai Figaro notes the presence in the call from an 80-year-old streets of one armed knife grinlers, the received a call from an 80-year-old streets of one armed Knife grinders, man who had been a neighbor of his one of whom, it says, was seen wear-for a long time. He was delighted to ing the War Cross. He did a thriving see the aged man so full of energy business in the Rue de la Paix, where and vitality and made some complete and vitality, and made some compli it seemed as if all the dressmakers mentary remarks on the care he took had suddenly decide to have their

"But, my dear field marshal," re-plied the aged man, "I am at home, anjoying every comfort, and have lit-ule else to do but look after myself. I give some souvenir to his customers. am, however, wondering how you man-this modern "remouleur" gave a copy

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Baby's Own Tablets are guaranteed by a Government analyst to be absolureplied the field marshal. "What-tely safe and free from injurious aid from the city fathers. will," replied the field marshal. "What ever happens I make up my mind to face it, and there is the whole secret of youth. All that is necessary is to have some fixed purpose, some aim or ambition ever before you, and it is amazing how cheerfully you will do your work. Then it is that you have no time to think of getting old. You sleep less and eat less, never think of looking at the clock, but simply work, work, work. It is immaterial whether

LESSON FOR AMERICANS.

mid all and the second states

triment for work or play

with the least tax upon the

Made in Canada.

IN A LITTLE FRENCH VILLAGE.

Inhabitants Made Cave Dwellers By

Constant Shelling.

In the last 18 months we have been

in probably 200 different towns or vil-lages, but the most peculiar of all was

digestive organs.

Your Ninety-First sent up to relieve the situation. N.C.O. writes: "We reached The Birthday-how are you N.C.O. writes: We reached the other side (of a belt of trees) and f d the Huns coming on. We got the order to charge when they were the going to celebrate it? You can live to celebrate it by

Kept.other side (of a belt of trees) andEverything indicates that the greatfI the Huns coming on. We gothome gardening campaign of 1915 isthe order to charge when they wereto be duplicated in Germany thisabout 300 yards off. We reducedyear, but on an even more extensiveabout 300 yards off. We reducedscale.Seedmen report that peoplebayonet, and then we lay down andin January and the buying is now proceeding at a rate never before known.The great dealers at Erfurt, where theseed industry has its centre, are answering mail orders with printed post-The strictest care is being taken thatseeds be bought only for bona fide purposes. An American in Berlin, the
owner of a small garden, ordered seedyotatoes from Erfurt, and was surports to ut the Canadianpotatoes from Erfurt, and was surposes.american in Berlin, the
owner of a small garden, ordered seed
potatoes from Erfurt, and was surposes.other side (of a belt of trees) and
f eating the right kind of foods. Give Nature a chance. Stop digging your grave with your teeth. Cut out heavy meats, starchy foods and soggy pastries and eat

Shredded Wheat Biscuit. It supplies all the nu-

the second se

owner of a small garden, ordered seed potatoes from Erfurt, and was sur-prised a week later to receive from a dealer a blank form on which the police were to certify to the fact that have seen a let, but the Canadian police were to certify to the fact that ians, with a roar like the crashing he owned a garden and was therefore entitled to buy seed potatoes. Other-forward. Clean over our heads they wise he might have got seed potatoes that cost threefold more than ordinary bayonets, clubbed rifles and every-thing. In one case I saw a stalwart thing. In one case I saw a stalwart Canadian seize a Hun and, lifting him high over his head, fling right into the middle of their barbed wire. The scrap was short and sharp, the

> Manitoba Woman Sends Message

> TELLS SUFFERING WOMEN TO USE DODD'S KIDNEY PILLS.

Were Wonderful. Stewart Valley, Sask., April 3rd. (Special.)—Mrs. F. J. Garlis, wife of an estimable resident of this place, is enthusiastic in her praises of Dodd's Kidney Pille of a secon

I took four boxes of Dodd's Kidney shelled ever hour between noon Pills and they helped me more than I can tell you." noon. At the sound

recommend Dodd's balles perdues or stray bullets Kidney Pills too highly.

spattered into the town Backache is the bane of the average This constant shelling had demolished the church, schoolhouse and many of the dwellings of the town, but the parish pricet price of the town, but the woman's life. It is accompanied by a weakness and lassitude that makes of the dwellings of the town, but the parish priest moved both church and school into one of the caves, and there the children learned their lessons on weekdays and on Sunday gathered life a burden. But thousands of women all over Canada are telling their suffering sisters that relief and cure is to be found in Dodd's Kidney Pills. with their elders for the service custom for an itinerant grinder to They cure the kidneys and nine-tenths church, secure from both bullets and of women's ills come from diseased or shells disordered kidneys.

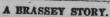
Saving for a Sunny Day.

Jake Penticoff was a unique character. He had a large family, and al-though he was reasonably diligent in the use of saw and axe on the village many other places.

It is immaterial whether is stormy or the sun is liams Medicine Co., Brockville, Ont. your family to the circus?"

"Oh, no," said Jake, "I already got

Nervous Old Lady (as train stops to suddenly)-What's the matter Trainman-There is a 200-foot embankment here and a whole train just rolled down it. Nervous Old Lady-Oh, dear; I hope it wasn't ours. Minard's Liniment Cures Dandruff



Lord Bassey, despite his great age, is very keenly interested in the war, and has presented his famous yacht, Sunbeam, to the Government of India for his love of an outdoor life, Lord Brassey in his younger days was an enthusiastic amateur cricketer, and many a game was played on his es-On one occasion, the players be tate. ing short of an umpire, one of his lordship's footmen was asked to fill the position. During Lord Brassey's innings a swift ball came and took the bail off neatly. "How's that?" he asked of the footman umpire. "I am asked of the footman umpire. "I am afraid, your lordship,' said the man politely, "I must say that you are not at home." "Not at home !" exclaim-ed the noble batsman in surprise. "What do you mean?" "Well," re-turned the footman, with a neat bow, "If north lordship must have it was "if your lordship must have it, you are hout!"

Man's Adaptability.

It's funny how a man whose health is so poor that his wife has to carry the baby when they go out anywhere when they go out anywhere can walk fifteen miles around a lodgeroom with sixty pounds of robes and knick-knacks on him.

Minard's Liniment Relieves Neuralgia. Part of Treatment.

Patient (to pretty nurse)-Will Minard's Liniment for sale everywhere Pretty Nurse-Certainly.

Patient-Then you love me? Pretty Nurse—Oh, no; that's mere-ly a, part of the treatment. I must keep my patients cheerful; I promised this morning to run away with a married man who had lost both his



REMEMBER! The ointment our child's skin gets just as surely as



Heard in Court.

Plaintiff's Lawyer-I rest the case. Defendant's Ditto-You ought to; it's pretty weak.

SEED POTATOSS

SEED POTATOES, IRISH COB-blers, Deleware, Carman, Or-quotations. H. W. Dawson, Brampton. NURSERY STOCK

HIGH-CLASS NURSERY STOCK -buy and save middleman's profits write for catalogue, Dominion Nurseries (Smith, Reed & Co.) St. Catharines, Ont.

HELP WANTED.

WANTED GIRLS FOR KNITTING and Finishing Departments; good wages. Apply Kingston Hoisery, Co., Ltd., Kingston, Ont.

W OOLEN MILL HELP, CARDERS spinners and weavers. We will pay inexperienced help while learning weaving. Good wages paid in all these departments and steady work for to come. For further particul-to the Slingsby Manufacture





lages, but the most peculiar of all was the little town of P—. It was less than 2000 yards from the German lines, yet the civilians still live in the town, although not always in their houses, says a writer in Leslie's Magazine. A steep-sided, horseshoe-shaped hill incloses the little valley in which the town lies and the toe of the Mrs. F. J. Garlis, Who Suffered With Backache, Says That the Results She Got From Dodd's Kidney Pills Were Wonderful Were Wonderful.

"Dodd's Kidney Pills have helped me wonderfully," Mrs. Garlis says in an interview. "A year ago I was so bad with my heek Loweld her it WAR CROSS ON KNIFE GRINDER an interview. "A year ago I was so We were to be bad with my back I could hardly move. but during

I can tell you." Mrs. Garlis is now able to attend to her household duties as well as nurse her fine big baby boy and she feels that she cannot recommend Dodd's that she cannot recommend Dodd's ing their way into minor occupations her nousenoid duties as well as harse —the "petits metiers." The Paris that she cannot recommend Dodd's

> The remains of the furniture from the shattered church and school build-ings had served to scantily furnish the cave. The unconcern with which the people of this village looked upon the

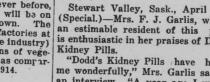
woodpiles, he frequently came to seek Eves inflored Eyelids For Book of the Eye Free write Murine Eye Remedy Company, Chicago

tat safed up. Yes, I got money go to the circus." Hard Luck. Mrs. A .- You seem to have bad luck with your cooks. Mrs. B .- Yes; the first stayed only in three days and the second I can't

Springhill, N.S.

money.

dier.



WISE HOSTESS.

Won Her Guests to Postum.

"Three great coffee drinkers were my old school friend and her two letter just received in New York from daughters.

"They were always complaining England: and taking medicine." (Both tea and The su (Both tea and coffee are injurious to many persons, at every turn. Lord Ruthven—a because they contain the subtle, pois- Crimean veteran, 77 years old, but as onous drug, caffeine.) "I determined spry as a cricket and twice as jolly, to give them Postum instead of cof-fee when they visited me, so without shal of London-took me the other saying anything to them about it, I day to Victoria Station to see the made a big pot of Postum the first seven days' leave of absence men morning. start back for the trenches. Their

"Before the meal was half over, womenfolk were there, and no weep-each one passed up her cup to be ing, no embracing and falling in a refilled, remarking how fine the 'cof-faint, but just kiss, a bright smile, fee' was. The mother asked for a "good luck," a wave of the hand-third cup and inquired as to the brand kerchief as the train pulled out, and of coffee I used. I didn't answer has the habies in their arms highly highly an easy quick shave. of coffee I used. I didn't answer her the babies in their arms kissing their question just then, for I heard her hands to "daddy," whom perhaps whom perhaps say a while before that she didn't like (and probably) they will never see Postum unless it was more than half again. I wish people from St. Louis, coffee. Kansas City, Atlanta, and Omaha

"After breakfast I told her that could come over here and get it into the 'coffee' she liked so well at break- their heads that an ardent longing fast was pure Postum, and the reason for peace is not the finest thing in she liked it was because it was pro- the world, and that they have wealth perly made and comfort and ease now because

"I have been brought up from a their forefathers knew what was nervous, wretched invalid, to a fine right and fought for it. And the condition of physical health by leav-

"I am doing all I can to help the more in France) and come over to learn here (and even world from coffee slavery to Postum the chief end of life and that there freedom, and have earned the grati-tude of many, many friends." Name than screw the last cent out of your given by Canadian Postum Co., Wind- friends on war contracts in the hour sor, Ont. Postum comes in two forms: of their need.

Postum Cereal-the original formmust be well boiled. 15c and 25c pkgs Instant Postum-a soluble powderdissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both forms are equally delicious and cently received in Scotland describes cost about the same per cup.

"There's a Reason" for Postum. -sold by Grocers. The lines of a British regiment had

Superb Spirit of People in England Praised by Traveller. The following are extracts from a

get rid of. The superb spirit meets you here

BEAT BACK THE GERMANS.

Against the Enemy.

Shaving a Pleasure -Not an Operation,

USE IT, the wonderful new skin food and wrinkle chaser, is a boon to men with heavy, wiry beards and tender skins.

A man who has used it for a short time said recently: "Shaving is a pleasure now. I used to consider it almost an operation."

MINARD'S LINIMENT.

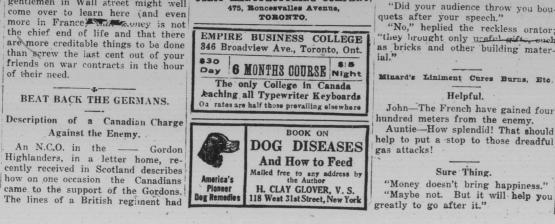
Usit penetrates into the pores, softens the beard, and gives a clean, close shave. The beard peels right off, without pull-ing a hair. Bay of Islands. J. M. CAMPBELL, I was cured of Facial Neuralgia by MINARD'S LINIMENT.

Usit is kind to tender skin. There is no smarting or soreness after shaving. Gives the face a fine feeling of smooth-ness and freshness.

Useit prevents dryness of the skin caused by exposure to excessive winds. Albert Co., N.B. GEO. TINGLEY

Accept no substitute.

Was ficient for over six weeks' use. USEIT MANUFACTURING COMPANY



Worsted by War She-Your friend doesn't seem very happy.

I was cured of Acute Bronchitis by

I was cured of Chronic Rheuma-

Utility.

Helpful.

Sure Thing.

tism by MINARD'S LINIMENT.

WM. DANIELS

Her Fear.

He-Poor chap! Just lost a pot of She—Through the war, I suppose, He—Yes; the girl married a sol-

11-

It is made of metal, nickel plated, of a convenient size.

THERMO

WATERLESS

Simply boil the "Thermor" for ten minutes only (no longer) and it stays hot for full twelve hours at an even temperature of 125 deg. Recommended by physi-cians on account of the steady heat and sanitary metal case.

No trouble - no filling - no danger of scalding the handsno leaks—no expense and one purchase lasts a lifetime.

In sickness, such as Neuralgia, La Grippe, Rheumatism, Neu-ritis, Inflammation-in fact all aches and pains, the "Thermor" is invaluable. As a bed-warmer and a foot-warmer it has no equal.

"The "Thermor" measures 81/2" across and is 11/2" thick. yet it weighs less than a filled two quart rubber bottle. The price is \$4.00 sent Postpaid anywhere and sold under an absolute guarantee from the makers.

High-class representatives wanted in some territories. GOLDEN GATE MANUFAC-TURING COMPANY, LIMITED 9 Youville Street. Montreal.

