

A MEDICINE FOR SPRING

Do Not Dose With Purgatives
A Tonic is All People Need.

Not exactly sick—but not feeling quite well. That's the way most people feel in the spring. Easily tired, appetite variable, sometimes headaches and a feeling of depression. Perhaps pimples or eruptions appear, or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order; that in-door life of winter has left its mark upon you and may easily develop into more serious trouble. Don't dose yourself as many people foolishly do with purgatives in the hope that you can put your blood right. Purgatives gallop through the system and weaken instead of giving strength. What you need in spring is a tonic medicine that will make new, rich blood, build up the weakened nerves, and thus give you new health and strength. Dr. Williams' Pink Pills is the one medicine that can do this speedily, safely and surely. Every dose of this medicine makes new, rich, red blood, strengthens the appetite, clears the skin, and makes tired depressed men and women, bright, active and strong. Mr. Harry Huggins, Oshawa, Ont., says: "I don't think there is anything equal to Dr. Williams' Pink Pills as a cure for nervousness, indigestion and a run down condition of the blood. For some time I was a sufferer from these troubles. I tried several remedies but nothing helped me until I began taking Dr. Williams' Pink Pills. Before taking them I felt like an old man, but by the time I had taken four boxes my strength had returned, my appetite improved, my nerves were steady and I was feeling a renewed man."

If you need a medicine this spring—and most people do—try Dr. Williams' Pink Pills and see how speedily they will make you feel like a new person. Sold by all the medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

ORIGIN OF "ROBIN ADAIR."

Those who have a leaning to the sentimental side of history will accept the version that the hero of the ballad was a young and handsome Irish surgeon who, finding his way into London society about the middle of the eighteenth century, was fortunate enough to secure the affections of Lady Caroline Keppel, daughter of William, second earl of Albemarle, and his wife, Lady Anne Lennox, daughter of Charles, first duke of Richmond. The match was naturally looked on with disfavor by the family of the young lady, and it was during a period of temporary separation that Lady Caroline is said to have written the words of "Robin Adair," and set them to the old Irish tune of "Eileen Aroon," which she had learned from her lover. At length however, love triumphed, and the pair were united on Feb. 22, 1758. Within a few days Adair was appointed inspector general of the military hospitals, and, subsequently becoming a favorite of the king, was made surgeon general, king's sergeant surgeon and surgeon of Chelsea hospital. He died in 1790, leaving an only son, who entered the diplomatic service and became the Right Hon. Sir Robert Adair, G.C.B.—London Notes and Queries.

The Marconi Telegraph Company is now accepting messages for Canada at a rate of 16 cents per word.

SPARKLES.

Little Willie (reading)—'Say, pa, what is a franchise grab? Pa—'A franchise grab, my son, is something that occurs when the guardians of the people's interests keep their hands open and their eyes closed.'

'If you please, ma'am,' said the servant from Dublin, 'the cat's had chickens.'

'Nonsense, Gertrude!' returned the mistress of the house, 'You mean kittens. Cats don't have chickens.'

'Was them chickens or kittens that master brought home last night?'

'Chickens, of course.'

'Well, man, them's what the cat has had.'

"Madame, your husband does not seem to have any organic trouble," said the physician. "Land sakes, no!" exclaimed Mrs. Pneuritch, "Not in this neighborhood. But the folks that live next door to us have a graphophone that worries him nearly to death."

Dr. Stubbs had a high opinion of the value of Butler's "Analogy" and hardly ever forgot to impress its importance on young students. This was once testified in a comical manner after a luncheon given to ordination candidates at the close of their examination.

Among the number there happened to be a very simple and exceedingly nervous young country curate.

"Good-by, Mr.—," said the Bishop, with his genial smile; "don't forget Butler, you know; don't forget Butler!"

"O, no, my lord," replied the young man, nervously fumbling in his pocket.

"I've given him half a crown already."

"No intelligent person pays any attention to ghosts," said the dogmatic person.

"Perhaps not," answered Miss Cayenne, "unless the ghost has been able to secure an introduction from some psychic research society."

"Mr. B—is making a great speech," said a countryman to the bored counsel.

"Oh, yes; Mr. B—always makes a great speech. If you or I had occasion to announce that two and two are four, we'd be just fools enough to blurt it out. Not so Mr. B—. He would say: 'If by that particular rule known as addition, we desire to arrive at the sum of two integers, we would find—I say it boldly, sir, and without the fear of successful contradiction—we, I repeat, should find by the particular arithmetical formula before mentioned—and, sir, I hold myself perfectly responsible for the assertion I am about to make—that the sum of the two given integers added to the other two integers would be four.'"

PERFECTLY SAFE.

Amelia's always playing dolls
When I am playing horse;
Because I don't play dolls with her
She calls me mean and cross!

I think that I'll give up my horse,
And make a motor-car
Of those old stuffy easy chairs,
And then we'll travel far.

Amelia shall sit in behind,
Surrounded by her dolls;
Now I'll become a trained chauffeur,
While she is making calls.

Ah! now we're off! toot-toot, toot-toot!
Just see me whirl the wheel!
I really think there never was
A safer automobile!

HEALTH AND HOME HINTS.

High-heeled boots are known to cause spinal complaints.

Glycerine and lemon juice in equal proportions whitens the hands.

A dirty sponge is easily cleaned by soaking it in a pint of hot water in which has been dissolved a teaspoon of salts of lemon.

White zephyr articles may be nicely cleaned by using flowers of magnesia; when clean shake thoroughly and hang out-of-doors.

It is claimed by a medical journal that milk taken as hot as it can be sipped has a wonderfully reviving effect after over-exertion.

One of the chief offices of a good nurse is to think for her patient. An invalid should never be teased with the exertion of making a decision.

When burning vegetable refuse in a stove or furnace, put a handful of salt into the fire with it and there will be no unpleasant odor.

The pulverized washing powders last much longer if used from a salcum powder shaker. A baking powder can with holes punched through the lid may be utilized for the purpose.

If when you are baking anything the oven gets too hot, put in a basin of cold water instead of leaving the door open. This cools the oven, and the steam rising from the water prevents the contents burning. When cooking in a gas oven a basin or tin of water should always be kept in the oven.

A Pineapple Dainty:—Ingredients:—One small tin of pineapple chunks, one pint of pineapple or lemon jelly, and one pint of custard. Cut the pineapple up into small squares and place in the bottom of a deep glass dish; then make the jelly, and pour over this, and let it set; then make a pint of custard, rather thick, so that it will set; then, when the jelly is quite firm, spread the custard over the top. Let the custard be almost cold, or it will melt the jelly and get mixed up. This is sufficient for seven or eight persons.

Potato Biscuit:—Pare and boil six white potatoes. While hot put through a ricer, then add gradually one pint of scalded milk, one-half of a cupful of butter, one teaspoonful each of salt and sugar and one-half of a cupful of flour. Let stand until lukewarm, then add one yeast cake dissolved in a little warm water and sifted flour to make a soft dough. Knead lightly, using no more flour than is needed to keep from sticking to the board. Cover and let stand again until very light, then form into small rolls, handling most carefully and greasing the hands if the dough is inclined to stick. Place in greased pans, let stand until fully doubled in bulk, then bake about twenty minutes in a quick oven.

Indian Sandwiches:—From a loaf of stale bread cut thin slices, then stamp out in two-inch circles with a biscuit cutter. Melt one teaspoonful of butter in a saucepan, stir in one tablespoonful of flour and cook slowly for a moment, then add gradually one-half cupful of thin cream or rich milk, stirring until smoothly thickened. Add about one-half of a teaspoonful of curry powder, the exact amount depending upon the kind used and the family taste, one teaspoonful of scraped raw sour apple, one teaspoonful of lemon juice and salt and paprika to taste. Stir into this one-half cupful each of finely chopped cold cooked chicken and boiled ham, beat for a moment, then stand over boiling water. Sauté the bread circles in a little hot butter. Make into sandwiches with a thick layer of the filling and send at once to the table.

The "light affliction" is, to many people, a heavy burden and a cross! To others it is an "eternal weight of glory." It all depends on the character of the one who is under the weight.