NERVOUS DISEASES IN THE SPRING

Can be Removed by Toning Up the Blood, Thus Strengthening the Nerves

Nervous diseases are more common and more serious in the spring than at any other time of the year. This is the opinion of the best medical authorities after long observation. Vital changes in the system after long winter months may cause much more than "spring weakness," and the familiar weariness and achings. Official records prove that in April and May neuralgia, St. Vitus dance, epilepsy and various forms of nerve disturbances are at their worst, especially among those who have not reached middle age.

The antiquated custom of taking purgatives in the spring is useless, for the system really needs strengthening, while purgatives make you weaker. Dr. Williams' Pink Pills have a special action on the blood and nerves, for they give strength and have cured not only many forms of nervous disorders, but also other spring troubles, such as headaches, weakness in the limbs, loss of appetite, trembling of the hands, as well as unsightly pimples and skin troubles. They do this because they actually make new, rich, red blood, which means a return to perfect health.

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

A DRIVE IN TIBET.

Surprise of Natives at Sight of Vehicle Drawn by Horse.

Before the departure of our guests I offered to take one of them for a short drive, writes F. M. Bailey in Blackwood's Magazine. The vehicle is a low seated trap just imported from India, but unfortunately no harness has arrived as yet; however, I have improvised some with rawhide and we start off down the stony road and across the bridge.

My guest and all the onlookers are vastly amused, the tears roll down their faces at the laughable idea of sitting in a chair and making a pony pull it along. There are no wheeled vehicles in Tibet, and these people had only seen the rough ekkas, which were used for transport during the expedition in 1904. Their surprise at the motor car imported by my predecessor had subsided, though they were always glad to surround and stare at it.

For sheer entertainment, however, let them gaze on the white man's new invention going down the road. After a spin of half a mile we return, but as we are crossing the narrow bridge, innocent of parapets, it occurs to me that the pony is further off than he should be.

I am puzzling over this phenomenon when suddenly the shafts slip clear of the harness, the trap tilts back and we are lying on it with our heads hanging over the rushing water and our feet pointing to the skies.

Meanwhile the pony, who "never in this wise had treated been before," tears the reins out of my hands and gallops home. The Tibetan groom with great presence of mind closes the hood of the trap so that we cannot see the awful doom that awaits us if we stir, though the danger is no further off on that account.

With some difficulty we are rescued, my Tibetan friend in a terrified condition, and I have never been able to persuade him to come for a drive again, even behind the best Cawnpore harness.

A GOOD MEDICINE FOR THE BABY

Baby's Own Tablets is the one medicine that can be given little ones with the firm knowledge that nothing but good will result. The Tablets are sold under the guarantee of a government analyst to contain no opiate nor any other drug which will harm the youngest child—they cannot possibly do harm; they always do good, and once a mother has used them she will never again give her little ones castor oil or the "soothing" stuffs which simply drug baby into temporary relief and in the end do harm. Mrs. Phillias Paradis, Frampton, Que., writes: "Send me two more boxes of Baby's Own Tablets. I have used them for constipation and have always found them very good. My baby is certainly progressing under the Tablets." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The most obstinate corns and warts fail to resist Holloway's Corn Cure. Try it.

Being a good fellow has cost many a good job.

MAN OF MODERATE MEANS.

His Wardrobe May be Meagre but He Has Bright Hopes.

"It's funny," said the man of moderate means, "how things can come around. We always think we are going to have things, but we never do; something always happens to prevent.

"You take my own case, for instance. I'm wearing a summer suit that I've been wearing continuously the year around for three years. It's a dark suit, appropriate in color for any season, and that's good, and it's in good condition. A little shiny, perhaps, but it's not a bad looking suit; in fact, it's pretty good, and I'm not ashamed of it anywhere.

"How does it come to look well after three years' wear? Because I take care of it very carefully. I take it off when I get home at night and put on an old suit; I don't sit around in my good suit and get it all wrinkled and bulged out of shape. I hang it up carefully to help keep its shape. I brush it and keep it clean, and it really looks well. I am free to say, though, that I would like a new fresh suit; I am willing to admit that I'd feel better and freer in a new suit than I do in this one, good as it is; and every spring and fall, as the seasons come along, I say to myself: 'Now this spring I am surely going to get a new suit,' and I think I see the way clear to it, and I am going to have the money.

"But then when the time comes, why, I brush the old suit up and I get it repaired and pressed, generally put in order, and really I think it will do.

"You see we have so many uses for money. There are things that we must have, things that maybe don't cost very much, but that you have to spend som thing for all the time as you go along. All these things, small as they may be, eat up the money, and if your means are moderate you find you don't have much margin—as a matter of fact next to no margin—and when the time comes when you want something that costs a lump sum, why, you haven't got it.

"And that's the way things look to me just at the present moment about the new suit I was going to get this spring. Nothing doing that way this spring I guess after all; but I think I'm sure to hit it this fall—I mean next fall. I think things 'll clear up so that I can have a suit in the fall anyway.

"Meanwhile, I'm not worrying, not even disturbed. I'm blessed with health and strength and I'm not so old as I might be, and if I haven't got a very extensive wardrobe I think I must have a corner on hope. I see nothing but bright prospects; I have never a doubt that some day I'll have all the clothes I want, and I wouldn't be surprised if I had even fancy waistcoats."

Shiloh's Cure
quickly stops coughs, cures colds, heals the throat and lungs. • • • 25 cents.

USEFUL HINTS.

Valuable Bits of Advice for Housekeepers and Others.

Some new hints for the housekeeper, or for any woman for that matter, are given in an English magazine called the Matron. For example, one needn't be a housekeeper, or even a woman, to be glad to kow what to do when a fishbone is stuck in one's throat.

According to this authority the proper thing is to hand the sufferer a lemon. If it is sucked for a little while the bone will move on. In one case it succeeded after the bone had been in the throat two days.

Another use for lemon juice is to remove warts. This is done by dropping it on twice a day.

To retain the color and gloss of a white silk blouse after washing put a teaspoonful of alcohol into the rinsing water. This keeps it from turning yellow and gives it when ironed the gloss of new silk.

To clean the lace yolks and sleeves of waists sprinkle the lace freely with powdered borax, then roll it up and fasten with pins. Let it remain for at least twelve hours, then shake out and brush with a clean soft brush.

To remove ink stains from carpets take a saucer of fresh milk and a clean soft rag. Renew the milk if necessary and wash finally with clean water.

To take coffee stains from any material rub a little glycerine into the stain and then wash it with hot soap and water.

To prevent milk from scorching when it is being boiled sprinkle a little sugar into the saucepan after the milk is poured into it. Do not stir the milk even though the pan is a very thin one. The milk will not burn, but will leave the saucepan as clean as if only water had been in it.

The grocer's boy was lumbering up the kitchen stairway with his arms full of packages. "Boy," said the mistress of the house, somewhat sharply, "are your feet clean?" "Yes'm," he answered, still climbing the stairs. "It's only me boots that's dirty."

CANNOT FAIL TO INTEREST WOMEN

ALBERTA LADY TELLS OF HER CURE BY DODD'S KIDNEY PILLS.

Was weak, nervous, run-down and suffering from Rheumatism — Dodd's Kidney Pills made her a new person.

Beauvallon, Alta., May 1 (Special).—Women who are nervous, run down and suffering from Rheumatism, cannot fail to be interested in the case of Miss Gertrude E. Reyome of this place. She was exactly in that condition. To-day she is as she puts it herself "a new person." Dodd's Kidney Pills cured her. Here is her statement given for publication:

"My Kidney Disease started from a cold two years ago. Rheumatism set in, and I was weak and nervous, and in a run down condition I was attended by a doctor who did not appear to understand my case. Three boxes of Dodd's Kidney Pills made a new person of me."

Is not Miss Reyome's condition an exact description of nine-tenths of the ailing women of Canada? The doctor did not understand her case. It was simple enough. It was Kidney Trouble. And Kidney Disease is the one great cause of women's troubles. Dodd's Kidney Pills always cure it.

MOST PECULIAR.

Canvasser—"Are you single?"

Man at the Door—"Yes."

"Why, the people next door told me you were married."

"So I am."

"Yet you told me just now you were single."

"Yes, so I did."

"Well, what is the matter with you?"

"Nothing, sir. My name is Single, and I'm married. Good-day, sir."

CURED HIS BLADDER TROUBLE

Mr. Herbert Bauer of Davisville, says he owes Gin Pills a debt of gratitude which he can never repay. He suffered for years with Bladder Trouble, and could not pass Urine except by much straining, which caused great pain.

Mr. Bauer sent for a free sample of Gin Pills. The first dose did him so much good that he ordered six boxes and began to take them regularly. A month's treatment completely cured him.

You can try Gin Pills before you buy them. Write National Drug and Chemical Co. (Dept W 2), Toronto, for free sample. At all dealers, 50c a box, 6 for $2.50.

ON THE BRANCH LINE.

Stranger—"But, hang it, man, if you don't know whether there'll be another train to-day, who in thunder does?"

Native—"Ye might try ole Hank Henders over yonder. They do say he's a kind o' fortune teller."

The Real Liver Pill.—A torpid liver means a disordered system, mental depression, lassitude and in the end, if care be not taken, a chronic state of debility. The very best medicine to arouse the liver to healthy action is Parmelee's Vegetable Pills. They are compounded of purely vegetable substances of careful selection and no other pills have their fine qualities. They do not gripe or pain and they are agreeable to the most sensitive stomach.

NOTHING TO FEAR.

The Girl—"Go back and lick him, you coward!"

The Victim—"But he's already given me two black eyes!"

The Girl—"Well, he can's give you any more, can he?"

Minard's Liniment Cures Dandruff.

THE ONLY WAY.

Advice to girls. If you are going to marry a man to reform him, include an axe in your trousseau.

Cholera and all summer complaints are so quick in their action that the cold hand of death is upon the victims before they are aware that danger is near. If attacked do not delay in getting the proper medicine. Try a dose of Dr. J. D. Kellogg's Dysentery Cordial, and you will get immediate relief. It acts with wonderful rapidity and never fails to effect a cure.

A stitch in time may save a hole in the hosiery.

Minard's Liniment Cures Burns, Etc.

Uncle (to Marjorie, who has married a millionaire)—"I really think you'd be happier if you had married a man who had less money." Marjorie—"He will have less after a few years with me."

Nothing is more disagreeable than a man full of whiskey—unless it is a man full of himself.

The small boy's stomach is usually in apple pie order.

The best way to settle an old score is with a $20 bilyl.

White **Vaseline**
Invaluable Internally for Coughs, Sore Throat, Croup, Etc.
12 Vaseline Remedies in Tubes
Capsicum, Borated, Oxide of Zinc, Camphorated, Carbolated, Camphorated Mentholated, Etc. Each for special purposes, Write For Free Vaseline Book.
Chesebrough Mfg. Co. 1880 Chabot Ave., Montreal.

EIKER-HOFF REMEDY
ASTHMA, CATARRH, HAY FEVER
CAN BE CURED
THE RAVAGES OF CONSUMPTION MAY BE STOPPED
WRITE FOR SAMPLE
WILLIAMS MEDICINE CO.
106 FULTON ST. N.Y.

When buying your Piano insist on having an
"OTTO HIGEL"
Piano Action

Gentleman Farmer (to his gardener)—"Will you have one of my old hats to make a scarecrow with?" Gardener—"If it's all the same to you, sir, I'd rather have one of the missus's. It would scare 'em more!"

All mothers can put away anxiety regarding their suffering children when they have Mother Graves' Worm Exterminator to give relief. Its effects are [illegible] and lasting.

Edwin (who [illegible] hanging fire all winter)—"Are you fond of puppies, Miss Smith?" Miss Smith (promptly)—"What a singular way you have of proposing, Edwin! Yes, darling." And now the cards are out.

TRY MURINE EYE REMEDY
for Red, Weak, Weary, Watery Eyes and Granulated Eyelids. Murine Doesn't Smart—Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c, $1.00. Murine Eye Salve in Aseptic Tubes, 25c, $1.00. Eye Books and Eye Advice Free by Mail. • Murine Eye Remedy Co., Chicago.

The alligator has a great snap, but even a lazy man doesn't care for it.

Minard's Liniment Relieves Neuralgia.

A tramp was charged with begging. He pleaded that he could not get work. The chief constable felt the prisoner's hands, then said: "I should think that this man had done no work for years, your worship. His hands are as soft as mine."

Simple and Sure.—Dr. Thomas' Eclectric Oil is so simple in application that a child can understand the instructions. Used as a liniment the only direction is to rub, and when used as a dressing to apply. The directions are so plain and unmistakable that they are readily understood by young or old.

NOT WHAT SHE MEANT.

"Dear teacher," wrote little Edith's mother, "please excuse Edith for not coming to school yesterday, as she fell in the gutter. By doing the same you will greatly oblige her mother."

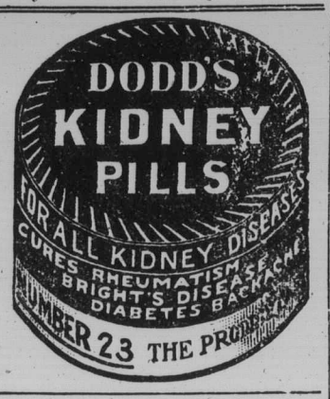
If a dose of Hamlins Wizard Oil taken at night will prevent your having a bad cold in the morning, isn't it a good idea to have it ready to take the moment you feel the cold coming?

THICK WEATHER.

At one time during a season of heavy fog a London daily paper offered a prize for the best fog story. The story given here won the prize.

A merchant received a telephone message one morning from one of his clerks.

"Hello, Mr. Smith!" said the clerk, over the wire. "I cannot come down to the shop this morning on account of the fog. I have not yet arrived home yesterday."



ISSUE NO. 18—11.

PRACTISING TO COURTSY.

The Teachers of Court Deportment are Kept Busy.

Teachers of deportment in luxurious West End London salons are busy putting pretty debutantes "through their paces" for the coming courts. Rehearsals are not as exacting as in Queen Victoria's time, for the Georgian debutante will not have to face quite so formidable an ordeal. She will curtsy once to the King and once to the Queen, then retire as gracefully as possible to the supper room. However, even this comparatively simple performance must be carried out to perfection.

The minimum cost of a debutante's outfit is $150, but as a rule more than $1,000 is expended, the heaviest items in the account being $500 for the gown and $150 for the cloak. An American bride has been known to spend as much as $8,500 on her court outfit, the gown costing $7,000.

The courts will be held, as usual, in the handsomest room in Buckingham Palace, the great ball room, which has recently been magnificently decorated and is now every bit as imposing as the celebrated Hall of Mirrors at Versailles. There are four enormous new entrances, each more than twenty-seven feet high, and with four swinging doors composed of mirrors, which reflect the glittering scene. So wide are these doors that twelve prsons can enter abreast.

The subject of clothes is more than ever interesting both men and women in London, for all want to be fully up to date in style during coronation year.

Dressy men are exercised over the question of whether the frock coat or the morning coat is the correct wear. Tailors decree in favor of the morning coat because, like the harem skirt, the frock needs uncommon slimness of figure to be worn with effect. The frock coat has been steadily losing favor in the last few years, and is worn only at weddings and on other most formal occasions.

Shiloh's Cure
quickly stops coughs, cures colds, heals the throat and lungs. • • • 25 cents.

"You should get your ears lopped, Brian," said a "smart" tourist to an Irish peasant whom he was quizzing; "they're too large for a man." "An' bedad," retorted the Hibernian, "I was just thinkin' yours would want to be made larger; sure they're too small for an ass."

Minard's Liniment Co., Limited.
I was very sick with Quinsy and thought I would strangle. I used MINARD'S LINIMENT and it cured me at once.
Yours gratefully,
Mrs. C. D. PRINCE.
Nauwigewauk, Oct. 21st.

Teacher—"Tommy, you should have known better than to fight with that Williams boy." Tommy—"I know, ma'am; but I thought I could lick him."

Do it Now.—Disorders of the digestive appartus should be dealt with at once before complications arise that may be difficult to cope with. The surest remedy to this end and one that is within reach of all, is Parmelee's Vegetable Pills, the best laxative and sedative on the market. Do not delay but try them now. One trial will convince anyone that they are the best stomach regulator that can be got.

"Is it true that sightless people can tell the color of things by touch?" someone asked a blind man. "Occassionally, yes," came the answer. "If, for instance, I touched a red-hot poker, I could tell it was red!"

REST AND HEALTH TO MOTHER AND CHILD.

MRS. WINSLOW'S SOOTHING SYRUP has been used for over SIXTY YEARS by MILLIONS of MOTHERS for their CHILDREN WHILE TEETHING, with PERFECT SUCCESS. It SOOTHES the CHILD, SOFTENS the GUMS, ALLAYS all PAIN; CURES WIND COLIC, and is the best remedy for DIARRHŒA. It is absolutely harmless. Be sure and ask for "Mrs. Winslow's Soothing Syrup," and take no other kind. Twenty-five cents a bottle.

DISINTERESTED.

Jack—"I have a chance to marry a poor girl whom I love, or a rich woman whom I do not love. What would you advise?"

George—"Love is the salt of life, my friend. Without it all else is naught. Love—pure joy—makes poverty wealth, pain a joy, earth a paradise."

Jack—"Enough! I will marry the girl whom I love!"

George—"Bravely spoken! By the way, would you—er—mind introducing me to the rich woman whom you do not love?"

SOME SMOKE.

Policeman (to clubman returning home late)—"Here! you can't open the door with that; it's your cigar."

Clubman—"Great Scott! Then I have smoked my latchkey."

Minard's Liniment for sale everywhere.

MOTHERS!
DO YOU KNOW—

That when you put a salve onto your child's skin, it passes through the pores and enters the blood, just as surely as if you put it into the child's stomach?

You would not put a coarse mass of animal fat, colored by various mineral poisons (such as many crude salves are) into your child's blood by way of the stomach? Then why do so by way of the pores?

Take no risk. Use always the pure herbal essences provided in Zam-Buk. Zam-Buk contains no trace of any animal oil or fat, and no poisonous mineral coloring matter. From start to finish it is purely herbal.

It will heal sores, ulcers, abscesses, eruptions, varicose ulcers, cuts, burns and bruises more quickly than any other known preparation. It is antiseptic, quickly stops the smarting of a sore or cut, cures piles, inflamed sores and blood-poisoning. It is a combination of healing power and scientific purity. Ask those who have proved it.

All druggists and stores 50c box or Zam-Buk Co., Toronto, for price.

ZAM-BUK
SHOULD BE IN YOUR HOME

FARMS FOR RENT AND SALE.

H. W. DAWSON, Ninety Colborne Street, Toronto.

IF you are looking for a Fruit, Stock, Grain or Dairy Farm, consult me, as I have several hundred farms on my list and may have just the farm you want.

SEVERAL good Hundred Acre Farms in the County of Peel from Five to Seven Thousand Dollars.

FRUIT FARMS of all sizes and prices in all the fruit growing districts of Ontario.

ALBERTA, SASKATCHEWAN and MANITOBA LANDS in quarter, half or whole sections. Also in large blocks from Five Thousand up to Three Hundred Thousand Acres. Don't buy Western Lands without seeing me.

H. W. DAWSON, Ninety Colborne Street, Toronto. Phone Main 6990; nights and holidays 272 Wright Avenue, Parkdale 527.

CUT KNIFE LANDS are now famous. Do not buy elsewhere until you see them; new railroads; new towns; prices low. Write for particulars. Metcalf and Rorke, Ovenstown, Sask.

CHEAP LANDS in Saskatchewan Valley. Good openings for tradesmen and farmers. English speaking settlement. Write for illustrated pamphlet to Secretary, Board of Trade, Marshall, Sask.

AGENTS WANTED.

WANTED REPRESENTATIVES, either sex, locally, on goods necessary as bread. Salary 2 dollars per day and commission. Experience unnecessary. J. L. Nichols Co., Limited, Toronto.

AGENTS WANTED.—A study of other Agency propositions convinces us that none can equal ours. You will always regret it if you don't apply for particulars to Travellers' Dept., 224 Albert St., Ottawa.

MISCELLANEOUS.

FARM SCALES, special price. Wilson's Scale Works, 9 Esplanade, Toronto.

LEARN THE BARBER TRADE—NEW system—constant practice — careful instruction—a few weeks' complete course—tools free. Graduates earn twelve to eighteen dollars weekly. Write for catalogue. Moler Barber College, 221 Queen East, Toronto.

CANCER, TUMORS, LUMPS, etc. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman, Collingwood, Ont.

5 TON SCALE, special price. Wilson's Scale Works, Esplanade, Toronto.

WOMEN WANTED to take orders in spare time, no experience necessary. Our lines especially used by mothers and girls. Apply Dept. A, British Canadian Industrial Company, 224 Albert St., Ottawa.

SASKATOON OFFERS YOU SUCCESS if you are an intelligent, hard-working agriculturist in any branch. You could not credit the prosperity of our farmers unless you actually came and saw. Why not come? If you do, you will be sorry you had not come years ago. Perhaps you are not getting along very well, except in the matter of years. Better do something for your children's sake. Join our prosperity. For all information write the Commissioner, Board of Trade, Saskatoon, Saskatchewan, Western Canada.

SPECIALISTS ADVICE FREE. Consult us in regard to any disease. Lowest prices in drugs of all kinds. Trusses fitted by mail. Send measurement. Glasses fitted by age. Write to-day for anything sold in first-class drug stores to Dr. Bellman, Collingwood, Ont.

FEATHER DYEING
Cleaning and Curling and Kid Gloves cleaned. These can be sent by post, 10 per oz.
The best place is
BRITISH AMERICAN DYEING CO.
MONTREAL.

Diane French Corsets
Our offer to mail post prepaid on receipt of 90c. one pair Diane French Corsets (Reg. price $1.50) met with such instant demand that our allotment for sample purposes is almost cleared out. REMEMBER we cannot afford to continue this offer, so order at once.
C. E. FOSDICK
Agent, Diane French Corsets, 286 Yonge Street, Toronto.