

SPRING BLOOD IS BAD BLOOD

How to Get New Health and Strength in the Spring.

The winter months are trying to the health of even the most robust. Confinement indoors in overheated and nearly always badly ventilated rooms—in the home, in the shop and in the school taxes the vitality of even the strongest. The blood becomes thin and watery, or clogged with impurities, the liver sluggish, the kidneys weakened. Sometimes you get up in the morning just as tired as when you went to bed. Some people have headaches; others are low spirited; some have pimples and skin eruptions. These are all spring symptoms that the blood is out of condition. You can't cure these troubles with purgative medicines, which merely gallop through the system leaving you still weaker. What you need to give you strength in spring is a tonic, and the one always reliable tonic and blood builder is Dr. Williams' Pink Pills. These pills not only banish spring ills, but guard you against the more serious ailments that follow, such as anaemia, nervous debility, rheumatism, indigestion and kidney trouble. Every dose of Dr. Williams' Pink Pills makes new rich, red blood, which strengthens every nerve, every organ and every part of the body. This is why Dr. Williams' Pink Pills is the favorite spring medicine throughout Canada. Try this medicine this spring and you will have energy and strength to resist the torrid heat of the coming summer. Mrs. Jas. Haskell, Port Maitland, N. S., says: "I was troubled with headaches, had a bad taste in my mouth, my tongue was coated, and I was easily tired and suffered from a feeling of depression. I got a supply of Dr. Williams' Pink Pills, and it was not long before they began to help me and I was soon feeling as well as ever I had been." You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

POINTS OUT MILK PERIL

U. S. Surgeon-General Submits Starting Report to Congress.

A "Report on milk in its relation to public health," was submitted to Secretary of the Treasury Cortelyou, by Surgeon-General Walter Wyman of the Public Health Service on the United States.

The report is the result of an investigation ordered by President Roosevelt and conducted by Federal experts under the direction of Prof. M. J. Rosenau, of the Hygienic Laboratory. It is one of the most thorough studies of the milk problem yet produced.

Dr. Wyman declares that the ideal milk, drawn from a cow with a healthy udder and preserved from contamination, is not the milk of commerce, and he cites the fact that samples of market milk in New York showed 35,800,000 bacteria to the cubic centimetre, London, 31,888,000; Washington, 22,134,000, and he calls attention to the evidence presented in the report which is given as proof that 500 epidemics of typhoid fever, scarlet fever and diphtheria were caused by infected milk. He also refers to the evidence adduced that 11 per cent. of the samples of Washington milk contained tubercle germs.

Past Assistant Surgeon-General John W. Trask has tabulated the data of five hundred epidemics that were definitely traced to the milk supplies, including 347 typhoid epidemics, 123 scarlet fever, 317 diphtheria and seven of pseudo-diphtheria, or epidemic sore-throat.

Dr. Trask gives figures to show the amazing rapidity with which typhoid and diphtheria germs increase in milk. Seventy-eight typhoid germs in a cubic centimetre of milk increased in seven days to 440,000,000. In the same time thirty-nine diphtheria germs increased to 10,000,000.

Quoting Health Commissioner Darlington's statement that the milk supply of New York City is derived from 35,000 farms and shipped from 700 creameries situated in six States, Dr. Lumsden says: "It is easy to appreciate how difficult and expensive it would be to keep up a sufficiently thorough supervision of the multiple sources of the city's milk supply."

FILLING.

Seedy Willie (to bar-keeper)—"Your refusal, sir, to trust me to a paltry drink of whiskey fills me with astonishment and indignation."

Black Watch Remarkable for richness and pleasing flavor. The big black plug chewing tobacco.

2207

TOLD BY GESTURES.

Silent Testimony of a Deaf Mute to a French Murder Trial.

A murder trial at Bordeaux, France, in which an innkeeper, his wife and two accomplices were charged with killing a customer was the occasion of a dramatic scene when one of the witnesses took the stand. This witness, named Lacampagne, was a deaf mute ignorant of the ordinary finger language.

His brother-in-law and two of his friends appeared to translate his gestures into words, but their services were really unnecessary, so clearly did he express himself by that instinctive mimicry which is sometimes the accompaniment of speech but here became its substitute.

During his evidence the deaf mute, who had been the handy man of the inn, always designated the victim by sucking in his cheeks against his teeth, the landlord by shaking his fist—his employer's usual method of speaking to him—the landlord's wife by putting his hands to his hair, one accomplice by curling his moustache, and the other by striking an imaginary match on his trousers, as this prisoner was a smuggler of matches.

Then with short abrupt gestures, as clear as they were rapid, he told his story, how the landlady sent him away on an errand, how he returned to find the door locked, how he entered by the cellar door, saw the corpse, saw one murderer washing a blood stained hammer, another cleaning his face and hands, and the landlady embracing her husband as if to thank him for what he had done. The landlord caught sight of him and dealt him a violent blow, then changing his mind, made signs to him to help to get rid of the body.

At this point the landlord, who clearly followed the deaf mute's story, broke in with "That's a lie! That's a lie!" Lacampagne turned looked in the landlord's face, then stamping his foot he raised his hand and stood in the same solemn attitude in which he had taken the oath.

This evidence and a confession by the moustache wearing prisoner were enough to convict the accused. The landlord and the match smuggler were sentenced to death, the others to imprisonment for fifteen years.

THE SMALL BOYS JOKE.

"Pa, is it true all flesh is grass?" asked the inquisitive boy.
"Yes, my boy, replied the proud parent, 'that's what the Bible tells us.'"
"Then, pa, why don't these fat folks who are so anxious to be thin have the lawn mower run over them?"

EXACTLY.

Little Mrs. Hunter had heard so many jokes about the Brides who couldn't market successfully that she made up her mind that the first request she made of the marketman would show her to be a sophisticated housewife. "Send me, please," she said, "two French chops and 100 green peas."

A TOAST.

Here's to our wives!
They fill our lives,
Like busy bees, with honey;
They ease our shocks,
They darn our socks—
And spend most all our money.

Mr. Smith, fond of a joke, said to his wife the other day: "I believe there is a special Providence which protects bricklayers' laborers. Do you know that only yesterday one slipped off a 40-foot ladder and was not hurt in the slightest degree." "That sounds almost miraculous," said Mrs. Smith. "Oh, no; there was nothing marvellous about it. He slipped off the first rung."

EXPERT SEWING-MACHINE REPAIRS.

Also sewing machine oil of absolute purity, and the best needles and parts for all machines at Singer stores. Any lady having used any make of sewing machine for 5 years or more write Singer Sewing Machine Co., Manning Chambers, Toronto, for beautiful set of ten souvenir views of Ontario. Free for asking.

THE OTHER WAY.

"Of course," remarked Staylate, "some things go without saying."
"Yes," rejoined Miss Wearyun, as she glanced at the clock and tried to strangle a yawn, "and some others say without going."

When you use Ramsay's Paints, you are astonished to find how far they go, how beautiful they are, how long they last, and how reasonable. They work so easily, anybody can apply them. Your dealer will show a range of fine colors for your house inside or out. Write A. Ramsay & Son Co., Montreal, for pack of Souvenir Picture Post Cards of Homes.

THE METHOD.

"He loves me" or "He loves me not," The question great to settle
The maiden takes a daisy fair
And amputates each petal.
Perhaps her mind is set at rest
And is no longer hazy,
But all observers will agree
It's tough upon the daisy.

A faithful servant had grown old in the service of a railway company, and at last became too feeble to work. The general manager was asked if the company would not do something for him, as he was very poor. "How long has he been with us?" the official inquired. "Over forty years." "Always did his duty?" "Never missed a day." "You say he is very old and feeble?" "Yes. The chances are that he will never leave his bed again." "If I'm poor fellow. We must do something for him. I'll give him a free pass for life over all the company's railway system."

MAY BE OLDEST OF TEMPLES.

Building Unearthed in Babylonia Contains Bricks of 4500 B. C.

The oldest temple in the world, so far discovered, has been unearthed by excavators at Bisya, in central Babylonia.

The walls of the tower were first uncovered and the summit cleared. The first inscription on the surface was on a brick stamped with the name Dungi, which goes back to 2750 B. C. A little lower appeared a crumpled piece of gold with the name Param Sim, who lived in 3750 B. C. Just below were large square bricks peculiar to the reign of Sargon, 3800 B. C. and who was probably the first Semitic King of Babylonia.

A large platform was discovered two and a half yards below the surface which was constructed of peculiar convex bricks such as were used in building material 4500 B. C.

MAGISTRATE PRAISES ZAM-BUK.

Magistrate Rasmussen, of 202 Marquette St., Montreal, writes: "For many years I was troubled with a serious eruption of the skin. This was not only unsightly, but it was at times very painful. I first tried various household remedies, but these proved altogether useless. I then took medical advice. Not one, but several doctors in turn were consulted, but I was unable to get any permanent relief. Some time back I noticed a report from a Justice of the Peace (Magistrate Perry, J. P. for B. C.) who had been cured of a chronic skin disease by Zam-Buk, and I determined to give this balm a trial. Before this everything I tried failed absolutely to relieve my pain and rid me of my trouble, but three boxes of Zam-Buk worked a complete cure, and I hope that my experience will lead other sufferers who are in despair to try this herbal healer, Zam-Buk."

For healing eczema, running sores, cuts, bruises, burns, boils, eruptions, scalp sores, pimples, spring eruptions, itch, chapped hands, and diseases of the skin Zam-Buk is without equal. All druggists and stores sell it, 50c. a box or postpaid from Zam-Buk Co., Toronto.

WHEREIN THE DIFFER.

Little Willie—"Say, pa, what's the difference between an optimist and a pessimist?"

Pa—"An optimist sees only the doughnut, my son, while the pessimist sees nothing but the hole therein."

The merits of Bickle's Anti-Consumptive Syrup as a sure remedy for coughs and colds are attested by scores who know its power in giving almost instant relief when the throat is sore with coughing and the whole pulmonary region disordered in consequence. A bottle of this world-famed Syrup will save doctor's bills, and a great deal of suffering. Price 25 cents, at all dealers.

IF.

How fair this world would be,
How free from care, my brothers,
If after this nor poor nor rich
Would wish to live on profits which
Were justly earned by others.

WHAT CAUSES HEADACHE.

From October to May, Colds are the most frequent cause of Headache. LAXATIVE BROMO QUININE removes cause. E. W. Grove on box 126

Annabel—"How queer! Here's a story about a man who made a fortune out of an attachment for a sewing-machine." Arthur (softly)—"That's nothing. I've formed an attachment for the sweetest little sewing-machine in the world, and would consider my fortune made if she'd have me." (No cards.)

Holloway's Corn Cure destroys all kinds of corns and warts, root and branch. Who, then would endure them with such a cheap and effectual remedy within reach?

An empty head contains a lot of useless information.

ITCH, Mange, Prairie Scratches and every form of contagious Itch in human or animals cured in 30 minutes by Wolford's Sanitary Lotion. It never fails. Sold by all druggists.

JUST AS TERRIFYING.

Lazy Lemuel—"Talk erbout bravery—I ain't afraid uv ennything dat walks." Solled Samuel—"Neither am I, but dat ain't sayin' much. A cake uv soap can't walk."

When it comes to speaking ill of their neighbors most people are there with the goods.



ISSUE NO. 14-08.

There is Only One

"Bromo Quinine"

That is

Laxative Bromo Quinine

USED THE WORLD OVER TO CURE A COLD IN ONE DAY.

Always remember the full name. Look for this signature on every box. 25c.

E. W. Grove

WANTED

Our readers to note the facts regarding the recent important discovery in medicine made by an eminent French physician, and the formula endorsed by Canadian physicians and druggists—PANGO. This Latin term signifies in the English language pain go. This remedy is not a patent medicine. It is not a specific for all of the human ailments. The company do guarantee marvellous results in certain cases. These cases are amongst the most painful to which all are more or less subject, and hence the years of study resulting in this discovery. The company will refund all moneys paid in any case where Pango fails to relieve, and any purchaser can upon application secure the benefit of this guarantee. Neuralgia, Gout, Rheumatism, Colds. Price 25 and 50 cents.

The Pango Company, Toronto

JUST LIKE A WOMAN.

"Isn't that just like a woman? She gave me no peace until I bought her a piano to play."

"Well!"
"Now she's too lazy to play it, and is after me to buy her an automatic player."

If you are out of sorts get a bottle of 'Ferrovin' the best tonic, and you will be surprised how quickly that tired feeling will wear off. \$1.00 bottles. All druggists in medicine.

MLUTPLIED.

First Man—What a blessing children are!

Second Man (enthusiastically) — Aren't they! Now that my wife has two to look after, she has no time to play the piano.

To Those of Sedentary Occupation.—Men who follow sedentary occupations, which deprive them of fresh air and exercise, are more prone to disorders of the liver and kidneys than those who lead active, outdoor lives. The former will find in Parneelee's Vegetable Pills a restorative without question the most efficacious on the market. They are easily procurable, easily taken, act expeditiously, and they are surprisingly cheap considering their excellence.

ON HIS KNEES.

"This will bring your father to his knees," remarked a woman to her children, as she showed them a can of floor paint.

When you use Ramsay's Paints, you are astonished to find how far they go, how beautiful they are, how long they last, and how reasonable. They work so easily, anybody can apply them. Your dealer will show a range of fine colors for your house inside or out. Write A. Ramsay & Son Co., Montreal, for pack of Souvenir Picture Post Cards of Homes.

Mary had a little lamb,
She bit it with her teeth,
Then said, "It may be lamb outside,
But 'tis mutton underneath."

TO CURE A COLD IN ONE DAY
Take LAXATIVE BROMO QUININE Tablets. Struggles refund money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

TRUE PREDICTION.

"And the clairvoyant told you that you would be swindled?"
"Exactly."
"And were you?"
"Yes. She charged me \$2."

Much distress and sickness in children is caused by worms. Mother Graves' Worm Extirminator gives relief by removing the cause. Give it a trial and be convinced.

Bar-keeper—"All right, sir; you can fill yourself up with astonishment and indignation, and it don't cost you a copper, but if you want to fill yourself with whiskey you will have to pay cash."

REST AND RECOVERY.

To provide a restful environment without sanatorium restrictions, to enable tired humanity to recuperate naturally, to secure to the average man or woman the needed change from worry and care, and to do these at moderate cost, is the mission of "The Welland," the home of "The St. Catharines Well." Apply the manager, St. Catharines, or any Agent of Grand Trunk Railway System.

WELL DRILLS

With one of Loomis' late improved machines you are sure of large profits on the capital invested. They are the leaders in this line. Certainly the greatest money earning Well Drilling Machinery made in America. Address LOOMIS MACHINE CO., TIFFIN, ONT.

AGENTS, \$103.50 PER MONTH

Selling these wonderful Scissors. V. C. Gibson, Columbus, O., sold 22 pairs in 2 hours, made \$12; you can do it, we show how. FREE OUTFIT. Special inducements to Canadian Agents. Thomas M'Fg Co., 202 K St. Dayton, O.

FEATHER DYEING

Cleaning and Dyeing and Kid Glove cleaned. These can be sent by post, 10 per cent. the best price. BRITISH AMERICAN DYEING CO. MONTREAL.

WANTED

to hear from owner having A GOOD FARM for sale. Not particular about location. Please give price and description, and reason for selling. State when possession can be had. Will deal with owners only. L. Darbyshire, Box 264, Rochester, N. Y.



HOT WOOING.

One lover wooed with burning words—
Called her his clover honey;
The other made her warm to him
By simply burning money.

A Sure Cure of Headache.—Bilious headache, to which women are more subject than men, becomes so acute in some subjects that they are utterly prostrated. The stomach refuses food, and there is a constant and distressing effort to free the stomach from bile which has become unduly secreted there. Parneelee's Vegetable Pills are a speedy alternative, and in neutralizing the effects of the intruding bile relieves the pressure on the nerves which causes the headache. Try them.

THE NOISY EATER.

Of table manners such as his
No mortal could be proud;
The greatest trouble with him is
He will eat soup aloud.

PILES CURED IN 6 TO 14 DAYS.

PAZO OINTMENT is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

NO CHANGE.

Patience—"That long-haired man with the diamonds at the piano started life as a poor musician."
Patrice—"Well, he's that yet."

Physical Pain and mental anguish afflict the victims of skin diseases. Get rid of both by rubbing Werro's Cerate on the itched, itching, disfigured face. The relief given is among the wonders of medicine.