



MUSICAL.

There seems to be little going on in musical circles of late, but there is much talk, among musical people, of the marvelous cure of Miss B—, the high contralto singer, who has long suffered from a severe throat or bronchial affection, superinduced by Catarrh in the Head, and who has been perfectly cured by the use of Dr. Sage's Catarrh Remedy, coupled with the use of Dr. Pierce's Golden Medical Discovery. For all bronchial, throat and lung affections, and lingering coughs, it is an unequalled remedy. When complicated with Chronic Nasal Catarrh, its use should be coupled with the use of Dr. Sage's Catarrh Remedy. Of all druggists.

OUR NATIONAL FOODS.

Every grocer and general merchant who wishes to make hay while the sun shines should see to it without delay that he has in stock an assortment of "Our National Foods." They are gradually growing in popularity, and storekeepers who have not yet handled them would undoubtedly bring grit to their mills by doing so. Popular as these foods are, there is yet ground waiting for the wide awake business man to cultivate, and he who first breaks

the soil will reap the first fruits. The Ireland National Food Co. (Limited) of Toronto are the manufacturers of these invigorating, health-giving and delicious foods, a partial list of which will be found in another column.

FREE TO LADIES.

Every lady reader of this paper sending AT ONCE her address on a postal card will receive a FREE copy of THE LADIES' (Pictorial) NEWSPAPER, containing full particulars of their old-fashioned English Prize Competition. Over \$6,000 in prizes will be given away between now and June 1st, with special daily prizes of value for each locality. THE LADIES' NEWSPAPER is one of the largest and most profusely-illustrated publications in Canada, and the competition offered by them is to be conducted in a strictly fair and honourable manner without partiality to persons or locality. Any one can secure a GOOD prize by a little work. NO CHEAP PRESENTS will be given. It costs you nothing for full information and a sample copy if you send AT ONCE. Address: THE LADIES' NEWSPAPER CO., Canada Life Building, Toronto, Ontario.

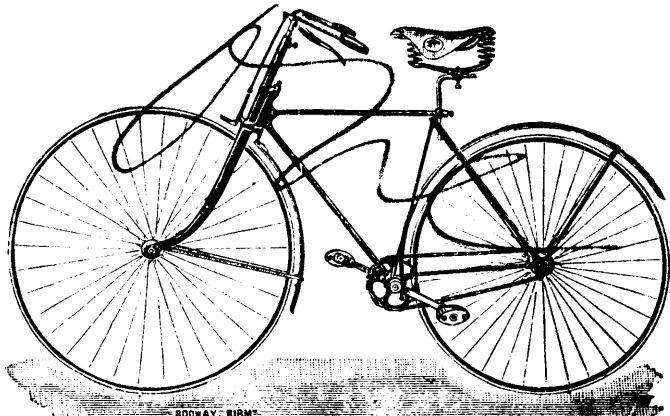
THOUSANDS OF LIVES LOST.

Poets and novelists go into ecstasies over what they romantically call "beautiful spring," and "gentle spring," and while no doubt everyone is glad to see winter release its icy grasp, "beautiful spring" is, after all, one of the most deadly seasons of the year. Sudden transitions from warmth to extreme cold, with piercing, chilling winds; from dry to sloppy, "muggy" weather, all combine to make the season a most trying one, even to the hardest constitution, while to those with weak constitutions the season is one of positive danger. Undoubtedly the greatest danger at this season of the year is from cold in the head, which very few escape, and which if not promptly and thoroughly treated, develops into catarrh, with all its disagreeable and loathsome effects. Catarrh, neglected, almost as certainly develops into consumption, annually destroying thousands of lives. At this trying season, no household should be without a bottle of Nasal Balm. In cases of cold in the head it gives almost instant relief and effects a speedy cure, thus preventing the development of catarrh. Where the latter disease has already secured a hold it is equally efficacious, and with persistent use will cure the worst case. From the outset it sweetens the breath, stops the nauseous droppings into the throat and lungs, dispels those dull headaches that afflict the sufferer from catarrh. Nasal Balm is not advertised as a cure-all—it is an honest remedy which never fails to cure cold in the head or catarrh when the directions are faithfully followed, and thousands throughout the country have reason to bless its discovery. Nasal Balm may be had from all dealers or will be sent post-paid on receipt of price (50 cents, small, or \$1, large size bottle) by addressing Fulford & Co., Brockville, Ont.

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