

USING PURGATIVES INJURES THE HEALTH

In the Spring a Tonic is Needed— But Not Harsh, Drastic Medicines.

A spring medicine is an actual necessity to most people. Nature demands it as an aid in carrying off the impurities that have accumulated in the blood during the indoor life of winter months. But unfortunately thousands of people who recognize the necessity for a spring medicine do not know what is best to take and dose themselves with harsh, gripping purgatives. This is a serious mistake. Ask any doctor and he will tell you that the use of purgative medicine weakens the system but does not cure disease. In the spring the system needs building up—purgatives cannot do this; they weaken you still more. The blood should be made rich, red and pure—no purgative can do this. What is needed in the spring is a tonic, and the best tonic medical science has yet discovered is Dr. Williams' Pink Pills. Every dose of this medicine actually makes new, rich blood. This new blood strengthens every organ, every nerve, and every part of the body. This is why they cure headaches and backaches, rheumatism and neuralgia, and a host of other troubles that come from poor watery blood. That is why men and women who take Dr. Williams' Pink Pills eat well, sleep well, and feel bright, active and strong. If you need a medicine this spring try this great reviving tonic, and see the new life, new health and new strength it will put into you. 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.

CARE OF THE PIANO.

Never Allow Instrument to Stand Close Against a Wall.

The dusting and polishing of the piano, whether it be a new and valuable baby grand, or the humble and more cozy upright, should never be left to the maid, but should be done by the daughter of the house herself. It should be done with a fine cheese cloth or linen cloth, or, better still, with an old silk handkerchief. There should be neither seam nor hem in the dust cloth, as any inequality or hardness is apt to scratch the piano polish.

Cloudy spots are best removed by pouring a few drops of benzine on the dust cloth, and then rubbing lightly and in the same direction till they disappear. The carved legs should be dusted with a soft brush, as should also the rack and other ornamental trimmings. To restore the whiteness of the keys wash lightly and most carefully, so no moisture gets into the instrument or between the keys, with a teaspoonful of hydro sulphuric acid dissolved in a pint of water. The piano should never stand close against a wall; if practicable even the upright should stand fully out in the room. The direct rays of the sun upon it, dampness and drafts all should be carefully avoided. The piano should be entirely opened once a month and examined for moths, which are apt to establish themselves inside the felting and so ruin the instrument.

ENGLISH SHOPPING.

Toronto "Truth" says: We had no idea how easy and convenient it was to shop in England, until we made a trial of it recently with that old and reliable firm of Walpole Brothers, (established in 1766), 89 and 90 New Bond Street, London W. They also have shops at 105 and 110 High St., Kensington W., 6 Onslow Place, South Kensington and 182 Sloane Street, Hyde Park, End, London, England. In 44 Bedford St., Belfast, and 8, 9 and 10 Suffolk St., Dublin, Ireland, they also have large retail stores. In Warrington, County Down, and at 2 and 4 Clarence St., Belfast, Ireland, their great factories are situated, which supply their enormous retail trade. They manufacture Irish table damask, household and family linens, cambric handkerchiefs, quilts and counterpanes, blankets and flannels, carriage and travelling rugs, muslin and lace curtains, ladies' and infants' hosiery of every description. This firm has the highest reputation for honorable dealing, and any person wishing to purchase any of their goods, may do so by correspondence, and may rely absolutely on their representations regarding the quality as well as the prices of their products. The facilities afforded by the parcel post and express company arrangements between England and Canada render it perfectly safe and easy to order directly from this house. A catalogue will be mailed to any address on request to the New Bond St. shop, London, England.

The rattle of pans and dishes in the kitchen sounds better than classical music to a hungry man.

SOLDIERS OF FORTUNE.

Old Calling Has Not Altogether Lost Its Followers.

The palmy days of the typical soldier of fortune are popularly supposed to have passed away. Nevertheless, there are still plums to be picked up here and there. Sergt. Baldeck, for example, has just been appointed cavalry instructor to the army of Mulai Hafid, the new Emperor of Morocco. This means that he exchanges his "non-com." chevrons for an officer's epaulettes; while his former pay of a few shillings a day is increased to something like \$7,500 a year, with "allowances." And this delectable little billet has become his, curiously enough, because he fought so gallantly at Marakch for Abd-el-Aziz, the old Emperor, whom Mulai Hafid defeated and deposed.

In the same way the Chinese Government took into its service during the great Taiping uprising quite a number of Europeans who had previously warred against them on the side of the rebels. Some of these were men of low origin—runaway sailors and the like—yet they frequently rose to high rank, and such as survived retired with their fortunes made for life.

It is well-known, too, to Britain's intelligence department that there are several men of British nationality dwelling on the other side of the northern frontiers of India amongst the warlike border tribesmen. Some of these are deserters from the British army, and would meet with short shrift if they were caught.

Others are civilian adventurers, ex-civil servants and the like. But they are soldiers of fortune, ready and eager to fight upon occasion, even against their own countrymen; and for the most part they make a pretty good thing out of it.

SLEEPLESS LITTLE BABIES ARE SICKLY BABIES

When babies are restless, sleepless and cross they are the surest possible sign that they are not well. Well babies sleep soundly and wake up brightly. Sleeplessness is generally due to some ailment of the stomach or bowels, or cutting teeth. A few doses of Baby's Own Tablets will put the little one right and give it sound, natural sleep. Mrs. Jos. Gonell, St. Evariste, Que., says: "I have found Baby's Own Tablets a splendid medicine for constipation and stomach troubles. I give them to my little girl and they keep her lively and well." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

ALL GONE.

"Since it went dry," announced the prominent citizen, with pride in his voice, "our town is unexcelled." "How do you make that out?" asked the casual visitor, who had seen better towns. "Because," replied the prominent citizen, "it is now a good town, bar none."

A Woman's Sympathy
Are you discouraged? Is your doctor's bill a heavy financial load? Is your pain a heavy physical burden? I know what these mean to delicate women—I have been discouraged, too, but learned how to cure myself. I want to relieve your burden. Why not end the pain and stop the doctor's bill? I can do this for you and will if you will assist me.

All you need do is to write for a free box of the remedy which has been placed in my hands to be given away. Perhaps this one box will cure you—it has done so for others. If so, I shall be happy and you will be cured for 2c (the cost of postage stamp). Your letters held confidentially. Write to-day for my free treatment. MRS. F. E. CURRAN, Windsor, Ont.

PUNISHMENT.

Lucy—"The wretch! And so he has been proposing to both of us!" Jenny—"It seems so." "I wish we could think of some fearful way to punish him." "I have an idea." "What is it?" "You marry him, dear."

These Pills Cure Rheumatism.—To the many who suffer from rheumatism a trial of Parmelee's Vegetable Pills is recommended. They have pronounced action upon the liver and kidneys and by regulating the action of these organs act as an alternative in preventing the admixture of uric acid and blood that causes this painful disorder. They must be taken according to directions and used steadily and they will speedily give evidence of their beneficial effects.

HOW PEANUTS ARE RAISED

Peanuts only thrive in a warm climate. The plant requires a limey, sandy loam, and yields from two bushels of pods planted an acre as much as 40 or 50 bushels of pods and two tons of straw. The seed is planted about one inch deep in rows from 28 to 36 inches apart, and from 12 to 16 inches in the row, when danger of late spring frosts are passed. After planting and during the growing period of the crop the soil is kept loose and open and free from weeds. The crop is harvested before frost in the fall, the plant being loosened by means of a special plow, then taken up and put into shocks. After drying from 15 to 20 days the pods are picked.

He Is Back At Work Again

Abraham Garand's Rheumatism cured by Dodd's Kidney Pills.

He suffered for five years and was four months off work, but Dodd's Kidney Pills Cured Him.

Alfred Station, Ont., Mar. 29 (Special).—After being laid off work for four months by kidney disease and rheumatism, from which he had been a sufferer for five years, Abraham Garand, a section man on the railway here, is back at work again and he gives all the credit for his cure to Dodd's Kidney Pills.

"I am forty-one years old," Mr. Garand said, when asked about his cure. "And have been section man here for ten years. For five years I suffered from kidney disease and rheumatism, also sciatica in my right hip, which descended to my feet. For four months I could not work. Reading of cures by Dodd's Kidney Pills led me to try them. I used nine boxes in all and to-day I am advising all who suffer from rheumatism to use Dodd's Kidney Pills."

Rheumatism and sciatica are caused by diseased kidneys failing to strain the uric acid out of the blood. Cure the Kidneys with Dodd's Kidney Pills and they will strain the uric acid out of the blood. Then you can't have rheumatism.

WORLD'S OLDEST SOLDIER.

Czar Kindly Greets a Veteran of 120 Years.

Probably the oldest soldier in the world, Andrei Nikolavitch Schmidt, who is aged 120 and fought in the Russian army during the Napoleonic wars, recently arrived in St. Petersburg with the object of seeing the Czar. Though the newspapers at St. Petersburg have heard nothing of it, Schmidt was granted a private audience of the Czar. Schmidt was extremely proud, and despite his immense age he bore himself with martial air.

He was introduced into the Czar's study, and his Majesty received the veteran with extreme kindness. Schmidt answered several questions, but finally, overwhelmed with emotion, he broke down and burst into tears.

The Czar made the old soldier some valuable presents, and presented him to the Czarevitch and to one of the little grand duchesses. "After this happiness," old Schmidt declared, "I can die in peace."

"To-morrow," said five-year-old Sydney, proudly, to his teacher, "is my birthday." "Why," she replied, "it is mine, too." The boy could not make it out, and after a brief silence, he exclaimed: "How did you get so much bigger'n me?"

Trial is Inexpensive.—To those who suffer from dyspepsia, indigestion, rheumatism or any ailment arising from derangement of the digestive system, a trial of Parmelee's Vegetable Pills is recommended. Should the sufferer be unacquainted with them. The trial will be inexpensive and the result will be another customer for this excellent medicine. So effective is their action that many cures can certainly be traced to their use where other pills have proved ineffective.

More public clocks are displayed in New York than in London and Paris combined.

Be Sure you get the kind you have always had. "The D & L" Menthol Plaster. For rheumatism, neuralgia, etc., nothing is better. Made only by Dettis & Lawrence Company.

Nearly two thousand memorials to Bismarck have been erected in Germany.

Repeat it:—Shiloh's Cure will always cure my coughs and colds.

Other people may have good taste, but of course yours is a shade better.

"If an empty barrel weighs ten pounds, what can you fill it with to make it weigh seven pounds?" "Have to give it up." "Fill it full of holes."

ISSUE NO. 13-00.

Free to You, Madam, our 1909 Catalog of Dainty Millinery

Showing the Newest Spring Models in dainty hats to suit every age from "tot" to matron. You can buy from the McKendry catalog in perfect confidence that our millinery experts, second to none in America, will suit you as perfectly as if you bought your hat in person in our store. We give first attention to Mail Order business. Write for catalog to-day.

McKENDRY'S LIMITED 226-228 Yonge St. **TORONTO**
"THE HOME OF THE HAT BEAUTIFUL"

FIENDISH CRUELTY OF MOORS

French soldiers in their late Moroccan campaign exercised great self-control, despite the awful tests put upon it by the cruel practices of the Moors. Of the scene after one battle a writer says: "As the chasseurs swept over the ground for the third time, they, indeed, saw sights which made them little inclined to grant the quarter prayed for by the wretches on whom they were spurring. Naked lay all their fallen comrades; one poor fellow had had his eyes gouged out; the blood was streaming from their sockets; he was still alive. Another had been disemboweled; a third was found with bound hands beside a fire, his head charred to a cinder."

NEGLECTED SCALD CAUSED MONTHS OF AGONY.

Spent Dollars in Vain, but Zam-Buk Cured Her.

Following we give the testimony of a lady who if she had known of Zam-Buk earlier would have been saved nine weeks of agony:

Mrs. Frederick Bryant, of 169 Railway Avenue, Stratford, Ont., says:—"I scalded my foot while preparing supper. Next day the skin came off and my foot was in a serious condition. I could not wear my shoe and had to lay up for nine weeks. During this time I used dozens of salves, but none did any good, in fact the wound developed into a running sore. I got no rest day or night from the pain. At this point a supply of Zam-Buk was obtained and a few applications had immediate effect in soothing the pain and irritation. A small supply proved sufficient to heal the scald, although I had spent dollars in other remedies. New skin has now formed nicely over the open sore. "Zam-Buk is the most wonderful and effective remedy I have used, and I advise others to use it."

There is nothing to equal Zam-Buk as a family balm. Its uses are so wide. It has been proved a sure cure for eczema, ring-worm, ulcers, abscesses, piles, bad leg, suppurating wounds, cuts, bruises, chapped hands, cold cracks, and all skin injuries and diseases. Rubbed well into the part affected it cures rheumatism, sciatica, neuralgia, etc. All druggists and stores sell at 50c. Per box, or post free from Zam-Buk Co., Toronto, on receipt of price.

Bank Clerk—"You will have to be identified, ma'am." Lady Customer—"My friend here will identify me." Bank Clerk—"But I don't know her." Lady Customer—"Oh, well, I'll introduce you."

Repeat it:—Shiloh's Cure will always cure my coughs and colds.

Teacher—"What did the Indian children play with?" Bright Pupil—"With their warwhoops."

"A Grand Medicine" is the enormous offer passed on Bickle's Anti-Consumptive Syrup, and when the results from its use are considered, as borne out by many persons who have employed it in stopping coughs and eradicating colds, it is more than grand. Kept in the house it is always at hand and it has no equal as a ready remedy. If you have not tried it, do so at once.

First Passenger—"Pardon me, but would you mind lending me your spectacles a moment?" Second Passenger—"With pleasure, sir." First Passenger—"Thanks, awfully. And now, as you can no longer read your newspaper, would you kindly pass it over to me?"

Shiloh to the Bone? A teaspoonful of Painkiller in a cup of hot water will warm you and avert a cold. Avoid substitutes, there is but one "Painkiller"—Perry Davis—25c and 50c.

Butcher—"I need a boy about your size, and will give you \$3 a week." Applicant—"Will I have a chance to rise?" Butcher—"Yes; I want you to be here at four o'clock in the morning."

Repeat it:—Shiloh's Cure will always cure my coughs and colds.

Tramp—"Help me lady, please! For three years I worked for the cause of temperance." Lady—"Were you a temperance orator?" Tramp—"No; I was the horrible example!"

A GREAT ENGLISH RAILWAY.

London and Northwestern is One of the Most Popular.

Among all the great railways in England the London and Northwestern stands out as one of the best managed, safest and smoothest railways in that tight little isle. Travellers from this side of the water are landed in Liverpool right alongside the commodious and convenient Riverside Station of this railway, where, without any extra cost for transfer of luggage, and with the utmost facility and despatch, and without leaving cover, they can take the train for any part of the United Kingdom. Special corridor trains, three or four if necessary, for London, are always in waiting on the arrival of the great steamships, that there may be no delays whatever. These trains are models of excellence and convenience, and have luxurious dining cars attached, generally two on each train, where most excellent meals are well served at reasonable prices. The coaches are kept very clean, and are well hung, and as the roadbed is one of the best in England, there is very little vibration, even when travelling at sixty to seventy miles per hour.

All Canadians will make no mistake in seeing that they are booked via the London and Northwestern always.

If some men were to lose their self-conceit there wouldn't be much left.

Repeat it:—Shiloh's Cure will always cure my coughs and colds.

Success is the only thing that can turn a man's head when he has a stiff neck.

No Reasonable Man expects to cure a neglected cold in a day. But time and Allen's Lung Balm will overcome the cold and stave off consumption. Cough will cease and lungs be sound as a new dollar.

She—"I'm going to cook dinner to-day myself. What would you like dear?" He—"Er—cold beef and pickles!"

Holloway's Corn Cure is a specific for the removal of corns and warts. We have never heard of its failing to remove the worst kind.

"Your hair wants cutting badly, sir," said a barber insinuatingly to a customer. "No, it doesn't," replied the man in the chair; "it wants cutting nicely. You cut it badly last time."

Repeat it:—Shiloh's Cure will always cure my coughs and colds.

Merchant—"Yes; we are in need of a porter. Where were you employed last?" Applicant—"In a bank, sir." Merchant—"Did you clean it out?" Applicant—"No, sir. The cashier did that."

Pale, sickly children should use Mother Graves' Worm Exterminator. Worms are one of the principal causes of suffering in children and should be expelled from the system.

Nine men out of a possible ten wear a sad look after they have been married a year.

RAW FURS and HIDES

Write for Weekly Price Lists. Shipments Solicited.
JOHN HALLAM - TORONTO, ONT.

BELL PIANOS

USED IN
Leading Conservatories, Colleges, Schools,
Theatres, and in thousands of homes where a piano of distinctive merit is appreciated. The Bell is the only piano with the Illimitable Repeating Action.

Send for (free) Catalogue No. 78.
The BELL PIANO & Organ Co., Limited GUELPH, ONTARIO.

GALVES

Relax Them Without Milk. Bottle Free. Steele Briggs Seed Co., Ltd., Toronto.

Twenty-Five Post Cards
Illustrated, landscapes, flowers, views, comical, etc., ten cents. NORMAN PEEL, London, Ont.

200,000 WILLIAMS' STRAWBERRY PLANTS
The famous commercial berry. Also Renoster Dunlop, Brandywine, Cardinal and Michel's Early.
Write now for information and prices.
S. H. BITTENHOUSE, Jordan Harbor, Ont.

WE WILL SHOW YOU
How \$5 earns \$10, \$50 earns \$100. How Alaska Placer Mines have produced millions. Booklet free. Send for it.
BUDDENBORG & CO.,
Marion Block, Seattle, Wash.

CARPET DYEING
and Cleaning. This is a specialty with the **BRITISH AMERICAN DYEING CO.**
Send particulars by post and we are sure to satisfy.
Address: Box 155, Montreal.

CENTRAL SASKATCHEWAN LANDS
broken, leased and sold. Make your land productive, valuable, saleable. No cash required. First crop pays all expenses. Write for plan.
W. B. MAXWELL, Saskatoon.

EIGHTEENTH BRITISH WITHROW TOUR EUROPE.
ILLUSTRATED PROGRAM
244 JARVIS STREET, TORONTO.

We have prepared a circular giving an unbiased opinion on the different Mining properties of Cobalt, and will be glad to mail a copy free on request.
J. L. MITCHELL & CO.,
McKinnon Building, Toronto
Members Standard Stock Exchange.

Some people are born with cold feet, some people acquire cold feet, and some have cold feet thrust upon them.

Repeat it:—Shiloh's Cure will always cure my coughs and colds.

If a man is wise he will never start a fight unless he has enough friends present to interfere if he gets the worst of it.

We Must Go from heated rooms to the cold air, and the change sets us coughing. Cure the winter colds and colds if you take Allen's Lung Balm. A neglected cold is troublesome and dangerous.

After telling an old man your troubles he will proceed to tell you a few of his that make yours look like thirty cents.

In Fields Far Off.—Dr. Thomas' Electric Oil is known in Australia, South and Central America as well as in Canada and the United States, and its consumption increases each year. It has made its own way, and all that needs to be done is to keep its name before the public. Everyone knows that it is to be had at any store, for all merchants keep it.

Nearly 50,000 horses were used for food in Paris last year.

10 BEAUTIFUL FASTER POST CARDS
Crosses, Angels, Rabbits, etc., and your name in gold on each for 25c.
Norman Peel Mfg Co., London, Ont.