That Tired Feeling

That comes to you every spring is a sign that your blood is wanting in vitality, just as pimples and other eruptions are signs that your blood is im-

One of the great facts of experience and observation is that Hood's Sarsaparilla always removes That Tired Feeling, gives new life, new courage, the whole system.

This is one of the reasons why Hood's & Accept no substitute for

Insist on having Hood's. Get it today of your druggist. 100 doses one dollar.

walls of these Intestines or Bowels. When a piece of Food rubs the walls which drives it through the whole length of the Bowels.

It should take about 12 hours to do this may have time to be digested and absorbed. sour apples during the sermon.

becomes as poisonous as if it had decayed before being eaten.

Now, the cause of delay (Constipation) s simply Weakness, or Laziness of the Bowel-Muscles.

weakens Arm and Leg Muscles.

* * *

"Physic" like Salts, Calomel, Jalap, Phosphate of Soda, Mineral Waters, simply flush-out the Bowels for the one occasion

They do not remove the Cause of Consupation.

But this is different with Cascarets. Cascarets act on the Muscles of the Bowels and Intestines. They act just as Cold Water, or Exercise act on a Lazy man. They act like exercise.

Natural result that a Six Mile walk in the country would produce.

The Vest Pocket Box Druggists, at Ten Cents. Be very careful to get the genuine, made only by the Sterling Remedy Co.,

and never sold in bulk. Every tablet

stamped "CCC."

A WOMAN'S BACK WAS NOT MADE TO ACHE

Thousands of Women suffer Untold Misery Every Day with Aching Backs That Really have no Business to Ache.

. Under ordinary conditions it ought to be etrong and ready to bear the burdens of life. It is hard to do housework with an aching back. Backache comes from sick kidnevs, and what a lot of trouble sick kidneys cause.

But they can't help it. If more work is put on them than they can stand it is not to be wondered that they get out of order. Backache is simply a warning from the kidneys and should be attended to immediately so as to avoid years of terrible sufferering from Kidney trouble.

Doan's Kidney Pills will cure you in the same way as they have

oured thousands of others.

Mrs. Thos. Craig, Aknonte, Ont., writes: I was doctoring for six months for kidhey trouble and my back was so lame I had to lie in bed. I was advised to try Doan's Kidney Pills. I did so and in one week I was able to walk with very little pain, and in five months my back was as

strong as ever.

Doan's Kidney Pills are 50 cents per box
or 3 boxes for \$1.25 at all dealers, or will. be mailed direct on receipt of price by The Lose Kidney Pill Co. Toronto. Ont.



gent or poisonous. Sold by Draggists.

PURE FOOD INSURES B BAKING INSURES

E.W. GILLETT COMPANY TORONTO, ONT.

Out of the Darkness

of his party. A surpliced choir had re- spoken woman I have met for a long carsaparilla is the Best Spring Medicine. | cently been started at Blackscar, much time." to the tribulation of the elder members of his congregation, and it was a fine watch Your Thirty Feet

of Bowels!

and had united his groans with the elder members, who thought fustian jackets and clean collars would have been more in accordance with the views of St. Paul; but the groans had been overborne by the younger portion of the congregation. A "bee" was organized by some enterprising young ladies; the surplices, were duly sewn and stitched, and a large parcel deposited at the rectory on the Saturday night. Next morning the rosy-faced of the congregation and thought I shall sleep all night for think I shall sleep all night for thinking of what I am to say to her," said Mrs. Ord ruefully.

"Come, Mary, that is not brave. Don't think about it at all; that is the best way." And with that homely counsel way." Sord was fain to be content.

Procrastination was not one of Mrs. Ord's sins. She had decided to go on the morrow, and punctually at the appointed hour she set off to perform her pointed hour she set off to perform her injent. Next morning the rosy-faced of the congregation.

I don't think I shall sleep all night for thinking of what I am to say to her," said Mrs. Ord ruefully.

"Come, Mary, that you have infected me with your fears—I suppose by giving color and expression to my own thoughts; but I feel as though this way." And with that homely counsel way." And with that homely counsel way.

Sord was fain to be content.

Procrastination was not one of Mrs.

Ord's sins. She had decided to go on the morrow, and punctually at the appointed hour she set off to perform her pointed hour she set off to perform her pointed hour she set off to perform her pointed hour she set off to perform her procrasting the more of the with your fears—I suppose the more than the same than the same to say the more of the more of the more of the more of the more o A set of Muscles that line the night. Next morning the rosy-faced country lads walked sheepishly to their difficult duty. places, the beheld of all beholders, looking for all the world like a flock ed her visit, for Mary found her alone of the Intestines these Muscles tighten of white geese, as one irascible old as on the previous day.

headed lad was the black sheep of the taken up her work. properly, so that nutritious parts of the food whole choir from his habit of eating "Oh, yes; he told me to expect you. The surplices had carried the day, was very good of him to send you." but the rector's soul was sad within him. He had always been a little high almost tyrannical; latterly he had taken plied some reproach.

up Ebenezer Graves, the editor of the But nevertheless it was very kind Want of Exercise, Indoor Employment, rector often came to his shop, osten-your husband."
weakens these Bowel-Muscles, just as it sibly for boots, but in reality for a "I was afraid gossip. Mrs. Graves, who managed hard."
her husband's business, a thin, bilious"Hard? oh, no! Of course, it hurt me people, my dear," the rector would through it all his gentleness touched say. "Pity they are dissenters. Writes me to the heart." very good articles does Ebenezer, quite on every occason; the man can't help her husband unmoved.

having a fluent pen. I suppose." Lamb's Complaint' making shoes!"

daughter. Elegy' reminded him of treacle and spoken thought. seen that Austin was apt to be a little not true, Mrs. Ord." plainspoken; he called Ebenezer Graves ward pause. vicar's fear with regard to themselves more boldly." and Miss Maturin was not without the hints had been so obscure, and the asked Mary, much interested. whole couched in such mysterious! is his?" returned the vicar: "he would because it is laid upon me by a fellowonly have you up for assault and bat- creature." tery. There's no getting at the ras-

parishioners being annoyed by just lieved in her friend's innocence. such a letter. 'Why do you allow such wrote that article knew what he was thought herself of taking leave. about. I don't see a thing's, libelous

because the cap happens to fit one of that I hope she will come to the your congregation. Bless you! some of these things are just make-ups, and mean nothing at all.' 'I am positive that there is a meaning in this,' I replied. 'My friend feels himself much injured. You ought to induce your correspondent to make your correspondent to make your children." injured. You ought to induce your correspondent to retract the invidious children." place in a perfect rage."

Ebenezer's name on this occasion, Mary any special need." "I don't know what to think about Mrs. Ord hesitated.

her, Mary," returned the vicar, rather that the whole affair is making me derstand if you do not come." quite miserable. I cannot help think- there was such sweetness and sadness

IF CHILDREN CATCH COLD.

It seems as if Nerviline was made difficult one?" specially for the little ones. Rubbed "No, not very," returned Mary, abon throat and chest, it breaks up a sently, as her fingers strayed among cold in a few hours. Taken hot his curis. "But, Austin, I do feel very ex-leader of the Irish party, is now when retiring it drives out the last unhappy." traces of sickness, and all danger is "Unhappy, my darling!" And the Sea. Mr. McCarthy is still busy, but past. For a household liniment—vicar put back his head that he might his sight has become greatly imof the whole family, nothing has the pened, surely?"

power of Nerviline. Good for neuralgia, lumbago, toothache and rheumatism. Guaranteed to relieve and about this. When I sat and talked to
cure any muscular pain, external or her I almost thought that Robert could
otherwise, and all for 25c, a bottle. not be right."

The unctuates for an noth of two every morning to an amanuensis.

THE NEVER-FAILING medicine, Holloway's Corn Cure, removes all kinds of
corns, warts, etc.; even the most difficult
to remove cannot withstand this wonderful
remedy.

Austin's innovations, few and simple selves be blinded by Robert's prejudice very dreadful to think that we may as they were, had given great offense and mere circumstantial evidence. And have been accusing an innocent girl to the rector of Blackscar, a worthy yet, what can we do? Not proven is wrongly, but appearances were so blood, clears the complexion, builds up gentleman of the old school, who clung not equivalent to not guilty. And I tell much against her; and then I never to the black gown and the "high pul- you what, Mary-faulty or not faulty, knew Robert to suspect a person unpit" as though they were the symbols covetous or not, she is the sweetest- justly before."

"Yes, indeed, dear; and you must go Hood's Sarsaparilla thing to see the choir gallantly bring- and speak kindly to her. Whatever myself. No, no, my dear! We must not myself. No, no, my dear! We must not speak kindly to her. Whatever myself. No, no, my dear! We must not shelter myself. No, no, my dear! We must not shelter myself. No, no, my dear! tival in his short, well-worn, corded us to refuse the cold water of charity. silk gown. The rector had been rather Perhaps by patience and gentleness we ple's. Everyone for himself,' in a wider

pehind it, and thus it starts a Muscle-wave lady in the greengrocery trade sug- "My husband has prepared you for gested. "Or like the cherubim and my visit, I hope?" she said, when they seraphim, continually," as was re- had shaken hands and had sat down.

marked by one mother, whose red- But this time Miss Maturin had not I think, under the circumstances, it

"Oh, no; you must not say that." "Oh, but it was! It was goodness it-But, - if it takes twice or three times with the neighboring clergy, especially self. And it was kind of you to come." that period the food spoils in passing, and with the Reverend Austin Ord, whose "Of course, I should do as he daily services had been a great offense wished." But Mary, when she had said in his eyes, but he had now become this, felt as though her words had im-

> Blackscar Herald. Ebenezer made Mrs. Ord. I don't know whether you shoes for his reverence, and for Mrs will care to hear it from my lips, but I Price and the young ladies, and the think I never knew any one so good as

"I was afraid you might think him

looking woman with a nasal drawl. to have him saying such things of me, was also in high favor at the rectory, and refusing to believe my words, but "A very worthy man; very worthy to and refusing to believe my words, but through it all his continues to be the same to be the continues to be the co

"Austin is always gentle," replied native talent. I think Blackscar ought Mary, and her eyes looked very softto be proud of him; t is no use Ord ly at Rotha. It was not in a wife's snubbing him and putting him down nature to hear such sweet praises of

"Yes: I saw that in his face. As far Ebenezer hates Mr. Ord," put in one back as that first evening when he put of the younger daughters. "I believe open the church door for me I longed it is because he told him that he ought for him to be my friend. Do you know, to look after his business better and when he was pleading with me yesmake his own shoes. Fancy the author terday, I almost wished that I had A Cascaret produces the same sort of of the Builfinch's Elegy' and 'The done this thing-that I might confess Amt's Complaint' making shoes!" it, I was so sure of his sympathy and "Yes, and he said 'The Lamb's Com-

plaint' ought to be that it was gener- "Why did you not?" was on Mrs. ally too much done," put in another Ord's lips, but she prudently refrained herself. She was very much startled "And he declared the 'Bullfinch's then when Rotha answered her un-

brown sugar," whereby it might be "You see, I could not say what is he appears in the short dresses which funny at the expense of the poet shoe- "No, of course not," returned Mary,

a canting rascal, and was very in- "I was so afraid that you might dignant when Mary wanted to buy think me unnecessarily hard," she went be of the plain material, a simple em-Laurie some boots there, pleading that on, anxious to sound this singular girl broidery or tucking. Tucks at either

shop at Blackscar. Therefore the I should be tempted to defend myself foundation. Letters had often appeared Rotha, gently, "you would know how cashmere, and as simple or elaborate in the Blackscar Herald containing hard it is for a lonely stranger to do as desired. A small round yoke outmysterious hints and surmises by an otherwise than I have done. When the lines the neck of the sack, while a few unknown correspondent very damag- first shock of it all came upon me I shirrs retain the fulness of the front

clined to sue Ebenezer for libel, but "Do you mean Mrs. Carruthers?" "Yes; she showed me how morbid language, that there was nothing of and cowardly I was, and how God which one could take held. "They would take account of my stewardship, should try a good horsewhipping," and she told me that if I carried my Garton had said once. "What is the cross well, it would in the end carry use if they cannot prove the article me; and it is none the less a cross PATTERN DEPARTMENT OF THE

"Mrs. Carruthers must be a very cal. I remonstrated with him once in good woman," returned Mary. She was very strong language about one of my inwardly wondering whether Meg be-

"Yes, she is one of a thousand;" paper?' I said to him when he had told Mrs. Ord a little of Meg's strange 'Why not? was his only answer; 'it is sympathy: it was a safe topic, and led a very good letter. People think the their thoughts into a less painful ing in the whole paper. The man who long ago passed before she had be-

"Be sure you tell Mrs. Carruthers

only. I declare I came out of the second mile. He told me to say again that you whatever it measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and there is no detendant to may be. If a skirt, give waist and the may be. If a skirt, give waist and the may be. If a skirt, give waist and the may be.

"Never mind: of course, you must sadly. "I am only sure of one thing, ask your husband. I shall quite uning all day that we are letting our- in her tone that Mrs. Ord's heart quite ached for her, and she bade her good-

The vicar drew a long breath. "There was something so thoroughly true about her face; she does not look as though she knew how to deceive; and it would be deceit if she keep telling us that she never wanted the

money. Oh, Austin! suppose we ar wronging her all this while?" "I am afraid the same doubt has occurred to me," he said in a grave voice. Once or twice yesterday I had some unpleasant twinges. It is certainly

"It will be a comfort to think the blame will be his and not ours," returned Mary.

"Why, that would be a poor comfort, averse to the surplices for some time, may win her from her reserve."

sense, and God for us all. I don't know averse to the surplices for some time, may win her from her reserve."

sense, and God for us all. I don't know it is, Mary, that you have infected me with your fears—I suppose by sense, 'and God for us all.' I den't know

Advertiser **Patterns**



when he is so altogether loveable as when long baby clothes are shed and mother has provided. Here is a charming little set consisting of a maker. At home he was rather more hastily, and then there was an awk- dress with fanciful yoke, a petticoat and sack. The dress, while very simple, is unique in its yoke, which may they were cheaper than at any other more deeply. "In your position I think side of the front are pleasing, and give it an air of individuality. The skirt is to be made of lawn or cam-"If you were in my position," replied bric, and the sack of flannel or little private family matters had even been divulged in this manner. Once or twice an injured person had been inthe medium size the sack requires 1 3-8 yards of 27-inch material; the dress 2 1-2 yards, and the petticoat 1 1-2 yards of 36-inch material. 4145-Sizes, 1-2, 1, 2, and 3 years.

The price of this pattern is 10 cents.

ADVERTISER. Please send the above-mentioned pattern, as per directions given below.

a libelous thing to be printed in your and then, with a sudden impulse, she Name denied all knowledge of the writer. history. Mary listened with unfeigned Street Address correspondence corner the most amus- channel; and the allotted half hour had Town

Measurement: Bust Waist

CAUTION.-Be careful to inclose above illustration and send size of patdon't think he'll do that,' he said, quite cases tomorrow. We are so glad to coolly. I declare I came out of the said and send size of pattern is bust the said of coolly. I declare I came out of the get any one who will read to poor Annie. He told me to say again that you whatever it may be. When in waist is also the most economical, as it costs would call. "I don't think you feel so badly about her now you have been to Bryn "she said crowing and a part of the standard would call. "I don't think you feel so badly about her now you have been to Bryn," she said, arguing rather shrewd- pleasant face: there was something so pleasant face: there was something so cannot reach you in less than one week Richmond streets. from the date of order. The price of each pattern is 10 cents in cash or in portage stamps.

> PATTERN DEPARTMENT, ADVERTISER, LONDON, ONT.

SUDDEN TRANSITION from a hot to a RUB ON "NERVILINE."

Well, Mary," said the vicar, as the came into the study and leant over him silently, "was the task a very of the little ones. Rubbed of the study and chest, it breaks up a sently as her fingers strayed among trusted ached for her, and she bade her good-by so ku diy that the poor girl colored cold temperature, exposure to rain, sitting in a draught, unseasonable substitution of light for heavy clothing, are fruitful causes of colds and the resultant cough so perilous to persons of weak lungs. Among the many medicines for bronchial disorders so arising, there is none better than Bickla's Anti-Consumptive Syrup. Try it and become convinced. Price, 25 cents.

Justic McCarthy, the historian and living in retirement at Westgate-onthat cures the aches and pains see her face. "Why, nothing has hap- paired. He dictates for an hour or

Always the Best of Everything for the Least Money.

Dress Your Windows With Fresh, New Curtains Buy Them Here

From a money-saving standpoint it will pay you to buy your curtains here. We have many extra fine curtains at extra low prices this season. When you see them you'll wisely conclude that it will never do to hang up the old curtains another season. You'll dress the windows with fresh, new draperies. Here are three remarkably good values. All are 54 inches by 31/2 yards in size.

No. 3030-This is a very attractive curtain in strong, serviceable Nottingham net. Button-hole stitched sides, top and bottom, with holes worked for curtain pins. This is a regular \$1.35 curtain, but we will offer it to you for immediate choosing at, per pair.....

No. 3012-You will really have to see this curtain and judge for yourself its excellent value. Material is an extra fine net, with a neat openwork stripe along edge with floral pattern prettily interwoven. Nicely finished all around. Only 10 pairs 21 05 of this number marked at the low price of.....

No. 140-A very handsome curtain. Has a plain fishnet center with border formed by very heavy net. An unusually liberal value at, per pair..... \$1.69

Madras-A new lot | Handsome, Highlyjust to band. Beautiful draperies, they are, in white, pale blue, oxblood and corn shades. Per yard

usually attractive.

Finished Sateens. Colors and designs are un-

firm qualities. Wide widths.

.....15c, 20c, 25c, 30c Curtain Nets. Good

Denims in pretty Persian patterns. 32 inches wide. Make good coverings for couches and chairs. Per yard

.....25c Coin Spot Muslins. Just the thing for bedroom win-



The Question of Absorption

is a most important one for bakers, and one which should be seriously considered by all.

A strong, rich Flour, which absorbs a great deal of water, is more satisfactory, inasmuch as, pound for pound, it will make more bread than a weaker Flour, and with less trouble. Consequently it is more economical.

All bakers who are desirous of reducing their ex penses and increasing their profits proportionately, should use our "FIVE ROSES" and "HARVEST OUEEN" brauds. These are strong, rich, Manitoba Flours, especially suited to fill the requirements of the bakery trade, and which will be found more economical than any ordinary brands on the market.

Lake of The Woods Milling Co.,

Local Office, Canadian Bank of Commerce Chambers, London, Ont.

insignia of the Golden Fleece conferred upon the first Duke of Wellington was that actually worn by Columbus, and, as a special mark of Spain's gratitude, so that the present duke is the proud possessor of the star worn by

the discoverer of America. PAIN IS A PUNISHMENT.—Pain is a protest of nature against neglect of the bodily health, against carelessness regarding the physical condition. It steals in at the first opportunity, and takes up its abode in a man, and it is sometimes difficult to eject it. Dr. Thomas' Eclectric Oil will drive it out in short order. Pain cannot stay where it is used, but imme-

Craving for Drink Destroyed.

The best aid to temperance is something that will strengthen the drunkard's wrecked nervous system and cure his unnatural craving for drink. We believe that any man who really desires to be cured of the liquor habit can cure himself by using Orrine. This many cures among our customers that we are glad to sell it under an absolute guarantee to refund the money if it does not cure.

It is in two forms: No. 1 that can be length measure. When misses' or child's cure is not effected, there is no expense

COWAN'S MILK CHOCOLATE

Is The Finest in The World. Croquettes, Medallions, Sticks, Etc., Etc.

COWAN'S MAPLE BUBS

Nothing to Equal Them. THE COWAN CO., Limited, TORONTO

J. Y. EGAN, Specialist, 192 West King St.



THE MOST RELIABLE and Successful Authority—Greatest success in the treatment of Hernia (Rupture) Varieocele (False Rupture) of all known agencies—in modern times. He who makes a specialty of one department must certainly be more experienced and capable than those having "many irons in the fire." Don't put off your case, believing it to be simple—Remember neglect often proves fatal. Have your case attended to now, and thus avoid danger. Stop wasting time and money elsewhere but come to one whose life-long study has taught him what to do. Do not despond or be deterred from seeking further advice, or because of repeated failures consider your case incurable. Because others failed in your case you have become discouraged. This is the very time you should consuit me as my reputation has been made in curing hopeless (so-cailed) cases.

LADIES suffering from Navel or any form of Rupture should not hesitate in having their case attended to at once. Everything strictly private and professional.

MOTHERS—Look to your children—Now is the tima to have them cured, while young. Don't allow them to grow up handicapped in the race of life, with rupture.

MY CHARGES are within reach of all, the poor man as well as the rich. Terms can be satisfactorily arranged, no reason why you should not consult me at once, during this visit.

from this terrible affliction in some way There is no other affliction to which ma is helr that so completely unfits him for th The universal tendency of these conditions is to grow worse and more complicated—leading to impotency, nervous debility, wasting, stricture, lumbago, sexual exhaustion, etc. Do you intend to allow this insidious affliction to sap away your vitality? It is doing so now and if not checked will result in the above conditions. No matter how serious your case may be, time afflicted, or the fallure you may have experienced in trying to be cured by medicine—free trials, or Electric belts—my Biotone system will cure you; the wormy veins return to their normal condition and hence the sexual organs receive proper nourishment, the parts become vitalized and manly powers return. No temporary benefit, but a PERMANENT one. NO OPERATION necessary. No detention from business. If you have had the usual experience you have no doubt spent large sums of money and still larger quantities of time searching for the remedy that I offer you here.

SPECIALIST WILL VISIT: London Grigg House, Saturday, All Day and Evening, One Day Only Ask at hotel office for number of specialist's consulting rooms. One day only.

Often when people marry it is a mistake of the heart and not of the head.

LEE HING LAUNDRY. Shirt collars ironed so will not hurt neck.

A fast young man does not necessarily win the race.

There's always somebody to be surprised when anybody gets married.

Standup collars ironed so wing will not be broken. Ladles' dresses fluted. Vests ironed. Goods called for and delivered. JOHN TOM, manager, 485 Richmond. Phone 1344.

Formerly at 312½ Dundas street.