

WATERY BLOOD IN THE SPRING

How to Get New Health and New Strength at This Season

Even the most robust find the winter months trying to their health. Confinement indoors, often in overheated and nearly always badly ventilated rooms—in the house, the office, the shops and the school—taxes the vitality of even the strongest.

DANGER IN CLEANLINESS.

Odd Opinion of Distinguished London Physician.

Somewhat novel views of the subject of bacteriology and hygiene were advanced by Sir Almroth Wright, M.D., F.R.S., in an address recently.

There was a belief, he said, that by washing, people washed off microbes. We did take off a certain amount of microbes, but we also destroyed the protective skin, which was all around our bodies, like the tiles of a house.

A great deal of washing increases the microbes of the skin, he declared, so he did not think cleanliness was to be recommended as a hygienic method.

With regard to the belief that in cases of consumption, fresh air would make things right, he asked why it was this principle only applied to tubercular disease.

Rich people, he asserted, surrounded themselves with all sorts of luxury, and took absolutely no interest in getting rid of the microbes that surrounded them.

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

MEANT WELL.

The old folks had had three days together.

"You have a pretty place here, John," remarked the guest on the morning of his departure. "But it looks a bit bare yet."

"Oh, that's because the trees are young," answered the host comfortably. "I hope they'll have grown to a good size before you come again."

CURED OF LAME BACK WHEN 84.

Mr. Samuel Martin, of Strathroy, Ont., passed twenty years of his life in misery, suffering tortures from lame back.

Some months ago, seeing Gig Pills advertised, Mr. Martin purchased a box. The relief which Mr. Martin experienced after he had taken one box, was so great that he knew he had found the right remedy.

Free sample if you write National Drug and Chemical Co., (Dept. W.L.), Toronto.

SOURCE OF THE RED CROSS.

Dunant, "The Gentleman in White," Conceived the Idea.

During the Italian War of 1859, young Jean Dunant was travelling in that country. After the battle of Solferino, he visited the field, and, seeing the terrible sufferings of the wounded soldiers who lay around unattended, he, with the assistance of several peasant women, formed an ambulance service, with its headquarters in a little church at Castiglione.

His experiences at Solferino, where he saw that the willing hands of a few untrained helpers actually saved many lives, and comforted hundreds of others, inspired him with the grand idea of an organization—the Red Cross.

BAGDAD FROM A DISTANCE.

Oriental City Looks Its Best From Afar.

Those of us who can think of Bagdad only as the magnificent city of Haroun-al-Raschid can hardly be expected to welcome the new international railway scheme. Let Bagdad remain forever inaccessible, except in dreams.

The days of its splendor in the East and India Company maintained in the ancient city of the Caliphs a Restaurant; nowadays we are content with the usual modest Consular service.—London Chronicle.

NEVER BE WITWOUT BABY'S OWN TABLETS

Mothers, if you wish to guard the health of your little ones against the sudden outbreaks of those ailments peculiar to childhood, always keep a supply of Baby's Own Tablets on hand. These Tablets never fail to relieve baby of distressing stomach aches, pains caused by difficult teething and the many other little troubles that make baby's life miserable.

"Your own baby, if you have one," advertised the enterprising photographer, "can be enlarged, tinted and framed for \$9.75 per dozen."

Minard's Liniment Cures Burns, Etc.

Luck seems to have a mania for calling on people who are not expecting it.

You are not treating yourself or your family fairly if you don't keep Hamlin's Wizard Oil in the house. It's the best substitute for family doctor and a mighty good friend in case of emergency.

NO NEED TO.

A man entered a confectioner's shop and called for a lemonade. He drank it, and was about to walk out, when the landlord stopped him.

"Here, sir," he cried, "you haven't paid for that drink you had."

"What's that you say?" asked the customer. "I said you haven't paid for that lemonade."

JUST ONE WOMAN IN THOUSANDS

WHO CAN SAY "DODD'S KIDNEY PILLS MADE ME WELL?"

Mrs. Louis Delorme who was always tired and nervous and suffered from Backache, tells how she found a cure.

St. Rose du Lac, Man., April 3 (Special)—The story of Mrs. Louis Delorme, a well known and highly respected resident of this place, is identical with that of thousands of other women in Canada. It is all the more interesting on that account. She was tired, nervous and worn out. Dodd's Kidney Pills cured her.

"I suffered for five years from backache and too frequent urination, which destroyed my sleep," Mrs. Delorme states. "My head would ache, and I was always tired and nervous. My limbs were heavy, and I had a dragging sensation across the loins. Dodd's Kidney Pills made me well. I used in all ten boxes, but they fixed me up."

Thousands of other Canadian women who have not used Dodd's Kidney Pills are in just the condition Mrs. Delorme was in before she used them. Thousands of others who were in that condition and who used Dodd's Kidney Pills, are now well and strong.

We learn from the experiences of others, and those experiences teach us that the weary and worn women of Canada can find relief in Dodd's Kidney Pills.

KING AND SPORT.

Has No Hankering After Reputation of Being a Sporting Man.

Although King George intends to bestow his formal encouragement upon the social aspect of the Turf, it is an open secret at the Court that he does not mean to elevate the sport of horse-racing to a supreme place in his personal interests. King George is a firm believer in physical recreations for the nation at large.

Smith—"You and Jones don't seem to be as friendly as you were. Does he owe you money?" Brown—"No, not exactly; but he wanted

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

THE HOME-MAKER. "You say you once had a home?" "Dat's what I had," answered Plodding Pete.

Why didn't you do something to make your folks comfortable and happy? "I did. I left."

A pleasant medicine for children is Mother Graves' Worm Exterminator, and there is nothing better for driving worms from the system.

Many a man who is willing to be a scoundrel would object to being called one.

Vocal teachers are always howling about their work.

The Best Liver Pill.—The action of the liver is easily disarranged. A sudden chill, undue exposure to the elements, over-indulgence in some favorite food, excess in drinking, are a few of the causes.

A girl's idea of a hero is a young man who asks her father for her hand.

Requisite on the Farm.—Every farmer and stock-raiser should keep a supply of Dr. Thomas' Electric Oil on hand, not only as a ready remedy for ills in the family, but because it is a horse and cattle medicine of great potency.

ISSUE NO. 14-41.

PISO'S is the name to remember when you need a remedy for COUGHS and COLDS

EIKER HOFF REMEDY ASTHMA, CATARRH, HAY FEVER CAN BE CURED

The Heart of a Piano is the Action. Insist on the "OTTO HIGEL" Piano Action

You'll Save Both Time and Money—as Well as a Good Deal of Trouble if You Use "POWDRPAINT" —PAINT WITHOUT OIL—

IODINOL \$1 a box 6 for 25 The most highly efficient application for the reduction of Swellings, Goitre, It's Positive.

LYLE MEDICINE TORONTO 718 WEST QUEEN STREET

Willie—"Mumme, will it hurt to have this tooth out?" Mrs. Slimson—"Naturally; but it will be so sudden that you won't have time to think—just a quick turn, and it will be all over."

If a man succeeded in discovering perpetual motion he probably wouldn't feel as proud as he did when as a boy he discovered that he could whistle through his teeth.

TO CURE A COLD IN ONE DAY Take LAXATIVE BROMO QUININE Tablets

She—"You say you love me with all your heart." He—"With all my heart." She—"And would you die for me?" He—"Hardly. You see, mine is undying love!"

Mrs. Winslow's Soothing Syrup Has been used for over SIXTY YEARS by MILLIONS of MOTHERS for their CHILDREN WHILE TEething, with PERFECT SUCCESS.

Unfortunately the chap who is always shooting off his mouth never runs short of ammunition.

Corns cause much suffering, but Holloway's Corn Cure offers a speedy, sure, and satisfactory relief.

THE REASON. "How did you ever happen to call your little daughter Dagmar?" "My wife found after careful inquiry that it was about the only thing we could call the little one without running the risk of naming her after some relative of mine."

DODD'S KIDNEY PILLS CURES ALL KIDNEY DISEASES

Private Doolan, the regimental barber, was well known for his carelessness. One day, while shaving Pat Dougherty, he had the misfortune to cut his patron's cheek several times.

Pat took all these gashes in grave silence, but when the shave was over he walked over to his water-bottle, which he had filled with water, took a mouthful, and, with compressed lips, proceeded to shake his head from side to side.

"What's the matter? You ain't got the toothache?" asked the barber. "Whist! I was only trying if my mouth would hold water without leaking!" replied Pat.

LOW COLONIST RATES TO THE PACIFIC COAST. Via the Chicago, Union Pacific and North Western Line, daily from March 10th to April 10th from all points in Canada.

Personally conducted California tours in Pullman tourist sleeping cars on through trains leave Chicago Tuesdays and Thursdays of each week.

WHY? WHAT? Why was the dumb waiter returned? Because it didn't answer. Why is the letter W like scandal? Because it makes ill will.

I was cured of Acute Bronchitis by MINARD'S LINIMENT. J. M. CAMPBELL, Bay of Islands.

I was cured of Chronic Rheumatism by MINARD'S LINIMENT. WM. DANIELS, Albert Co., N.B. GEO. TINGLEY.

Beautiful Maiden—"Mr. Scapple, I can't have you coming to see me any more under a misapprehension. Papa isn't wealthy now. He lost all his money last week on the Stock Exchange."

Comfort for the Dyspeptic—There is no ailment so harassing and exhausting as dyspepsia, which arises from defective action of the stomach and liver, and the victim of it is to be pitied.

"Waiter!" called a diner, at a club, "come here at once! Here's a hook-and-eye in this salad!" "Yessah, yessah," said the waiter, grinning broadly. "Dat's a part of de dressing, seh!"

TRY MURINE EYE REMEDY. for Red, Weak, Watery, 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 Ascorbic Tubes, 25c, \$1.00. Eye Books and Eye Advice Free by Mail.

"You are a sharp boy, Tommy." "Well, I ought to be. Dad takes me into his study and strokes me three or four times a week."

PASSED ON. Mr. Lammenwell believed that to spare the rod spoil the child, therefore he kept in a certain closet a leather strap with which he administered punishment to his offspring when they committed any misdemeanor.

A few days ago he had occasion to need the strap, but it was missing from its usual place, and a thorough search of the entire house failed to discover it. Then he offered a reward of five cents to whomsoever of his olive branches could tell him what had become of the lost article.

"Gimme the five cents," cried four-year-old Tommy. "I know where it is." When the coins were safely stowed away in his trousers' pocket he said, with much pride: "I gave it to Willie Wilkin's father."

HIS CONGE. Resturant Proprietor—"So you were in your last place for three years. Why did you leave?" New Chef—"I was pardoned."

The flavor, fragrance and deliciousness of SALADA TEA make it the favorite of all lovers of good tea.

FARMS FOR RENT AND SALE. H. W. DAWSON, Ninety Colborne St., Toronto.

FRUIT, STOCK, GRAIN, DAIRY FARMS, all sizes and all prices. See me before buying. GOOD HUNDRED ACRE FARM, with good buildings and orchard.

AGENTS WANTED. AGENTS WANTED.—\$500 a day easy. No experience needed. Sell on sight. Absolute necessity to farmers. Does work of thirty men. Pays for itself in one hour. Write to-day, MODERN MACHINERY CO., (Dept. 5), Sarnia, Ont.

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

IF you are looking for the best PREM-IUM proposition in Canada, one that appeals to everyone, apply to SELLERY, Advertising Dept., 228 Albert St., Ottawa.

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

MOTHER KNEW. Mother—"I'm afraid Gwendoline is setting her heart on that young Peniless."

Father—"You think so?" Mother—"I am almost sure of it."

Father—"Well, he is not a fit person for her to marry. He is as poor as a rat, and has no prospects. Something must be done to set her against him."

Mother—"I have thought of that, and have hit upon what I think is an excellent plan."

Father—"Yes. What is it?" Mother—"We must tell her that we want her to marry him."



Every mother should realize that the skin of her baby is so tender that the secretions of the body often lead to rashes, eruptions, etc., all of which may be removed by Zam-Buk and the use of Zam-Buk Soap.

Mrs. L. Hood, of 475 Alexander Ave., Winnipeg, says: "Some nasty sores broke out around my baby's mouth, and despite all the preparations used, they refused to heal. I took him to St. Boniface Hospital and he remained there for two weeks. At the end of that time he was no better, and we decided to try Zam-Buk and obtained a supply. The effect of the first few applications was very gratifying and I continued with the use of the balm. A little perseverance resulted in a complete cure."

Zam-Buk Soap is sold by all Druggists at 25c per tablet and Zam-Buk Balm at 50c per box. The Zam-Buk treatment quickly cures eczema, ulcers, sores, ringworm, eruptions, pimples, heat rashes, piles, cuts, burns and all skin injuries and diseases.

Zam-Buk