r Sunday

to recovsoul and like hand ept tears st vents.

Crosby's

ercy and

spiritual have this is neces re hope of

Imported direct from the Orient in metal lined chests. Blended and packed into 1lb, 1/2lb, 1/4lb. bright Aluminum packages.

TEA"is good tea"

RED ROSE ORANGE PEKOE is extra good.

Just Ask for Dreadnought Tissue

A most satisfactory roll for the bathroom. A soft, absorbent tissue made, like all Eddy Toilet Rolls, under the most exacting sanitary conditions.



Big value for the housewife seeking a good tissue at a moderate price.

THEE.B HULL,CANADA

The Settlement Violin.

session. . . The tender care which the great Norwegian's art. Some of mothers who have little ones in the find out how common, just visit the he lavished on his violin would have the tunes he played were those Ole home. Conditions make it necessary office of a nose specialist any day of been comical to his fellows had it not Bull was reported to use. been for his skill in its use. They for- In spite of his wondrous had heard the angel voices which his now swinging a scythe against the rack his whole system. To guard treatment. hand was able to evoke from that grass, now the cradle against the against this a box of Baby's Own Tab. Because it is easy to acquire and small and fragile instrument.

formed with a mad scramble of fingers the Middle Border." and a fantastic jerking of elbows, whereas David, with long, graceful strokes, drew from his instrument tones of such sweetness that his hearers marvelled. How had he learned this method? Richard never knew, but he recognized the difference. None of the mechanical, scraping noises than to make none at all. A fellow which accompanied the playing of who never decides anything is as dulum is swinging back toward the other fiddlers could be heard when worthless as a clothesline in Timbuc-David's bow was in action, and al- too. But one conclusion reached after though he good-naturally played jigs locking on all sides is worth a dozen and reels for dances, his best beloved snap judgments. "tunes" were strange and beautifu!

"Some day I'm going to hear him play," he vowed, and treasured every David's violin was his dearest pos- word which came to him descriptive of

gave him all his solicitude after they took a hand in all the forms of work, lated rooms and catches colds which stream of sinus patients waiting for wheat, and in these tasks Richard lets should be kept in the house and very difficult to cure, one point to re-Every village of that day had its loved to have him for a leader. To an occasional dose given the baby to member in regard to sinus disease is "fiddlers," even in the lumber-camps ranke and bind after him was consider- keep his stomach and bowels working to prevent it. This means that exsuch performers were pleatiful, but ed a test of any man's ability. How he regularly. This will prevent colds, treme care must be taken to completethe most skillful of them were no could play the violin after such labor, constipation or colic and keep baby ly clear up every attack of flu, grippe more like David McLane than a black- was a mystery, but he often did.— well. The Tablets are sold by mediand running cold; treat them as seribird is like a thrush. They mostly per- Hamlin Garland, in "Trail-Makers of cine dealers or by mail at 25 cents a ous affairs and do not consider con-

> Gas. biliousness, heartburn, dyspepsia, and similiar ills will not trouble you if you take Seigel's Syrup. Any drug store.

Be Decisive-But Not Hasty.

It is better to make hasty decisions

melodies. His adoration was Ole Bull. Kill warts with Minard's Liniment.

Warner's Compound in Family Fifteen Years

No better recommendation for the medicinal value of this 50 year old herbal remedy could be asked than this. "Your remedies have been used in our family for about 15 years. We are never without a bottle of Warner's Safe Kidney and Liver Remedy in our home. It is a wonderful medicine for diseases of the kidneys and liver." (Name on request). If you have pains in the back or other symptoms

of kidney trouble, you should lose no time in going to your druggist to get a bottle of Warner's and taking it as per directions.

Sold by all druggists. Price \$1.25 per bottle. Warner's Safe Remedies Co., Toronto, Ont.



"I want to help" says Allen Boudria

Tells facts from own experience to help others. Almost wild with pain, weak and rundown, he won new health and strength through Tanlac

Allen Boudria, engineer, of 432 St. Patrick St., is one of Ottawa's best known citizens. "My purpose in telling the facts of my experience." he said, "is to help others who suffer as I did.

"For five years I was in misery. My whole system seemed out of gear, but my stomach troubled most. Even a drink of cold water would cause my stomach to bloat and swell abnormally. Gas would prevent me from sleeping at night so that I had to get up and walk the floor for hours. Violent stomach pains nearly drove me wild. I've seen times when I thus doubled over, unable to straighten up. "My friend M. Laponte told me how Tanlac had helped him out of similar trouble, so I got some and used

bottles in all. It just made me over.

I feel 30 years younger than I am, and

weigh 214 lbs. My appetite and sleep are both fine. I eat what I like and

ion like a top: Taulag and nothing



else, made this great change. I'm for If overwork or neglect have worn you down get Tanlac, the great nat-ural tonic made from roots, herbs and

barks. Your druggist has it. Over 52

I will start anew this mo higher, fairer creed; my ruthless neighbor's gree

I will cease to sit repining while my duty's call is clear:

will look sometimes about me for the things that merit praise; elude the grumbler's gaze;

I will try to find contentment in peths that I must tread; will ce so to have resentment another moves ahead.

I will not be swayed by envy when tives, as many people do, in the hope my rival's strength is shown; strive to prove my own;

before me, rain or shine be more concerned with mine.

my ears grow together! any connection between them.

WHY WAIT?

would rather have one little rose From the garden of a friend Than to have the choicest flowers When my stay on earth must end.

would rather have the kindest words.

And a smile that I can see Than flattery when my heart is still And this life has ceased to be.

Bring me all the flowers to-day, Whether pink, or white or red: I'd rather have one blossom now

Than a truck-load when I'm dead. Thinking lengthens life, says a

BABY'S HEALTH

Can Best be Guarded With sinuses with comparative case, since Baby's Own Tablets.

Co., Brockville, Ont.

"Lady" or "Woman?"

The word "Lady" has been so much abused, both in England and in the United States, that it has lost its original meaning, and therefore the penolder and more democratic word "woman." The American Folk Dance Society long since decided to use only "men" and "women" in its directions for dances, and that is also the practice of the National Archery Association of the United States in its tournament programs. Now the Britist Lawn Tennis Association has decided in favor of "women" as against "ladies." It is a sensible change.

Nothing Else.

Teacher-"Does the question puzzle

Pupil—"Not at all. It's the answer."

Not sick but not feeling quite well. ing and that is the way most people feel in harly early in the morning. the spring. Easily tired, appetite fickle, semetimes headaches and a feeling of depression. Pimples or eruptions may appear on the skin, or there I will search for hidden beauties that may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order—that the indoor life of winter has left its mark upon you and may easily develop into more serious crouble. Do not dose yourself with purga-

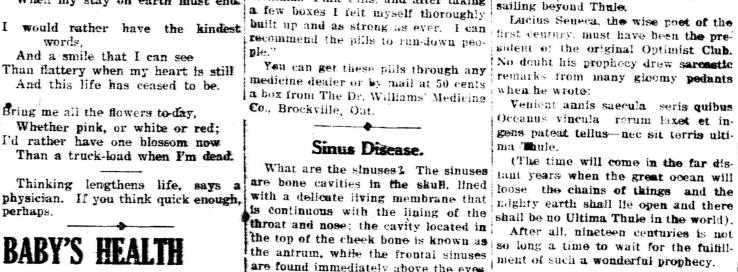
that you can put your blood right. will not deny his merit, but I'll Purgatives gallop through the system and weaken instead of giving strength. will try to see the beauty spread Any doctor will tell you this is true. What you need in the spring is a tonic will cease to preach your duty and that will enrich the blood and build up the nerves. Dr. Williams' Pink Pills do this speedily and surely. Every You think that I am so dumb that dose of this medicine helps to enrich the blood which clears the skin, Oh, no, I den't think there is even strengthens the appetite and makes tired, depressed men, women and children active and strong. Mr. James Dickson, Westneath, Ont., says:-"I was quite badly run down, easily tired, and appetite poor. My blood seemed thin and watery. I decided to try Dr. Williams' Pink Pills, and after taking

> are found immediately above the eyes. These cavities have a structure like a honey-comb, which makes it very difficult to dislodge the infecting germs.

And germs do gain entrance to the the lining of the nose leads into them. In the last few years sinus disease has The Spring is a time of anxiety to become very common; if you want to to keep the baby indoors. He is often the year, but particularly during the confined to overheated. badly venti- winter and spring, and see the steady

box from The Dr. Williams' Medicine valescence complete until full bedily strength is regained. It also means keeping away from people who are sneezing and coughing; it means keeping teeth (particularly in the upper row) and throat in a healthy condition so that no infection from them will spread into the sinuses. It means keeping your body in good condition so that you will not catch colds and other diseases of the nose and throat even if exposed to them.

What are the symptoms of sinus disease? The infection sets up inflammation, creating an accumulation of material which should be discharged through the nose; however, the tiny passage leading to the nose becomes clogged up; the material cannot drain away, but increasing continuously, exerts pressure upon the nerves, and you have very severe pain, often followed by nausea and diarrhoea. Relief is impossible until the passage is cleared and free discharge through the nose is secured. No remedy but inhalation is of use, and frequently re-



Much Edge Holding Saws Fast Easy-Cutting

"He's an ad. writer, but you say his

"Just the contrary-he's a sky

For distemper-Minerd's Liniment.

No Ultima Thule.

be very practical then."

writer, you know."

goitre may be influenced by it, not to mention the chronic "half-sick" feeling you have most of the time, particu-

Of the seven great scenic parks under Dominion central in the Rockies and Solkinka, three are in Alberta and four in British Columbia. Waterton Lakes, Rocky Mountains, and Jasper national parks ere in Alberta, and Yeho, Glacier, Koetenay, and Mount stuff is all up in the clouds? It can't Revelstoke parks are in British Co-

Spring Time is

CELERY KING Time Brew a cup of this fine old vegetable tonic. It is all the spring medicine you need. It drives out winter's poisons, In the flat world of the Romans Ulti- improves the appetite and makes you ma Thale was the last island, the end feel better right away. CELERY KING of the known world. No navigator was is good for the whole family. At drug so intrepid that he even thought of gists, 39c & 69c.

Deafness Head Noises LEONARD EAR OIL

"Rub Back of Bare" INSERT IN NOSTRILS At All Druggiss. Price \$1.25
Folder about "DEAFNESS" on request.
A. 6. LEGMARO, Inc., 70 Fifth Ave., New York



HAVE GLOSSY HAIR Minard's will make your hair soft and lustrous. Stimulates growth Use as a tonic.



Proved safe by millions and prescribed by physicians for

Colds

Headache Neuralgia

Neuritis Toothache

Lumbago Rheumatism

DOES NOT AFFECT THE HEART



which contains proven directions. Handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100-Druggists. t in Canada) of Bayer Manufacture of Monoacetic-legile Acid, "A. S. A."). While it is well known to, to assist the public against imitations, the Tablets with their general trade mark, the "Bayer Oross."

Free Treatments For

Hearing Restored I have an original home

treatment fordeafness and head noises from nasal catarrh which I want every sufferer to try free-without obligation. For many years I suffered from eatarrhal deafness and head noises. I perfected a treatment which completely restored my hearing. I gave it to others and they were able to hear again. Since that time, hundreds have used it successfully.



This Is FREE

I feel so sure that this treatment will restore hearing and end head noises from nasal catarrh that I want every sufferer to try it free. I want to prove at my expense that the results are quick and convincing.

It is the best treatment that I have found in 42 years' practice as eye, ear, nose and throat

specialist. 25,000 Treatments To Be GIVEN AWAY This Month

These treatments cost you nothing. The results are quick and convincing. You will feel the difference the first day. I have found that 90 per cent of the cases of deafness and head noises are caused primarily by nasal catarrh. Itoftenaffects the stomach, causes rheumatism and many other troubles. Usually one ear is affected first, the deafness grows worse with every severe cold until the other ear is affected. By original home treatment will stop all this. I have restored hearing in many extreme cases; one woman had been growing deaf for 48 years; a man 86 years old who had been deaf for many years can now hear again. Hundreds for many years can now hear again. Hundreds for the restments, and the plainty. Do not delay. This notice may not appear again. For 30 days I am going to give away 25,000 free treatments.

DR.W.O. COFFEE, Suite 2111, St. James Hotel Bldg., Davenport, la

plantation here shown has reached its present growth within the last 25 years.

TAKE A "RUBBER" AT THIS.

modern would be entirely lost without rubber. It is a key product that

in every sense makes the wheels of progress go round. But common as is

the knowledge of the finished product so that there is not a man, woman or child who has not seen it in some form or other, there are a few of us who

have never seen a subber plantation in full bloom and on its native heath,

so to speak. Rubt: r is a dingy-looking product, but its trees of origin are a

light and beautiful spectacle, resembling nothing so much as a sugar-maple

in early spring. The photograph was taken recently at Singapore during

the round the world oruise of the Canadian Pacific Empress of Scotland. The

From goloshes to tires and in a thousand ways between the two, the