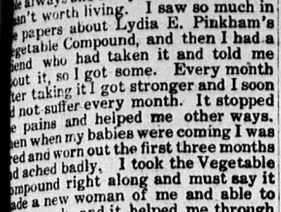
R JOY OF GOOD HEALTH

nitoba Woman Thanks ydia E. Pinkham's Vegetable Compound

Crandall, Manitoba.—"When I was young girl at home and working I had ribble pains, almost more than I could ar, and I was not regular. These ables kept me so tired all the time t I had no strength and no ambition join in with my friends and have a d time. I was just tired and miser- le always and life just seemed as if it sn't worth living. I saw so much in papers about Lydia E. Pinkham's getable Compound, and then I had a end who had taken it and told me out it, so I got some. Every month ter taking it I got stronger and I soon d not suffer every month. It stopped pains and helped me other ways. en when my babies were coming I was ed and worn out the first three months d ached badly. I took the Vegetable mpound right along and must say it ade a new woman of me and able to my work, and it helped me through nfinement. You see I am a farmer's ife with a big house to look after, and ree babies now. I have told ever so any women about your medicine. Just t week I got a letter from my old um in the East. Her baby was born teen days before mine and she told e she was not feeling very well, her ck aches so much, and that she is ing to take the same medicine I took. ou can use my letter and I hope some e will be helped by it."—Mrs. Jos. H. DD, Box 56, Crandall, Manitoba. C

SMILES

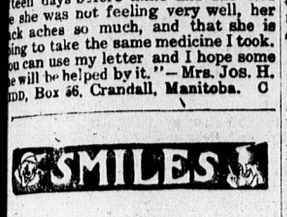
He: Darling, you dance divinely. She: Your stuff is kind of unearthly, too.



STANDING BY HIS OWN

Native: You can't cross here in that car. About half a mile down stream you'll find a ford.

Tourist: Can't cross, eh? I'll show you this old bus of mine can go anywhere a flivver can.



SYNONYMOUS TERMS

"They say Jack is very romantic." "They also say he's a liar."

TIED AND UNTIDY

"He's all tied up, he says." "And makes a very untidy package at that!"

POWERLESS INDEED

He: There's a woman who's trying to get something on my wife all the time.

She: I wouldn't stand for it! Why don't you break it up?

He: What can a mere man do when it's the dressmaker, my dear?

THE WORD "MAGNET."

The word "magnet" is derived from the name of the city of Magnesia, in Asia Minor where the properties of the loadstone are said to have been discovered.

York School Fair

York School Fair was held in York hall and school September the eighteenth, and proved a splendid success. The schools taking part in the fair were, Union Road, Covehead Road, Marshfield and York. The day of the fair was fine and bright. This added much to its success.

All the exhibits were at the hall before ten o'clock. By eleven o'clock the teachers in charge of the various classes had them all tastefully arranged ready for the judges.

In the afternoon many visitors arrived and the ice cream and candy, which was sold by the teachers and pupils of York School began disappearing. It was a special treat for the tiny tots who were not old enough to take an interest in the exhibits.

After the judging was finished the people gathered in the hall and speeches were made by Mr. Tinney and Inspector Doyle. Mr. Tinney who spoke on behalf of the judges pointed out the most important mistakes and explained thoroughly how they should be corrected. Inspector Doyle who also made an excellent speech said that the number of exhibits was very small for the number of schools taking part.

The last important event of the day was the sports. There were many kinds of races in which all showed good sportmanship.

York School Fair Prize List.

Oats—1 Pauline Mill, Marshfield. 2 Ralph Crockett, York. 3 Donald Mill, Marshfield. 4 Bessie MacKinnon, Union Road.

Wheat—1 Pauline Mill, Marshfield. 2 Roy Vessey, York. 3 Mary Vessey, York. 4 Rupert Godfrey, Marshfield.

Sweet Corn—1 Willie Crockett, York.

Threshed Beans—1 Dorothy Mac Donald, Covehead Road. 2 Donald Mill. 3Rupert Godfrey, Marshfield. 4 Viola Taylor, York.

Cobblers—1 Roy Vessey, York. 2 Viola Taylor, York. 3 Pauline Mill, Marshfield. 4 Bessie MacKinnon, Union Road.

Dakota Reds—1 Roy Vessey. 2 Raymond Vessey, York. 3 Lloyd Vessey, York. 4 Mary Ferguson, Marshfield.

Turnips—1 Roy Vessey. 2 Mary Ferguson. 3 Ivan Vessey, York. 4 Mary Vessey.

Carrots—1 Robert Brown, York. 2 Florence Vessey, York. 3 Donald Mill. 4 Dorothy Smith, York.

Parsnips—1 Isabel Brown, York. 2 Mary Vessey. 3 Frank Vessey, York. 4 Raymond Vessey.

Green Tomatoes — 1 Lloyd Vessey. 2 Rupert Godfrey. 3 Viola Taylor. 4 Naomi Beaton, York.

Onions—1 Rupert Godfrey. 2 Mary Vessey.

Beets—1 Frank Vessey. 2 Rupert Godfrey. 3 Ralph Crockett. 4 Louis Vessey, York.

Cabbage — 1 Stanley Vessey, Yory. 2 Rupert Godfrey. 3 Ivan Vessey.

Pumpkin—1 Stanley Vessey. 2 Roy Vessey. 3 Frank Vessey. 4 Lloyd Vessey.

Sweet Peas—1 Mary Vessey. 2 Verna Bryenton, Union Road. 3 Stanley Vessey. 4 Alice Crockett.

Any kind of flowers—1 Florence Vessey. 2 Irene Mill, Marshfield. 3 Mary Vessey. 4 Rupert Godfrey.

Mixed Flowers—1 Mary Vessey. 2 Wilfred Hardy, Union Road. 3 Mary Ferguson. 4 Rupert Godfrey.

Wealthy Apples—1 Mary Ferguson. 2 Viola Taylor. 3 Willie Crockett. 4 Keith Bryenton, Union Road.

Red Astrachans—1 Ralph Crockett, 2 Willie Crockett. 3 Verna Bryenton. 4 Mary Ferguson.

Plums (a)—1 Keith Bryenton, (b)—1 Alice Crockett. 2 Roy Vessey.

Pears—1 Mary Vessey. 2 Bessie MacKinnon, Union Road. 3 Miriam Vessey, York.

Canned Respberries—1 Florence Vessey. 2 Mary Vessey.

Canned Beets (a) — 1 Marion MacDonald, York. 2 Mary Vessey. 3 Pauline Mill. 4 Florence Vessey. (b)—1 Aletha MacDonald, York. 2 Irene Mill, Marshfield. 3 Mary Ferguson.

Bread (a)—1 Florence Vessey. 2 Helen MacDonald, York. (b)—1 Aletha MacDonald.

Biscuits—1 Mary Vessey. 2 Helen MacDonald. 3 Marion MacDonald. 4 Pauline Mill. (b)—1 Aletha MacDonald. 2 Irene Mill. 3 Mary Ferguson.

Sugar Cookies (a) — 1 Mary Vessey. 2 Florence Vessey. 3 Pauline Mill. 4 Marion MacDonald. (b)—1 Mary Ferguson. 2 Irene Mill. 3 Verna Bryenton. 4 Aletha MacDonald.

Apple Pie (a)—1 Helen MacDonald. 2 Marion MacDonald. 3 Mary Vessey. 4 Florence Vessey. (b) — 1 Aletha MacDonald. 2 Mary Ferguson.

Divinity Fudge (a)—1 Helen MacDonald. 2 Marion McDonald. 3 Florence Vessey. 4 Mary Vessey.

Brown Sugar Fudge (b)—1 Irene Mill. 2 Aletha MacDonald. 3 Verna Vessey. 4 Mary Ferguson.

Gingersnaps (a)—1 Mary Vessey 2 Florence Vessey. 3 Helen MacDonald. 4 Marion MacDonald. (b)—1 Mary Ferguson. 2 Robert Brown, York. 3 Irene Mill. 4 Aletha MacDonald.

Apron—1 Florence Vessey. Hemstitched Towel—1 Marion MacDonald. 2 Helen MacDonald. 3 Dorothy MacDonald. Covehead Road.

Embroidered Linen (a) — 1 Bessie MacKinnon. 2 Marion MacDonald. 3 Dorothy MacDonald. 4 Pauline Mill.

(b)—1 Irene Mill. 2 Grace Birt, Covehead Road.

Mended Sock—1 Bessie MacDonald. 2 Mary Ferguson. 3 Florence Vessey.

Knitted Scarf—1 Helen MacDonald.

Calves—1 Robert Brown. 2 Isabel Brown. 3 Bessie MacKinnon.

Chicken (Plymouth Rock)—1 Mary Ferguson. 2 Isabel Brown.

Pigs—1 Viola Taylor. 2 Frank Vessey.

Leaves — 1 Margaret Mallett Union Road.

Exercise Book (b)—1 Margaret Ready, Covehead Road. 2 Irene Mill. 3 Stanley Vessey. 4 Vaunda Watts. York.

(c)—1 Dorothy MacDonald. 2 Agnes Ready, Covehead Road. 3 Isabel Brown. 4 Florence Vessey.

Maps (a) North America — 1 Irene Mill. 2 Louis Vessey, York. 3 Ivan Maund. Union Road.

(b) Maritime Province—1 Viola Dennis, Marshfield. 2 Marion MacDonald. 3 Rupert Godfrey. 4 Margaret Mallett.

Landscapes (a)—1 Rupert Godfrey.

Crayon Fruit (b)—1 Roy Vessey. 2 Aletha MacDonald. 3 Louis Vessey. 4 Irene Mill.

Penmanship (b)—1 Irene Mill. 2 Ada Stewart, Marshfield. 3 Keith Bryenton. Union Road. 4 Ivan Maund.

(c)—1 Mary Ferguson. 2 Helen MacDonald. 3 Viola Dennis. 4 Isabel Brown.

SPORTS.

Girls under nine—1 Annie Doyle, Covehead. 2 Margaret Hunter, York. 3 Verna Bryenton. 4 Irene Boswell, Marshfield.

Girls nine to twelve—1 Velma Ellis, York. 2 Irene Mill. 3 Aletha MacDonald. 4 Robert Brown.

Girls over twelve—1 Pauline Mill. 2 Kathleen Mallett. 3 Viola Taylor. 4 Margaret Mallett.

Boys under nine —1 Stanley Crockett, York. 2 Russell Birt, Covehead. 3 Raymond Vessey. 4 Wilfred Hardy, Union.

Boys nine to twelve—1 Roy Vessey. 2 Harry Birt, Covehead. 3 Louis Vessey. 4 Willie Crockett.

Boys over twelve—1 Utley Birt, Covehead. 2 Roy Vessey. 3 Louis Vessey. 4 Harry Birt.

Wheelbarrow Race—1 Louis Vessey & Roy Vessey. 2 Raymond Vessey & Willie Crockett.

Jockey Race—1 Roy Vessey & Louis Vessey. 2 Raymond Vessey & Willie Crockett. 3 Russell Birt & Joseph Ready, Covehead.

Teachers Race—1 Vera Andrew, Marshfield. 2 Florence Burke, Union. 3 Annie MacKenize, Suffolk 4 Ruby Stewart, York.

Girls free for all—1 Vera Andrew. 2 Pauline Mill. 3 Alice Lamphier, York 4 Irene Mill.

Three legged race for boys—1 Stanley Crockett, & Willie Crockett. 2 Louis Vessy & Roy Vessey. 3 Joseph Ready & Harry Birt. 4 Utley Birt & Joseph Doyle Covehead.

Three legged race for girls—1 Pauline Mill & Irene Mill. 2 Isabel Brown & Dorothy MacDonald. 3 Alice Lamphier, & Annie MacKenize, Suffolk.

Helen MacDonald, York
Sec'y Treasurer.

Millview School Fair

The Millview School Fair was was held on Saturday 15th and was largely attended. Three schools took part namely, Vernon, Mt. Mellick and Millview the exhibits were many and of good quality.

Following is the Prize List.

Oats—1 Margaret Huntley, Vernon.

Wheat—1 Kitchener Smith Millview. 2 Elmer Drake, Millview. 3 Calvin Smith, Millview.

Irish obblers—1 Margaret Smith, Millview. 2 Edison Fraser, Vernon.

Beans—1 Margaret Smith, Millview. 2 Francis Wood, Mt. Mellick. 3 Ruth Sheldow, Millview.

Corn—1 Margaret Huntley, Vernon.

McIntyre—1 Donald Huntley, Vernon. 2 Calvin Smith, Millview. 3 Artrur Grant, Millview.

Turnips—1 Findlay Drake, Mt. Mellick. 2 Donald Huntley, Vernon 3 Calvin Smith, Millview.

Carrots—1 Bertha Wood, Mt. Mellish. 2 Rose Grant, Millview. 3 Francis Wood, Mt. Mellick.

Parsnips—1 Edison Sheidow, Millview. 2 Carmena Fraser, Vernon. 3 Myrtle McEachern, Millview.

Tomatoes—1 Edison Fraser, Vernon. 2 Lloyd Westmorland Vernon. 3 Harold Fraser, Vernon.

Onions—1 Lloyd Westmorland, Vernon.

Cucumbers—1 Harold Sheidow, Millview. 2 Helen Drake, Mt. Mellick. 3 Lois Smith, Millview.

Pumpkins—1 Marion Robertson, Mt. Mellick. 2 Lois Smith, Millview 3 Elmer Drake, Millview.

Beets—1 Carmena Fraser, Vernon. 2 Helen Drake, Mt. Mellick. 3 Kathryn Sheidow, Millview.

Mixed Flowers—1 Lawson McEachern, Mt. Mellick. 2 Ethel McInnis, Mt. Mellick. 3 Lloyd Westmorland, Vernon.

Plants—1 Islay Roberston, Mt. Mellick. 2 Helen Drake, Mt. Mellick. 3 Myrtle McEachern, Millview.

Red Astrachan—1 Eliot Robertson, Mt. Mellick. 2 Edna Taylor, Millview. 3 Willie Sullivan, Vernon.

Wealthy—1 Islay Roberston, Mt. Mellick. 2 Lloyd Westmorland. 3 Joseph McDonald, Vernon.

Plums—1 Edna Taylor, Millview.

Canning Beets—1 Lloyd Westmorland, Vernon. 2 Charlotte Drake, Mt. Mellick. 3 Helen Drake, Mt. Mellick.

Raspberries—1 Margaret Huntley Vernon.

Bread—1 Helen Sullivan, Vernon 2 Francis Wood, Mt. Mellick.

Biscuit—1 Helen Drake, Mt. Mellick, Elinor Jenkins, Millview. 3 Ruth Fraser, Vernon.

Cake—1 Ruth Fraser, Vernon. 2 Elizabeth Martin, Vernon.

Pie—1 Ruth Fraser, Vernon. 2 Elinor Jenkins, Millview.

Fudge—1 Elibabeth Martin, Vernon. 2 Carmena Fraser, Vernon. 3 Ruth Fraser Vernon.

Gingersnaps—1 Charlotte Drake, Mt. Mellick. 2 Ruth Fraser Vernon.

Apron—1 Elizabeth Martin, Vernon.

Linen—1 Maymie Masters, Vernon. 2 Edna Fraser, Vernon.

Scarf, Martha Emman, Vernon.

MANUAL TRAINING.

Hammer Handle — 1 Arthur Grant, Millview. 2 Dennis Doherty, Vernon.

Stool—1 Claude Henry, Vernon.

LIVE STOCK.

Poultry—1 Leigh McEachern, Mt. Mellick. 2 Milton Smith, Mill view. 3 Margaret Smith, Millview.

Pigs—1 Milton Smith, Millview. 2 Herman Martin, Vernon.

NOXIOUS WEEDS.

1 Vernon School. 2 Vernon School.

Tree Leaves—1 Vernon School. 2 Vernon School.

SCHOOL WORK.

Exercise Book Grade X—1 Charlotte Drake, Mt. Mellick. 2 Francis Wood, Mt. Mellick. 3 Helen Drake, Mt. Mellick.

Grade IX—1 Harold Fraser, Vernon. 2 Margaret Huntley, Vernon. 3 Helen Sullivan, Vernon.

Grade VIII—1 Murtle McEeachern, Millview. 2Edna Taylor, Millview.

Grade VII—1 Elizabeth Martin, Vernon.

Grade VI—1 Lois Smith, Millview. 2 Bertha Wood, Mt. Mellick. 3 Edison Fraser, Vernon.

Map of Australia—1 Edison Fraser, Vernon. 2 Lloyd Westmorland, Vernon. 3 Maymie Masters, Vernon.

South America—1 Elizabeth Martin, Vernon. 2 Ruth Fraser, Vernon.

Scene—1 Maymie Masters, Vernon. 2 Edna Fraser, Vernon. 3 Lloyd Westmorland, Vernon.

ANIMALS.

Animals—1 Herman Martin, Vernon. 2 Claude Henry, Vernon. 3 Martha Emman, Vernon.

FRUIT.

McIntyre—1 Donald Huntley, 1 Joseph McCormick, Vernon. 2 Jackie Sullivan, Vernon. 3 Mary Martin, Vernon.

Penmanship Grade 8. 9. 10.

1st Margaret Smith, Millview. 2 Helen Drake, Mt. Mellick. 3 Harold Fraser. Vernon.

Grade 6. 7.—1 Kathayn Sheidow, Millview. 2 Lois Smith, Millview. 3 Lilla Jenkins Millview.

CALVES.

1 Fred Lea, Millview. 2 Arthur Grant, Millview. 3 Myrtle McEachern, Millview. 4 Elmer Drake, Millview. 5 Alberta Story, Millview.

EARL HAIG AT BATH

Earl Haig on a recent visit to Bath was presented with the Freedom of the City and visited the Roman Baths. The picture shows some remnants of their massive masonry.

NEW PERTH SCHOOL FAIR.

GRAINS.

Oats—1 John Donahoe, Roseneath. 2 Seymour Dunn, Summerville, 3 Ruth Mellish, Union Road 4 George Dewar, New Perth.

Wheat.—1 Percy Sullivan, Roseneath. 2 Everett Moore, Union Road. 3 John Sullivan. 4 John Donahoe.

Corn—1 Ernest Poole, Roseneath.

Beans—1 Regena Donahoe, Roseneath.

ROOTS.

Green Mountain Potatoes—1 Ola Hamilton, New Perth. 2 Ruth Mellish, Union Road. 3 Douglas Mellish, Union Road.

Dakota Red Potatoes—1 Douglas Mellish, Union Road. 2 Ross Hamilton, New Perth.

Collection 3 turnips—1 George Moar, New Perth. 2 Homer Moar New Perth. 3 Ross Hamilton. 4 Ola Hamilton.

Collection. 6 Carrots—1 Everett Moore. 2 Anna Curran, Summerneath. 4 Florence Donahoe, Roseneath.

Collections 6 Parsnips—1 Muriel Bulpitt, Roseneath. 2 Herbie Mellish, Union Road. 3 Margaret Sanphy, Roseneath. 4 George Dewar New Perth.

VEGETABLES.

Ripe Tomatoes—1 Reggie Mellish, Union Road.

Green Tomatoes — 1 Everett Moore. 2 Harry Mellish, Union Road. 3 Irene Dewar. New Perth. 4 Olive Dewar, New Perth.

Onions—1 Muriel Bulpitt, Roseneath.

Cucumbers — 1 Lucy Curran, Summerville. 2 Lloyd Mellish, Union Road. 3 Ross Hamilton. New Perth. 4 Olive Dewar, New Perth.

Beets—1 Muriel Bulpitt. 2 Everett Moore. 3 Florence Curran. 4 Agnes Donahoe. Roseneath.

Cabbage—1 Everett Moore.

Pumpkin—1 Irene Dewar, New Perth.

FLOWERS.

Sweet Peas—1 George Moar, New Perth. 2 Florence Donahoe,

Mied Flowers—1 Rita Donahoe, Roseneath. 2 Reggie Mellish. Union Road. 3 Margaret Power, Summerville 4 Milton Poole. Roseneath.

Potted Plant—1 Bertha Mellish, Union Road. 2 Irene Dewar. New Perth.

FRUIT.

Wealthy Apples—1 George Moar New Perth. 2 Eileen Sullivan, Roseneath. 3 Ross Hamilton, New Perth. 4 Alvin Moar. New Perth.

Astrachan Apples—1 Alvin Moar George Moar. 3 Muriel Dunn, Summerville. 4 Harry Mellish, Union Road.

Plums—1 Percy Sullivan. 2 Mary Sullivan, 3 Ross Hamilton. 4 Ola Hamilton.

Pears—2 Percy Sullivan.

CANNING.

Beets—1 Regena Donahoe. 2 Agnes Donahoe, Roseneath.

COOKING.

Loaf Bread—1 Regena Donahoe, 2 Agnes Donahoe.

Tea Biscuit—1 Myrtle Walsh, Summerville. 2 Muriel Dunn, Summerville. 3 Margaret Sanphy, Roseneath. 4 Regena Donahoe.

Sugar Cookies—1 Margaret Sanphy. 2 Agnes Donahoe, 3 Regena Donahoe, 4 Muriel Dunn.

Lemon Pie—1 Muriel Dunn, 2 Regina Donahoe. 3 Agnes Donahoe

Fudge—1 Regina Donahoe, 2 Margaret Mellish. Union Road. 3 Ruth Mellic hUnion Road. 4 Margaret Power, Summerville.

White Cake—1 Agnes Donahoe, 2 Regina Donahoe,

SEWING & KNITTING.

Plain Sewing—1 Agnes Donahoe 2 Regina Donahoe.

Hemstitched Towel—1 Bertha Mellish, Union Road. 2 Agnes Donahoe,

Embroidered Linen—1 Bertha Mellish.

MANUAL TRAINING.

Hammer Handle—1 Milton Poole Roseneath. 2 Bertram Curran, Summerville. 3 John Sullivan, Roseneath.

Milking Stool — 1 Seymour Dunn, Summerville. 2 William Dunn Summerville. 3 John Sullivan.

Mail Box—1 William Dunn, Summerville.

Bird House—1 Basil Dunn, Summerville.

Miscellaneous—1 Milton Poole.

LIVE STOCK & POULTRY.

Heifer Calf—1 Cyrus Martin, New Perth. 2 George Dewar, 3 Irene Dewar. 4 Ross Hamilton.

Plymouth Rock Pullet & Cockerel—1 George Dewar. 2 Ola Hamilton. 3 Olive Dewar.

Ducks—1 Flora Hamilton, New Perth. 2 Ross Hamilton. 3 Louise Curran Summerville.

COLLECTIONS.

25 Insects—1 New Perth School. 25 Weed Seeds—1 New Perth School. 2 Union Road School. 3 Summerville School. 4 Roseneath School.

Tree Leaves—1 New Perth School. 2 Roseneath School.

Samples of Wood—1 Roseneath School.

SCHOOL WORK.

Rural Science Exercise Book—1

(Continued on Page 8)

THIS BLOOD-BUILDER STRENGTHENS NERVES AND PROMOTES VIGOR

Everywhere You Will Find People Who Have Gained New Health Through the Use of Dr. Williams' Pink Pills.

Worry, overwork, severe shock and improper nourishment will lower the bodily tone, upsetting the delicate balance we call health. Those who can read the early signs of thinning blood can generally arrest the decline before any of the more painful symptoms appear, but the disease creeps on so stealthily that it is frequently well advanced before it is discovered.

Among the early symptoms of decline are pallor, especially of the lips, a slight palpitation of the heart, shortness of breath after walking a short distance and a tendency to tire easily. Continued decline causes nervousness, irritability, depression, sleeplessness, headaches and fainting spells.

If you want vigorous health, strong nerves and good blood begin treatment now with a tonic that has been used successfully in many families for generations. Dr. Williams' Pink Pills build up the blood and enable it to carry nourishment to enfeebled organs, nerves, muscles and tissues. This new blood will so tone the entire system that colds and epidemic diseases cannot get a foothold.

Proof of the value of the remedy is found in the statements of those who have used it.

When Nerves are Starved

Men and women with nerves out of gear become irritable and fretful and are blamed for ill-temper; whereas the fault is not theirs. Their poor health is the cause. The tired, overbusy wife or mother, whose household cares have worn her out; the bread-winner whose anxiety for his family has worried him until he is thin and ill, and the nerve-sufferers who become run-down. Their nerves, like all bodily organs, need healthy red blood; worry tells on their digestion and their nerves are ill-fed. In such cases a course of Dr. Williams Pink Pills is necessary, for these pills make new blood and tone up the nervous system. The patient becomes full of energy and happiness for themselves and others returns. Mrs. Wm. Hughes, Coldwater, Ont., has proved the value of Dr. Williams' Pink Pills, and does not hesitate to say so. She says:—"Two years ago I suffered untold agonies with my nerves. The pains in my head and the back of my neck were unbearable. I was depressed and cranky all the time. All the rest I took and best of medical attention did me no good. I was advised to try Dr. Williams' Pink Pills and after taking them for a time felt much better. I continued their use with great benefit, and after my baby was born they were the only tonic that helped me nurse her. I found them a splendid blood enricher, and cannot recommend them too highly."

Advice to Young Girls

The anaemia of young girls comes on gradually, beginning with languor, indisposition to exertion and a feeling of fatigue. Later comes palpitation of the heart and headaches. In the majority of cases constipation is present, and the complexion takes on a greenish-yellow pallor. The treatment is quite easy and simple. Dr. Williams Pink Pills are just the tonic to remedy this wretched state of health. They act directly upon the blood, and as it becomes rich and pure, strength and activity returns, the glow of health comes to the cheeks and soon the trouble will disappear and good health follow. Miss Pearl Parks, R. R. No. 1, Reaboro, Ont., has proved the value of this medicine, and her statement will point the way to health to all other weak girls. She says:—"I was very ill with anaemia. I could not sleep at night; my appetite was poor my face and lips were very pale and my eyes dull. I got so weak that I could not go upstairs without resting. I took dizzy and fainting spells, had no ambition whatever, and did not care to go about. I was in this condition for nearly a year. I had treatment from two doctors; but did not regain my strength, so my mother, who was very uneasy about me, decided I should try Dr. Williams' Pink Pills. After using the pills for a while I felt somewhat better, and continued taking them until I had used about a dozen boxes, when I was again well and strong. I can strongly recommend Dr. Williams' Pink Pills for the treatment of any suffering from anaemia."

Rheumatism in the Blood

Rheumatism comes with thin, impure blood, and can only be driven out of the system by enriching and purifying the blood.

The chief symptom of rheumatism is pain. The most successful treatment is the one that quickly banishes this disagreeable symptom. Many rheumatic people suffer pains that could be avoided by building up the blood. The value of Dr. Williams' Pink Pills in rheumatic trouble is proven by the testimony of Mrs. A. Bryson, Arthur, Ont., who says:—"I was so used up with rheumatism in my shoulders and neck that I could not turn in bed without the help of my husband, and the pain at times was almost unbearable. I took doctors' medicine which did me little or no good. Then I began taking Dr. Williams' Pink Pills and have since been free from rheumatism. I can also recommend the pills to young mothers, as in my own case I found they are unexcelled. I may also add that I recommended Dr. Williams' Pink Pills to a neighbor who took fainting spells at the change of life, and who could not walk any distance. She took the pills for nearly three months and they made her a strong, well woman."

Unable to Do Any Work

Among those who have proved the value of Dr. Williams' Pink Pills is Mr. Austin Wile, Hemford, N. S., who says:—"I have reason to be deeply grateful for what Dr. Williams' Pink Pills have done for me. An abscess developed in my head, and the doctor who was called in said my whole system was poisoned. My appetite completely failed and I grew so weak I was unable to do any work. The doctor's medicine did not help me so I decided to try Dr. Williams' Pink Pills. At this stage I was reduced almost to a skeleton, and my friends did not look for my recovery. I soon found, however, that the pills were helping me and after taking them for about two months I was fully restored to health. My case was known to all my neighbors and my recovery looked upon as almost a miracle."

Keep Your System Toned Up

Dr. Williams' Pink Pills assist digestion, correct lassitude, the palpitation of the heart, shaky nerves and the pallor of the face and lips that are the results of thin, impure blood.

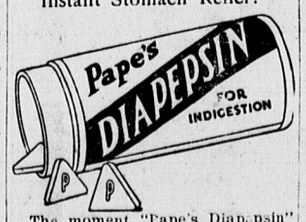
Try Dr. Williams' Pink Pills for anaemia, rheumatism, neuralgia, nervousness. Take them as a tonic if you are not in the best physical condition and cultivate a resistance that will keep you well and strong. Get a box from the nearest drug store and begin this treatment now.

If you will send your name and address to The Dr. Williams' Medicine Co., Brockville, Ont., a little book, "Building Up the Blood" will be mailed you postpaid. This little book contains many useful health hints.

You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

STOMACH BAD! INDIGESTION

Chew a few Pleasant Tablets, Instant Stomach Relief!



The moment "Pape's Diapepsin" reaches the stomach all distress goes. Lumps of indigestion, gases, heartburn, sourness, fullness, flatulence, palpitation vanish.

Ease your stomach now! Correct digestion and acidity for a few cents. Druggists sell millions of packages.

MacLean & MacDonald
180 KENT STREET

The Penalty of Leadership

In 1914 Theodore F. MacManus wrote a Masterpiece, "THE PENALTY OF LEADERSHIP."

We quote some significant extracts from it.

"In every field of human endeavor, he that is first must perpetually live in the white light of publicity."

In art, in literature, in music, in industry, the reward and the punishment are always the same."

"THE LEADER IS ASSAILED BECAUSE HE IS A LEADER, AND THE EFFORT TO EQUAL HIM IS MERELY PROOF OF THAT LEADERSHIP."

"IF THE LEADER TRULY LEADS HE REMAINS THE LEADER."

"That which is good or great makes itself known, no matter how loud the clamor of denial."

WE ARE LEADERS IN OUR PROFESSION

Keeps Baby's Skin Healthy Prevents Chafing & Eczema

DR CHASE'S OINTMENT

BRINGING UP FATHER— —By George McManus