FEELING TIRED IN SPRINGTIME

Not Sick, But Not Quite Well-You Need the Help of Dr. Williams' Pink Pills.

With the passing of winter many people feel weak, depressed and easily tired. No particular disease, but the system lacks tene. You find yourself tired, low spin ed, and often unable to get sound sleep at night. All this is the result of in-door confinement of the winter months, and shows that the od has become thin and watery New, rich, red blood is what you need to put you right, and there is no other medicine can give you this new blood as surely and as speedily as Dr. Wil liams' Pink Pills. This new blood gives to every part of the body and quickly improves the general health. Diges-tion is toned up, you have a better appetite, nerves are strengthened and sleep is sound and refreshing.

The value of Dr. Williams' Pink Pills when the system is run down is shown by the experience of Mr. William Mitchell, R.R. No. 1, Bedford, P.E.I., who says :-- "A few months ago I found myself in a badly run down condition. My appetite was poor, I was easily tired and did not sleep well. I tried several so-called tonics, but did not get any relief. Then I decided to give Dr. Williams' Pink Pills a trial and soon found that I had got the right medicine. Gradually my strength come back, the dull, tired feeling disappeared, and after using the pills for about a month,' I could eat heartily and was as strong and active as ever I have been. I can most cheerfully recommend Dr. Williams' Pink Pills as an unsurpassed tonic."

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

Ignorance.

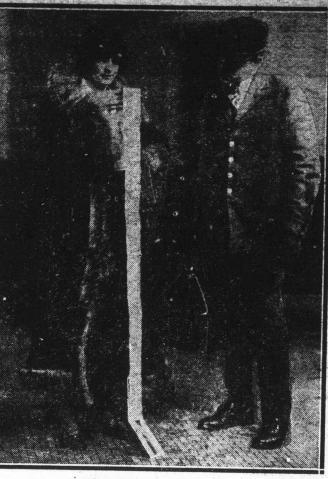
In the motion-picture "Robin Hood," Lady Marian desires to send a message to the Earl of Huntington and chooses Little John to act as her messenger. She presents John with a scroll which is protected by what seems to be a black case or tube. As he handed it over, a small boy in the audience asked his mother what

it was. "That's a flashlight," she answered in a loud voice.

"Don't show your ignorance, Mary," said her husband. "They didn't have flashlights in those days. That's a ther-

ONTARIO

Improvement >



"OH BOY! WHAT A TRIP!"

Priscilla Dean, the movie star who was appointed master of Yonge Street Station, for one hour, upon the termination of her "personal" appearance in Toronto, thought after inspecting a Trans-Canada ticket that her education would not be complete until she had used up just such a one. "The Canadian Rockies and Victoria for me," she said.

Last Will and Testamont. low field and an ancient plow. and these I bought with the songs

The wind and the spray the salt set these are the things that I got

from Love: One tall pine tree and a star above.

, being in my right mind now, Bequeath to my son my land and plow, And I'll leave him also the wind and

the sea, And I'll even leave him my fall pine

But I'll keep that star so my soul ca

wear One golden trinket in her hair. -Bonnie Jones MacCielland

MOTHERS PRAISE BABY'S OWN TABLETS

Mrs. L. M. Brown, Walton, N.S., little ones." Mrs. Brown's testimony is the same as that of thousands of other mothers who have used the Tablets. To use them once is a sure guarantee that they will always be kept in the home as long as there are babies or young children to be cared for. The Tablets are a lazative-mild but thorough in action-which never fail o regulate the stomach and bowels relieve constipation and indigestion

break up colds and simple fevers an the dreaded teething period make easy. In fact they banish all the minor ills from which little ones sufeasy. fer. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine

Co., Brockville, Ont.

by the Turks in the Great War gives

some amusing extracts from the prison

commandant's daily bulletins to the

prisoners. Here is one: "Everybody is obliged neither to cook food nor to

In Turkish Prison. A British officer who was captured A tea your grocer recommends is usually good tea TEA "is good tea" And most grocers recommend it.

Mothers' Allowances.

Now that the Mothers' Allowance ct is so well established and accomp lishing such good work, it is interest ing to recall that for nearly twenty years Mr. Kelso advocated this as necessary feature of efficient child-

welfare work. In his fourth annual return to the Ontario Legislature, pub-lished in February, 1897, he reported as follows:

There are poor but respectable mothers who require temporary help, but this should be given to them in says:---"I cannot recommend Baby's pality or church organizations, so that Own Tablets too highly. I have found the home may not be broken up. It is their own homes, either by the municithem invaluable for the atiments of no real charity or help to a poor mother to close up her home and send her ds of children, one to this institution and one to that, thus, robbing both of the ties and influences that are, after all, the only things worth living for. The principle here laid down

sound, and it is gratifying to know it has worked out so well.-Globe, March

For Sore Throat Use Minard's Liniment

Among the children left at the day nursery at the Wembley Exhibition here are three who have never been claimed.

The coal deposits of Canada are believed to comprise about one-seventh of the known supplies of the whole

world.

Service.



Ontario. FREE CATALOGUE.

RASPBERRY BUSHES, GLAD-iolas, Iris, Peony, Fancy Dahlias and Barred Rock Eggs. The Wright Farm, Brockville, Ont. 4

Idea of Space.

One may judge how great is the disance to even the nearest stars from the fact that Vega, a near neighbor, is about one and a half million times more distant than the sun. Vega is 25 light years, 10 trillion miles away, That is, a ray of light from this star will take 25 years to reach the earth, though it travels with the spe lightning, which would take it nearly seven times around the earth in a second.

Eggs in France cannot be sold as "fresh" if they have been in cold storage.





HEALTH EDUCATION BY DR. J. J. MIDDLETON

Dr./Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

To thoroughly enjoy good health, excesses of all kinds in eating and we must observe the simple rules of drinking and chew our food thorough-right living. These include the taking ly at meal times. This relieves the of sufficient exercise to keep the body stomach of part of the work of diges-active, eating the right kinds of food tion, for properly masticated foods are in proper proportions, using plenty of more easily assimilated by the stom-fresh water within and without. But ach.

fashlights in those days. That's a thermos bottle."
in proper proportions, using plenty of resh water within and without. But fresh the stomach is thereas the following prices: Peck, 50c. Bushel, \$1.60 Bag 90 lbs., \$2.25.
Special price In lots of 5 bags or more, No charge for bags or packages. Can sell you Ontario Grown, at about 20 per cent less. You will have to order early as quantity is limited. Cash with order. H. W. DAWSON P.O. Box 38 Brampton, Ont
M. W. DAWSON P.O. Box 38 Brampton, Ont.
M. W. DAWSON P.O. Box 38 Brampton, Ont.

LIVESTOCK

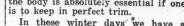
Committee

persons hold a grudge against you and are plotting to do you an injury. These surmises may be merely fig-ments of the imagination and if the truth were known, the people whom you suspected had no unkind thoughts of you at all. Another thing to re-member is that frequent bathing of sweaters, draperies, coarts, stockings, the body is absolutely essential if one ings, everything new. is to keep in perfect trim.



Perfect home dye ing and tinting is guaranteed with Diamond Dyes. Just dip in cold water to tint soft, delicate shades or boil to dye rich, permanent colors. Each 15-cent package contains directions so simple any, woman can dye or tint lingerie, silks, ribbons,

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Provincial Board of Health, Ontario.



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tendency to spend too much time in material your wish to color is wool or doors in a superheated atmosphere. silk, or whether it is linen, cotton, or What could be more healthful and in mixed goods. winter days we have a

What could be more healthful and in-vigorating than a brisk walk in the open air. Walking is an exercise that everybody can indulge in, and there is no better recreation. Still, there is no better recreation. Still, there is not half enough walking done, even in the country. The automobile is an asset of course, and brings conven-ience and comfort to every home where it is in use, but when a person develops the habit of riding every-where, even short distances that could easily be covered on foot, then the automobile is little short of a menace to health. I have heard men who own cars admit that for their health's sake they would be far better off with-out an automobile. out an automobile.

out an automobile. A powerful aid to the preservation of health is re'axation—of both mind and body. If we have business cares or worries connected with the daily grind, we should as far as possible, put them away when evening comes and enjoy the fellowship of family or friends or recreation or books. The mind needs a rest as well as the body, and this applies to women as well as men. Of course there are instances where it is difficult to get rid of worry and responsibility at special times, but and responsibility at special times, but as a rule, one can, by systematizing his or her work, find time for relaxation

tion. Above all, we need, once a year at least, a complete change from our nor-mal surroundings, and this is espe-cially beneficial if those who live strenuous lives, go to the woods or a quiet summer resort where they can live close to nature and get a chance. as it were, to find themselves and take stock of their mental, moral and physical progress.

physical progress. Moreover, we should always try to cultivate a cheerful spirit, and to meet adversity with calmness and fortitude, accepting with good grace what the gods have in store for us, always try-ing to play the part of real men and women who know how to play the game of life to the best advantage.

Minard's Liniment for Colda.



Proved safe by millions and prescribed by physicians for

Bayer Tablets Aspirin

enuine

Rheumatism Colds

Headache Pain

Neuralgia Toothache

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Accept only "Bayer" package which contains proven directions.

Which Contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists. ed in Canada) of Bayer Manufacture of Monoacetic-alicylic Acid, "A. S. A."). While it is well known re, to assist the poble against imitations, the Tablets with their general trade mark, the "Bayer Cross."

healthy hair-growing condition.

Bach Free by Mail. Address Canadia. "Stanbaues, Ltd., Montreal." Price, Soa intment 25 and 50c. Talcum 25c. "Cuticura Shaving Stick 25c.

ONTARIO WOMAN REGAINS

Wants Other Women to Know About Lydia E. Pinkham's **Vegetable Compound**



Mount Forest, Ont.—"Before I took Lydia E. Pinkham's Vegetable Com-pound I feltweak and miserable, and had pains all through me. I was living in Ailsa Vasa living in Ailsa traig at the time, and one day a friend came on

Women throughout the Dominion are finding health in Lydia E. Pinkham's Vegetable Compound.

No harmful drugs are used in its preparation-justroots and herbs-and it can be taken in satety even by a nursing mother. For sale by all druggists.

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