

ditions make it necessary to keep mother and baby warm. The house must be kept at a comfortable temperature. They are confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given to the baby to keep his stomach and bowels working regularly. This will help him break up colds and keep his health of the baby in good condition till the brighter days come along. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.