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vel reap Come! Here's New Health and New Life

I is wonderful how quickly Wincarnis will benefit you when you are Weak, Anaemic, Nervous, and Run Down. Get a bottle of Wincarnis to-day and see how quickly it will help you to regain your former health and vitality.

apart from the misery it perives you of your right-ment and handicape you daily duties. But good lorious, glowing health-nits if you take Wincarnis, it possesses a four-fold creating the health you

WINGARNIS vitality. That is wh

. If you are Vincarnis will give you red blood. If you are Ask your Dector. Get it at your Druggist's.

If you are ren-Two sizes : \$1.00 and (extre large bottle) \$1.75

Anaemia	Exhaustion	Nervous Disorders	La Grippe
Sleeplessness	Brain Fag	Convalescence	Maternity Weaks
Debility	Lassitude	Lowerod Vitality	Chills
Debuny	resettade	Lowered Vitality	CEINS

COLEMAN & CO., WINCARNIS WORKS, NORWICH, EM Canadian Office, 67 PORTLAND ST., TORONTO. Sales Agents for the Dominion : FRANK S. BALL, Resident Director. RALPH J. PARSONS & Co., Foy Bldg., To



How often has an attack of indigestion interfered with your work or spoiled your pleasure? Good health is mostly a matter of sound digestion. Whenever you are troubled by dyspepsia, flatulence, sour eructations, sick headache, biliousness or constipation, take Beech-am's Pills. They quickly and effectively correct digestive disturbances, stimulate the supply of gastric juice and



stomach acts as an iritant, and even the little that is eaten causes such tor-ture and is digsted so imperfectly that it does little good. Before you can eat heartily, and not pick and choose your food, you must put your stomach right so that it will manufacture its own directive ferments.

SCHOOL LUNCH AS FACTOR IN CHILD'S HEALTH AND WELFARE

put your stomach right so that i manufacture its own digestive fer For forty years new Burdock Bitters has been making weak sto strong, and permanently curing cases of indigestion and dyspepsie other remedies were powerless to Mr. H. L. Furweather, Camb (Montreal Herald.) cool lunch as a factor

(Montreal Heraid.)
The school lunch as a factor in the child's physical condition is being emphasized by the Child Health Organization of the City of New York, as stated by Dr. W. A. L. Styles, who has just returned from the National Conference of Social Workers at Atlantic City. The Number of the National Conference of Social Workers at Atlantic City. The Number of the States. Dr. Styles, and has been muscles was so bed I thought I would be revealed by the revealations of physical on the selective draft for the army. The health of children of school age is now more the existing system of school Superintendents in New York is stated the Board of Education to take ore the existing system of school nuckes within the department of educations, manager, will provide at wholesale cos of food materials, wholesome lunches of the kind and quality needed by growing children, it being consudered that this reveal and apportionment in New York cith has set aside \$50,000 in the budget for of nuckers within the department of educations in newsure. It has been proved that this reveal and apportioners to a Nore a efficient is a setting experiment of educations interview of the kind and quality needed by growing children, it being consudered that the for the school Lonch is essentially an educationation spiscal conditions.
The Baby Welfare Committee of More the heath of the school child with the Protestant and Catholic school boards with a view to obtaining permission to establish as one experimental center, the idea to the kind e class in one Catholic and the face, neice, arms and head is the sign to the back of the school and test of the kind school and test or the idea of and with the betterement of the school and test or the idea of a school and test or the idea of the kind experiment of educations into measure. The has been proved that in tree school and test or the school child with the Protect the school boards with the betterement of the school child with the Protect and the school and test ore the idea

quantities. Speaking of the possibilities, it says: "Second-cut cotton linters, the short fibers which are obtained from cotton seed after ginning and removal of the lint suitable for cotton mattress stuffing, can be made into high-grade book, writ-ing, blotting and tissue papers. This possibility will probably reduce the price of all kinds of paper. Second-cut linters can be removed fairly easily from the seed, but this is not the present mill practise. The shorter fibers are left on, although they interfere with economical oil extraction and have no food value when mixed with the ground cotton seed meal.

"The possible supply of this new paper material is about 600 tons a day. Once it comes into the market its influence on paper prices should be decidedly bene-ficial."

If suffering from nerve exhaustion, if enfeebled by strain or shock, Hall's Wine will help you. It vitalizes and enriches the blood, which in turn nourishes and strengthens the nerves.

If worn out through overwork, Hall's Wine will give new life and vigor, and all the qualities needed to endure. It has been widely used in the Motherland for over a quarter of a century. Countless letters on our files, from doctors and nurses and the public generally, testify that its timely merits are greatly appreciated.

by the aid of Hall's Wine-the great tonic restorative.

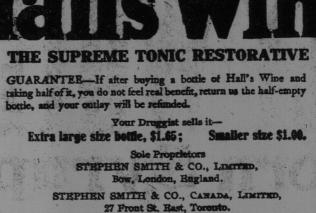
"A case that seemed "Madeanew man of him" hopeless"

"I was terribly weak, and I can honestly say that Hall's Wine has made me almost a new man."

"I must say that Hall's Wine is a splendid

"A splendid

tonic"



FRANK L. BENEDICT & CO., 45 St. Alexander St., Montreal

The Path to Health For many thousands of women the

Hall's

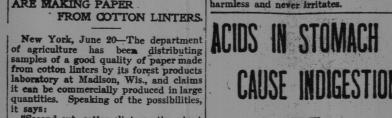
Wine)

Path to Health has certainly been through Lydia E. Pinkham's Vegetable Compound. When this great remedy was first introduced, and for many years after, skeptics frowned upon its curative claims, frowned upon its curative claims, but as year after year has rolled by and the little group of women who had been cured by it has since grown into a vast army of hundreds of thousands—doubt and skepti-cism have been swept away as by a mighty tidal wave, until today this purely vegetable medicine is recognized as the greatest remedy for woman's special ills in the world. This is because it is a wonderful tonic and reconstructor which acts directly and favorably upon the feminine organization and is a specific for that purpose.

Women in All Countries Depend Upon

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Lydia E. Pinkham's Vegetable Compound



Greate Gas, Sourcess and Pain How to Treat.

chloric acid in the stomach me believe to a lack of di-The delicate stomach lin-

and not as some team gestive juices. The delicate stomach may find is irritated, digestion is delayed and food sours, causing the disagreeable symptoms which every stomach sufferer knows so well. Artificial digestents are not needed in such cases and may do real harm. Tr laying aside all digestive alds and inste-get from any druggist a few ounces Bisursted Magnesia and take a teapoor ful in a quarter glass of water right

FREDERICTON MARKET Market quotations in Fredericton yes-terday were—Veal, ten to fifteen cents; beef, twelve to sixteen cents; pork, twen-ty-two to twenty-five cents; putter, forty to fifty cents; eggs, forty to fifty cents; young pigs, each, \$3.50 to \$4.50; pota-toes, \$2.50 to \$8; tomato plants, a dozen, fifty cents to \$1.25; fresh selmon, thirty cents; rhubarb, five cents; hay, \$21 to prevents the formation of excess acid and there is no sourcess, gas or pain. Bisurated Magnesis (in powder or tab-let form—never liquid or milk) is harm-less to the stomach, inexpensive to take

CAUSE INDIGESTION

Directions of Special Value to Women are with Every Boz. Sold by druggists throughout the world. In boxes, 25c.

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purposes. It is used

