FEELING TIRED IN SPRINGTIM

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 tone. You find yourself tired, low-spirited, and often unable to get sound sleep at night. All this is the result of indeer confinement of to get sound steep at high. All this is the result of in-door confinement of the winter months, and shows that the blood 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 even I have been. I can most cheerfully re commend Dr. Williams' Pink Pills as an unsurpassed tonic."

You can get Dr. Williams' Pink Pills



"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 Testament. d things I got by the swent of my A fallow field and an ancient plow. And these I bought with the songs I have sung: wind and the spray the salt sea The flung. And these are the things that I got

from Love: One tall pine tree and a star above. , being in my right mind now,

equeath 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 tall pine tree,

But I'll keep that star so my soul can One golden trinket in her hair. necessary feature of efficient child welfare work. In his fourth annual re -Bonnie Jones MacClelland

MOTHERS PRAISE BABY'S OWN TABLETS

Mrs. L. M. Brown, Walton, N.S., says:-"I cannot recommend Baby's says: — "I cannot recommend Babys Own Tablets too highly. I have found them invaluable for the aliments of little ones." Mrs. Brown's testimony is the same as that of thousands of other mothers who have used the Tabtets. To use them once is a sure guar-antee 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 laxative-mild but thorough in action-which never fail but to regulate the stomach and bowels

elieve constipation and indigestion break up colds and simple fevers and make the dreaded teething period easy. In fact they banish all the minor ills from which little ones suf-

The coal deposits of Canada are be



Ritz-Carlton Hotel Atlantic City New Jersey

Perfect Cuisine and Single rooms from \$5.00 Double rooms from \$8.00 European Plan



turn to the Ontario Legislature, pub-lished in February, 1897, he reported

There are poor but respectable

Among the children left at the day

nursery at the Wembley Exhibition there are three who have never been

The

America's Smartest Resort Hotel.

Famous for its European Atmosphere.

LEONARD

At All Druggists

A.O. LEONARD. INC. 70-5"AVE. NEW YOR

as follows:

FREE CATALOGUE.

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

Idea of Space

mothers who require temporary halp, but this should be given to them in their own homes, either by tho munici-One may judge how great is the dise tance to even the nearest stars from the fact that Vega, a near neighbor, is about one and a half million times pality or church organizations, so that the home may not be broken up. It is ore distant than the sun. Vega is no real charity or help to a poor moth-no real charity or help to a poor moth-z5 light years, 10 trillion miles away. er to close up her home and send her er to close up her heme and send her 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 is sound, and it is gratifying to know it has worked out so well.—Globe, March 19

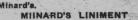
Eggs in France cannot be sold as fresh" if they have been in cold 'fresh storage. For Sore Throat Use Minard's Linimen



INDISPENSABLE

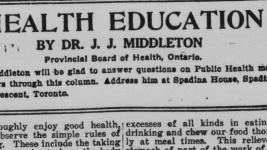
We receive letters every week from people who find Minard's indispense

able. Capt. Geo. W. Dolbow, Philadelphia, Pa., writes: "While in British Columbia I used your Liniment but I cannot get it here. As there is to my knowledge no other liniment on the market like Minard's I would appreciate it if you will advise me how I can get another supply, for I do not want to be without Minard's.





Daily, assisted by Cuticura Oint ment when required. It keeps th pores active, the skin clear and fre nd the



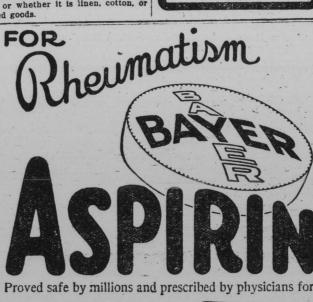
<section-header><section-header><section-header><section-header><section-header><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text> Deposit your savings regularly with the Province of Ontario Savings Office. \$1.00 OPENS AN ACCOUNT All monies deposited by you are guaranteed by the Government of the Province of Ontario and can be withdrawn at any time. BANKING BY MAIL-Department at each Branch. HEAD OFFICE: 15 QUEEN'S PARK, TORONTO Branches: Toronto-Corner Bay and Adelaide Streets; Corner University and Dundas Streets; 549 Danforth Avenue.

> Aylmar, Brantford, Hamilton, Newmarket, Ottawa, Owen Sound, Pembroke, Seaforth, St. Catharines, St. Mary's, Walkerton, Woodstock.

A powerful aid to the preservation of health is relaxation—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 as a rule, one can, by systematizing his or her work, find time for relaxa-tion.

his or her work, find time for re.axa-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. Moreover, we should always try to cultivate a cheerful spirit, and to meet adversity with calmess 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 Colds.



Rheumatism Colds Headache Pain Toothache Neuralgia Lumbago Neuritis

> Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100-Druggists.

R

Bayer Tablets

Aspirin

Genuine

Oanada) of Bayer Manufacture of Monoacetle-(Acid, "A. S. A."). While it is well known assist the public against imitations, the Tablets their general trade mark, the "Eayer Cross."



stronger pains left me. I am gla' I about this medicine as I thin none equal to it for women troubles of this kind. I can the Vegetable Compound the good it has done me. know of a woman suffer

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

Noharmful drugs are used in its preparation-just roots and herbs-and it can be taken in safety even by a nursing mother. For sale by all druggists.

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