## SLEEPLESS NIGHTS **OVERCOME BY** SAFE METHOD

SUGGESTIONS GIVEN WHEREBY INSOMNIA CAN BE SAFELY AND QUICKLY CURED.

Worry, overwork, overstudy and in-digestion cause insomnia. Healtay, natural sleep can't be pro-duced by drugs. First, the blood circulation must be improved.

improved: Congestion of blood in the head must be removed. Irritation in the brain must be re-

lieved. It's because Ferrozone equalizes circulation, because it scothes the ir-ritation, because it removes conges-tion that it does cure incomnia. For building blood and nerve, for imstilling force and life inte over-worked organs, for establishing strength and visality, where can you find anything so efficient as Ferro-rone?

Remember, sleep is just as import-

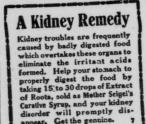
ant as foot size or break down, but You must size, or break down, but if you'll use Ferrozone and thereby remove the conditions which now keep you from sleep, you'll get well quick-iy.

you from sleep, you if get well quick-is. Ferrozone is not a narcotic .not a dope; it is a health-giving tonic that any child or delicate woman can use. Absolutely safe is Ferrozone. Take it for a month, take i for a rear-no harm, but immeasurable tood will result. To sleep well, look well feel well, o be free from depression, nervous-ress or bluee-use Ferrozone. It's a od tonic, a healer to the weak and rretched, a boon to the sleeplees --old in 50c boxes. six for \$2.50, at all isalers, or direct from The Catarrh-zone Co., Kingston, Ont.





Lord was alive and the good news must be told to the disciples. It is probable that Mary Magdalene reach-ed the tomb first and saw that the stone was rolled away. She hastened to tell Peter, and while she was gone, the other women arrived and entered the sepulchre. They were naturally affrighted at the absence of Jesus and the circumstances attending his disap-pearance. One of the two ansels men-tioned by Lake and John spoke words of comfort to the women. Fear not ye—The guards were terrified at the presence of the angels, but a message of comfort was borne to the women by the heavenly visitors. I know—A reassuring proof that the angels were divinely sent upon this especial mis-sion. was crucified—The followers of Jesus believed that he was dead, for they went about the duty of embalm-ing the body. Joseph of Armathaea-souch the privilege of burying jhe body in his own new tomb. Two places are claimed as the tom b of our Lord, and each of these places has its strong supporters. The Church of the Holy Sepulchre atnads over the spot which is claimed to be the place of the crucifixion and burial of Christ. It is within the walls of Jerusalem, while the place where Christ suffered was without the gate. This location seems to lack the hill Calvary, or Glotoha. The church is held jointly by Greeks, Roman Catholics, Armenians and other sects, and adherents of these faiths now seem to worship places and im-ages there instead of the living God. Outside the walls of the city on the north is a hill that many regard as Calvary. Its shape is like that of a skull. Close by is a garden and a full and the tomb answer well the de-scription we have of the crucifixion and resurrection of Christ. It as the belief of many, that if either place is the tom bwhere our Lord was laid,— the one under the church in the city, or the one under the church wals on the north, known as the Garden Tomo,— the latter is the one. The Lord's body was placed in a tomb. The Roman officer had pierced his side, so there could be no doubt of the f





Dandrull and HTHALVES On retiring, comb the hair out straight, hen make a parting, gently rubbing in Juticura Chintment with the end of thi inger, Anolit addisional periods Place light covering over the hair to protect he pillow from possible stain. The next morning shampoo with Cuticura Scap and hot water, using plenty of song, best applied with the hada. and hot water, using p applied with the hand water. Repeat in two Cuticura Soap, Ointr 25c. each plus Canadia and Tak

ing. 10. Shall they see me—This publi appointment was made in order tha the whole body of disciples might mee the risen Lord.

the risen Lord. Questions.-How long was Christ's body in the tomb? What proofs are there that he was dead? When did he rise from the dead? When did hey come? Describe the appearance of the angel. What was the angel's message to the women? To whom did our Lord first appear? How did the Jews explain the disappearance of Christ's body from the tomb? What were the feel-ings of the disciples when they learned that Christ had risen from the dead? What appointment did Jesus make with his disciples? PRACTICAL SURVEY.

natural and necessary completion of the work of atonement, the sequel to the crucifixion and the ground of jus-tification. "He was delivered for our offences, and was raised again for our justification." If He remained a prey to death, He could not redeem othera and His priesthood vanishes. The re-surrection of Jesus certifies immortai-ity. It is the ground and pledge of the resurrection of believers. Without it the Christian dead have perished. Jesuse came from God and went to God) and He has shed a flood of light infor the unseen world, revealing a conclous and positive life of holiness, of blessedness and of glory in a per-fected likeness to Himself in body, soul and spirit.

### Riddles and Answers.

What word may be pronounced quickly by adding a syllable? Quick. What tune makes everybody glad?

What tune makes washington like a Why was George Washington like a plano? Because he was grand, upright and square. Why is the letter A like 12 o'clock noon? Because it is the middle 'of

noon? Because it is the middle of day. What is the best thing to take be-fore singing? Breath. At what age should a man marry? At the parsonage. Put four letters before a Southern city and spell a vehicle? Automobile. If Dick's father is Tom's son, what relation is Dick to Tom? Grandson. Why may carpenters reasonably be-lieve there is no such thing as stone? Because they never saw it. What nation is most likely to win out at the peace conference? Deter-mination.

mination. Why does a window pane blush at this time of year? Because it sees the weather strip. What is the keynote to good man-ners? B natural.—New York Herald.

### Fighting Doors.

## HOW'S YOUR BLOOD ?

# Pimples and Eruptions Mean Bad Blood

People who have impure or impover-ished blood should he careful to take only a temperance remedy made of wild roots and barks such as Dr. Pierce's Golden Medical Discovery is and has been for nearly 50 years. Ingredients printed on wrapper.

been for nearly 50 years. Ingredients printed on wrapper. The first day you start to take this reliable medicine, impure germs and accumulation begin to separate in the blood and are then expelled through the eliminative organs. In place of the impurities, the ar-teries and veins gradually get fresh vitalized blood and the action of this good blood on the skin means that pim-ples, boils, carbuncles, eczema, rash, acne and all skin blemishes will disap-pear. Then you must remember that when the blood is right, the liver, stom-ach, bowels and kidneys become healthy, active and vigorous and you will have no more trouble with indigestion, back-ache, headache. Get Dr. Pierce's Golden Medical Dis-covery to-day at any medicine dealers, in tablet or liquid form, or send 10c for trial package to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y.

WINDSOR, ONT .- For over three yes fered with stomach and liver trouble. I would bloat up, gas would form on my stomach and 

