THE SPRING TONIC FOR PALE, THIN PEOPLE

If You Want to Gain in Weight and Recover Your Appetite, Energy and Ambition, Try This Well Known Remedy.

With the passing of winter many people feel weak, depressed and easily tired. The body lacks that vital force and energy which pure blood alone can give. In a word, while not exactly sick, the indoor life of winter has left its mark upon them, and a blood-building, nerve-storing tonic is needed to give renewed health and energy. Dr. Williams' Pink Pills are an all-year-round blood builder and nerve tonic, but they are especially useful in the spring. Every dose helps to make new, rich, red blood, and with this new blood returning strength, cheerfulness and good health quickly follows.

If you are pale and sallow, easily tired, or breathless at the least exertion; if your complexion is poor, or if you are troubled with pimples or eruptions, Dr. Williams' Pink Pills are just what you need to put you right. If you have twinges of rheumatism, are subject to headaches or backaches, if you are irritable or nervous, if your sleep does not refresh you, or your appetite is poor, you need the treatment which Dr. Williams' Pink Pills alone can give—you need the new blood, new health and new energy this medicine always brings.

A COMPLETE WRECK.

Mrs. C. Forsythe, R. R. No. 2, Fisherville, Ont., says: "At the age of fourteen my daughter Viola was feeling very much run down in the spring. Then she was attacked with whooping cough which left her a complete wreck. She had no appetite, could not sleep well nights and was subject to chills which sometimes kept her in bed for the day. She was doctoring steadily, but not apparently getting the least benefit, and I naturally grew very anxious. One of my neighbors suggested giving her Dr. Williams' Pink Pills, and I got a box. When she began using the pills she weighed only 87 pounds. Before the box was all gone I sent and got six more boxes, and under their use she constantly grew stronger. Her appetite improved, the color came back to her cheeks, she could sleep well, and feels and looks like a different person, and with all this while using the pills she gained 20 pounds in weight."

A SALLOW COMPLEXION.

Miss Gladys Marshall, Chatham, Ont., says: "I suffered from nervousness and my blood was in a very poor condition. My face broke out in pimples and my complexion was very sallow. I took doctors' medicine but without beneficial results. I was feeling much discouraged when a friend recommended Dr. Williams' Pink Pills. I used to find that my complexion had become quite clear, pimples had disappeared, my nerves were strengthened and my old-time health and ambition returned. I shall always have a good word to say for Dr. Williams' Pink Pills."

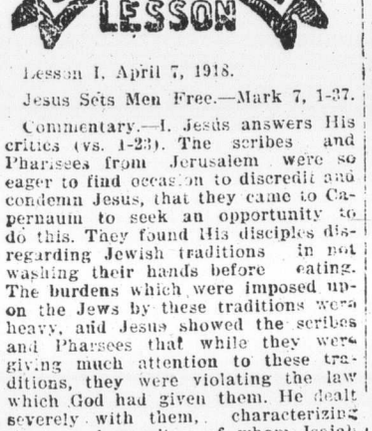
GAINED IN WEIGHT.

Mrs. M. B. Rickert, Kitchener, Ont., says: "I was weak, run down, and losing weight when I began using Dr. Williams' Pink Pills. I took the pills steadily for a month, and the difference they made in my condition was most gratifying. I gained both in strength and weight, and feel since I used the pills like a new person. I also recommended the use of the pills to my daughter-in-law, who was pale, thin and weak. When she began using the pills she weighed only 103 pounds and when she discontinued their use she weighed 137 pounds. For all weak people I think there is no medicine can equal Dr. Williams' Pink Pills."

A SPRING COLD.

Mrs. Chas. Winegarden, Delhi, Ont., says: "Last spring my daughter Ruby was taken with a bad cold. She seemed weak, had a constant pain in her side, grew pale, and as the remedies usually used in cases of this kind did not help her we feared she was going into a decline. I decided to give her Dr. Williams' Pink Pills and got six boxes. Before she had used them all, she was again well and strong. The cough had left her, she had a good appetite, the pain in her side disappeared, and a nice rosy color had returned to her cheeks. I have therefore much reason to speak warmly in praise of Dr. Williams' Pink Pills."

Notwithstanding the increased cost of all drugs, there has been no change in the price of our Dr. Williams' Pink Pills. They can be had through any medicine dealer at 50 cents a box, or six boxes for $2.50, or will be sent on receipt of price by The Dr. Williams' Medicine Co., Brockville, Ont.



SUNDAY SCHOOL LESSON

Lesson I, April 7, 1918.

Jesus Sets Men Free.—Mark 7, 1-37.

Commentary.—I. Jesus answers His critics (vs. 1-23). The scribes and Pharisees from Jerusalem were so eager to find occasion to discredit and condemn Jesus, that they came to Capernaum to seek an opportunity to do this. They found His disciples disregarding Jewish traditions in not washing their hands before eating. The burdens which were imposed upon the Jews by these traditions were heavy, and Jesus showed the scribes and Pharisees that while they were giving much attention to these traditions, they were violating the law which God had given them. He dealt severely with them, characterizing them as hypocrites, of whom Isaiah had said ,"This people honoreth me with their lips, but their heart is far from me" (Isa. 29; 13). He charged them with a failure to honor and provide for their parents. The traditions allowed them to dedicate themselves and their goods to sacred uses and in so doing find an excuse for not caring for their fathers and mothers. On another occasion He pronounced woes upon the scribes and Pharisees for their failure to teach the people the truth as set forth in the law, and further for their leading them into wicked ways. They were careful about minor matters, but neglected the greater matters of the law, "judgment, mercy, and faith" (Matt. 23., 23). He declared that defilement came not from without, as through a failure to wash the hands, but it came from within, from the heart. Jesus placed emphasis upon the necessity of having the heart right.

II. Deliverance for Gentiles (vs. 24-30). 24. Thence He arose — The discourses of our Lord about the Bread of life (John 6) and ceremonial defilement (Mark 7, 1-23) had stirred up the Jewish leaders to a high pitch of animosity, and they were already planning His destruction. It did not therefore seem prudent for Him to remain longer in Galilee at this time. Into the borders—It is probable that the disciples were either in, or near, the land of Phenicia. Tyre and Sidon—Cities of Phenicia on the shores of the Mediterranean Sea. They were about twenty miles apart, and thirty-five and fifty-five miles, respectively, from the Sea of Galilee. Prosperous in the time of Christ they have now sunken to miserable villages of a few thousand inhabitants each. Tyre was at one time nineteen miles in circumference and famed for its great wealth and Tyrean purple dye. It has been suggested that the entrance of Jesus into non-Jewish territory in His mission foreshadowed the offer of salvation through the gospel to the Gentile world. Could not be hid—Jesus had made His way privately with His disciples, and desired to remain for a time in this region unobserved, but His fame preceded Him, even into non-Jewish territory. 25. A certain woman....fell at His feet—She assumed this attitute out of respect for Jesus and also as a suppliant. She had heard of His arrival and of His power, and desired to have that power exercised in behalf of her afflicted daughter. 26. a Greek—She belonged to the Grecian race. A Syrophenician by nation — She had her home in Phenicia, which at this time belonged to the province of Syria. In Matt. 15, 22 she is called "a woman of Canaan." This expression declares her religious tendency; she was a Gentile. Besought Him—Her earnestness led her to make a decided effort to secure relief. Matthew records her words, "Have mercy on me," (15. 22), although it was not she, but her daughter, that was directly afflicted.

27. Jesus said unto her—He did not repel her, although his disciples "besought him' to "send her away" (Matt. 15:23). It is not unlikely that in making this request the disciples desired Jesus to grant her wish and dismiss her. it is not meet—It is not fitting or consistent. the children's bread—By the term children he means the Jews. It was not in keeping with his mission to bestow upon Gentiles the blessings designed for the Jews, even though the latter were rejecting him and despising the benefits he was freely offering them, cast it unto the dogs. Jesus used the word which designates the house dog, or pet dog, as distinguished from the wild dogs that abounded in Syria. The woman was not to be repulsed even by being classed with dogs. She saw a ray of hope in the words of Jesus. "Let the children first be filled," for there might be something left for the dogs that were accustomed to run about the table. 28., yes, Lord—I admit all you say. Her strong desire and faith made her keen-sighted, for the very words Jesus used to put away her request were turned into an argument in her favor. yet the dogs....eat of the children's crumbs—Here the picture is complete. The household are gathered about the table and the crumbs accidentally let fall to the floor are eagerly seized by the hungry and ever-watchful dogs. The dogs were not denied this privilege, nor should she, Gentile dog as she was, be denied the crumb she craved. 29. for this saying—In what she said this Gentile woman expressed both desire and faith. Jesus said to her, "O, woman, great is thy faith" (Matt. 15: 28). the devil is gone out of thy daughter—The victory was worth all the effort, humiliation, persistency, and faith necessary to its attainment. 30. she found, etc. — The woman found that the promise of Jesus was fulfilled and her daughter was delivered from the power of Satan.

III. Relief for a deaf man (vs. 31-37). 31. coasts—Borders. The word coasts formerly had the same meaning as borders, but is now used to denote regions bordering upon bodies of water. came unto the Sea of Galilee—The direction of the journey appears to have been northward toward Lebanon, then from the foot of Lebanon through the deep gorge of the Leontes to the sources of the Jordan, and thence along its eastern bank into the regions of Decapolis, which extended as far north as Damascus, and as far south as the River Jabbok.—Cam. Bible. Decapolis—The name means ten cities, and was given to a large region lying around ten cities, to which were granted special privileges by the Romans after the conquest of Syria. These cities except one lay to the east and southeast of the Sea of Galilee. 32. they bring—The friends of the afflicted man brought him to Jesus . deaf, and had an impediment in his speech—It is not said that he was mute, but with his deafness there was inability to speak distinctly.

33. Took him aside—The man was deaf, and could be communicated with only by signs, and, in order that he might be free from distraction or interruption, Jesus "took him aside." Put his fingers into his ears— Frequently Jesus touched those whom he healed, perhaps to strengthen their faith and to show that power came to them through himself. He touched the ear of the deaf man since his affliction was there, and he touched the tongue that it might be made to perform its proper function. 34. Looking up to heaven—Thus far there had been no virtue reached the afflicted man. Jesus looked up to heaven to show that from God alone came the healing power. He sighed—Groaned. Jesus sympathized with the man suffering from the effects of sin and disease. Ephphatha—This was the actual Aramaic word used by our Lord. Jesus thus gave the command with authority and the cure was accomplished. 35. Straightway—Immediately. He spake plain—The cure was perfect. String of his tongue was looced—"Bond of his tongue was loosed."—R. V. From this it may be inferred that there was some defect in the organs of speech. 36, 37. Jesus charged the healed man and those that brought him not to tell about the cure, probably because he did not wish to have his work of teaching interrupted by the throng that would gather about him out of curiosity. The man published the news, and the people were convinced that Jesus was a true teacher and wrought through divine power.

Quections.—Where were Tyre and Sidon situated? Who came to Jesus? Why was this woman called a Greek? Why a Syro-phenician? What was her request? What reply did Jesus make? What is meant by the children's bread? By casting it unto the dogs? How did she reply unto him? What is to be commended in her reply? What was the result of her faith? To what place did Jesus go from the region of Tyre and Sidon? Who was brought to Jesus? What request was mame? What did Jesus do? What was the effect upon the afflicted man? What was the effect of this miracle upon the people?

PRACTICAL SURVEY.

Topic.—Christian Liberty.

I. Through faith.

II. Found in Christ.

1. Through faith. In this lesson we learn that the most astonishing and acceptable faith may be exercised by the most unlikely persons. On this occasion Jesus had left his own country and people, and sought retirement among the Gentiles. The boundless compassion of the Son of God accounts for the fact that he could not be hidden. The heathen woman in an illustration of the great drawing that exists between the Savior and the soul that needs and seeks him. We may safely say that his sole purpose in going there was to minister to that sufferer, and to crown her faith and make her an example to those who stood by, as well as to future generations. She had much against her in her circumstances. In the eyes of the Jews she belonged to the most hated of all Gentle races. She received little countenance from Christ's disciples. They desired him to send her away, but it was not from them that she sought help. Though a heathen in religion and an alien in race she credited what she had heard of Jesus. Her faith overcame natural prejudice in herself and the fear of its influence in others. There are many striking features in the character of this woman, her motherly care, her energy, humility and pleading. She had a deep sorrow spurring her on to make every exertion. She felt her need and the true character of her affliction. Jesus tried her faith by perfect silence, by seeming indifference and by apparent reproach, but she could not be defeated because she would not doubt. She turned that which seemed most against her into an argument in her favor. She granted to the Jews the first place, and counted herself next, thus exalting Jesus as the Savior of all. She most firmly believed Christ to be the Lord, able to work a miracle on her daughter. It meant a very great thing to have her daughter delivered, though to Christ it was a mere crumb, as compared with his supply of power. Observe the growth of her faith.

II. Found in Ghrist. The faith of the Canaanitish woman triumphed over all disappointments and attained her desire. She asked for no change in the divine order of salvation, but a fulfilment of it. Her patience proved the greatness of her faith and her humility was companion to her patience. Nothing conquers majesty like humanity. All that was apparently impossible to reason became facts to her faith in its persistent exercise. To a wonderful degree she entered into the meaning of Christianity. The earnestness of that heatehn woman rebuked the ignorance and ingratitude of the Jews. By it the disciples were educated for their missionary work, and made to see how valuable a soul is. She came asking a mercy for herself and went away carrying it to others. She had admitted that she could ask but little, yet believingly dared to pronounce that little certain. At he height of her faith he granted her full request. Her faith was owned, commended and honored by the author of it. Her humility had gone deep and her faith rose high. She displayed the elements of prevailing prayer in her humility, importunity and faith.

T. R. A.

WARNING
COMPLY WITH LAW

STOPGLARE LENS
Safety for Yourself and Others
No Glare $3.00 Free Circular
at your dealers or direct
STOPGLARE LTD.
HAMILTON, ONT.

Sores Flee Before It.—There are many who have been afflicted with sores and have driven them away with Dr. Thomas' Eclectric Oil, which acts like magic. All similarly troubled should lose no time in applying this splendid remedy, as there is nothing like it to be had. It is cheap, but its power is in no way expressed by its low price.

SCIENCE NOTES.

Persia has no distilleries, breweries or drinking places, and the only intoxicating beverage made use of is home-made wine.

Queensland is particularly rich in edible sporting fish.

Most of the asbestos used by the world is supplied by Canada.

Efforts are being made to adapt the steam engine to the aeroplane.

Cream Wanted

Sweet or Churning cream. Highest market prices paid. We supply cans, pay express charges, and remit daily.

MUTUAL DAIRY & CREAMERY CO.
742-745 King St. W., Toronto.

SCIENCE NOTES

In time of peace the Transvaal mines are the largest consumers of explosives in the world.

It is estimated that there are 2,048,854 cattle in the Western Province of Canada.

A stringent order has been issued in Berlin forbidding all chauffeurs to smoke while on duty.

About 50 kinds of wine were known to the Romans, including several varieties used for medicinal purposes.

French soldiers at the front daily receive on an average 4,000,000 letters, 10,000 postal orders and 250,000 parcels.

The circle of Ulloa is a white rainbow or luminous ring sometimes seen in Alpin region opposite the sun in foggy weather.

A handy device has been invented which will re-ink typewritten ribbon in a few moments without removing it from the machine.

American ships about 100 years ago carried 90 per cent. of the commerce of the country; to-day they are carrying less than 10 per cent.

Something near 95 per cent. of the population of China is confined to one-third of the area of the country, with a density of 200 to the square mile.

Each of the 30,000,000 workers in the United States loses approximately nine days each year due to sickness. This is a wage loss of more than $500,000,000, and does not include the lass suffered by industry.

To have the children sound and healthy is the first care of a mother. They cannot be healthy if troubled with worms. Use Mother Graves' Worm Exterminator.

MARKET REPORTS

TORONTO MARKETS.

FARMERS' MARKET.

Dairy Produce—		
Butter, choice dairy	$0 43	$0 50
Margarine, lb.	0 35	0 37
Eggs, new-laid, doz.	0 45	0 50
Cheese, lb.	0 00	0 30
Do., fancy, lb.	0 00	0 35
Dressed Poultry—		
Turkeys, lb.	0 25	0 33
Fowl, lb.	0 27	0 28
Milk-fed chickens	0 30	0 33
Ducks, Spring, lb.	0 30	0 25
Geese, lb.	0 23	0 25
Fruits—		
Apples, bkt.	0 30	0 60
Do., bbl.	3 00	5 00
Vegetables—		
Beets, bag	1 25	1 40
Do., peck	0 00	0 30
Carrots, bag	0 60	0 75
Do., peck	0 00	0 20
Celery, Cal., bunch	0 00	0 10
Do., Can. doz.	0 00	0 50
Cabbages, each	0 —	0 20
Lettuce, 3 for	0 00	0 10
Onions 75-lb. bag	1 75	2 00
Do., large bkt.	0 50	0 60
Do., pickling, bkt.	0 00	0 65
Do., green, bunch	0 10	0 15
Parsley, bunch	0 00	0 10
Parsnips, bag	1 25	1 40
Do., peck	0 00	0 30
Potatoes, bag	1 75	2 00
Radishes, bunch	0 00	0 05
Rhubarb, bunch	0 10	0 15
Sage, bunch	0 00	0 05
Savory, bunch	0 50	0 05
Turnips, peck	0 00	0 10
Do., bag	0 00	0 65
Watercress, 6 bunches	0 00	0 15

MEAT—WHOLESALE.

Beef, Easter, choice	$20 00	$22 00
Beef, forequarters	16 00	18 00
Do., hindquarters	20 00	22 00
Carcasses, choice	19 00	20 00
Do., common	16 50	18 00
Veal common, cwt.	12 00	14 00
Do., medium	25 50	18 00
Do., prime	22 00	23 00
Heavy hogs, cwt.	18 00	20 00
Snop hogs	24 50	25 50
Abattoir hogs	26 00	25 00
Mutton, heavy, cwt.	12 00	16 00
Do., light	18 00	20 00
Lambs, cwt.	28 00	30 00

TORONTO CATTLE MARKETS.

Export cattle, choice	12 00	12 25
Export bulls	9 00	10 25
Butcher cattle choice	10 25	11 00
Butcher cattle, medium	9 50	10 00
Butcher cattle, common	8 50	8 75
Butcher cows, choice	9 00	10 00
Butcher cows, medium	8 75	9 00
Butcher cows, canners	7 00	7 25
Butcher bulls	8 75	9 00
Feeding steers	8 50	10 00
Stockers, choice	8 00	8 75
Stockers, light	7 00	7 50
Milkers, choice	90 00	130 00
Springers, choice	90 00	130 00
Sheep, ewes	13 00	15 00
Bucks and culls	7 00	10 50
Lambs	19 00	20 50
Hogs, fed and watered	20 50	
Hogs, f. o. b.	19 50	
Calves	15 50	16 50

OTHER MARKETS.

WINNIPEG GRAIN EXCHANGE.

Fluctuations on the Winnipeg Grain Exchange yesterday were as follows:

	Open.	High.	Low.	Close.
Oats—				
May	x0 93¼	0 93⅝	0 92⅝	0 92
July	0 90⅞	0 91⅛	0 89⅝	0 90
Flax—				
May	3 87½	3 88½	3 83	3 85
July	3 89½	3 89½	3 80	3 80
Barley—				
May	1 77	177	1 70	1 72¾

xTo 92c sold.

MINNEAPOLIS GRAINS.

Minneapolis.—Corn—No. 3 yellow, $1.75 to $1.80. Oats—No. 3 white, 89 to 90c. Flour unchanged. Bran, $32.78.

DULUTH LINSEED.

Duluth.—Linseed, $4.08 1-2 to $4.17 1-2; arrive, $4.08 1-2; May, $4.12 1-2 bid; July, $4.10 bid; October, $2.58 bid.

BUFFALO LIVE STOCK.

East Buffalo. Despatch—Cattle receipts 600; steady.

Calves, receipts 500; easier; $7 to $18.50.

Hogs, receipts 3,400; slow and lower; heavy $18.40 to $18.50; mixed and yorkers $18.75 to $18.90; light yorkers $18 to $18.25; pigs $17.75 to $18; rough $16.50 to $16.60; stags $13 to $14.

Sheep and lambs, receipts 4,000 steady. Lambs $12 to $19.35; yearlings $12.60 to $17.25; others unchanged.

CHICAGO LIVE STOCK.

Cattle, receipts 12,000.		
Beeves	9 40	14
Stockers and feeders	7 70	11
Cows and heifers	6 40	11
Calves	10 50	15
Hogs, receipts 25,000.		
Market strong.		
Light	17 10	17
Mixed	16 75	17
Heavy	16 00	1[illegible]
Rough	16 50	16
Pigs	12 75	16
Bulk of sales	17 00	17
Sheep, receipts 1,000.		
Market firm.		
Sheep	11 10	1[illegible]
Lambs, native	14 50	1[illegible]

The helping hand isn't always one that helps itself.

The Country Store

IN the evening, when the day's work is done, men like to stroll over to the village store to discuss the war, politics, or whatever may be of local interest.

It is under these circumstances that the health of the family is referred to and experiences are interchanged in regard to medicines that have proven particularly effective.

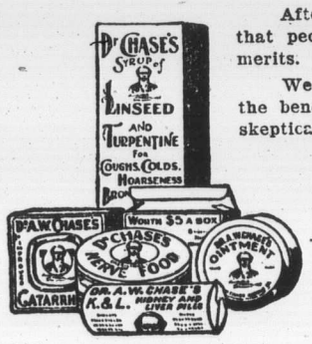
After Dr. Chase had introduced his medicines to the druggists he found that many who wrote to him for treatment lived many miles from doctor or druggist, and had to depend on the country store for their medicines. Thus it came about that Dr. Chase's medicines were placed in general stores, and you can now obtain them wherever medicines are sold.

Instead of trying to imagine what the man in the picture is saying about Dr. Chase's Kidney-Liver Pills, we shall publish a letter from Mr. James Carr, who attributes his good health and that of his large family to the use of Dr. Chase's Kidney-Liver Pills.

18 Miles From Drug Store.

Mr. James Carr, Maynooth, Ont., writes: "About nineteen years ago I received an envelope containing two of Dr. Chase's Kidney-Liver Pills. I was doctoring at the time with two doctors and, as they did me no good, I used the pills, and by the time I had finished one box I was cured of the pain in the back and shoulders.

"We have great confidence in Dr. Chase's medicines. I have a family of ten children and have never had a doctor in the house for any of them. We live eighteen miles from a drug store, and find that these pills cure nearly all the ordinary ills by regulating the liver, kidneys and bowels. That we are all well and sound I attribute to their use, and I have recommended them to hundreds and given away many a box because I believe there is no medicine so good."



After long experience with Dr. Chase's Medicines we have found that people who try them are soon convinced of their exceptional merits.

We have published thousands of letters to give you an idea of the benefits others have obtained by their use, but if you are still skeptical we shall be glad to send you our

Free Combination Package

One 25-cent box Dr. Chase's Kidney-Liver Pills.
One sample box Dr. Chase's Ointment.
One copy Dr. Chase's Recipes.

You will kindly mention the name of this paper and enclose a 2-cent stamp to pay postage to Edmanson, Bates & Co., Ltd., Dr. Chase Bldg., Toronto. 4