

**ANAEMIA ROBS ITS VICTIMS BY STEALTH**

**Conditions of Thin Blood That Could be Corrected Easily Are Stealing the Health and Energy of Many Men and Women, and Boys and Girls.**

Anaemia, which literally means bloodlessness, is one of the most prevalent troubles of the present day. If neglected it is apt to develop into pernicious anaemia, one of the most hopeless diseases. While anaemia attacks men and boys, it is more prevalent among young girls and women and for this reason every woman, particularly every mother, should know how to recognize the signs of this trouble which makes its approach so gradually and so stealthily that it is often far advanced before the nature of the trouble is noticed. One general symptom of anaemia is pallor. The cheeks gradually lose their color, and the lips become pale or white. With this loss of color there comes a tendency to fatigue, a palpitation of the heart, and breathlessness after slight exertion, with occasional headaches. In the more severe cases fainting spells frequently occur.

In ordinary anaemic conditions, including the anaemia that affects young girls in their teens, Dr. Williams' Pink Pills are all the medicine required. Fresh air, sunlight and nourishing food will do the rest. Any woman or girl taking Dr. Williams' Pink Pills can tell by the growing redness of her lips that the pills are making her blood rich and red.

Miss Mabel Feener, Liverpool, N. S., says:—"Before I began the use of Dr. Williams' Pink Pills I felt like a complete wreck of my former self. My blood was thin and watery; I suffered from faint and dizzy spells, and had headaches almost every day. I was taking doctor's medicine, but it was not helping me and at this time I was learning my trade as a tailoress, and was forced through my illness to give up work. After reading an advertisement of Dr. Williams' Pink Pills one day I decided to give the pills a trial. After taking two boxes I felt that I was being benefited, and continued their use until I was fully restored to health. The pills certainly did wonders for me, and I cannot recommend them too highly."

The purpose of Dr. Williams' Pink Pills is to build up the blood. They do this one thing and they do it well. They are for this reason an invaluable remedy in diseases arising from bad or deficient blood, as rheumatism, neuralgia, after-effects of the grip and fevers. The pills are guaranteed to be free from opiates or any harmful drug, and cannot injure the most delicate system. You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

**SALVATION ARMY JUBILEE SELF-DENIAL**

In 66 different countries throughout the world the Salvation Army is this year celebrating 50 years of service by a Jubilee Self-Denial Appeal. In the territory known as Canada East, which is bounded by Fort Arthur on the West and Newfoundland and the Bermudas on the east, the date set is May 15th to 22nd, during which time it is hoped to raise \$500,000 for Salvation Army work at home and in the mission fields.

One-half of the amount will be devoted to the work at home and the other half will be spent in the activities abroad. The money raised will be as a tribute to the memory of General William Booth, the founder of the organization and will enable the Salvation Army to carry on and extend urgently necessary operations.

In the Canada East Territory the money will be used to maintain and extend the usefulness of the Salvation Army's maternity homes, children's and rescue homes, women's shelters, working men's homes and shelters and institutions of that character; it will be used to further the Salvation Army's police court work, its present jail and penitentiary work. It will help to maintain the free labour bureau where employment is found for thousands of people every year. The hospitals conducted by the Salvation Army will be enabled to fulfill their glorious mission, while the industry work-shops where derelict men find the opportunity to support themselves will be able to continue and expand and meet the demands which are placed upon them.

In the mission field the Salvation Army is a forceful factor. It has always been the practice to devote a portion of the Self-Denial fund to this field of unlimited opportunities. A great unselfish force of men and women are at work in the foreign field that can hardly be estimated. In 42 different languages the mighty activities of the Salvation Army are carried on.

The Salvation Army Jubilee Self-Denial has the endorsement of His Majesty, Rt. Hon. David Lloyd George, Rt. Hon. H. H. Asquith, Rt. Hon. Arthur Henderson, and many others in the old land, while among those in Canada who have been pleased to endorse the Campaign are Hon. Lionel Clark, Lieut. Governor of Ontario, Sir Robert Falconer, Sir George Foster, Sir Edmund Walker, Sir Edmund Osler, Mr. Justice Riddell, Mr. Justice W. A. Logie, D. B. Hanna. There are many others who have spoken highly of Salvation Army work who reflect the opinion of thousands of admirers of the Salvation Army.

**D. WATT**  
ISSUER OF MARRIAGE LICENSES  
and FIRE INSURANCE.  
Apply at Residence, Erie St.,  
or the Post Office Watford.

**ARKONA**

Mr. Wm. Evans of Sarnia is spending a few days at his home here.

Messrs. James Riggs and Arthur Munn motored to Flint, Mich., last week.

Mr. and Mrs. Joseph Wilcox, of London, spent Sunday at the home of Mr. C. Cliff.

If you want a crop of Apples—Spray Now—Arsenate of Lead and Paris Green in stock. For sale by Brown Bros.

Miss Olive Oakes left on Monday for Jarvis, where she has accepted a position in the Public School until the end of the term.

Commencing the first Wednesday in June the stores will close every Wednesday at 12 o'clock noon during June, July, August and September.

Sole Agents for Fleet Foot Wear. All shades and styles for Men, Women, and Children. White and Tan Canvas with rubber soles.—Brown Bros.

The Annual District meeting of the Strathroy District will be held in the Methodist Church here next Thursday and Friday. On Thursday evening a public service will be held conducted by Rev. Tiffin of Watford, and Rev. Donnelly of Alvinston. Rev. Reid of Strathroy, will occupy the chair. All are welcome.

Rev. C. W. King, pastor of the Arkona Baptist church, resigned last Sunday

morning to accept a call to the work in Claremont. Claremont's offer, with its proximity to Toronto, where Mr. King's two sons will shortly take up their university training, was a contributing factor in his decision to accept the opportunity which was unanimous and hearty on the part of the church there. Mr. and Mrs. King and her sister, Miss Stark, express regret at leaving Arkona where they have made many friends. Mr. King spent the first fifteen years of his ministry in Kingston, Toronto and Woodstock, serving also on the Church Extension, Foreign Mission, and other boards, then in the West for a few years, returning to Ontario two and a half years ago.

**WEST WILLIAMS**

Next Sunday, May 23rd, will be "Go-to-Church Sunday" at West Adelaide Presbyterian church. Sunday school at 10 a.m., church service at 11 a.m. It is expected that everyone in the community will endeavor to be present. Special music by the choir.

The death of Helen Gilliatly, widow of the late John Lockie, occurred at her late residence, 6th line of Plympton, on Saturday, May 8th, in her 74th year. She leaves to mourn her loss two sons and two daughters, Mrs. Wm. Brayne, New Liskeard; William, of Sarnia; James and Annie, at home.

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the Highest Cash Price.

**W. A. Williams**  
ARKONA



**Are you willing -**

To forget what you have done for some people; and to remember what other people have done for you? To ignore what the world owes you, and to think what you owe to the world? To put your rights in the background, your duties in the middle distance, and your chances to do a little more than your duty in the foreground? To see that your fellowmen are just as real as you are, and try to look behind their faces to their hearts, hungry for joy? To close your book of complaints and look around you for a place where you can sow a few seeds of happiness?

Then you are ready for Self-Denial.

**Are you willing -**

To stoop down and consider the needs and the desires of little children; to remember the weakness and loneliness of people who are growing old; to stop asking how much your friends LOVE YOU, and ask yourself whether you LOVE THEM enough? To bear in mind the things that other people have to bear on their hearts; to try to understand what those who live in the same house with you really want, without waiting for them to tell you? To trim your lamp so that it will give more light and less smoke, and to carry it in front so that your shadow will fall behind you? To make a grave for your ugly thoughts and a garden for your kindly feelings, with the gate open?

Are you willing to do these things, even for a little while?

Then you are ready for Self-Denial.

**Are you willing -**

To believe that love is the strongest thing in the world—stronger than hate, stronger than evil, stronger than death—and that the blessed life which began in Bethlehem nineteen hundred and twenty years ago is the image and brightness of the Eternal Love?

Then you are ready for Self-Denial.

(With acknowledgments to Dr. Henry Van Dyke.)

**Salvation Army  
Jubilee Self-Denial  
Appeal**

May 15 to 22

Objective \$200.00