

IMPURE BLOOD IN THE SPRING.

The Passing of Winter Leaves People Weak and Depressed.

As winter passes away it leaves many people feeling weak, depressed and easily tired. The body lacks that vital force and energy which pure blood alone can give.

Dr. Williams' Pink Pills for Pale People 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. Returning strength commences with their use and the vigor and cheerfulness of good health quickly follows.

There is just one cure for lack of blood and that is more blood. Food is the material from which blood is made, but Dr. Williams' Pink Pills double the value of the food we eat. They give strength, tone up the stomach and weak digestion, clear the complexion of pimples, eruptions and boils, and drive out rheumatic poisons.

If you are pale and sallow, if you feel continually tired out, breathless after slight exertion, if you have headaches or backaches, if you are irritable and nervous, if your joints ache, if your appetite fails and food does not nourish nor sleep refresh you, Dr. Williams' Pink Pills will make you well and strong. To build up the blood is the special purpose of Dr. Williams' Pink Pills, and that is why they are the best spring medicine. If you feel the need of a tonic at this season give Dr. Williams' Pink Pills a fair trial and you will rejoice in new health, new strength and new energy. Do not let the trying weather of summer find you weak and ailing. Build yourself up now with Dr. Williams' Pink Pills—the pills that strengthen.

Ask for Dr. Williams' Pink Pills for Pale People and do not be persuaded to take something else. If your dealer does not keep these Pills they will be sent by mail, post paid, at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

'CASH AND CARRY' GROWS IN FAVOR.

Reports received by the Canada food board from all parts of Canada show that the "cash and carry" system recently inaugurated by individual grocers and other storekeepers in Canadian cities, is rapidly becoming general. The stores which have tried the plan of lower charges for customers who carry home their own purchases by allowing a rebate, thus saving delivery costs, report most satisfactory results. The food board is aiming to solve one phase of the cost of living problem by eliminating as far as possible present wasteful delivery methods. It is believed the most practical way of educating both merchants and customers as to the wisdom of saving the delivery cost is to demonstrate the practical working out of the "cash and carry" system by examples in every centre. Increased trade by the merchants who have already adopted the system, by allowing a consideration to the "cash and carry" customers, are forcing rivals to adopt the same system.

In addition to the money saving thus effected, the board looked also to a great saving in labor especially in the class of labor now most urgently needed. It is believed that hundreds of drivers of delivery wagons will thus be relieved for driving farm horses in the spring seeding operations. The greatest scarcity of farm labor just at present is of men who know how to handle horses, and the best source of supply seems to be the delivery wagon drivers in the cities.

There will be a Dominion-wide educational campaign to stimulate food consumers to help food production this year by reducing delivery costs by thoughtful ordering and by carrying

home their own parcels. There is every reason why the person who pays cash and carries his own parcel should receive better consideration as regards price than the person who has his goods delivered and charged. The public of Kentville will co-operate if the storekeepers make it worth their while as has been done successfully in other centres.

A CLOSE SHAVE.

A man went into a barber's in Cowcaddens, Glasgow, to be shaved. The barber cut him and nicked him and gashed him. When the job was over the victim said—

"Give me a drink of water, please."

"You aren't going to faint, I hope," said the barber, handing him a glass.

"No," said the man mildly. "No; I just want to see if my mouth'll hold water."

GERMAN HYMN OF HATE.

(The verses below are memorized by the German soldiers in the long hours in the trenches, and the spirit of them sinks in and becomes part of the man himself. Found on every German soldier captured in the recent advance in Italy, among the few cherished papers each one carried. This has taken the place of Lissauer's "Hymn of Hate," for which he was decorated by the Kaiser.)

Sons of Germany, to arms! Oh, artillermen of ours, the mighty cannon, your invulnerable brother, is calling you.

Oh, riflemen of ours, see. You are the conquering force. Even unto death let there be no thing to constrain you.

Wherever you turn you enter wherever you enter is Germany.

Oh, horsemen of ours, spur, rear, sweep all away before you.

Your will, spur of your horse, is

Creative Canadian Literature

Although there are no books more sought after by collectors of other than "Canadiana," Canadians themselves have hitherto paid little attention to their own literature. When, therefore, Lord Shaughnessy of the Empire, who himself is a great reader of works by Canadian authors, and has an extensive library, was recently asked to present the nucleus of a library to the University of Toronto, an available list could be found which could be considered representative of what was creative and original in Canadian literature. With the help of well informed booksellers and librarians such a list was compiled and the nucleus of this Canadian library in New York has been formed. The list was confined almost exclusively to fiction and poetry, as the intention was to emphasize the creative character of Canadian literary expression. Several books which otherwise would have been included, such as Jerry Snyder's "In the Wake of the Eighteen-Twelvers" and Edith Eaton's "Mrs. Spring Fragrance," could not be obtained, as they are out of print. As a guide to those who are interested in the growth of an original Canadian literature, Lord Shaughnessy's list should prove of great interest. Here it is:

Table with 2 columns: Author and Title. Lists various Canadian authors and their works, including titles like 'Canada in War Paint', 'The Corallower', 'Pipes of Pan', etc.

THE WORLD'S GREATEST HEALER. Send for Free Trial Box. Every person who cuts out this advertisement and sends it with 1c. stamp (for postage) to The Zam-Buk Co., Toronto, will receive a free trial box of Zam-Buk. This herbal balm ends pain, stops bleeding, prevents festering and heals quickly. It is just the thing for the cuts, burns, scalds and bruises which are of such frequent occurrence in every home, and especially during the "spring-cleaning" period. For skin eruptions and diseases Zam-Buk is unequalled. It removes the cause by destroying all germs, after which it actually grows new, healthy skin. Zam-Buk brings splendid results when used for pimples, boils, rash, eczema, ringworm, scalp sores, ulcers, abscesses, running sores, bad legs, blood-poisoning and piles. All dealers or direct from Zam-Buk Co., Toronto. 50c. box, 3 for \$1.25.

like winged victory. That timid flesh you trample underfoot is made to fatten the fields that shall be yours and your sons. Sons of Germany, to arms! The great hour is here! Life does not end: it passes and changes without cease. The life of the vanquished is absorbed by the victor. The life of the slain belongs to the slayers. See then how you can gather together upon the breast of your sacred fatherland the life of the world. Stoop not to effeminate pity for women and children. Often the son of the vanquished has afterwards become victor. What is victory worth if tomorrow comes revenge? What father would you be if you killed your enemy and left alive his son? Sons of Germany, to arms! Forward. Smite Shatter. Over-throw. Pierce and lay waste. Burn. Kill! Kill! Kill!

BIG-E-NUFF THE MOST SATISFACTORY WORK SHIRT MADE. EASTERN double-L-bow Work Shirt. SOLD BY ALL RELIABLE STORES. Includes image of a man in a work shirt and text describing the shirt's features like 'double-L-bow' and 'reinforced where the wear is hardest'.

Kentville... Far... The fine... the late... the colom... One-half... Corner... Farm cuts... apple trees... other 1000... and barns... cheap in ord... necessary in... may remain... their partici... Howard... of... Mon... Not ux... and Ab... Cem... Lettering... At... A... Ken... Fe... It is hard... farmers reali... possibility of... get what con... will require th... less it is an... wise farmer w... tilizer soon... ing you may... As even now... what you wa... bad we have... of Basic Sla... C. O. C... Far... LOO... It is a posit... be a great ad... chimney before... famous Frost... with 3 1/2, 4, 4... bar, also the... Rakes, S, 9, an... any boy who o... operate. Hay... We have a tim... vators and we... orders early an... repair parts al... F. G. NEW... NON-C... P-N... STAY... Non-or... Ask Your B... verett & Barre... A FISHING... An old Hig... clamation wa... Percy Coats a... Lune Fisher... caster. The p... as follows:—... proclamation... Duke of Argy... found fishing... lock, around... the lock sh... or hinder... neck shall be... placed, and if... offend he sha... wif far war' p... shall be burn... By all the law... of Scotland an... Duke of Argy... Minard's Lin... ove'ywhere.