

read the testimonial of a girl whose condition was similar to mine, who had been cured by Dr. Williams' Pink Pills. I then decided to try these pills, and have every reason to be gratified that I did so, as they have completely restored my health. Every one of the symptoms that have made my life so miserable have disappeared, and I am now enjoying as good health as any girl of my age could wish, and I shall always have a good word to say for Dr. Williams' Pink Pills."

Miss McLellan further stated that while she was not desirous of publicity in matters of this kind, she nevertheless felt that her experience, if known, might be the means of bringing health to some other sufferer, and it is this very praiseworthy motive that has induced her to give the above statement for publication.

GROWING GIRLS

Mrs. Hiram Rinkler, the wife of a respected farmer in South Pelham township, Welland county, Ontario, says: "It is with great pleasure that I give this tribute to the health-restoring virtues of Dr. Williams' Pink Pills. When my daughter, Lena (now thirteen years of age) began the use of your medicine, a little over a year ago, she was in a most wretched condition. In fact we were seriously alarmed lest she might not recover. The first symptoms were a feeling of languor and weakness, gradually growing worse. She became pale, lost flesh, had little or no appetite, and was apparently going into a decline. Finally the trouble became complicated with a persistent sore throat, which gave her great difficulty in swallowing. I gave her several advertised medicines, but they did not benefit her. Then she was placed under the care of a doctor, who said her blood was poor and watery, and her whole system badly run down. The doctor's treatment did not help her much, and then acting on the advice of a neighbor, I began to give her Dr. Williams' Pink Pills. The confidence with which this medicine was urged upon us was not misplaced, as I soon noticed a distinct improvement in my daughter's condition. The use of the pills for a few weeks longer seemed to completely restore her, and from that time she has been a cheerful, light hearted girl, the very picture of health. I will always recommend Dr. Williams' Pink Pills to other sufferers, feeling sure they will prove quite as efficacious as they did in my daughter's case."

RICH, RED BLOOD

If you want to be well take care of the blood. The blood is aptly termed the vital fluid, and it is through it that every organ and every tissue of the body is nourished. If the blood becomes impoverished, the entire system is in danger of a breakdown, and what is termed anæmia, general debility or even consumption may be the result. Prudent people occasionally take a tonic for the purpose of keeping the blood pure, but the unwell are those to whom this article is chiefly valuable, as it will point out an easy and speedy means to renewed health. Mrs. Joseph Herbert, St. Sauveur, Que., tells the following story of broken health and renewed vigor:—"I suffered for many months," says Mrs. Herbert, "from an impoverished condition of the blood coupled with extreme nervousness. I was very pale and felt languid and indisposed to exertion. A dizzy sensation on arising quickly from a chair, or coming down stairs, often troubled me. The least exercise would leave me almost out of breath, and my heart would palpitate violently, while at other times I would feel a smothering sensation. Often my face and arms would swell and puff, and the arms became almost useless. I doctored more or less for the trouble, but did not get any real benefit until I began the use of Dr. Williams' Pink Pills. I had been using the pills only a few weeks when I found myself growing stronger and better in every way. I continued taking the pills for nearly three months—for I was determined the cure would be thorough—but sometime before I discontinued using them I felt in better health than I had enjoyed for years before. My sleep is now healthful and refreshing, my appetite excellent, and I feel equal to almost any exertion. I feel that I owe all this to Dr. Williams' Pink Pills, and it will always give me pleasure to recommend them."

It is the mission of Dr. Williams' Pink Pills to make rich, red blood, nourish the nerves, tissues and various organs of the body, and thus, by reaching the root of the trouble, drive disease from the system. Other medicines act only upon the symptoms of the disease, and when such medicines are discontinued the trouble returns—often in an aggravated form. If you want health and strength be sure you get the genuine with the full name "Dr. Williams' Pink Pills for Pale People," on the wrapper around every box.

Mrs. Lawrence Bates, Batestown, N.S., says: "I have received much benefit from the use of Dr. Williams' Pink Pills."

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