MC 2035 POOR DOCUMENT





safest way to the new health you need when you are

Weak, Anaemic, Nervous, Run-down

WINCARNIS offers you new health! Think what this means to you. Instead of that out-of-sorts, nervous, run - down feeling, you can revel in the enjoy-ment of new and buoyant health. You feel well—eat well—work well -sleep well-and rise in the morning refreshed and vigorous, and feel your whole body pulsating with new life.

That is the new health Wincarnis offers you. Because Wincarnis is a Tonic, a Restorative, a Blood-maker and a Nerve Food-all in one. This four-fold power, acting upon the system at one time, enables Wincarnis to give new strength, new

rich blood, new nerve force, and new vitality. And because Wincarnis does this, it is recommended by over 10,000 Doctors.

If you are weak, Wincarnis will give you new strength. If you are Anæmic, Wincarnis will give you new rich red blood. If you are nervous, Wincarnis will give you force force if you are run-down.

Knowing that, surely you will not continue to suffer needlessly. Remember, you begin to get well from the first day you com-mence to take Wincarnis. And each sucmence to take wincarns. And each suc-ceeding day you derive more strength, more rich blood, more nerve force, and more vitality, until soon your whole system be-comes surcharged with a feeling of new Then you can stop taking Wincarnis. But you can still enjoy the new health

Wincarnis has given you. Wincarnis is not a luxury, but a <u>positive</u> necessity to all who are Weak, Anemic, Nervous, Run-down—to all enfeebled by old age—to martyrs to Indigestion—to all Invalids—and to all who are depressed addition of east.

Don't suffer needlessly. Take advantage of the new health Wincarnis offers you. But be sure you get Wincarnis—don't trust



ASK YOUR DOCTOR

The Finest Shapes and Shades

and Millinery Novelties

All at Very Moderate Prices

> Just Arrived-Our Spring Lines in

Trimmed Hats

Finest Ladies'

the

Waists in Crepe du Chene and Georgette crepe From \$2.75 up

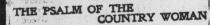


sortment in Every Department to

Please You All.

Come and look it Over! Amdur's





USE THE WANT

FLOUR

THE PSALM CT THE COUNTRY WORAN
(F) Helen Christine Benett, quotd, for April, 1917, and a country woman.
The acountry woman.
The second as my own—that the stars. When a have ceased the strength and advance of weak, nervous, run-down folks 100 per day at the woman without Iron—Nuzated Iron taken three times per day atter meals will reace the strength and advance of weak, nervous, run-down folks 100 per day atter was one of a strength and advance of weak, nervous, run-down folks 100 per day at work with my hands and the strength and advance of weak.
The server spring I see again the mis in two weeks' time in many instances. Avoid the old forms of mealing the means of all good druggists.
The string of Death has touched me of a strength and advance of the stomach, and thereby do more harm the store the means of the in my secret self to hear than.
The tring of Death has touched me of a strength and producing the means of life, in my secret self to hear them.
The tring seed and have guarded its growth intry seed within the store time is wore the intry seed within the store than y seed within the store the store of the joy of victor.
The vice transformed the store the store than y seed within the store than y seed und have the time y seed within the store the store than y seed und have guarded its growth intry seed within the store than y seed the store that the store the store than y seed the store the store that the store the store that the store the store that the store that y seed within the store than y seed the store the store the store that the store that the store the ST. DAVID'S Y. P. A.

BEECHAM

are safer, better and surer than cosmetics. They

eliminate poisonous matters from the system, strength-en the organs and purify the blood—bring the health-glow to the cheeks, brighten the eyes, improve and

Beautify the Skin

Prepared only by Thomas Beecham, St. Helens, Lancashire, England Sold exercutions in Canada and U. S. America. In boxes, 25 cents.

At the meeting of St. David's Y. P. A. last evening officers were elected for the season, 1917-18, as follows: Rev. J. Kirkpatrick & Cowan

CASH SPECIALS **Improve Your Complexion** 22 King Square (Next Imperial Theatre) Get your blood pure, keep the liver active and the bowels regular, and disfiguring pimples and unsightly blotches will disappear from the face. For improving the complexion and putting the blood in good order PHONE M. 3158

Cranberries, 13c. per qt., or 2 for 25c.

2 for 25c SPECIAL FOR FRIDAY AND SATURDAY With Orders Only!

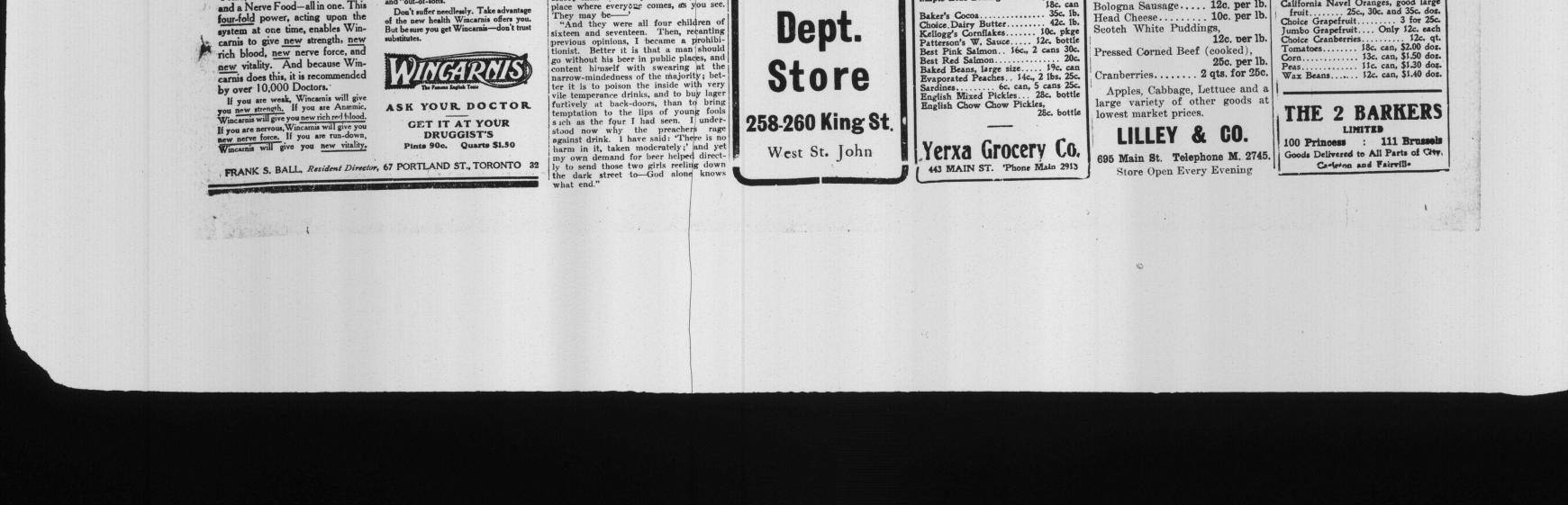
6 cakes Gold Soap

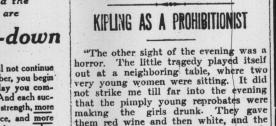
LILLEY & CO'S. **GOOD VALUES** Prices on at YERXA'S

Meats and Provisions Will Save You Money !

Beefsteak..... From 22c. per lb Beef Roasts.... From 16c. per lb. Stewing...... From 12c. per lb. Corned...... From 12c. per lb. Maple Leaf Baking Powder (1s.), 18c. can 35c. 1b. 35c. 1b. Fresh Sausage..... 15c. per lb. Bologna Sausage.... 12c. per lb. Head Cheese...... 10c. per lb. Scotch White Puddings, 12c. per lb. Pressed Corned Beef (cooked), 25c. per lb.

Cranberries..... 2 qts. for 25c. Apples, Cabbage, Lettuce and a large variety of other goods at





not strike me till far into the evening that the pimply young reprobates were making the girls drunk. They gave them red wine and then white, and the voices rose slightly with the maiden's cheek flushes. I watched, wishing to stay, and the youths drank till their speech thickened and their eyeballs grew watery. It was sickening to see, because I knew what was going to hap-pen. My friend eyed the group and said: ""Maybe they're children of respect-

"'Maybe they're children of respect able people. I hardly think, though, they'd be allowed out without any better escort than these boys. And yet the

They may be---' "And they were all four children of

from bottom round. Rib or loin lamb or mutton chops-Substitutes: Shoulder chops, breaded breast of lamb, ground lamb made into Roast leg of lamb. Substitutes: Boned and rolled forequarter, Toasted, braised or pot-roasted. Roast chicken. Substitute: Fowl boil-

Roast chicken. Substitute: Fowl boil-ed or steamed, then browned. Broilers for frying. Substitute: Boiled fowl, foured and fried. Roast loin of pork. Substitute: Roast shoulder of fresh ham. Loin pork chops. Substitute: Should-er pork chops smothered. Roast leg of veal. Substitute: Boned and rolled shoulder, roasted. Veal chops. Substitute: Ground veal made into fricandel. Veal cutlets. Substitute: Breast of veal, steamed or boiled, then breaded and fried.

and fried.

place where everyone comes, as you see.

"And they were all four children of sixteen and seventeen. Then, recenting previous opinions, I became a prohibi-tionist. Better it is that a man should go without his beer in public places, and content himself with swearing at the narrow-mindedness of the majority; bet-ter it is to poison the inside with very vile temperance drinks, and to buy lager furtively at back-doors, than to bring temptation to the lips of young fools such as the four I had seen. I under-stood now why the preachers rage against drink. I have said: "There is no harm in it, taken moderately;' and yet