

ANÆMIA

Anæmia is the medical name for poor or watery blood. It may arise from a variety of causes, such as lack of exercise, hard study, confinement in improperly ventilated rooms or workshops, imperfect assimilation of food, etc. The chief symptoms are extreme pallor of the face, lips and gums; palpitation of the heart and rapid breathing after slight exertion: headaches; dizziness; sometimes fainting spells and a tendency to hysterics; swelling of the feet and limbs; a feeling of constant tiredness, and a distaste for food. Upon the first symptoms of this trouble Dr. Williams' Pink Pills should be taken. The patient should take gentle out-of-door exercise, and a nutritious diet. Anæmia if neglected may result in consumption.

ANÆMIA CURED

From the *Sun*, Orangeville, Ont.

In every part of Canada are to be found grateful people who cheerfully acknowledge that the good health they enjoy is due to the use of Dr. Williams' Pink Pills. In the town of Orangeville there are many such people, among them being Miss Lizzie Collins, an estimable young lady who resides with her mother in the east ward. Miss Collins' cure through the use of this medicine was recently brought to the attention of the *Sun*, and a reporter was sent to get the facts. Miss Collins cheerfully accorded the interview, and the statement is given practically in her own words: "Two years ago," said she, "I became so weak that I was forced to take to bed. The illness came on gradually; I found myself much run down, suffered from headaches, and was as pale as it was possible for a living person to be. I used several medicines, but they did not help me. Then I consulted a doctor, and he said that I had scarcely any blood, and that my condition was one of danger. Medicine did not seem to do me any good and I found myself growing weaker. I reached the stage where my heart kept palpitating violently all the time. The headaches became continuous, and my condition one which words can scarcely describe. I really despaired of getting better, and loathed the sight of medicine. I had been confined to bed for about two months when one day a friend called and urged me to try Dr. Williams' Pink Pills. I told her I had lost faith in all medicines, but she was apparently determined I should try the pills, for she brought me about half a box she had been using herself. I could not then do less than try the pills, and when they were used, while I cannot say that I felt much better, I had more confidence in the pills and got half a dozen boxes. Before these were gone there was no doubt that they were rapidly restoring me to my old-time health, as I was soon able to sit up and then be round and out. I used in all eight or nine boxes, and before these were gone I felt as though I had never had an ache or pain in my life. That is what Dr. Williams' Pink Pills did for me, and I think I would be very ungrateful if I did not add my testimony for the benefit it may be to some other young girl."

PALE YOUNG GIRLS

Miss Catherine McLellan is a young lady well known in Charlottetown, P.E.I., and greatly esteemed among her acquaintances. Like so many other young ladies throughout the land, Miss McLellan fell a victim to anæmia, or poorness of blood, and although several medicines were tried, she found nothing to help her until she began using Dr. Williams' Pink Pills for Pale People. Miss McLellan tells the story of her illness, as follows:—"I am now eighteen years of age, and for a considerable time suffered much from anæmia. My blood had almost turned to water, and I was very weak and pale; in fact could not undergo the least exertion. My appetite failed me: I suffered from headaches; if I stooped I would become dizzy; and frequently I suffered from fainting spells. I tried several kinds of medicine and doctors prescribed for me, but instead of getting better I was gradually growing weaker, and eventually had to discontinue going to school. About this time I

SWEET MUFFINS.—One-half cup of sugar, two tablespoons of butter rubbed to a cream, a pinch of salt, three eggs well-beaten, one cup of milk two teaspoons of baking powder, three cups of flour. Bake in muffin rings in quick oven.

TAPIOCA PEACHES.—Soak one cup of pearl tapioca over night, one quart of milk, put on to boil. When boiled stir in the tapioca and yolks of five eggs and whites of two, sweeten to taste and flavor with vanilla. When cold serve with fresh sliced peaches in each dish, and serve with cream.