

#### READ THE LABEL

FOR THE PROTECTION OF THE CON-SUMER THE INGREDIENTS ARE PLAINLY PRINTED ON THE LABEL. IT PLAINLY PRINTED ON THE LABEL. IT IS THE ONLY WELL-KNOWN MEDIUM-PRICED BAKING POWDER MADE IN CANADA THAT DOES NOT CONTAIN ALUM AND WHICH HAS ALL THE INGREDIENTS PLAINLY STATED ON THE LABEL.

MAGIC BAKING POWDER CONTAINS NO ALUM

ALUM IS SOMETIMES REFERRED TO AS SUL-PHATE OF ALUMINA OR SODIC ALUMINIC SULPHATE. THE PUBLIC SHOULD NOT BE MISLED BY THESE TECHNICAL NAMES.

E. W. GILLETT COMPANY LIMITED WINNIPEG TORONTO, ONT. MONTREAL

# WOOED UNDER FIRE

I mean Miss Winchester. The count | do justice to his lessons, I believe," she "I mean Miss Winchester. The count is infatuated with the California beauty. He has failed to win her by fair sheans, and f suppose now intends to try something else. Whether it is his object to hold her here until she promises to marry him or for a ransom I camot say. It is enough that our lady friend is in danger, and must look to us for protection." to us for protection.'

"And she shar have it, even if I am the prince's crew by a round dozen. She is an American girl, travelling in a foreign country, and as such we are bound to peril our lives, if need be, to protect her against such regues as this select company appears to be."

Sam speaks quietly, but carnestly; he is not the man to boast, but there is that in his voice to proclaim his intention. He means to do exactly what says, and the two conspirators will ve to look out for squalls.

Then our motto is to watch and this iolated castle, and such things as would naturally come up. Altogether they seem a sociable party, though if one watched carefully, he would see a number of little things that indicate a peculiar state—straws that show which way the current flows; and these small matters give indications of the unnatural state of affairs beneath the surface

of the stream.

The count never addresses a remark to Baron Sam, though speaking to the tamadian athlete. More than once, while Sam is speaking, his eyes fall upon the American, and to see the black frown that marks the count's physiog-nomy, one would not have much diffi-culty in guessing that the Italian has

not forgotten.
valt, allowing nothing to hoodwink us.
The game will soon be played for enfor us to catch on. Meanwhile.

don't let them suspect that we know."
They join the others, and appear to be quite at home, and entirely unsuspicious. The prince addresses them, and they ask many questions con-

concerning the train, his lonely life in slightest movement of the arm he feels a twinge of pain that almost forces a groun from between his set teeth, and thus suffering acute anguish, hears the hated voice of the man who has caused im to assume the role of a wounded

Italians have good mentories they forget not either a good deed or a grievance, and are celebrated for being remarkable haters, equal to the Span time pases, and as the hour

grows later the ladies show evidences of some fatigue, so that at any moment they may be expected to express a wish to retire

Sam Buxton has made up his mind to take Aileen into the secret. With an ordinary girl he would have much doubt as to the propriety of such a thing, for the chances are she would become ner yous and betray him, but Aileen is much different from the general run of girls her early life in the mines with her father developed sterling traits of in-dependent character that can be relief upon to carry her through a crisis. So Sam touches her arm and says:

Would you mind walking with more few minutes, Miss Aileen-I have something I desire to say to you—of the gravest importance."
The two Italians chanced to be engag-

ed for the moment with Miss Dorothy who is endeavoring to prove that he amostors must have come over with commbus. So Alleen, seizing the opportunity, turns and walks with the American down the hall—she accepts his arm, in order the better to insure them against interruption while they con sams' first move is to warn

against betraying emotion, and having thus steeled her nerves, he gradually leads to the subject, telling her of the startling discovery they have made, and what the consequences may be unless they combine to outwit the foe.

she takes it even better than he ex-pected, and by no sign betrays emotion. Even when she speaks her voice is calm. admires ber more than ever-truly a girl among a thousand.

"It is a strange question to ask, Miss Alcen," he says, finally, when all has been told, "but of considerable import-

To diffuse a fragrant odor, drop a lital of sandalwood on a hot shovel to fore throughout the room arity may begin at home. but

frequently find it out when you

She gives a gargling little laugh, that sounds like water bubbling over the tooks in a shady mountain dell—it ricases him to hear it, and he believes he could sit and listen to that sound for

replies, modestly.

Sam glows with pleasure. Here is a girl after his own heart. He has little esteem for those weakly creatures who faint at the sight of a spider. He adores independence and a capacity for taking care of one's self, and the scare

ity of these qualities among the other sex has kept him a bachelor so long. He gives her directions how to manage under certain conditions, and she repeats his words in a calm way that nows she understands.

The American is satisfied with his

work, and feels that there is a good chance while all of them pull together. It cheers him to know that Aileen believes in him, and trusts him.

Unconsciously this California girl is growing very dear to Sam Buxton. Perhaps he may yet be another moth fluttering around the candle, to have his wings singed; yet this man is usually in the habit of winning when he takes a hand in a game; and the same kind fortune which has same him to save nand in a game; and the same kind fortune which has sent him to save Aileen Winchester, in the blizzard on Mount Blane, may design that she shall draw the prize in the lottery. He has kept her away from the others long enough, and can see the Italian looking toward him with dark frowns. Not because he fears their ill-lumor.

Not because he fears their ill-humor but from policy, Sam Buxton now cracks jokes, and has Aileen laughing. Then they stroll in the direction of the others

and rejoin them. It has reached and rejoin them.

It has reached the hour when it is natural that they should think of retring. This is the critical time, since the gentlemen must be separated from the ladies, and it is then that the evil plans of the Italian will be put into execution. Sam has endeavored to pro-

vide for this in his talk with Aileen.

The young girl will protest against being led to any remote part of the

being led to any remote part of the castle-her sleeping-room must be near that of the countrymen whom she looks upon in the light of protectors.

In his countly way the count finally declares that the others must be tired, and that his friend, the prince, will be glad to show the ladies to the best room the castle affords a chamber in room the castle affords, a chamber in

which kings have slept.
This tickles Miss Dorothy-it touche her heart; to sleep in a bed that royalty has occupied, even if it be a but a wreck, will give her exquisite pleasure. She opens her mouth to exclaim in rap ture how eagerly she accepts, then ele earing Aileen respectully but firmly decline the honor.

"You will pardon us, prince, for appearing rude, but we are in a strange place, and do not wish to be far ceparated from our countrymen. If you have ever travelled in the States you would appreciate of her native land. We cannot be sep-

arated from our protectors."
"But," ejaculates the nettled prince,
who seems to understand English and speak it fairly well, "you are under my 160f—the honor of an Italian nobleman will be a guarantee for your safety, signorina."

"Over in our country, prince, we care nothing for titles—it is the man we look at. You are very kind, and I thank you, but I am determined not to be separated from our fellow-countrymen."

She says it in such a firm way that the owner of the castle is dismayed. Plainly, he is not used to having a girl twist him around her finger. He turns oward the count. That worthy speaks some words in a

ow tone, as though mastering the dif-iculty, being keener of mind than the prince. The latter finally smiles again, and turns to Aileen, assuring her he has no wish to separate the ladies from their protectors that there is a room opening into the hall which they an use, if they wish, but it is not to be compared to the state room where coyalty had been entertained. As for he gentlemen, cots will be spread for hem in the great hall. Will this arrangenent suit? It is the best he can devise

Aileen glances toward Sam, as though sking whether this arrangement meets is approval, and upon receiving a the affirmative, thanks the prince rdially, accepting the situation

The two Italians are quite put out, and their faces show the fact. Some neatly contrived plan has been entirely disarranged, and they must anew. The game is still young, however, and there is plenty of time.

As for Aunt Dorothy, she is secretly

indignant at the seemingly cruel treat-ment of the nobleman, but is accustom-ed to the oncer ways of her independent ed to the energy ways of her macepradems niece, so that she holds her peace, only rolling her eyes with despair, and sirugging her shoulders in a way that would be a credit to a French madam. She wants the dear prince and the Apollo She wants the dear prince and the Apollo of a count to understand that this is none of her doing that she does not hold herself responsible for the vagaries of the independent young woman who has a fortune back of her amounting to has been in the habit of carrying a small revolverable up. Yes, I have always been in the habit of carrying a small revolverable up person."

"And I warrant you can use it, too."
"And I w

some sweet, maidenly thoughts on the subject of a princess—who knows? The new situation renders necessary

a rearrangement of the Italians' plans. They withdraw to consult. The prince orders his retains about like dogs. Some of them run this way, others that, until the scene is laughable in its confusion. Evidently the apartment now offered to the ladies is the prince's own, and he is desirous of changing a careless old bachelor's room to one tit for the presence of ladies.

Our friends smile at the confusion all but Miss Dorothy, who endeavors to sympathize with the prince, and looks another way as the different traps are carried out of the bachelor The prince apologizes, and laughs

with the rest to hide his confusion. By degrees order is restored out of chaos A couple of cots are made up in the great dining hall of the castle, which will serve Sam and his friend fairly well. This looks like business, but the centlemen are not at all deceived-

they know that mischief is intended, and are not likely to be caught nar mall is ready, signorina," says the

All is ready, signorina," says the prince, bowing to Miss Dorothy. "You will pardon me if things are not what they should be. The lack of womanly hands about our castle is painfully evi-dent at times." dent at times."

"That is true, prince. No house can be well kept without a mistress. A princess here would transform this place to a deligitful residence"; with which sly remark Miss Dorothy follows Aileen, who has said good-night to the gentlemen, and endent at times.

CHAPTER VIII. "Make a note of that door," says

Sam Buxton, in an undertone to his comrade.
"I did that just as soon as they en tered," returns the other, "like the girl in the 'Forty Thieves.' I looked for a red chalk mark to identify it, and sure enough it was there, or something that answered as well. Notice the jamb, answered as well. Notice the jamb, my boy, and you will see there is a piece missing. Remember that fact, and make it tell later."

make it tell later."

They take it very coolly, these comrades true, and yet the danger is of no trifling nature—it hangs over their heads and shows a grim front that would discourage many men of iron nerve. It can be set down for certain that the Italians intend mischief, that they have plotted to bring about this very state of affairs, and except to accomplish their end. What this means can be easily guessed—the count will win a bride and get rid of a rival he hates worse than poison.

This, if our friends do not take the

bits in their teeth, and run away with the whole outfit, a feat they are quite

likely to perform.

The count is disinclined to count to Baron Sam, but of course the prince plays his part of a polite host with some skill. He is a good actor, and doubtless hopes to keep the foreigners from suspecting their peril.

All have gone from the dining hall but these four, and even the count, saying good-night to one, while he plainly lignores the other, vanishes from the likely to perform.

ignores the other, vanishes from the The prince likes not the idea of being left alone with two men whom he plots to destroy, and presently makes

an excuse for leaving them alone f you want anything, signors, here bell-pull this cord, and a servant will appear. My castle and its attendants are at your service." Very polite words these, but they time from a mouth that can speak

touble, and our friends do not believe They have laid their plans to outwit

the enemy, and their plans to outwit the enemy, and if constant vigilance, brave hearts, and reliance upon their powers can accomplish such a happy result, they must succeed.

They great hall now looks gloomy, with only one light burning. It is a ghostly place at best, and under such conditions appears doubly so

"Now comes the tug of war, Dud. We must be on the watch every minute from now until morning, if we ever hope to see Turin or Rome."

from now until morning, if we ever hope to see Turin or Rome."

"How do you expect the attack to come?" asks the Canadian, in a matter-of-fact tone, as though speaking of some ordinary affair.

"I can't even give a guess, but we must be ready for any extraordinary business. There can be no doubt that they mean to murder us while we sleep, and when the affair once begins we and when the affair once begins w must not be tender-hearted in our treat ment of the rascals. They appear to be

the seum of society, anyhow, fate sends them to an early death, the ate sends them to an early death, the world will be none the loser."
"For my part," declares Dudley, with a look on his face that speaks of determination, "I mean to make my lead count. I am not concerned so much for Dudley McLane as for the young lady whom the fortune of circumstances has placed in our charge. We are bound to see her through this trouble—our cre-

see her through this trouble— our cre-dit as gentlemen is involved, and these rascally Italians will find to their cost that they cannot trifle with a subject of the Queen or Uncle Sam with impunity." Their accommodations are not of the

best, but if in the house of a friend they could make out with comfort. Both are tired, and would be pleased to obtain rest, but men on duty cannot always do just what would be most pleasant for them. It is resolved to deceive their enemies. This can only be accomplished by making out that they

are in the land of dreams. So they arrange the cots to suit the ircumstances of the case. Sam lies down first, his face in the direction of that loor. Dudley is up a little longer, desiring to consume as much time as pos-sible without arousing suspicions. The sooner morning comes the better they will be pleased.

At last all is ready, A lamp has been eft to them, and this the Canadian places so that its rays will not shine in their eyes. His design is to keep their cots in the dark, while the door that is the object of their watchfulness remains under the light; and this policy Dudley has succeeded in carrying out admirably.

## **BIG CRACKS ON** HAND AND FINGERS

Eczema for Three Years. Broke Out on Head in Scales. Itched and Burned Badly. Cuticura Soap and Ointment Cured.

Lyons Brook, N. S. — "I suffered with eczema for three years. It started on my hands first in sores between my fingers and all over the palms of my hand and fingers were big cracks. Then the broke out on my head in scales. It itched and the broke on bedly Leonlid not burned so badly I could not sleep. It was so itching and burning that I scratched and made sores and my hair came out awfully bad. I did not

know what it was.
"I was treated for a long time and it did not do any good. I gave up my work for a month but as soon as I started doing my house-work again my hands got just as bad as ever. I used two bottles of \_\_\_\_\_ and it did not do any good. One day I read about Cuticura Soap and Ointment and decided to try them. I sent for a sample and I used them till I saw it stopped the itching and burning, so I got three cakes of Cuticura Soap and a box of Cuticura Ointnt and that cured me." (Signed) Mrs. P. J. McKearney, May 27, 1913.

Not only are Cuticura Soap and Ointment most valuable in the treatment of eczemas and other distressing eruptions of skin and scalp, but no other emollients do so much for pimples, blackheads, red, rough skins, itching, scaly scalps, dandruff, dry, thin and falling hair, chapped hands and shapeless nails, nor do it so economically. Sold by druggists and dealers everywhere. For a liberal free sample of each, with 32-p send post-card to Potter Drug & Chem. Corp., Dept. D, Boston, U. S. A.

then that graveyards are believed to yawn and graves give up their dead. More people die at this time than at any other, for human vitality runs low-est when the sun is at the extreme lim-

it of his figurative circuit. Both travelers watch, but it is with only a tremendous effort that they only a tremendous errort that they succeed in conquering the minions of sleep. A more difficult task than to remain awake, when all the senses long to be soothed in slumber, is never given

As yet they have seen and heard nothing that is suspicious, but the time is at hand when the Italians will begin operations.

A man enters the hall-they can see

belonging to the castle. He enters without any display of caution, but for all that it can be seen seen that he makes no unnecessary noise Bending down, he arranges something at the lower table then to the one above, Sam and the Canadian breathe regularly just as men sound askep would do. Now the man raises his head to listen—he even glances sharply in their direction, though this latter move will avail him little, thanks latter move will avail him little, thanks to their precaution in seeking the sha-

Their eyes watch his every movement, for it is easy to believe that this man has been sent forward to note their condition and report. Upon his decision condition and report. Upon its accision will surely rest the subsequent moves.

He is satisfied that all is well. They even catch the exclamation—that drops softly—from—his lips, and as the light shines on his dark face it betrays. such a revengeful expression that Bar on Sam grasps his revolver more tightly, beliving the man is about to spring

in this he is mistaken, for the fellow turns and makes some sort of panto-mime signal, after which he moves awav.

Two pairs of eyes follow his action. for the greets of Prince Rubini are convinced that their enemies are about to act. since several others of a stripe similar to his own have come from some hid-ing place, and joined him.

Sam can just reach his foot and touch his companion's arm he a responsive touch that gives solid satisfaction since it assures him of Dudley's watchfulness.

Evidently something is about to happen. The count believes his heur for

pen. The cann beneave his near to wipe out the past score in a way that must satisfy his Italian nature.

Two can play at such a game, however, and it will not be long ere some one must be sarprised. Neither the count nor his noble friend has made an count nor his noble friend has made an appearance on the scene, though our friends are convinced that the two

### Split 40 Cords At Age of 85

A VERY INTERESTING CASE.

Few men of eighty-five years of age can hoast of much else but poor health and failing strength. And such was end failing strength. the condition of Mr. Benj. Marsh, who is known to every soul in the neigh-borhood of his home at Lime Lake.

Ont.
"Quite imselicited," writes Mr.
Marsh, 'I wish to say how I have
been bothered for years with stemach
trouble. I tried everything I could think of, without benefit. bly afflicted with swelling and gas and had much distress between meals and had much distress between heads. I tried everything I could think et, but without benefit. Then I was recommended Nerviline. My, but Nerviline did me a power of good—made a new man of me, so that within the last three weeks I have been able to split about forty cords of stove wood. I will always stick to Nerviline and will always recommend it, and would like to meet anyone and convince them if

leading spirits must be close at hand, superintending matters. Perhaps they understand that consid-

erable danger must attach to such a business. These foreigners have shown a capacity for resistance far above the normal, and in case one of them should free his arms it is more than likely some one will get hurt. Hence, the two noblemen are wise in remaining in oncealment at this stage of the gan It will be better to appear on the scene when the men are held fast and

and women have dull, heavy eyes with dark lines underneath. The eyelid is pulled down, looks pale and bloodshet inside. This is not all. Anaemia works have all through the system; girls grow rendered incapable of mischief.

Ah! the crisis has come. Receiving some sort of signal from source unseen by the American and his friend, the Italians seen to divide their Most of them advance upor forces. the apparently slumbering foreigners, while a couple creep in the direction of the door which has for an hour and more been an object of such keen vigilance to our friends on duty—the door, back of which lie the two whom they are resolved to protect at any hazard.
(To be Continued.)

### USEFUL BRUSH HOLDER

Enables Painter to Reach Long Dis tance and Save Ladder.



ALJUSTS TO ANY ANGLE.

Painters, janitors, porters, house-naids and heads of families who like to do the painting themselves will find the extension brush holder in vented by an Illinois man a most convenient article. It will enable them to reach points that otherwise could be reached only by means of a lad-der or by more or less dangerous climbing and will thus not only save the user trouble, but will eliminate an element of danger. A metal head is made to fit over the end of the pole which can be as long as is needed for the work to be done. The upper part of the head has a hinged-holding device in which the handle of the brush is placed and held firm by a thumb screw. This holding por-tion is also hinged to the lower part of the head and adjustable upon it so that it may be turned at any angle at which it is desired to use the brush and held there by a screw.

cured him after six years of

indescribable suffering.

and never remained one whole night in bed. I would awaken with smothering

spasms and coughing, and would have

of the Asthma, but after using (atarrhozons I concluded they were wrong. I used the inhaler five minutes every hour, and obtained wonderful relief

from the first treatment. When I had

used three bottles of Catarrhozone was cured, and never felt better in m

life than I do to-day. I am never both

ered with Asthma, and know Catarrheozone is a sure cure."

Japanese Swimmers.

The Japanese are fond of swimming,

OUR BETTER HALVES.

(Kingston Standard)

go into the open air.
"Doctors said I would never get rid

Asthma Can Be Cured Mr. Munro Gunn says Catarrhozone Six Mile Brook, N. S., Dec. 1-Formany years Mr. Gunn has been a resident of this town, and his Asthmatic trouble is well known. Very frequently he was completely prostrated, quite unable to work or sleep, and always gasp-

Upon it Depends the Health of
Your Family.

It is surprising how careful we are
with the things upon which we depend
for comfort and the tools of which re
with the things upon which we depend
for comfort and the tools of which re
rely for our livelihood. But how about
the most important piece of machinery
under the stars—that body of yours? It's
far more delicate than the most intricate
inechanical device, much more sensitive.
A maryelous affair, strong with minute
nerves crossed and chiss-crossed with thy
feed and drain pipes, equipped with a
furnace, storage stations, little warehouses to hold emergency supply—in fact
it is a manufacturing plant with more
departments than you'd ever imagine, and
every one of them needing constant attention. You are as healthy and as capable as you are sound and normal.

We have just begun to realize the relation between food and efficiency. A long
time ago we found that it was adviseable
to analyze coal and oil and products we
use in factories so as to discover which
particular grade would be cheapest in
the long run. Cheapest, because it represented the maximum utility and minimum waste. Now we're intelligent
enough to apply the same reasoning to
the human factory. Sounds ridiculous,
doesn't it? But don't forget that a lot
of neonle used to sneer at the theories
upon which much of the welfare and safety of every community depends to-day,
Cood health is a personal responsibility
and a simple habit. It is practically reguistedian of your family's health. You
select the foods, decide how they shall
be orenared, with what they shall be
seasoned. You're not fitted to assume
this important task upon mere coekbook information. The age-limit of the
human race will leap beyond all previous
records' of civilization, the physical perfection, of human beings will advance
immeasurably, the number of hospitals
will lessen, the present age of invalids
did decrease with a slump the moment
that the housewives of merica realize
done harm enough. In its place, study
done ha able to work of siver, and the for breath.

"For six years," states Mr. Gunn, "I have suffered from Asthma more than pen can describe. Before using Catarrhorene I was unable to work or sleep,

#### HOW TO CONQUER RHEUMATISM AT YOUR OWN HOME

The Jananese are fond of swimming, and it is the custom for students of the universities and schools to go to the seasile during the summer months and there train systematically.

Amount is a summer months and there train systematically.

Amount many long-distant, swimmers. E. Harrison in his book on "The Fightman's belief of some remarkable feats performed by these swimmers. For example, they can jump into deep water and maintain a position with the water no higher than the loins while firing a musket, shooting with bow and arrow, writing on a slate, bainting a picture on a fan with a brush or moving freely in every direction as though walking on solid ground.

The expert, while he garely emulates the graceful high dive of the European or American, can leap from a greatheight and strike the surface of the water with his chest, without sinking or wetting his face and head. In some mysterious way be contrives to escape the bainful consequence which the impact would inevitably cause to the foreigner who should try this feat. It is said that the old-time sanathrain frequently made use of this trick when crossing a river or stream, in such cases they carried their armor and weapons on their heads.

In Hestration of the antiquity of swimmers first acquired not very long ago has been known and practiced in Japan for lundreds of years, in addition to several and Americans.—Newark News. AT YOUR OWN HOME

If you or any of your friends suffer from rheumatism, kidney disorders or excess of uric acid, causing lameness, backache, muscular pain, stiff, painful, swollen joints, pain in the limbs and feet; dimness of sight, itching skin or frequent neuralgic pains. I invite you to sent for a general FREE TRIAL TREATMENT of my wellknown reliable CHRONI-CURE with references and full patticulars by mail. This is no C. O. D. scheme). No matter how many may have failed in your case, let me prove to you, free of cost, that rheumatism can be conquered. CHRONI-CURE succeeds where all else fails. CHRONICURE CLEANSES THE BLOOD and REMOVES the CAUSE. Also for a weakened, run-down condition of the system, you will find CHRONICURE amost satisfactory GENERAL TONIC that makes you feel that life is worthlying. Please tell your friends of this liberal offer, and send to-day for large free package to MRS. M. SUMMERS, Box S. Windson Ont.

WAR HURTS ALL BUSINESS.

WAR HURTS ALL BUSINESS.

(London Advertiser)

There is a popular impression even yet lurking about that war and armaments are good for business. Once upon a time, when international financial relations were looser and vaguer, it was a common idea that a country gained even from its own wars, especially if successful. That idea may be moribund in 1913, but still there are people who think their country may gain by other courties troubles or expenditures on armaments. The Balkan wars and their results have done something to shake the old superstition, though it may still last on like the bellef in the influence of the moon on weather and mortal events. Classes and masses alike have suffered from the money stringency of 1912-1912.

"Why does your dog keep running to you? "He's a Russian wolfhound. His name is Mickzewicks. Every time I sneeze he thinks I'm calling him."—

Okingston Standard)
We will undetake to say, without any
fear of contradiction that there are thousands of men who are regretting to-day
the fact that years ago they did not consult with their wives over their affairs,
and that there are many thousands who
have prospered financially, and in the
ways of peace, confort, loving confidence,
and trust by having done so. A boy doesn' have to go to war to be a hero. He can say he doesn't want any pie, when there is not enough to go around.

SPARKLING EYES

AND RUBY LIPS

The Birthright of Every Girl With

Rich, Red Blood,

The sad eye that goes with bloodlessness as a sure sign of misery and weakness. Anaemic—that is bloodless—girls

painfully weak and irritable; they are breathless and incapable of much ex-ertion, while older women who are an-

aemic complain of being "never really

There is only one way to brighter, bet-

There is only one way to brighter, better health for pale, pining girls and women. That way is to invigorate the body with new blood—the rich; healthy blood that imparts strength, cleanses the system of all impurities and restores the bright eyes and red lips of perfect health. Thousands of girls and women know that Dr. Williams' Pink Pills for Pale People make this new, rich, red blood, and so restore health and strength more surely than any other medicine known. There would not be an strength more surely than any other medicine known. There would not be an anaemic woman or girl in the land if those suffering from this condition would give Dr. Williams' Pink Pills a fair trial. That is why so many recommend these pills to their suffering sisters. Mrs. R. B. Keith, Steeves Settlement. N. B. sava: "At the age of 13. sisters. Mrs. R. B. Keith, Steeves Settlement, N. B., says: "At the age of 13 my daughter Sadie began to complain of constant headaches, and did not have her usual good appetite. I went to a doctor and got some medicine, but it did not help her, and finally she had to discontinue going to school. She seemed to be growing weeker reserved. to be growing weaker every day and wanted to lie down all the time, and would continually complain of being tired. The doctor gave her a bottle of medicine, but with no better results. There was not a bit of color in her face or lips, and I was afraid she was going into decline. A friend who was in to see her said, "if she was my child, I would try Dr. Williams' Pink Pille," and I decided I would take the advice. In a couple of weeks we could see a difference, as her eyes looked brighter, and she would try to eat a little. When she began the pills she could not dress herself alone, but little by little her strength came back, until she could go for a walk. She continued the use of the

for a walk. She continued the use of the pills several months, with the result that she was again strong and active. This was over two years ago, and she has been a strong, healthy girl ever since. We have since used the pills for other purposes and find them a good family medicine." family medicine.' Dr. Williams' Pink Pills are sold by all medicine dealers, or will be sent by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

### YOUR KITCHEN.

Upon it Depends the Health of Your Family.