

CONSERVATION OF HEALTH AN IMPORTANT DUTY

CARE IN DIET SAVES BOTH FOOD AND HEALTH

The Use of a Tonic to Keep the Blood Built Up and the Nerves From Being Undernourished Strongly Recommended at This Season

Nature is always fighting to keep us well. Under normal conditions the forces of health within our bodies keep the disease germs in subjection. They are not expelled entirely, but they are kept harmless. Some indiscretion in diet and the digestion is upset; overwork and worry disturbs the nervous system, the blood gets thin and watery and the ever-present disease germs assert themselves. The blood fights the body's battles, but the blood can only keep you healthy when it is rich, red and pure. That is why it is of the greatest importance that thin-blooded people, people with pale faces, or those troubled with skin blemishes, or indigestion, or rheumatism, or any of the many ailments due to poor blood, should fortify themselves with a safe and effective tonic like Dr. Williams' Pink Pills. These pills purify and strengthen the blood and bring good health and efficiency to weak, ailing men, women and children.

PALE AND WEAK
The blood is responsible for the health of the body. If it is bad disease is bound to appear. One person may be seized with rheumatism and another with anemia, indigestion, heart palpitation, headaches or backaches, or unstrung nerves. There is just one certain, speedy cure—Dr. Williams' Pink Pills. They make new, rich blood, and this good blood strengthens the whole system and brings good health and happiness. Miss Devina LaFollet, St. Jerome, Que., says, "Last year I seemed gradually to grow weak and run down. I did not sleep well, had a poor appetite, and grew pale and generally languid. I consulted a doctor who told me I was anemic, and gave me a tonic. This I took faithfully for some time, but it did not help me and I appeared to be growing worse and finally I was hardly able to go about the house and almost wholly incapacitated for work. While in this condition a friend advised me to try Dr. Williams' Pink Pills, and I got several boxes. It was not long after I began their use when I could see an improvement, which first manifested itself in an improved appetite and better rest at night. From this on the improvement was rapid and I was not long in regaining perfect health. I think Dr. Williams' Pink Pills are a real blessing for all weak girls."

NERVOUS BREAKDOWN
Nourish your nerves—that is the only way you can overcome life's worst, insidious nervous exhaustion. The fits of depression and irritation, the prostrating headaches, the weakness and trembling of the legs, the unsteady hand and the imperfect digestion that mark the train of nerve weakness, must end in nervous breakdown if neglected. Your nerves are crying out for pure blood and the mission of Dr. Williams' Pink Pills is to make new, rich blood. This explains why these pills have proved successful in so many cases of nervous disease that did not yield to ordinary treatment. For example, Mr. William Donald, West Flamborough, Ont., says, "Before I began the use of Dr. Williams' Pink Pills I was in a serious condition. I was not only badly run down, but my nerves seemed to be completely shattered. I slept badly at night and when I got up in the morning was as tired as when I went to bed. I seemed to be on the verge of a nervous breakdown. At this stage I began the use of Dr. Williams' Pink Pills. In the course of a few weeks I felt much relief, and continuing the use of the pills they completely restored my health. I can now sleep soundly, eat well, and am enjoying complete freedom from the old nervous troubles."

INDIGESTION CURED
Thin, pale people who complain of indigestion must improve the condition of their blood to find relief. The most active blood builder in such cases is Dr. Williams' Pink Pills. They make the rich, red blood which quickly restores the digestive organs to their proper activity, and the dyspeptic who has hated the sight of his plate of food now looks forward to meal time with pleasure. Miss Edith M. Smith, R.R. No. 4, Perth, Ont., says, "I can honestly say I owe my present good health to Dr. Williams' Pink Pills. My stomach was terribly weak and I suffered from indigestion and sick headaches, and was always very nervous. I was troubled this way for nearly three years, and in that time took a great deal of doctors' medicine, which, however, did not help me. I could not eat anything without experiencing the most agonizing pain. My sick headaches were most violent and I could not rest night or day. I was asked one day by a friend to try Dr. Williams' Pink Pills and I consented to do so. After taking them some time I found they were helping me, and I continued to take them steadily for several months, until I found that I was completely cured. While taking the pills I gained both in strength and weight, and I feel it impossible to praise Dr. Williams' Pink Pills too highly."

Do not be persuaded to take a substitute. See that the full trade mark name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around the box. If you cannot get these Pills through your dealer they will be sent by mail at 50 cents a box, or six boxes for \$2.50, by The Dr. Williams' Medicine Co., Brockville, Ont.



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COUNTY COUNCIL CLOSSES SESSION

Amendment of High and Continuation Schools Act Was Favored

\$5000.00 TO Y. M. C. A.

In the Court House yesterday the County Council held its final March-April session. Reports from the different committees were submitted and read, all being received with favor. It was resolved that a grant of \$5000 be made by the county to the Y. M. C. A. Red Triangle Club in addition to individual subscriptions of \$5 from each councillor. A resolution asking the Ontario Legislature to make an amendment to the High Schools and Continuation Schools Act was passed. The report of the roads and bridges committee was received with favor.

The committee on finance reported. The balance on the books of the treasurer on Feb. 28th in favor of the county was \$3,300.47, made up as follows: Balance in Bank of Commerce, \$4,224.75, less outstanding debts amounting to \$29.54, net balance \$4,525.21, with \$185.28 cash on hand amounted to a first main total. A number of accounts were recommended to be paid. It was recommended that the salary of Turnkey Cook be \$300.

Regarding the application of the Y. M. C. A. Red Triangle Fund, it was decided that the council make a grant of \$5000 to the fund.

It was also decided that the application of the Salvation Army be filed. The report of the finance committee was unanimously adopted.

A resolution asking an amendment to the Continuation School and High School Act was passed. The members of the council contended that should a high school be established in one portion of a township it should not prevent a high school being established in another section of the same township.

The report of the educational committee merely contained a resume of the work done by the Y. M. C. A. at the front, the members of the county council decided to give subscriptions of five dollars each of the time that the \$5000 grant to the Triangle Fund was raised.

Reports from the Buildings and drainage committees showed that since the new year the offices of Crown Attorney Wilkie have been satisfactorily renovated. The rooms of Turnkey Cook have been repaired and cleaned, prison labor being used for the work.

The rooms of County Clerk Watts were renovated during his recent absence in California. The wing of the Court House building has been overhauled.

The Roads and Bridges committee reported: W. L. Morris claims damages for losses incurred from poor road conditions. The communication regarding this was ordered R. G. Craddock, Chas. A. Johnston, Jos. H. Emmons, claim damages on account of winter roads. It was recommended that these be referred to chairman of committee and superintendent to investigate.

If they thought claims were liable for alleged damages the treasurer should be authorized to settle claims for whatever amount the chairman should consider correct.

Construction work on county road system had been suspended, since last report of committee by order of road superintendent. During the winter the snow had been removed from county roads and where necessary, repairs had been carried out.

At the request of the police trustees of the village of Brantford, it was recommended that the county road system be ordered same as last year.

MARKETS

Grain		Vegetables		Meats	
Hay	14 00	Cabbage, dozen	0 75	Bacon, back trim	0 45
Oats	2 20	Cabbage, dozen	0 75	Bacon, back	0 45
Rye	1 60	Cabbage, head	0 05	Beef, hollow, lb	0 16
Straw, baled	5 00	Carrots, basket	0 25	Beef heart, each	0 15
Wheat	2 10	Green Onions, bunch	0 15	Beef, hollow, lb	0 15
Barley	1 00	Celery, 2 for	0 25	Beef, kinds	0 17
		Parsnips, basket	0 15	Chickens, dressed	1 30
		Potatoes, bus.	1 50	Ducks	1 75
		Potatoes, basket	0 65	Geese	3 00
		Potatoes, bag	2 25	Chickens	0 75
		Turnips, bushel	0 40	Dry salt, port. lb	0 30
				Fresh Pork carcass	0 21
				Fresh pork	0 25
				Hogs, live	0 17
				Best kidneys, lb	0 15
				Pork	0 30
				Lamb	0 30
				Sausages, beef	0 40
				Sausages, pork	0 28
				Smoked shoulder, lb	0 35

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- Dr. Coates' Sarsaparilla, reg. \$1, for 65c
- Chase's K and L Pills, reg. 25c, for 20c
- Infants' Delight Soap, reg. 15c, for 10c, or 3 for 25c
- Murine Eye Remedy, regular price 50c, Special for 35c
- Syrup of White Pine and Tar, regular 25c, for 20c
- Fluid Magnesia, reg. 25c, for 20c
- Burdock Blood Bitters, reg. \$1, for 85c
- Reliable Dyspepsia, reg. 35c, for 25c
- Jelly Filled Comforts, reg. 15c, for 7c
- Fonds' Vanishing Cream, regular price 50c, for 35c
- Palm Olive Soap, regular 15c, for 10c
- Bromo Seltzer, reg. 25c, for 20c
- Dr. Williams' Pink Pills, reg. 50c, for 35c
- Peroxide Tooth Paste, reg. 25c, for 15c

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