

Hang up this booklet where it can
be referred to when required.

WORDS OF WISDOM

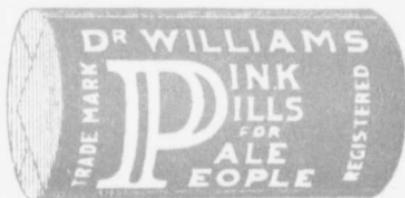
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CAUTION

When you buy Dr. Williams' Pink Pills for Pale People be sure that the package looks like this. They are sold in no other form.

50c.
PER BOX,
OR
6 BOXES
FOR
\$2.50



AT
ALL DRUGGISTS
OR DIRECT FROM
DR. WILLIAMS
MEDICINE CO.,
Brockville, Ont.

If a dealer tells you he "has the same thing in another form," or "the same except in name," he is trying to impose on you and would sell you something on which he makes a larger percentage of profit regardless of the effect on your health. The genuine package always bears the full name

Dr. Williams' Pink Pills for Pale People,

WORDS OF WISDOM

A HAND-BOOK OF USEFUL INFORMATION

IN the following pages is given much useful information, gathered from many sources, and presented in a compact form for the benefit of the careful housewife. It will be almost impossible to find the same collection of facts in any other publication, and it is suggested that this little book be hung up in a prominent place, where it can be consulted readily at any time. It will be found that the information here contained will solve many household difficulties; that following some of the simple directions will mean the saving of time, money and health.

To those who are weak or ailing we would suggest a careful reading of the testimonials appearing throughout this little book. These contain the grateful words of many who have been restored to sound health and strength through the use of Dr. Williams' Pink Pills for Pale People. They are the words of Canadian people, some of them no doubt your neighbors, whose story of renewed health may be easily verified. In any event they are plain, truthful statements of fact, pointing to other sufferers the way to health.

The attention of mothers of infants and young children is especially directed to pages 29 and 30 of this book, which contain matter of special importance to them.

Hints for the Kitchen.

OATMEAL GRUEL.—Into one pint of boiling water stir three tablespoonsful of oatmeal. Salt well and boil forty minutes.

CORN FRITTERS.—One cup of corn, one cup of milk, one cup of cracker crumbs, three eggs, a little salt and butter. Fry on griddle same as pancakes.

BREAKFAST PUFFS.—One pint of milk, one pint of flour, three eggs and salt; mix well, the batter to be as thick as buttermilk. Bake in deep tins or cups.

RUSKS.—Three cups of bread sponge, one-half cup of lard or butter, one cup of sugar, one egg; mix hard, let it raise; then make out in tins, letting them get quite light the last time.

OYSTER FRITTERS.—One quart of oysters, drain off the juice and add to it one cup of milk, three eggs, salt and pepper, and flour enough to make a stiff batter; stir in oysters and drop from a spoon in hot lard to fry.

BEEF TEA.—Take one pound of lean beef chopped fine (at the market), pour over it one pint of cold water, let it stand one hour, then set it on the back of the range and let it simmer slowly about three-quarters of an hour. Strain and salt when used.

RECIPE FOR MAKING COFFEE.—Take fine ground coffee, three tablespoonsful, three pints of boiling water; keep as near the boiling point as possible (without boiling) for five minutes; settle with a teaspoonful of cold water or an egg. This will make six cups of delicious coffee.

ORANGE PIE.—Grate one orange all except stringy part, one large tablespoonful of flour, one-half cup of sugar, yolks of two eggs, a little salt, one cup of milk. Use the whites of eggs for frosting.

PUDDING.—One egg, one tablespoonful of flour, one cup of milk and a speck of salt; beat well together and bake twenty minutes in a hot oven. Serve hot with a brandy or wine sauce. This is the quantity for one person.

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La Grippe or Influenza

This scourge recurs in Canada with more or less severity each winter. Among the prominent symptoms are:—Intense or dull aching pain in the back or limbs; cold in the head and lungs; fever; general weakness. The after-effects of this trouble make themselves felt in various ways, such as general prostration, depression of the heart, melancholy and the symptoms of decline. Dr. Williams' Pink Pills for Pale People have been uniformly successful in curing the serious after-effects of this trouble.

WEAK AND DESPONDENT

From the *Enterprise*, Bridgewater, N.S.

Mr. C. E. Johnson, a gold miner by occupation, is well known about the mining camps in these parts and is thoroughly posted in his business. Not long since Mr. Johnson chanced to be in Porter's drug store, in Bridgewater when a case of Dr. Williams' Pink Pills was being opened, and he remarked to the clerk: "I saw the time when a dozen boxes of those pills were of more value to me than the best gold mine in the country." A reporter of the *Enterprise* happened to hear Mr. Johnson's rather startling remark and asked him why he spoke so highly of the pills. Mr. Johnson's statement was as follows: "About four years ago I was attacked with la grippe, which kept me from work about three weeks. The mine I was working in was making a good deal of water and I got wet the first day I returned to work. That night the old trouble came back, with the addition of a severe cold. I managed to get rid of the cold, but the whole force of the disease settled in my stomach, kidneys and joints, and boils broke out on my body and limbs. My back was so weak I could scarcely stand alone. I went to a doctor and his medicine helped me at first, but after a short time lost its effect. He then changed the medicine, but with no better result. About this time a clergyman who called at the house advised me to try Dr. Williams' Pink Pills. I got a box and used them, but they did not materially benefit me. I had now been some weeks idle and was feeling desperate. A friend strongly advised me to go to a hospital for treatment and I had just about decided to do so when an acquaintance learning I had taken but one box of the pills suggested that I should try three boxes more before giving them up. The matter of money decided me on trying the pills again. I got three boxes and when used I was quite a bit improved. Could eat light nutritious food, slept better, and felt noticeably stronger. But I was still an unwell man. As the pills were doing a good work, however, I sent for eight more boxes. I continued using them till all were gone, when I felt that I was restored to health. All my stomach trouble had disappeared, I was fully as fleshy as before the first attack of la grippe, my nerves were solid as ever, and I knew that work would give strength to my muscles. So, after about six months, I went to work again and have not had a sick day since. One dozen boxes of Dr. Williams' Pink Pills gave me better health since than I had before, and that is why I said they were worth more to me than any gold mine, for all that a man has he will give for his life."

LA GRIPPE'S RAVAGES

In the village of Campden, Ont., there are few people more highly esteemed than Mr. and Mrs. Daniel Albright. Mr. Albright has for many years filled the position of village postmaster, in addition to conducting a boot and shoe business. But it is with the postmaster's estimable wife that this article has chiefly to do, as it gives the particulars of her recovery from a severe illness through the use of Dr. Williams' Pink Pills. To a reporter Mrs. Albright said: "If you think my experience will help some other sufferer I am quite willing to give it, for I may tell you that I am a very enthusiastic admirer of Dr. Williams' Pink Pills. For some years I suffered with a lame back, which frequently prevented me from doing my household work. Later exposure to cold developed sciatica, and every

QUEEN PUDDING.—Two cups of bread crumbs (very fine), one cup of sugar, four of milk, yolks of four eggs, tablespoonful of salt, tablespoonful of butter, bake half hour, then put over the top the whites of the eggs beaten to froth with sugar and brown.

MOCK MINCE PIE.—Five Boston crackers, two cups of brown sugar, one cup of molasses, one-half cup of butter, one-half cup of vinegar, two of boiling water, one of raisins, chopped, one teaspoonful of cloves, one teaspoonful of cinnamon, one-half nutmeg.

LEMON PIE.—The peel and juice of one good-sized lemon, one and three-fourth cups of sugar, four eggs, yolks and whites beaten separately, four tablespoonfuls of flour, three-fourths of a cup of water. Bake with under crust and frost with the whites beaten with four tablespoonful of powdered sugar.

movement of the body caused intense pain. In this way passed gloomy days and restless nights, until the winter of 1898, when my trouble was aggravated by an attack of la grippe. The first and most severe symptoms of this trouble passed away, but it left me in a weak and depressed condition. I did not appear to be able to recover my strength; my appetite was very fickle; I was extremely nervous, and my heart would palpitate painfully at the least exertion. At this juncture a friend who called upon me advised me to try Dr. Williams' Pink Pills, and I decided to follow the advice and procured a supply. To my gratification I felt an improvement in my condition almost from the outset, and after using the pills for a little over a month I was once more enjoying the best of health, every trace of the trouble that had afflicted me having disappeared, and I have been well and strong ever since, and I have the best of reason for ascribing my present good health to the use of Dr. Williams' Pink Pills."

LA GRIPPE AND PNEUMONIA

Mr. William Silver is a well known farmer living near Hemford, N.S. During his life he has passed through much sickness, but now, thanks to Dr. Williams' Pink Pills, he is again enjoying vigorous health. To a reporter Mr. Silver said:—"I am now in my 62nd year, and I may date the beginning of my trouble to my sixteenth year when I was thrown from a horse's back and had my spine somewhat injured. This was always a weak spot and it seemed to leave me more susceptible to other troubles, as it grew worse as I advanced in years. As a farmer I always had to work hard, and often to expose myself to inclement weather. My back trouble was finally aggravated by indigestion, and as this affected my appetite, I was very much run down. Finally a few years ago I was attacked with la grippe, which developed into pneumonia. My family doctor succeeded in conquering this trouble, but for six months I was not able to leave the house, and all that he could do for me did not bring back my strength. Finally I consulted another doctor, but with no better result. In fact before I stopped doctoring I had tried four different physicians and all the time instead of getting better I was growing weaker. Some eighteen months had now elapsed since my attack of la grippe, and during that time I was not able to do any work. My whole system seemed exhausted, and my nerves shattered. On fine days I would go out for a while, but often I would become so weak and dizzy that I could scarcely get back to the house. One day a neighbor asked me why I did not try Dr. Williams' Pink Pills. I thought the advice might be worth taking and I sent for a half dozen boxes of the pills. Before they were gone there was no doubt I had found a medicine that was helping me, and I got a further supply. I continued taking the pills for about three months, and before I quit using them I was feeling better and stronger than I had done for years. Every symptom of the weakness that had followed la grippe was gone, and my back, which had bothered me for so many years, was almost as strong as in boyhood. I have since done many a hard day's work, and been exposed to bad weather, but without any evil effects, and I can truly say Dr. Williams' Pink Pills have restored me to vigorous manhood."

BRONCHITIS AND LUNG TROUBLE CURED

Mrs. J. D. Naismith, Winnipeg, Man., is to-day the picture of health, but it is not so long ago that her friends feared that her end was near. Of her illness and cure, Mrs. Naismith has the following to say:—"A few years ago I contracted a severe cold which developed into bronchitis and lung trouble, and to make my suffering more severe I was tortured by neuralgia. The best of doctors and many different kinds of medicines failed to help me, and my friends all thought I was going into rapid consumption. In fact they were all watching for death to release me from my suffering. My brother kept urging me to try Dr. Williams' Pink Pills, and finally secured a supply. More to please him than anything else I consented to take them, and before I had finished the second box I was not sorry I had done so. My appetite improved and there was a change for the better in my condition, so marked in fact that many of my friends thought it was only that strength which a person sometimes seems to gain just before death. I felt however that it was real strength and kept on taking the pills, and in a short time was able to leave my bed and sit up. I grew stronger day by day. The cough which had racked me almost beyond endurance disappeared, and now, to the surprise of all who had seen me while I was ill, I am as strong and healthy as ever I was. I owe all this to Dr. Williams' wonderful Pink Pills, and feel that I would be wanting in gratitude did I not always praise them."

Mr. Angus McKay, C.E., Tarbotvale, N.S., writes:—"I have used Dr. Williams' Pink Pills for stomach trouble, and have found more benefit from them than from any other medicine I have ever used. I shall always speak well of them."

Mrs. Henry Kloth, Hespeler, Ont., writes:—"For five years I suffered greatly from pains in the back and hips. I tried several remedies, but none of them helped me till I began using your Dr. Williams' Pink Pills. I am now as well and strong as I ever was, thanks to your invaluable remedy."

CONSUMPTION

A wasting disease of the lungs. The patient is thin; loses weight; weak, languid and pale; has slight feverishness, shortness of breath, pain in the chest and profuse perspiration, especially at night. At first the expectoration is scanty, but gradually increases, partaking of a mucous character, and sometimes with a spitting of blood. A cough always accompanies the disease, growing more severe as the disease progresses. Consumption was formerly regarded as incurable, but there is no longer any doubt that if treated in the early stages it is curable. Dr. Williams' Pink Pills should be promptly taken. Food should be of the most nutritious kind, such as cream or rich milk, fowl, fat meats (except pork), butter, cracked wheat and graham bread. The patient should spend as much time as possible in the open air, strong sunshine, and sleeping room should be well ventilated, avoiding draughts.

CONSUMPTIVE PEOPLE

From the *Budget*, Shelburne, N.S.

Among the young ladies of Shelburne, there is none to-day who more fully bears the impress of perfect health than Miss Lillian Durfee. Unfortunately this was not always the case, as a few years ago Miss Durfee became ill, and her friends feared that she was going into a decline. A doctor was called in and prescribed, but his medicines did not have the desired effect. Her strength gradually left her, her appetite failed, she had frequent headaches, was very pale, and finally grew so weak that a walk of a few rods would completely fatigue her. The young lady's family sorrowfully observed that she was steadily failing, and feared that consumption would claim her as a victim. One day a friend urged that she should give Dr. Williams' Pink Pills a trial, but the idea at first was not favorably entertained; it seemed hopeless to expect that any medicine would help her after the doctor's treatment had failed. However, this good friend still urged, and finally prevailed. By the time the third box was used, there was an unmistakable improvement in Miss Durfee's condition. Cheered by this, the pills were continued, and in the course of time the former invalid, whose strength was taxed by the slightest exertion, was restored to health.

To a reporter who interviewed her, she said:—"I believe that Dr. Williams' Pink Pills saved my life, and I earnestly recommend them to all who fear that consumption has laid its grasp upon them."

That the facts related above are not in any way exaggerated, is borne out by the following statement from Robert G. Irwin, Esq., the well known stipendiary magistrate for the municipality, who says:—"I distinctly remember the pale face of Miss Lillian Durfee and the regrets of friends as they expressed their conviction that she would soon be compelled to say farewell to earth. Miss Durfee, however, carries the unmistakable credentials of good health, and frequently expresses her indebtedness to Dr. Williams' Pink Pills."

Pale and anæmic girls, or young people with consumptive tendencies, will find renewed health and bodily vigor only through the use of Dr. Williams' Pink Pills.

THE WHITE PLAGUE

Consumption has been well named the Great White Plague. One-sixth of all the deaths occurring in Canada annually are due to the ravages of this terrible disease. Its victims are found among all classes; rich and poor alike succumb to its insidious advance. Only a few years ago the victim of consumption was regarded as incurable, and horror stricken friends watched the loved one day by day fade away until death came as a merciful release. Now, however, it is known that taken in its earlier stages consumption is curable, and that by a proper care of the blood—keeping it rich, red

PICKLED PEACHES.—Seven pounds of peaches, three and one-half pounds of sugar, nearly one quart of vinegar; cloves and mace.

MEASURE POUND CAKE.—One cup of sugar, one cup of flour, one-half cup of butter, three eggs, three tablespoonfuls of sweet milk, one tablespoonful of baking powder.

PLUM PUDDING.—One pound suet, one pound bread crumbs, one pound raisins (stoned), one pound currants, four eggs, one wine glass of brandy, one nutmeg. Sauce—one cup of powdered sugar, one-fourth pound of butter, one raw egg; put on tea-kettle and steam until thick, then add a wineglass of wine or brandy.

and pure—those who are pre-disposed to the disease escape its ravages. Consumption is now classed among the preventible diseases, and those who are pale, easily tired, or show any of the numerous symptoms of general debility should at once fortify the system by enriching and purifying the blood—thus strengthening not only the lungs, but all parts of the body.

Among those who have escaped a threatened death from consumption is Mrs. Robt. McCracken, of Marshville, Ont. She says: "A few years ago I began to experience a general weakness. My appetite was poor; I was very pale; was troubled with a shortness of breath and a smothering feeling in my chest. Besides these symptoms I became very nervous, at times dizzy and faint, and my hands and feet would get as cold as ice. As the trouble progressed I began to lose flesh rapidly, and in a short time was only a shadow of my former self. I had good medical treatment, but did not get relief, and as a harsh cough set in I began to fear that consumption had fastened itself upon me. This was strengthened by a knowledge that several of my ancestors had died of this disease. In this deplorable condition I was advised to try Dr. Williams' Pink Pills. I at once procured a supply and had not taken them long when I noted a change for the better. By the time I had taken six or eight boxes I was able to move around the house again and felt better and stronger in every way. I continued the use of the pills until I had taken a dozen boxes, when all my old time strength and vigor had returned, and I was as well as ever. During the time I was using the pills my weight increased twenty-six pounds. Several years have since passed, and in that time not a symptom of my former trouble has made itself apparent, so that I think I am safe in saying that my cure is permanent. I believe Dr. Williams' Pink Pills saved my life, and I strongly advise ailing women to give them a trial."

A MODERN SCOURGE

Medical science now knows that consumption, when it has not reached an acute stage, is curable. But better still, it is preventible. Sufferers from weak lungs who will clothe themselves properly, who will keep the blood rich and red, not only need not dread consumption, but will ultimately become healthy, robust people. Among those upon whom consumption had fastened its fangs, and who have proved the disease is curable, is Mr. Ildege St. George, of St. Jerome, Que. His story as related to a reporter of L'Avenir du Nord, will be of interest to similiar sufferers. Mr. St. George says: "Up to the age of fifteen years I had always enjoyed the best of health, but at that age I became greatly run down. I lost color, suffered constantly from headaches and pains in the sides; my appetite left me and I became very weak. For upwards of three years—though I was having medical treatment—the trouble went on. Then I was attacked by a cough, and was told that I was in consumption. The doctor who was attending me ordered me to the Laurentian Mountains in the hope that the change of air would benefit me. I remained there for some time, but did not improve, and returned home feeling that I had not much longer to live. It was then that my parents decided that I should use Dr. Williams' Pink Pills, and I began taking them. After using several boxes my appetite began to return, and this seemed to mark the change which brought about my recovery, for with the improved appetite came gradual but surely increasing strength. I continued the use of the pills, and daily felt the weakness that had threatened to end my life disappear, until finally I was again enjoying good health, and now, as those who know me can see, I show no trace of the illness I passed through. I believe Dr. Williams' Pink Pills saved my life, and I hope my statement will induce similiar sufferers to try them."

White Swelling Cured.

Mrs. Sarah Kappler, Fenwick, Ont., says: "I was afflicted with what is known as milk leg or white swelling, and suffered great torture. The trouble became so bad that I was unable to do much work about the house. My limb was swollen twice its natural size and for a long time I was unable to wear a boot. I was under a doctor's treatment for several months, but was actually growing worse, as no less than five running sores broke out on my leg, causing me intense pain. Finally I decided to discontinue the medical treatment and give Dr. Williams' Pink Pills a trial, and I have reason to be profoundly thankful that I did so, as I had not used the pills much more than a month when I had fully recovered and the sores on my leg had healed. I believe it my duty therefore to give my experience for the benefit of other sufferers."

Mrs. Jos. L. Toulet, Lower Caraquet, N. B., writes:—"I have used your Dr. Williams' Pink Pills with much benefit and believe them to be the greatest of all medicines."

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NEURALGIA

This excruciating trouble is usually seated in the face or head, following the course of some nerve, but attacks other portions of the system as well. It is characterized by acute pains, sometimes steady, at others spasmodic and darting headaches and a feeling as though the forehead was encircled by a band of iron. One of the highest medical authorities has said that "Neuralgia is the cry of the nerves for better blood." Pure, rich, red blood, so essential to the human well-being, speedily follows the use of Dr. Williams' Pink Pills for Pale People. Through this enriched blood the nerves are nourished and strengthened, and the excruciating pains of neuralgia vanish.

NEURALGIA CURED

Among the best known residents of the township of Gainsboro, Lincoln county, Ont., are Mr. and Mrs. Peter Beamer. For a long time Mrs. Beamer was the victim of a complication of diseases, which made her life one of almost constant misery, and from which she nearly despaired of obtaining relief. To a reporter who interviewed her, Mrs. Beamer gave the following particulars of her illness, and cure:—"For some nine years I was troubled with a pain in the back, and neuralgia, which caused me unspeakable misery. The pain in my back was so bad that whether sitting or lying down, I suffered more or less torture. My appetite left me, and I suffered from headaches accompanied by attacks of dizziness that left me at times too weak to walk. My nervous system was badly shattered, so that the slightest noise would startle me. I was under the care of three different doctors at various times, but did not succeed in getting more than temporary relief. I also used several advertised medicines, but with no better results. I was finally urged to try Dr. Williams' Pink Pills, and got half a dozen boxes. In the course of a few weeks I noted considerable improvement, and as a consequence, I gladly continued the use of the pills for several months, with the result that every symptom of the malady left me, and I was able to do my housework without the least trouble. As several years have passed since I have used the pills, I feel safe in saying that the cure is permanent, and the result also verifies the claim that Dr. Williams' Pink Pills cure when other medicine fails."

Miss Sarah Belisle, Brockville, Ont., says:—"For a long time I was a severe sufferer from neuralgia. Frequently the pain was so great that I would be unable to sleep at nights, and as a result I was very weak and run down in health. Having always heard Dr. Williams' Pink Pills highly spoken of I decided to try them, and am pleased to say that they have fully restored my health, and I no longer suffer from the excruciating pains that once made my life so miserable."

PICKLED PEARS.—Twelve pounds of pears, six pounds of sugar, one quart of vinegar and spice to taste; boil pears till you can stick a fork into them; skim them and put in the sugar and vinegar and cook until done.

GOOD PICKLES.—One medium-sized cabbage, one dozen of green cucumbers, two dozen of green tomatoes, slice fine, sprinkle with salt, leave over night, drain well, add half a dozen red peppers sliced fine, two ounces of white mustard seed; mix all together and cover with cold vinegar.

CATSUP.—One dozen large tomatoes, chopped fine; sprinkle over them one-third of a teacupful of salt; drain off; add half a dozen sweet peppers, three heads of celery, chopped fine, a cupful of sugar, a pint of vinegar, a tablespoonful each of cinnamon, allspice, a teaspoonful of cloves. Mix well, put in glass jars and seal tight.

DRESSING FOR SANDWICHES.—One-half pound of nice butter, two tablespoonfuls of mixed mustard, three tablespoonfuls of salad oil, a little red or white pepper, a little salt, yolk of an egg, rub the butter to a cream, add the other ingredients and mix thoroughly; set away to cool; spread the bread with this mixture and put in the ham, chopped fine.

PARCHED RICE.—Put into a frying pan enough butter to cover the bottom. When it is hot add cold boiled rice, a little at a time. Fry a delicate brown and serve.

RICE PUDDING.—One quart of milk, three tablespoonfuls of rice, four tablespoonfuls of sugar, a very small piece of butter, a nutmeg, a little salt, raisins if you choose. Bake slowly for two hours.

BLACKBERRY PIE.—Line a deep pie plate with paste and fill with one pint of very ripe blackberries, three-fourths cup of granulated sugar and a pinch of salt. Pour over this one cup of sweet cream, and bake with one crust.

Dyspepsia or Indigestion

The prominent symptoms of this trouble are pains in the stomach; fullness or bloating after eating; hicough and eructation; a yellow or coated tongue; bile; a bad taste in the mouth, and a dislike for food. Dr. Williams' Pink Pills for Pale People have met with great success in curing this trouble.

ACUTE INDIGESTION

Dyspepsia, or indigestion, as it is most frequently called, is one of the most serious ailments that afflict mankind. When the stomach loses its craving for food, and the power to digest it, the person so afflicted is both mentally and physically in a condition of wretchedness. The symptoms of the disorder are manifold, and among them may be noted, a feeling of weight in the region of the stomach, sick headache, offensive breath, heartburn, a disagreeable taste in the mouth, irritability of temper, disturbed sleep, etc. Mr. William Birt, a well known blacksmith at Pisquid, P.E.I., is one who suffered for years, and relates his experience for the benefit of similar sufferers. Mr. Birt says:—"For many years I was a victim of indigestion, accompanied by nervousness, palpitation of the heart and other distressing symptoms. My appetite was irregular, and what I ate felt like a weight in my stomach; this was accompanied by a feeling of stupor or sleepiness, and yet I rarely enjoyed a night's sound sleep. When I would retire a creeping sensation would come over me, with pains and fluttering around the heart, and then when I arose in the morning, I would feel as tired and fatigued as I did before I went to bed. It is needless to say that I was continually taking medicine, and tried, I think, almost everything recommended as a cure for the trouble. Occasionally I got temporary relief, but the trouble always came back, usually in a still more aggravated form. One day a neighbor, who had used Dr. Williams' Pink Pills with much benefit, advised me to try them, and I decided to do so. To my gratification, I had only been using the pills a few weeks when I felt decidedly better, and things began to look brighter. I continued taking the pills for several months, with the result that my health was as good and my digestion better than it had ever been. One of the most flattering results of the treatment was my increase in weight from 125 pounds to 155 pounds. It is more than a year now since I discontinued the use of the pills and in that time I have not had the slightest return of the trouble. We always keep the pills in the house now, and my family have used them for other ailments with the same gratifying results."

DYSPEPTIC SUFFERERS

Sufferers from dyspepsia or bad digestion are numerous in this country. Almost daily one hears some one complaining of the tortures caused them by this malady, and it is no uncommon thing to hear a sufferer say "I wish I was dead." And no wonder, the suffering caused by bad digestion cannot be imagined by anyone who has not suffered from it. The victim is troubled with headaches, heartburn, heart palpitation, and nausea. He has a bad taste in his mouth, is unable to obtain restful sleep and has always a feeling of weariness and depression. But there is a sure cure for this, and it is found in the greatest of all known medicines—Dr. Williams' Pink Pills for Pale People."

Among those who have been cured of this distressing malady by this medicine is Mr. Alfred Chasbot, a well known farmer living near St. J-rome, Que. To a reporter of "L'Avenir du Nord," Mr. Chasbot told the following story:—"For three years I was an almost continual sufferer from the tortures of bad digestion. After eating I felt as if some heavy weight was pressing against my chest. I was racked with violent headaches; my temper became irritable; my appetite uncertain; my nerves were a wreck and I was always troubled with a feeling of weariness. I was able to do very little work and sometimes none at all. Although I tried many remedies I was unsuccessful in my search for a cure until a friend advised me to try Dr. Williams' Pink Pills. Any doubts I may have had as to the merits of these pills were soon dispelled, for I had not been taking them long before I noticed an improvement in my condition. I continued the use of the pills some weeks when I considered myself fully cured. To-day I am as well as I ever was in my life, and would strongly advise all similar sufferers to try Dr. Williams' Pink Pills and I am sure that they will find them as beneficial as I have."

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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.

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. William's 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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Female Troubles

Many women suffer in silence for honorable reasons. They alone know the pains which afflict them—continually or at regular intervals. Agonizing back-aches; headaches; prostration; irregularity of the vital functions; the change of life; weakness, easily accounted for. All these things have been cured by Dr. Williams' Pink Pills for Pale People: They cannot harm the most delicate girl or woman of advancing age. Their use will save you the humiliating necessity of a medical examination. Special directions for use in these troubles accompany each box of pills and should be carefully followed.

AFTER FOUR OPERATIONS

Throughout Canada there are thousands and thousands of women who undergo daily pains—sometimes bordering on agony—such as only women can endure in uncomplaining silence. To such the story of Mrs. Frank Evans, of 33 Frontenac street, Montreal, will bring hope and joy, as it points the way to renewed health and certain release from pain. Mrs. Evans says: "I feel that I ought to say a good word for Dr. Williams' Pink Pills, in the hope that my experience may be of benefit to some other suffering woman. I am now twenty-three years of age, and since my eleventh year I have suffered far more than my share of agony from the ailments that afflict my sex. At the age of sixteen the trouble had grown so bad that I had to undergo an operation in the Montreal general hospital. This did not cure me and a little later I underwent another operation. From this I received some benefit, but was not wholly cured, and I continued to suffer from pains in the abdomen and bilious headache. A few years later, having with my husband removed to Halifax, I was again suffering terribly and was taken to the general hospital where another operation was performed. This gave me relief for two or three months, and again the old trouble came on, and I would suffer for days at a time and nothing seemed to relieve the pain. In February, 1899, I was again obliged to go to the hospital and underwent a fourth operation. Even this did not help me and as the chloroform administered during the operation affected my heart, I would not permit a further operation, and was taken home still a great sufferer. In 1899 I was advised to try Dr. Williams' Pink Pills, and decided to do so. I have used the pills for several months and have found more relief from them than from the four operations which I passed through, and I warmly recommend them to all women suffering from the ailments which afflict so many of my sex."

Writing under a later date Mrs. Evans says:—"I am glad to be able to tell you that not only has the great improvement which Dr. Williams' Pink Pills effected in my condition continued, but I am now perfectly well. I had given up all hope when I began the use of the pills, but they have restored me to such health as I have not before known for years. I feel so grateful for what your medicine has done for me that I gladly give you permission to publish my letters in the hope that other women will follow my example and find health and strength and new happiness through the use of Dr. Williams' Pink Pills."

No discovery in medicine in modern times has proved such a blessing to women as Dr. Williams' Pink Pills. They act directly on the blood and nerves, invigorate the body, regulate the functions and restore health and strength to the exhausted patient when every effort of the physician proves unavailing. Other so-called tonics are mere imitations of these pills and should be refused. The genuine bear the full name, "Dr. Williams' Pink Pills for Pale People" on the wrapper around each box.

SUFFERING WOMEN

The amount of suffering borne by women throughout the country can never be estimated. Silently, almost hopelessly, they endure from day to day afflictions that can only fall to the lot of women. The following story of the suffering and release of Mrs. Charles Hoeg, of Southamton, N.S., ought to bring hope and health and happiness to other sufferers. Mrs. Hoeg says:—"For nine out of the thirty-two years of my life I have suffered as no woman, unless she has been similarly afflicted, can imagine I could suffer and yet have lived. Three weeks out of four I would be unable to move about and, indeed, at no time was really fit to attend to my household duties. I consulted physicians—three of the most skillful doctors in the county of Cumberland at different times had charge of my

MOCK OYSTERS.—One can of corn, half a cup of milk, one teaspoonful of salt, two eggs, and enough flour to make a stiff batter; drop by the spoonful in a well-buttered frying-pan.

TOMATO SOUP.—One can tomatoes, one onion, three pints of water, boiled three-quarters of an hour; strain; add four ounces of butter, two ounces of flour, two tablespoonfuls of sugar, one of salt, a pinch of cayenne pepper; rub butter and flour together; add one-half pint sweet milk.

case. These all agreed in their diagnosis, but the treatment varied; and while at times I would experience some relief, at no time was there any hope given me of a permanent cure. Many a night when I went to bed I would have been glad if death had come before morning. I never had much faith in proprietary medicines, but at one time I took a half dozen bottles of a blood-making compound that was highly recommended. This, like everything else, failed to help me. There seemed to be not a particle of blood in my body. My face was absolutely colorless, and my appetite almost entirely deserted me. I often saw in the newspapers letters testifying to the merits of Dr. Williams' Pink Pills, but nine years of suffering and discouragement had made me too sceptical to see any hope of relief, when doctors had failed to effect a cure. But at last I came across the story of a cure near home—that of Mr. Moses Boss, of Rodney. I knew that at one time he had been regarded as a hopeless consumptive, and his cure through Dr. Williams' Pink Pills determined me to try them. I had not taken two boxes before I began to feel better, and grew confident of a cure. I kept on taking the pills, all the time feeling new blood in my veins, activity returning to my limbs, and the feeling of depression gradually wearing away. To many women it may seem incredible that the mere making of new blood in my veins could restore to a healthy condition misplaced internal organs, but this has been my happy experience. My pains have all left me, and I am now as healthy a woman as there is in this place. This health I owe to Dr. Williams' Pink Pills, which have rescued me from a life of suffering, if not from the grave."

COMPLICATION OF TROUBLES

Mrs. John Shute, Stokes Bay, Ont., writes:—"It is simply impossible for me to praise Dr. Williams' Pink Pills enough. I have doctored for years, but they are the only medicine that has given me real, lasting benefit. For a long time I was troubled with a pain in my right side, which ultimately confined me to bed for some three months. While in this condition I was attacked with hemorrhage of the kidneys. The doctor who was attending me did not appear to be able to give me more than temporary help, and while he was treating me my condition became further aggravated by a severe cough, which all my friends thought would throw me into consumption. My feet were cold day and night and I appeared to be almost bloodless. I grew so thin that if I held my hand to the light you could actually see through it. The cough which troubled me frequently brought on vomiting spells, which would leave me so weak I could scarcely raise my head. At last I decided to try Dr. Williams' Pink Pills and without saying anything to my friends bought three boxes. Before they were used my friends were telling me that I was looking better. I then told my husband what I was taking, and got some more pills, and continued using them until I had taken nine or ten boxes, by which time I felt as well as ever I did in my life. Every trace of my trouble has disappeared and I have been a well woman ever since, thanks to Dr. Williams' Pink Pills."

Miss Mabel Wilcox, Poole's Resort, Ont., writes:—"For some time my little sister was in very poor health. She was pale, irritable and seemed to lose all energy. We tried several remedies but all to no avail and she continually grew worse. At last we decided to try Dr. Williams' Pink Pills and from the first box an improvement could be noted in her condition. In all she took four boxes and to-day she is enjoying as good health as ever she did in her life. I think all sufferers would be wise in giving Dr. Williams' Pink Pills a fair trial."

Spinal Trouble Cured.

Mr. G. C. Chatburn, of Frelighsburg, Que., is one of the best known and most respected men in that section. Some years ago while driving he was thrown from his buggy and seriously hurt. He was picked up and carried to the house of a neighbor, where he remained helpless for eleven days before he could be removed to his home. The doctor who was called in said his spine was injured, and although he recovered much of his former strength there remained a numbness of the limbs, amounting almost to paralysis, which made locomotion difficult. Mr. Chatburn was much discouraged, but finally, upon the advice of a friend, decided to give Dr. Williams' Pink Pills a trial. As to their effect, Mr. Chatburn says:—"I used in all fourteen boxes of the pills, carefully following the directions, with the result that the numbness has almost entirely left my limbs. I am able to go about freely, and in every respect am stronger and better than I was. I attribute this entirely to the use of your valuable remedy."

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Heart Trouble

Heart trouble may show itself in two ways, both of which can be cured through the use of Dr. Williams' Pink Pills. One form of the trouble is manifested by a too rapid action of the pulse, and a rapid or violent beating of the heart, especially after walking or going upstairs, pulsating pains in the head and noises in the ears. In the other form of the trouble the pulse may be slow and feeble (anything under 70 beats to the minute is too slow), fainting, giddiness and a sick feeling. Dr. Williams' Pink Pills should be taken upon the first symptoms of the trouble. Only easily digested food should be taken, and the use of tea, coffee and alcoholic spirits abstained from. Take gentle exercise regularly, and sponge bathe the body daily, following with a brisk rubbing with a coarse bath towel.

A WEAK HEART

From the *Watchman*, Lindsay, Ont.

In the town of Lindsay and surrounding country no man is better known or more highly respected than Capt. Geo. Crandell. Forty-seven years ago he was owner and captain of the first steamer that navigated the Scugog. Since that time success has crowned his life both on land and water. For forty-nine years he was a member of the Lindsay town council. He is now 73 years of age and enjoys the best of health, but it has not always been thus. Some years ago the exposure and worry incident to his calling began to tell upon his health, and his heart showed signs of weakness. His sufferings and complete restoration through the use of Dr. Williams' Pink Pills are best told by himself:—"Several years ago my heart began to bother me. At first I took little notice of it, but the trouble gradually grew worse until I had to summon medical aid. I suffered much pain and at times I was attacked by smothering spells which caused me great distress. Frequently these spells attacked me during the night and it was with difficulty that I managed to breathe at all. I consulted several doctors, but their medicine failed to benefit me. I then tried a much advertised remedy, but this also failed to help me. I had always been fond of smoking, but I was in such poor health that a few puffs from a cigar would distress me so much that I had to give it up altogether. I grew worse day by day and began to think my end was near and that I would die from the trouble. Some time ago I was advised to try Dr. Williams' Pink Pills. After taking one box I noticed an improvement in my condition and so I continued their use. I kept on improving till now I am as well and strong as I ever was in my life and have not been bothered with the least sign of my former malady for months. I am now able to enjoy a smoke as I used to without feeling the least distress. All this I owe to that greatest of all remedies, Dr. Williams' Pink Pills."

ANÆMIA AND HEART TROUBLE

Miss Edna Packer, Everton, Ont., writes:—"About a year ago I was troubled greatly with headache and at first thought it was from heat. As time wore on, however, my condition grew worse instead of better. I became so weak that the least exertion would exhaust me, and my heart would give me great trouble, beating at times so violently that it would be heard at a distance of several feet, while at other times the beating would be feeble and irregular. If I stooped to pick anything up I would become so dizzy that I could only walk with difficulty. I always felt tired and worn out. I tried several medicines, but they did not help me any, and after being in this condition for some months I began using Dr. Williams' Pink Pills. Before I had finished the first box I felt some relief, and after using the pills for about a month I was as well as ever I had been. While sick I lost twenty-four pounds in weight, but under the use of Dr. Williams' Pink Pills gained it again. I think Dr. Williams' Pink Pills saved my life and I shall always recommend them."

HEART TROUBLE CURED

Adelard Lavoie, St. Pacome, Que., writes:—"For nearly three years I was greatly troubled with a weak heart, and in constant fear that my end would come at any time. I placed myself under a good doctor but did not get the much desired relief. In fact I grew worse; the least exertion would overcome me, and finally I had to discontinue all work. While in this condition a neighbor advised me to try Dr. Williams' Pink Pills, and I procured a supply. They simply worked wonders in my case, and when I had used six boxes I was again enjoying the best of health. I have had no sign of the trouble since, and cheerfully recommend your valuable pills."

CHAMPAGNE JELLY.—Juice of two lemons and rind of one, one box of gelatine dissolved in one pint of cold water, two coffee-cupfuls of sugar and three large glasses of hard cider.

RHEUMATISM

Rheumatism is now recognized as a disease of the blood, and must be so treated to eradicate it from the system. It is, however, aggravated by cold, dampness or exposure. It is indicated by severe pains in the joints and muscles, the former sometimes swelling. If the disease is not checked it will recur again and again until it becomes chronic. Dr. Williams' Pink Pills for Pale People have cured tens of thousands of cases of rheumatism, and should be promptly taken at the first indication of the trouble.

A RHEUMATIC SUFFERER

Thos. Hackett, well-known to nearly all the marine men entering the port of Kingston, says:—"As a result of exposure while sailing on the lakes I contracted a very severe attack of rheumatism. The pains were especially severe in the arms and shoulders, rendering me almost unfit for work. Many a night I could not sleep, so great was the pain, and as a result the rest of my system became badly run down. I tried almost everything that friends suggested, and felt thankful even when I only got temporary relief. One day a friend suggested Dr. Williams' Pink Pills. Frankly I thought it just one more experiment, and did not hope for a cure. I had not been taking the pills long, however, when I found that I had at last got a medicine that could conquer rheumatism. Gradually the pains and stiffness left me. I got good sound sleep, and in the course of a month or so I was entirely free from the malady that had made my life so miserable. After my many experiments with other medicines I am satisfied in saying that Dr. Williams' Pink Pills have no equal as a cure for rheumatism, and sufferers should take them at the first indication of the trouble."

TORTURED WITH RHEUMATISM

Mr. Phillip Ferriss, of the first concession, Colchester South, is one of the pioneers of South Essex, and one of the best known and most successful farmers in this section. Although Mr. Ferriss is 76 years of age he is as smart as many men of 50. But he has not always enjoyed such good health. For fifteen years he was a victim of rheumatism, but now thanks to Dr. Williams' Pink Pills he suffers no longer. Mr. Ferriss has the following to say about his illness, and cure: "For fifteen years I suffered greatly from rheumatism. At times I would have severe pains in the knees, while at others the pain would spread to my hips and shoulders. I tried several remedies which were of no avail till I began using Dr. Williams' Pink Pills. In all I took probably a dozen boxes, and to-day, as you can see, I am as smart as most men much younger. I have a great deal of faith in the pills, for I know of other cases where they have been equally as successful as in mine."

Pale and Bloodless.

Miss Jennie Boon, of Toronto, is one of the young ladies who owe health and renewed vitality to Dr. Williams' Pink Pills. Miss Boon gradually grew weak, her blood became watery; she was subject to headaches and other anæmic symptoms, such as extreme pallor and dizziness. She had the best of medical care but did not improve, and finally her parents sent her on a trip to Bermuda, hoping that its salubrious climate would restore her health. The result, however, was disappointing and Miss Boon returned home even weaker than when she left. At this juncture a doctor who called in advised that she try Dr. Williams' Pink Pills. The advice was followed and after three or four boxes of the pills had been used there was a marked improvement in Miss Boon's condition; the color returned to her face, her appetite improved, she gained weight, and was soon a strong and healthy girl with no trace of her former illness. Miss Boon says she owes her good health entirely to Dr. Williams' Pink Pills.

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Kidney Disease

Among the most prominent symptoms of this trouble may be noted, pains in the back and loins; urine either cloudy in appearance or highly colored, sometimes scalding, and depositing a sediment; frequent desire to pass the urine; swelling of the hands and feet, and peculiar dark bulging under the eyes. A saline laxative should be freely used, followed by a course of Dr. Williams' Pink Pills for Pale People, which have been very successful in the treatment of this trouble.

KIDNEY TROUBLE CURED

Good health is the chief requisite to happiness. Low spirits, moroseness and irritability can in most cases be traced to ill health, and in not a few instances are direct symptoms of kidney trouble. These, added to the severe pains in the back which accompany the disease, make the life of the sufferer one of abject misery. One such sufferer was Mr. Darius Dean, of Jordan, Ont. Mr. Dean in an interview recently gave his experience as follows:—"I am a saw and grist mill operator, and naturally a strong man; but the life of a miller is a hard one, with long hours of labor and frequent exposure. Some years ago as the result of this exposure I was afflicted with kidney trouble, and although I spent much money in various remedies, I did not find a cure until I was persuaded to try Dr. Williams' Pink Pills. In the autumn of 1898 the trouble began to assume an aggravated form. I suffered from most severe pains in the back, and a feeling of drowsiness, and yet so severe was the pain that many a night I scarcely closed my eyes. My appetite was poor, I suffered from headaches, lost flesh, was miserable and wholly unfit for work. It was while in this condition that I was advised to try Dr. Williams' Pink Pills, and procured three boxes. Before I had finished the third box I felt much better, and I then procured a half dozen boxes more. I used all these, but before they were all gone I felt that my health was fully restored. In the interval since then I have had just one slight return of the trouble, and Dr. Williams' Pink Pills soon drove this out, and my health since has been the very best. I have gained much in weight, eat and sleep well and consider myself as healthy a person as there is in the county; and the credit for this I feel is entirely due to Dr. Williams' Pink Pills."

LOST ENERGY

To look at Mr. C. J. Trangott, the popular director of the Kingston Young Men's Christian Association, one would think he had always enjoyed the very best of health. But that is not the case. It is not so long ago that he feared he would have to give up his work on account of poor health. In speaking to a reporter he had the following to say:—"Three months ago my health was very poor; I lost all energy; it seemed as if I could never get enough sleep, my breath was short, and I was fast growing unfit for my work in the gymnasium. The doctor who attended me said I was suffering from kidney trouble, but although I was under his care for some time his treatment failed to aid me in the least. At last, following the advice of some friends I procured a supply of Dr. Williams' Pink Pills and I am grateful to-day that I did so, for they have certainly made me feel like a new man. My energy and ambition have returned, and I now find it a pleasure to perform my duties instead of a trial as I once did. I always keep a supply of Dr. Williams' Pink Pills in my desk and would earnestly urge all sufferers to give them a fair trial."

VIGOROUS OLD AGE

Mr. William Gray, who is well and favorably known in the town of Newmarket and vicinity, is rejoicing over his release from the pains of sciatica and rheumatism through the use of Dr. Williams' Pink Pills. A reporter of the *Express* called upon him. Mr. Gray gave the following story for publication: "About two and a half years ago I was seized with a very severe attack of rheumatism. The pain was simply torturing. At times the trouble was seated in my knees, then in my hips. For nearly a year I suffered along, working as best I could, in the hope of being able to overcome the disease. During the day the pain was less severe, but at night it was just as bad as ever. To increase my torture I caught a cold which resulted in an attack of sciatica in my right leg. If I walked a short distance I would be seized by sharp pains in the hip, and in time I became a used up man; my appetite failed me, and I could not rest at night on account of the pain. I tried one medicine after another without avail. I also consulted doctors with no better result. I was beginning to think that I was doomed to suffer the rest of my life, when one day a friend strongly advised me to try Dr. Williams' Pink Pills. I took his advice and procured a supply of the pills and began taking them. Before the third box was finished I noted a change for the better, so I continued the use of the pills till I had taken ten or twelve boxes when my trouble had entirely disappeared. To-day I am free from pain and feel that life is worth living, even at the ripe old age of seventy. I can now do a day's work with many men who are twenty years younger than I. I thank God for my restoration to health through the agency of Dr. Williams' Pink Pills."

St. Vitus' Dance

This disease usually attacks the young, though older persons may occasionally be afflicted with it. Its first symptoms are a twitching of the muscles of the face or limbs. As the trouble progresses this twitching takes the form of spasms in which the jerking motion may be confined to the hand, or all the limbs may be affected, the patient is unable to hold anything in the hands or to walk steadily. This disease is due to debility of the nerves, and is always cured through the use of Dr. Williams' Pink Pills for Pale People.

ST. VITUS' DANCE

From the *Sun*, Orangeville, Ont.

Among the much respected residents of Orangeville is Mrs. Marshall. For some years her twelve-year-old daughter, Mamie, has been a sufferer from rheumatism combined with that other terrible affliction—St. Vitus' dance. In conversation recently with a reporter of the *Sun* Mrs. Marshall told the following story of her daughter's suffering and subsequent restoration to health:—"At the age of eight" says Mrs. Marshall, "Mamie was attacked with rheumatism, from which she suffered very much, and although she was treated by a clever doctor her health did not improve. To make her condition worse she was attacked with St. Vitus' dance, and I really gave up hope of ever seeing her enjoy good health again. Her arms and limbs would twitch and jerk spasmodically, and she could scarcely hold a dish in her hand, and had to be looked after almost like an infant. While Mamie was in this condition a neighbor who had used Dr. Williams' Pink Pills with beneficial results in her own family advised me to try them in Mamie's case and I decided to give them to her. Before she had completed the second box I could see a change for the better, and by the time she had taken five boxes all trace of both the rheumatism and St. Vitus' dance had vanished, and she is now as bright, active and healthy as any child of her age. Some time has elapsed since she discontinued the use of the pills, but not the slightest trace of the trouble has since made itself manifest. I think, therefore, that I am safe in saying that I believe Dr. Williams' Pink Pills not only restored my child to health, but have worked a permanent cure."

Mr. D. Simmons, Fort Saskatchewan, N.W.T., writes:—"I think it my duty to let you know of the wonderful cure by your Dr. Williams' Pink Pills in the case of one of my boys, 12 years of age. In the fall of 1898 he was attacked with St. Vitus' dance in a very severe form. His limbs trembled and twitched to such an extent that he could scarcely walk, and could hardly hold anything in his hands. We decided to use Dr. Williams' Pink Pills, and as a result seven boxes have completely restored his health, and he is now as bright and active as ever he was. I gladly make this statement in the hope that it may benefit some other sufferer."

N. A. Leary, Slater Street, Ottawa, Ont., writes:—"The excitement attending the great fire here left me in a very nervous state. For months I suffered greatly. Nothing seemed to help me in the least till I began using your Dr. Williams' Pink Pills. Now my nerves are as strong as ever and I am no longer troubled with the feeling of fear that used to seize me both by day and night."

FRENCH CHICKEN SOUP.—Chop one onion, put it in stew pan with butter, one-eighth pound raw ham, cut into small dice, add one raw chicken in small pieces, fry until brown, one pint tomato juice and three pints of chicken-stock; fry brown one-half cup of rice in sweet oil and add to soup.

SPLIT PEA SOUP.—Soak one pint of dried split peas over night. In the morning place them over the fire in two quarts of cold water, with one pound of beef, and cook slowly for two hours, or until the liquor is reduced one-half. Pour into a colander and press the peas through with a spoon. Season with salt, pepper and celery salt, and eat with oyster crackers.

BAKED MUSHROOMS ON TOAST.—Toast five large slices of bread. Lay them in a dripping pan and cover each generously with rich milk or cream; place one large or two small peeled mushrooms head downward on each slice; season each with a generous sprinkling of salt and pepper; fill each mushroom cap with cream and dot with bits of butter. Invert a cup over each, press down firmly and bake in a moderate oven fifteen minutes. Do not remove the cup until serving time and the flavor of the mushroom will be perfectly preserved.

FROZEN STRAWBERRIES.—Two quarts of good strawberries, one pint of sugar, one quart of water; boil water and sugar for one-half hour, add strawberries and cook fifteen minutes longer. Cool and then freeze. When beater is taken out add one pint of whipped cream.

"We Can do no More"

SO SAID THREE DOCTORS IN CONSULTATION.—YET THE PATIENT HAS BEEN RESTORED TO HEALTH AND STRENGTH THROUGH THE USE OF DR. WILLIAMS' PINK PILLS.

Among the many many persons in Canada who owe good health—perhaps even life itself—to Dr. Williams' Pink Pills is Mrs. Alex. Fair, a highly esteemed resident of West Williams township, Middlesex Co., Ont. For nearly two years Mrs. Fair was a great sufferer from troubles brought on by a severe attack of la grippe. A reporter who called was cordially received by both Mr. and Mrs. Fair and was given the following facts of the case:—"In the spring of 1896 I was attacked by la grippe, for which I was treated by our family doctor, but instead of getting better I gradually grew worse, until my whole body became racked with pains. I consulted one of the best doctors in Ontario and for nearly eighteen months followed his treatment but without any material benefit. I had a terrible cough which caused intense pains in my head and lungs; I became very weak; could not sleep, and for over a year I could only talk in a whisper and sometimes my voice left me entirely. I came to regard my condition as hopeless, but my husband urged further treatment, and on his advice our family doctor, with two others, held a consultation, the result of which was that they pronounced my case incurable. Neighbors advised me to try Dr. Williams' Pink Pills, but after having already spent \$500 in doctor's bills I did not have much faith left in any medicine, but as a last resort decided to give them a trial. I had not taken many boxes of the pills before I noticed an improvement and this encouraged me to continue their use. After taking the pills for several months I was completely restored to health. The cough disappeared; I no longer suffered from the terrible pains I once endured; my voice became strong again; my appetite improved, and I was able to obtain restful sleep once more. While taking the pills I gained 37 pounds in weight. All this I owe to Dr. Williams' Pink Pills and I feel that I cannot say enough in their favor, for I know that they have certainly saved my life."

Doctors Baffled

From the *Sun*, Orangeville, Ont.

Many cases are constantly being brought to light of persons being cured by that wonderful remedy—Dr. Williams' Pink Pills—after doctors have failed to be of benefit. Among them may be noted the case of Mrs. Benjamin Harrison, a well-known lady who resides in the vicinity of Orangeville, Ont. A reporter of the *Sun* called at her home to enquire into the facts of the case. Mrs. Harrison said:—"For some years I have been a constant sufferer. Just what to call my disease I do not know; even the doctors were unable to diagnose it. I was completely run down. I had racking pains in my head, back and limbs. I was unable to secure sound sleep, and on arising in the morning would feel as before going to bed. My stomach was in a bad condition and the least movement caused my heart to palpitate violently. Doctors' treatment failed to be of benefit to me and I was in a very discouraged state when a friend advised me to try Dr. Williams' Pink Pills. Thinking that they might relieve me a little, I procured a supply and began taking them according to directions, from the first I could see that they were helping me, and by the time I had taken half a dozen boxes I was free from the ailments that had made my life miserable. It is now several years since I took the pills and not the least sign of my old trouble has since shown itself. I would strongly urge the use of Dr. Williams' Pink Pills for any person who has a weak or run down system and I am sure they will not fail to be beneficial."

CORN BALLS.—One cup of molasses, two tablespoonfuls of sugar; boil twenty minutes, then stir in pop corn.

TAFFY.—Two cups of brown sugar, one-half cup of butter four tablespoonfuls of molasses, two tablespoonfuls of water, two tablespoonfuls of vinegar; boil twenty minutes.

CHOCOLATÉ CARAMELS.—Boil together for twenty minutes one cup of sugar, one-half cup of molasses, one-half cake of chocolate, one-half cup of milk, and butter about one-half the size of an egg.

WINE JELLY.—To one half box of gelatine, one cup of cold water, let stand a few minutes, then add one cup of hot water, one cup of wine, one cup of sugar, let it come to a boil, then strain, put in moulds and set to cool.

CRUST FOR CHICKEN PIE.—One pint of milk, one cup of shortening, one teaspoonful of soda, two teaspoonful of cream of tartar, flour sufficient to make a soft dough.

TO CAN CORN.—Take young tender corn, cut from the cobs, and put in glass jars, pressing down till the milk comes to the top. When full put on covers, set in boiler of cold water and boil slowly three hours, then take out and screw covers down tight.

A Run Down System

From the *Advocate*, Exeter, Ont.:

"A run down system!" What a world of misery those few words imply, and yet there are thousands throughout this country who are suffering from this condition. Their blood is poor and watery; they suffer almost continuously from headaches; are unable to obtain restful sleep, and the least exertion greatly fatigues them. What is needed to put the system right is a tonic, and experience has proved Dr. Williams' Pink Pills to be the only never-failing tonic and health restorer.

Mrs. Henry Parsons, a respected resident of Exeter, Ont., is one of the many who have tested and proved the value of Dr. Williams' Pink Pills. For many months she was a sufferer from what is commonly termed "a run down system." To a reporter of the *Advocate* she gave the following story in the hope that other sufferers might benefit from her experience:—"For many months my health was in a bad state, my constitution being greatly run down. I was troubled with continual headaches, my appetite was poor and the least exertion greatly fatigued me. I consulted a physician but his treatment did not appear to benefit me and I gradually became worse, so that I could hardly attend to my household duties. I then tried several advertised remedies but without result, and I began to regard my condition as hopeless. A neighbor called to see me one day and urged me to try Dr. Williams' Pink Pills. Having tried so many medicines without receiving benefit, I was not easily persuaded, but finally I consented to give the pills a trial. To my surprise and great joy I noticed an improvement in my condition before I had finished the first box, and by the time I had taken four boxes of the pills I was fully restored to health. I no longer suffer from those severe headaches, my appetite is good, I can go about my household duties without the least trouble; in fact I feel like a new woman. All this I owe to that best of all medicines, Dr. Williams' Pink Pills, and I would strongly urge other sufferers to give them a trial."

Spinal Trouble Cured

Mr. M. D'Entremont, a well known farmer living at West Pubnico, N.S., writes:—"I believe it is only right that I should let you know the benefit your medicine—Dr. Williams' Pink Pills—have been to my son, Constant, sixteen years of age. For several years he was almost a constant invalid, the result of an injury to his spine while working with his brothers on the farm. He grew weak and listless, had no appetite, and for two years was unable to work and was for the most of the time confined to the house, and for a part of the time to his bed. He suffered considerably from pains in the back; his legs were weak; and he had frequent headaches. At different times he was attended by two doctors, but got no benefit from the treatment. Then I procured an electric belt for him, but it was simply money wasted as it did not do him a particle of good. On day while my son was reading a newspaper he came across an article telling of a cure in a somewhat similar case through the use of Dr. Williams' Pink Pills, and he then decided to give them a trial. After the second box was taken there was a marked improvement in his condition. He continued the use of the pills until he had taken eight boxes, and they have restored him to health. His appetite has returned; the pain has left his back; he has gained flesh; is able to ride a bicycle, enjoys life and is able to do a day's work as well as any one of his age. This letter is given gladly so that others may learn the merits of Dr. Williams' Pink Pills, and find a cure if ailing."

Pains in the Side.

Mr. William Johnson, J.P., Ohio, N.S., was for several years a great sufferer from troubles developing out of an attack of measles. Of his illness and cure he has the following to say:—"A little over three years ago I was attacked with a severe case of measles, and although I received the best medical aid, other trouble developed. My right lung appeared to be affected and I suffered great torture from pains in that and in my right side. I was greatly run down and nothing appeared to help me in the least. I was advised to try Dr. Williams' Pink Pills and did so. Almost from the first I noted a marked improvement in my condition, and by the time I had taken ten boxes of the pills the pains which had so long racked me had disappeared; my appetite improved, I gained in weight and strength, and in fact felt like an entirely new man. All this good health I owe to that greatest of all medicines, Dr. Williams' Pink Pills."

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Poor, Watery Blood

From the *Mirror*, Meaford, Ont.

No man in Meaford is better known or more highly respected than Mr. Patrick Delaney, who has been a resident of the town for nearly forty years. Hearing that he had received great benefit from the use of Dr. Williams' Pink Pills, a reporter of the *Mirror* called to obtain particulars of the cure, and Mr. Delaney cheerfully gave him the following statement:—"Last March," said he, "my health became so poor that I was compelled to quit work. The chief symptoms in my illness were extreme weakness in the legs, loss of appetite and palpitation of the heart. The least exertion would cause my heart to palpitate violently, and if I stooped to pick up anything I would be overcome with dizziness. My legs were so weak that I was compelled to sit down to put my clothes on. The doctor I consulted said I had a bad case of anæmia. He prescribed for me and I took three bottles of medicine, but all the while I actually grew worse until I became so weak and emaciated that it seemed impossible that I could recover. Having read of the cures effected by Dr. Williams' Pink Pills, I determined to give them a trial. From the first box I noted an improvement in my condition. My legs became stronger, my appetite improved, and by the time I had used four boxes I felt better than I had done for months. That the pills are a wonderful remedy there is not the least doubt. I can do light work about home without experiencing any of the unpleasant sensations that I once underwent. I feel an altogether different man despite the fact that I am now sixty-seven years of age. All I can say is that I attribute my present health to Dr. Williams' Pink Pills, and I would advise any other similar sufferer to try them."

Headache and Dizziness

There are thousands of girls throughout Canada who owe their good health, if not life itself, to the timely use of Dr. Williams' Pink Pills for Pale People. Among these is Miss Maud Patterson, whose home is in the vicinity of Strathroy, Ont. To a reporter who interviewed her, Miss Patterson said:—"Several years ago I began to suffer from headaches, was easily tired and could see that my health was not what it had been. At first I did not think there was anything serious the matter, and thought the trouble would pass away. In this, however, I was mistaken, for as time went on I became weaker. The headaches attacked me more frequently, my appetite failed; if I stooped I would grow so dizzy that I would almost fall over, I became very pale, and always felt tired and worn out. I was advised to try Dr. Williams' Pink Pills, and I have reason to rejoice that I followed the advice, and as I continued their use, it seemed as though day by day they were imparting new life to me. My appetite improved, the headache disappeared, the pallor left my face, the dizziness that bothered me so much also disappeared, and I felt altogether like a different person. I feel that I owe my renewed health entirely to Dr. Williams' Pink Pills, and as I know that there are many girls who suffer as I did I would urge them to lose no time in giving this medicine a fair trial."

The case of Miss Patterson certainly carries with it a lesson to others who may be pale, languid, easily tired, or subject to headaches, or the other distressing symptoms that mark the onward progress of anæmia. In cases of this kind Dr. Williams' Pink Pills will give more certain and speedy results than any other medicine. They act promptly and directly, making new, rich red blood, and strengthening the nerves, and correct all the irregularities incident to this critical period.

RURAL OMELETS.—Three eggs well beaten, one cup of milk, one tablespoonful of flour, wet with part of the milk, a little salt, butter the size of a nutmeg; have iron pan well heated. Cook slowly until nearly stiffened, then double one-half over.

SALAD DRESSING.—Two boiled potatoes mashed, one tablespoonful of mustard, the yolks of two eggs well beaten, one tablespoonful of salt, five tablespoonfuls of melted butter, or oil if you prefer it. Strain through a sieve; add vinegar to make thick as syrup.

How to Remove Stains.

Mildew, iron rust and grease spots are persistent worries in summer time to the careful mother. Rub mildewed spots well with lemon juice and salt and expose to a hot sun. The most delicate fabric will be unharmed. The spots will disappear.

For removing grease spots take equal parts of strong ammonia, water, ether and alcohol. To prevent the ring forming about the cleansed spot rub with a cloth slightly dampened with same solution. In other words rub out the ring. If the cloth is too wet it will only make another one.

Ink spots should be attended to before they dry to save the garment. Sponge with milk until all the ink is removed, and then sponge with benzine to take out the grease left by the milk. Ink spots can be removed from goods of which the color will not run by applying salts of lemon.

Paint on woollen clothing may sometimes be removed by rubbing the spot with the same cloth. It is supposed that the paint disappears in the fuzz produced by the rubbing. If this is not successful try turpentine.

A Racking Cough

From the *Times*, Picton, Ont.:

Nothing racks the body more than a severe cough. If it is allowed to run for any length of time it is very hard to get rid of, and often leads to that most dreaded of all diseases—consumption. Such a sufferer was Mr. Thomas Jinks, of Prince Edward county. Mr. Jinks relates the following facts to a *Picton Times* reporter:—"I am sixty-seven years of age, and for the last twenty years I have had a bad cough. I was troubled with catarrh, which started in my head, but later spread to my stomach, leaving me dyspeptic. For two years I was troubled with pains in the stomach, and was not able to raise my arms above my head without experiencing severe pains about my short ribs and stomach. Then my kidneys began to trouble me and at times I could not get out of a chair without help. My limbs and feet were often so swollen that I was unable to lace my boots, but as soon as the swelling went down I was but a mere shadow. My wrists and arms were so shrunken that I could span them with ease. My cough racked my whole body. I have sat up in bed and coughed the whole night long. I tried several doctors without success. They finally told me I was in the first stages of consumption. In the spring of 1899 a little pamphlet was thrown in the hall door telling about Dr. Williams' Pink Pills, and I decided to try them. Before finishing the second box I noticed a change, and after using them for a couple of months I was completely cured and the cough had left me. At present my health is as good as I can wish for, and I can truly say through all my suffering I never got any permanent relief until I took Dr. Williams' Pink Pills."

Mr. Jinks added that it was not in his own case alone that Dr. Williams' Pink Pills had proved of advantage in his family. His daughter, Miss Mildred, was in very poor health and scarcely able to go around. In fact, her friends feared her trouble was developing into dropsy. She used five boxes of the pills and is now enjoying the very best of health.

Mrs. Peter MacDonald, of Charlottetown, P.E.I., says:—"For several years past I have suffered very much from stomach trouble, attended, as is usually the case, with distressing sick headaches and constipation. It is needless to say that I suffered terribly, and was wasted almost to a shadow. At different times I was under the treatment of two doctors, but their best efforts only gave me temporary relief, as the trouble invariably returned, and with each succeeding attack my condition was growing worse and worse. I had read in our local papers a great deal concerning cures effected by Dr. Williams' Pink Pills, and I finally decided to give them a trial. After the use of the first two boxes I could see that they were of benefit in my case, and I continued their use until I had used in all about a dozen boxes, when I found my health fully restored, and I have not since been in any way afflicted with the trouble. Judging by what Dr. Williams' Pink Pills have done in my case, I can recommend them with confidence to other similar sufferers."

Mrs. Robert Rector, Farrisboro, N.S., writes: "I always use your Dr. Williams' Pink Pills as a Spring medicine, and find nothing to equal them for renewing the energy lost during the long winter months. I may just add that I first began their use on the advice of a physician, and I have had reason to thank him for his disinterested advice."

A Weak Stomach.

Mr. John Nolan, Brockville, Ont., says:—"Some months ago I had a severe attack of stomach trouble, and grew so bad that I could not retain solid foods. I was forced to give up my work and went to the General Hospital for treatment. I remained there for several weeks, but found little improvement in my condition. As I was unable to eat I was very much run down in health, and was very despondent. When I returned home from the hospital a neighbor advised me to try Dr. Williams' Pink Pills. After I had used five boxes I found my health perfectly restored. I can now eat as heartily and do as hard a day's work as any man, and I owe this entirely to Dr. Williams' Pink Pills."

Mr. J. Palmer, Clanwilliam, B.C., writes: "I suffered great torture from indigestion and its accompanying symptoms, and was unable to find any relief until I began using Dr. Williams' Pink Pills. The pills have fully restored my health and I would strongly recommend them to other sufferers."

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A Victim of Insomnia

Mrs. Douglas Kilts, of Perry Station, Ont., says:—"Three years ago I had a very severe attack of la grippe, and the disease left me in an extremely worn out, nervous, and enfeebled condition. The nervousness was so severe as to have almost resulted in St. Vitus' dance. Sleep forsook me. I had had attacks of heart trouble, and the headaches I endured were something terrible. I had no appetite, was not able to work about the house and was so weak that I could scarcely lift a cup of tea. I was treated by a good doctor, but with no benefit. Almost in despair, I resorted to patent medicines, and tried several one after another, only to be disappointed by each. I lingered in this condition until the winter of 1899, when a friend prevailed upon me to try Dr. Williams' Pink Pills, and I began taking them. From the first the pills helped me and I could feel my strength gradually returning. I continued the use of the pills until I had taken eight boxes, when I was again enjoying perfect health. My strength had entirely returned, my appetite was splendid, the heart trouble and nervousness had ceased, while the blessing of sleep, once denied, had again returned. I had gained over thirty pounds in weight, and was able to do all my housework with ease. In fact I had received a new lease of life. I believe my cure is permanent, as more than a year has since passed and I feel so strong and well that I venture to say there is not a healthier woman in this section; and this has been brought about by the use of Dr. Williams' Pink Pills. I feel that I cannot say enough in their praise, for I believe they saved my life. My son has also received the greatest benefit from the use of these pills in a case of spring fever."

Malarial Fever

From the *Sun*, Orangeville, Ont.

Among the oldest and most respected residents of Orangeville is Mrs. John Huskinson, whose daughter Emma, has for a number of years been an acute sufferer from the after effects of malarial fever. A reporter of the *Sun* hearing of the effects Dr. Williams' Pink Pills have had on Miss Huskinson, called to enquire into the truth of the rumor. After stating the reason of his visit, Mrs. Huskinson gave him the following facts:—"Some years ago, my daughter Emma, who is now captain of a corps of the Salvation Army, was attacked by malarial fever. She was under a doctor's care for a long time and although she recovered sufficiently to go about, the after effects of the fever left her very weak and the doctor did not seem able to put any life into her. She had frequent headaches, was very pale, and the least exertion would fatigue her. We thought a change might do her good, and consequently she went on a visit to Toronto. While there she was advised to try Dr. Williams' Pink Pills. Before she had finished the second box she noted a marked change for the better; her appetite improved and her color returned, the feeling of exhaustion had disappeared, and by the time she had taken half a dozen boxes she was enjoying the best of health, and all her old-time vigor had returned. Although her work in the Salvation Army is hard and exposes her to all kinds of weather, she has since been able to do it without the least inconvenience.

"Some time after my daughter's cure I was myself completely run down, and to add to my trouble was seized with a severe attack of rheumatism. Remembering the benefit my daughter had received from Dr. Williams' Pink Pills, I decided to use them, and before I had taken half a dozen boxes I felt fully recovered and have been in the best of health ever since. My advice to all ailing is to use Dr. Williams' Pink Pills for Pale People."

When varnish gets on any garment the cleansing should be done as soon as possible. Wet the varnish thoroughly with alcohol two or three times and then sponge off with a clean cloth. If the color has been affected the material should be sponged with chloroform unless the color is blue; then vinegar or acetic acid should be used instead of the chloroform. Both of these are hard on the hands and should be used with caution. Muddy spots on white dresses may be removed by washing in a solution of carbonate of soda in water. Lay the soiled part on a cloth and sponge well.

One often notices on new linen, yellow stains left by the sewing machine. Such garments should not be put into the wash until the spots have been well rubbed with liquid ammonia. Repeated applications of fresh lard or butter will come as near as anything to removing tar, though a spot is almost always left.

Fine linen is continually in danger of iron-rust, and unless such spots are attended to at once there is little hope of removing them. Soak the spot well, as if for general washing, pass a hot iron over a wet cloth, and when the latter steams well put it under the stained garment; then on the upper side of the goods, rub a little oxalic acid where the spots show. The action of the acid is hastened by the heat and the moisture. The rust disappears. Then the whole garment should be washed with soap.

Blood stains are about as difficult as any to get out. Here starch comes into use. Make a thin paste and spread on the stain. Leave it to dry. Then brush off. Generally the stain will go with the starch. The worst stains, however, will require several applications of the starch.

Often the shrinking effect of rain drops seems to have ruined light silks, when all that is required is to iron the silk on the wrong side with a piece of muslin between the goods and the iron.

Pale and Dejected

THE TRYING CONDITION OF MANY WOMEN—SUBJECT TO HEADACHES, DIZZINESS AND HEART PALPITATION. THEY GROW DISCOURAGED AND PREMATURELY OLD.

From the *Review*, Windsor, Ont.

"Dr. Williams' Pink Pills is the only medicine that ever gave me any real benefit," said Mrs. R. K. Harris, a well known resident of Windsor, to a representative of the *Review* recently. "I do not know exactly what my trouble was; doctors seemed unable to tell me, though I thought myself it was consumption. I had a racking cough, and a constant feeling of languidness. My blood seemed to have turned to water, and I was very pale. I had a feeling in my chest as though some foreign substance was lodged there. The slightest noise made me nervous; I was dejected all the time and could scarcely do any household work. Doctors did not seem able to help me or tell me what ailed me, although their bills increased with alarming rapidity. I grew so weak and so despondent, that finally I decided to take a trip to Colorado to see if a change of climate would benefit me. While contemplating this trip I read in a paper one day the testimonial of a person whose symptoms were almost identical with my own, who was cured by Dr. Williams' Pink Pills. I decided to give them a trial and purchased a box. When that box was done I got another, and found gradually that the pills were helping me. The trip to Colorado was abandoned, and I continued using the pills until I had taken eight or nine boxes, when I felt like an altogether different person. From a pale, thin, listless person, I became the picture of health, and felt it too. It is several years since I used the pills, and I have not had any return of the trouble. I am positive Dr. Williams' Pink Pills saved me from an early grave, and I cannot recommend them too highly to those who are afflicted as I was."

Mrs. Jas. Patterson, Chilliwack, B.C., writes: "My daughter was in poor health and her system badly run down, when we decided to give her Dr. Williams' Pink Pills. Six boxes have made her a strong, healthy girl, and I gladly recommend them in similar cases."

Mrs. Thos. Kennedy, Tonoka, N.W.T., writes: "Before beginning the use of Dr. Williams' Pink Pills I was a great sufferer from rheumatism and palpitation of the heart. I secured a supply of the pills, and after using them a short time all traces of my former troubles left me, and I am now enjoying the best of good health."

Mr. Neil H. McDonald, Estmere, N.B., writes: "I am glad to be able to say I have found Dr. Williams' Pink Pills a great medicine, and all that you claim for them. I was completely run down; my appetite was poor and I suffered much from severe headaches. Doctor's medicine gave me no relief, so I decided to try your Dr. Williams' Pink Pills. I had only used a few boxes when my former health returned, and now I feel like a new man."

Weak and Easily Tired

Miss Dora Lonsbury, Windsor, Ont., says: "For several years I was troubled with female weakness. My appetite was poor, I was very pale and the least exertion would leave me breathless. At times I felt so tired and worn out that when I went to bed I could not sleep. I used several medicines, some of which did me absolutely no good, while others gave me some relief while taking them, but as soon as I stopped them I relapsed to my former condition. Finally through reading about Dr. Williams' Pink Pills in the newspapers I decided to try them, and had not taken them long before I discovered that they were unlike all other medicines I had tried. I steadily gained in health and strength, got new color, and the feeling of weariness that had oppressed me disappeared. It is now some time since I stopped taking the pills, but I have had no return of the trouble, and I feel that the cure is permanent."

Mrs. J. T. Carter, Sarnia, writes: "I used your Dr. Williams' Pink Pills for nerve and stomach troubles and found them a great medicine."

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Weak from Infancy

THE UNFORTUNATE CONDITION OF MISS ERNESTINE CLOUTIER—AS SHE GREW OLDER HER TROUBLES BECAME MORE PRONOUNCED.

From the *Telegraph*, Quebec.

No discovery in medicine in modern times has done so much to bring back the rich glow of health and the natural activity of healthy young womanhood to weak and ailing girls as has Dr. Williams' Pink Pills. Girls delicate from childhood have used these pills with remarkably beneficial effects, and the cherished daughter of many a household has been transformed from a pale and sickly girl into a happy and robust condition by their use.

Among the many who have regained health and strength through the use of Dr. Williams' Pink Pills is Miss Ernestine Cloutier, the fifteen year old daughter of Mr. G. A. Cloutier, residing at No. 8 Lallemand street, Quebec city. Mr. Cloutier in an interview with a representative of the *Telegraph* gave the following account of his daughter's illness and recovery:—"Almost from infancy my daughter had not enjoyed good health, her constitution being of a frail character. We did not pay much attention to her weakness as we thought she would outgrow it. Unfortunately this was not the case, and as she grew older she became so weak that I got alarmed at her condition. For days at a time she was unable to take out-of-door exercise; she became listless, her appetite failed her, and as time went on she could not stand without supporting herself against something, and at times she would fall in a faint. I called in a doctor, but his medicine did not help her, and she was growing weaker than ever. Another physician was then consulted who pronounced her case one of general debility, and gave me very little hope for her recovery. Some months ago while reading one of the daily papers I came across the case of a young woman cured by the use of Dr. Williams' Pink Pills, so I determined to give them a trial. After she had used about three boxes the color began to come back to her cheeks and she began to grow stronger. Greatly encouraged by this, she continued to use the pills for several months, and now she is as well as any girl of her age. Her appetite is good and she has gained thirty-five pounds in weight. Dr. Williams' Pink Pills have built up her system and have made her healthy and active after doctors failed to benefit her. I believe that Dr. Williams' Pink Pills are the greatest known medicine for growing girls and I would advise their use in all cases similar to that of my daughter's."

A poor ironer is one of the great trials of housekeeping. Scorched clothes are often discarded as hopeless, but if not too much burned may be made all right by the patient use of onion juice. Bake the onion and squeeze out the juice. Mix it with an ounce of Fuller's earth, a little shredded soap and a wineglassful of vinegar. Heat the mixture till the soap is dissolved. Then wait till it is cold before applying. Rub it well over the scorched place, leave to dry and then put the garment in the regular washing.

It is sometimes difficult to remove large coffee stains. First pour boiling water through the stain, then dip the spot in strong ammonia water, rinse in cold water and put out in the sun to bleach. For tea stains nothing is needed but plain water.

Household Hints.

If a dish gets burnt in using, do not scrape it; put a little water and ashes in it and let it get warm.

Drain pipes and all places that are sour and impure may be cleaned with lime water or carbolic acid.

To draw rusted nails, first drive them in a little, which breaks the hold, and then they may be drawn out much easier.

Pieces of cheese-cloth make the very best kind of dusters. Hem the edges and have a large enough supply, so that one set can be washed each day.

Clean knives with soft flannel. If rusty use wood ashes, rubbed on with a newly-cut bit of Irish potato. This will remove spots when nothing else will.

Lemons may be kept fresh for a long time by putting them in cold water and placing them in a cool place. The water should be changed every two or three days.

To make first-class mucilage, get one ounce of gum arabic and ten cents' worth of gum tragacanth; put half of each in a wide-mouthed bottle and cover with a gill of water; set in a warm corner of the stove two or three hours to dissolve.

To mend china or broken earthenware, take a very thick solution of gum arabic in water and stir into it plaster of Paris until the mixture becomes of the consistency of cream. Apply with a brush to the broken edges of the ware and join together.

A convenient substitute for a corkscrew may be found in the use of a common screw, with an attached string to pull the cork.

DYSPEPSIA AND KIDNEY TROUBLE

From the *Progress*, Lunenburg, N.S.

Capt. Adnah Burns, of Dayspring, Lunenburg Co., N.S., is a prominent representative of a large class of men in Nova Scotia, who, during much of the year, follow the dangerous occupation of deep sea fishing. He is 43 years of age, and is to-day a healthy, vigorous representative of his class. Capt. Burns, however, has not always enjoyed this vigorous health, and while chatting recently with a representative of the Lunenburg *Progress*, he said he believed that but for the timely use of Dr. Williams' Pink Pills he would have been a chronic invalid. "From 1895 to 1898," said Capt. Burns, "I was the victim of a complication of troubles. I suppose they had their origin in the hardship and exposure I so frequently had to undergo. My illness took the form of dyspepsia and kidney trouble. The foods which I ate did not agree with me, and frequently gave me a feeling of nausea, and at other times distressful pains in the stomach. Then I was much troubled with pains in the back due to the kidney trouble. Finally I took a severe cold which not only seemed to aggravate these troubles but which seemed to affect my spine as well, and I became partially rigid in the arms and legs. I was forced to quit work, and doctored for a time with little or no benefit. Then I dropped the doctor and began taking other medicines, but with no better result. By this time I was run down very much, and was depressed both in mind and body. While in this condition I chanced to read the testimonial of a cure made by the use of Dr. Williams' Pink Pills. The straightforward manner in which the story was told gave me hope and I determined to try these pills. I sent for three boxes. Of course I did not expect that this quantity would cure me, but I thought it would probably decide whether they were suited to my case. I must say they seemed to act like magic, and before the pills were gone there was a decided improvement. I then got a half dozen boxes more and before they were gone I was back again at work and enjoying the blessing of vigorous health. Occasionally when suffering from the effects of exposure or overwork I take a box or two of Dr. Williams' Pink Pills and they always put me right. I have recommended these pills to many persons variously afflicted and have yet to hear of the first instance where they have failed to give good results where they were fairly tried."

It is such endorsements as these that give Dr. Williams' Pink Pills their great popularity throughout the world. Neighbors tell each other of the benefits they have derived from the use of these pills and where a fair trial is given the results are rarely disappointing.

Mrs. Leander Dubec, St. Luc, Que., says: "I was a great sufferer from dyspepsia, and found no relief until I began the use of your Dr. Williams' Pink Pills. They completely restored my health, and I am now able to eat anything I may fancy."

Miss Annie Macdonald, Baddeck, N.S., says: "While attending the academy last year I studied hard, frequently staying up until past midnight. This soon began to tell upon me and I grew ill, and in spite of my efforts trying to go to school, I had to give in and call a doctor. He told me the trouble was anemia, and gave me some medicine which helped me some, but did not fully restore my health. I then decided to try Dr. Williams' Pink Pills, and thanks to them I am enjoying the best of health."

Mrs. J. D. Brune, Miscou Harbor, N.B., writes:—"Having used your Dr. Williams' Pink Pills it gives me pleasure to recommend them to other sufferers. I consider them such a great medicine that I would not be without them."

If you need a medicine be sure to get Dr. Williams' Pink Pills for Pale People. Don't try "something else just as good." The "something else" isn't just as good, but the man who tries to sell it makes more money. Dr. Williams' Pink Pills is what you want and what you should ask for.

Mrs. John McKerr, Chickney, N.W.T., writes:—"Dr. Williams' Pink Pills have saved me many a dollar in doctor bills. For some years I was greatly afflicted with ailments that make the life of so many of my sex miserable. I found no relief until I began the use of Dr. Williams' Pink Pills, but since that time, I have felt like a new person. I know of a number of other women here who have been similarly benefited, and I believe these pills are worth their weight in gold to those who suffer from female complaints or general prostration."

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An Attack of Lumbago

While life as a farmer is one of considerable independence, it is very far from being one of ease. The very nature of the calling is one that exposes its followers to all sorts of weather, and it is perhaps not surprising that so many farmers suffer from chronic ailments. Mr. Thos. McAdam, of Donagh, P. E. I., is a fair example of this class. Mr. McAdam himself says:—"I was always looked upon as one having a rugged constitution; but the hard work, coupled with the exposure incident to life on a farm, ultimately proved too much for me. About eighteen months ago I was attacked with pains in the small of the back and thighs. At first they were of an intermitent nature, and while they were extremely painful, would pass away after a day or two, and might not bother me again for weeks. As the attacks, after each interval, grew more and more severe, I became alarmed and consulted a doctor, who said the trouble was lumbago. His treatment would give temporary relief but nothing more, and ultimately I was almost a cripple. To walk, or even to move about in a chair, or turn in bed caused intense agony, and in going about I had to depend upon a cane. If I attempted to stoop or pick anything up the pain would be almost unbearable. This condition of affairs had its effect upon my whole system and for a man in the prime of life, my condition was deplorable. I think I had tried at least half a dozen remedies before I found relief and a cure, and this came to me through the use of Dr. Williams' Pink Pills, which a friend urged me to try. I felt some relief before the first box was all gone and by the time I had taken five boxes, I was as well and smart as ever, and although months have now passed I have not had any return of the trouble. My cure is entirely due to the use of Dr. Williams' Pink Pills and the only regret I have is that I did not try them at the outset. Had I done so I would not only have been saved much suffering, but considerable money as well."

A Feeling of Weariness

At White Rock Mills, within sound of the noisy swish of the Gaspereau river, is a pretty little cottage. In this cottage there dwells with her parents Miss Belle Cohoon, a very bright and attractive young lady who takes a lively interest in all the church and society work of the little village. A short time ago a representative of the Wolfville Acadian called upon Miss Cohoon for the purpose of ascertaining her opinion of Dr. Williams' Pink Pills—which remedy he had been informed she had been using. He was cordially received and found both Miss Cohoon and her mother enthusiastic friends of this great Canadian remedy, which is now so universally used throughout the world. We give in essentially her own words Miss Cohoon's story:—"Three years ago this spring my health was very much run down. I had not been feeling well for some time and when spring opened up and the weather became warmer my condition became worse. The least exertion exhausted me and was followed by an awful feeling of weakness and a rapid palpitation of the heart. I seemed to lose my ambition, and a feeling of languor and sluggishness took its place. My appetite failed me and my sleep at nights was disturbed and restless. In fact I was in a very sorry condition. I suffered in this way for some time. Then I began the use of Dr. Williams' Pink Pills and they soon began to work a change for the better. My strength and spirits improved wonderfully, and the old feeling of tiredness began to leave me. My appetite returned and my weight increased steadily. By the time I had used a half a dozen boxes I felt stronger than I had done for years. Since that time whenever I feel the need of a medicine a prompt use of Dr. Williams' Pink Pills has always brought me speedy relief, and in future when ailing I shall never use anything but these pills, and strongly advise others to follow my example."

Are you easily tired, lack energy, feel weak in the back, do not care for food, cannot relish your work, and take no interest in life? Are you nervous and subject to headaches? If so, it is a tonic you need. Use Dr. Williams' Pink Pills for Pale People—the best tonic in the world—they make people strong.

To Serve With Meats.

Roast beef—grated horseradish. Roast mutton—currant jelly. Boiled mutton—caper sauce. Roast pork—apple sauce. Roast lamb—mint sauce. Venison or wild duck—black currant jelly. Roast goose—apple sauce. Roast turkey—oyster sauce. Roast chicken—bread sauce. Compote of pigeons—mushroom sauce. Broiled fresh mackerel—sauce of stewed gooseberries. Broiled bluefish—white cream sauce. Broiled shad—rice. Fresh salmon—green peas with cream sauce.

DIZZINESS AND NAUSEA

Teaching is at the best an onerous profession, and when coupled with this work the ambitious teacher is studying for a higher grade, it is not to be wondered that health gives way. This was the condition in which Miss Nellie Cutten, a bright, capable teacher at Canaan, N.S., found herself. To a reporter of the *Acadian* she said:—"You see, in addition to my teaching, I had been studying very hard over my 'B' work, and then I was attacked with whooping cough, which did not leave me for a long time, and so I became pretty well run down. I was always considered the embodiment of health at home, but last autumn I was really alarmed over my condition. Sometimes in the school-room I would be seized with dizziness, and often I would faint away. I would take vomiting turns also, and had a feeling of nausea and languor all the time. I lost my color and became thin and pale, and it seemed as if my blood had turned to water.

This condition of things was so different from anything which I had previously experienced that I sought medical advice at once. I was informed that I was suffering from anemia, and I at once put myself under medical treatment. But although I tried several bottles of prescriptions, my condition seemed to be getting worse all the time. When I went home for my Christmas vacation, I was almost in despair. It was while I was at home, however, that my friends advised me to use Dr. Williams' Pink Pills. Acting upon their advice, I took up their use. The first box made its effect felt, but I used four or five and then the cure was complete. Ever since then my health has been excellent and I have felt my old time self, and am able to attend to my duties, which are by no means light, without the fatigue and languor that made the work irksome."

PAINS IN THE STOMACH

Mr. Geo. Ziegler, district manager for the Northern Life Assurance Co., at Kingston, Ont., and well known throughout the district, says:—"Some years ago I was badly troubled with pains in my stomach. At that time I was working as a printer in the *Whig* office, and so much did the pains bother me that some days I found it difficult to stick to my work. This went on for a long time, the pains gradually becoming more severe. I tried many medicines, but they did not cure me. Not a thing that I ate agreed with me, and the trouble finally developed into a severe attack of indigestion, the pains in the stomach being at times accompanied by headache and dizziness. Not being able to digest my food I began to run down in health and strength. Hoping for an improvement in my condition I gave up printing and went into the insurance business, but this change produced no beneficial results. A friend recommended Dr. Williams' Pink Pills and I determined to follow the advice, and at the same time to give them a fair trial. The result was that the symptoms gradually disappeared and now I feel as well as I ever did in my life. I am prepared to testify that Dr. Williams' Pink Pills have been a great boon to me and I have no hesitation in recommending them to anyone suffering with indigestion or any form of stomach trouble."

Pink colored pills sold in loose form, by the dozen, hundred or ounce, are not Dr. Williams'. The genuine are put up in boxes, the wrapper around which bears the full name "Dr. Williams' Pink Pills for Pale People," printed in red ink on white paper.

Miss Stowards, Arrow River, Man., writes: "For months I was a constant sufferer from that terrible malady "rheumatism," but thanks to your Dr. Williams' Pink Pills I am now as well as ever I was. Similar sufferers would do well to give these pills a trial."

You can obtain Dr. Williams' Pink Pills for Pale People from most dealers if you insist upon it. If a dealer offers you anything else promptly refuse it. If you cannot get the pills at home they will be mailed, post-paid, at 50 cents a box or six boxes for \$2.50 by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

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What to do in Emergencies.

When a person faints away do not lift the body to a sitting or standing position, but allow the patient to lie at full length on the floor, face upward. Loosen the clothing, keep people from crowding around and let him alone. Do not dash water over a person in a simple fainting fit. The fit is caused by a lack of blood supply to the brain and the horizontal position makes it easier for the heart to pump the blood to the brain.

When poison has been swallowed send for a doctor, but do not wait inactive for his arrival. He may be too late. Run to the kitchen, get about half a glass of water, put into it about a teaspoonful of salt and about the same quantity of ground mustard. Don't stop to measure the quantity exactly, as every second counts. Stir the mixture an instant and catch hold of the patient's nose so tightly that he is compelled to open his mouth for breath. As soon as the mouth opens force the mixture down and soon the poison will come up. If the doctor has not arrived by this time make the patient swallow the white of a raw egg, followed by a cup of strong coffee. The above treatment will apply to a wider range of poisons than any other and is worth remembering.

When an artery is severed the blood comes out in spurts and jerks. There is no time to send for a doctor; if the flow of blood is not stopped the patient may be dead in five minutes. Keep cool but be quick. Take out your handkerchief and wrap it around the limb *between the wound and the heart*, tie the two ends together, put a stick through the band thus formed and twist it around, tighter and tighter, until the blood ceases to flow. Maintain the pressure until surgical aid arrives.

When the blood flows from a wound in a regular stream, not in spurts, it is a vein, not an artery, that has been severed. There is need of less hurry, but the treatment is the same except that the pressure must be applied to the limb *below the wound*. The reason for this is that in the arteries the blood flows away from the heart, while in the veins it flows toward the heart.

Mr. Fred W. Brown, Kingsbury, Que., writes:—"I have been using your Dr. Williams' Pink Pills for poor and watery blood and have found them to be without an equal as a remedy for this trouble."

How to Get Strong

SPECIAL WORDS TO MEN, YOUNG AND OLD, WHO ARE FEEBLE AND DESPONDENT.

Dr. Williams' Pink Pills have an especial action (through the blood) upon the sexual organs of both men and women. It is a well recognized fact that upon the healthy activity of the sexual apparatus depends the mental and physical well-being of every person come to adult years. It is that which gives the glow of health to the cheek, brightness to the eye, the elastic step, the ringing laugh, and the strong right arm of manhood.

Where the system has been injured by errors of living, Dr. Williams' Pink Pills stand unrivalled. They build up the system shattered by excesses or disease, and cure the various ills caused thereby, viz.: spermatorrhœa, impotence, nervous despondency, loss of memory, confusion of ideas, irritability of temper, pain in the small of the back, and draining of the prostatic fluid. Stop any practices that may have caused the trouble. This is imperative, or a cure cannot be looked for. Take the pills regularly, first, one after each meal, gradually increasing the dose to three pills thrice daily. Bathe the body each morning in cold water, using vigorous friction of the skin with a Turkish towel. Go to bed early and rise early. Sleep on a hard bed with a light covering. Take outdoor exercise. Live a pure and manly life, and engage heartily in some healthy occupation.

BABY'S OWN TABLETS

(REGISTERED)

A Gentle but Effective Laxative and Comforting Medicine for Infants and Children

HARMLESS AND GUARANTEED TO CONTAIN NO OPIATE

**Replaces with Great Advantage Castor Oil, Senna, Liquorice Powder,
and other Nauseous, Bulky and Gripping Drugs**

It is a fact universally conceded among medical men, that derangements of the stomach or bowels either cause or aggravate nearly all the disorders to which infants and children are liable.

Baby's Own Tablets (Dr. Williams') clear away all offending materials in a thorough, but gentle manner; reduce fever, break up cold, relieve croup, expel worms, check diarrhoea, sweeten the stomach, allay the irritation accompanying the cutting of teeth, quiet the nerves, promote sleep and repose, cure colic, etc.

Baby's Own Tablets should be in every home in the land where there are little ones, as they will render prompt and valuable aid in the majority of ills to which babies are liable. The Tablets are pleasant to take and have positively no drug taste. Mothers who once use these Tablets never afterwards resort to the numerous harsh purgatives that gripe and torture baby, nor to the so-called "soothing" preparations which in most cases contain poisonous opiates. For very young infants the Tablets may be crushed and given dissolved in a teaspoonful of water.

Read what mothers who have used these Tablets in their families have to say about them:—

Mrs. Thos. Sullivan, Pembroke, Ont., says:—"Baby's Own Tablets are a valuable medicine for little ones, and I would not be without them in the house."

Mrs. A. Macdonald, Merton, Ont., writes:—"Please send me another box of Baby's Own Tablets. These Tablets are the best medicine for baby I have ever used."

Mrs. Chas. A. Luddington, New Harbor, N.S., writes:—"I enclose you one dollar for four more boxes of Baby's Own Tablets. Those already used have been of the greatest benefit to my little ones."

Mrs. H. H. Fox, Orange Ridge, Man., writes:—"I have found Baby's Own Tablets a perfect medicine for children of all ages, and would not be without them in the house. They are truly a baby's comfort and mother's friend."

Mrs. Walter Brown, Milby, Que., says:—"I have never used any medicine for baby that did him as much good as Baby's Own Tablets. I would not be without them."

Mrs. G. H. Rumball, Merlin, Ont., writes:—"My experience with Baby's Own Tablets has been of the most satisfactory nature and I intend keeping them in the house."

Mrs. David Cooper, Oak Point, N.Y., writes:—"Baby's Own Tablets are an indispensable medicine in every home where there are infants and small children. They speedily relieve and cure the common ailments incident to childhood."

Mrs. Scanlon, 599 Drolet Street, Montreal, Que., writes:—"Enclosed please find one dollar, for which send me a supply of Baby's Own Tablets. They are the best medicine we have ever used for children, and we would not be without them in the house."

Mrs. Ed. Jones, 55 Christie street, Ottawa, Ont., says:—"Have used Baby's Own Tablets and find them just the thing for baby."

Mrs. J. F. Harrigan, Huntingdon, Que., writes:—"I have used Baby's Own Tablets in our home for over a year, and I can say they are all that is claimed for them."

Mr. W. J. Bradley, Manager Clothing Department for Messrs. R. Davis & Sons, Brockville, Ont., writes us:—"We have used Baby's Own Tablets with our boy in all his baby troubles, since he was two months old, and they have always helped him."

CONSTIPATION.—Mrs. Alex. Lafave, Copper Cliff, Ont., says:—"I would advise all mothers to keep Baby's Own Tablets in the house at all times. When I began giving them to my baby he was badly constipated, and always cross. He is now four months old, has not been troubled with constipation since I gave him the Tablets, and he is now always happy and good natured. Mothers with cross children will easily appreciate such a change. I enclose 50 cents for two more boxes of the Tablets, and will never be without them in the house while I have children."

INDIGESTION.—Mrs. Robert Gibbons, Brockville, Ont., says:—"I feel that I should add my testimony to the many you must receive for such a wonderful preparation as Baby's Own Tablets. I walked the floor night and day with my baby, had every medicine for indigestion we could hear of and received no benefit until we tried Baby's Own Tablets, and the change was wonderful. I would not be without a box of Baby's Own Tablets as long as we have a baby in the house."

INFANTILE CHOLERA.—Mrs. Rachel Broderick, 400 Centre St., Point St. Charles, Montreal, writes:—"I am pleased to be able to testify to the benefit Baby's Own Tablets have been to my children. When I purchased the first box my youngest child was very ill with infantile cholera. By giving him the Tablets and dieting him according to directions, he was quite well in a few days. In my opinion there is no medicine equal to Baby's Own Tablets for little ones."

COLIC.—Mrs. John P. McEwan, Bathurst Village, N.B., writes:—"I am sending for another box of Baby's Own Tablets because they are the best medicine for children I know of. When I got the first lot my baby was suffering from colic, and a few days put him all right. Mothers will make no mistake in keeping these Tablets always at hand."

CONVULSIONS.—Mrs. A. Boutillier, Ingram River, N.S., writes:—"Baby's Own Tablets have been a great benefit to my baby. Before I gave him the Tablets he was troubled with convulsions at frequent intervals, but has since been free from them. Every mother should use these Tablets for her little ones."

FROM A TRAINED NURSE.—The following is from a lady who graduated as trained nurse from the Western Hospital, Montreal:—"Having used Baby's Own Tablets for several years in the course of my professional experience as sick nurse, and latterly with my own baby, I wish to testify to the superiority of the Tablets over any other medicine for babies. They both prevent and cure the ailments to which babies are liable, with certainty and promptness, and are free from all objectionable action."
(Signed) MRS. MARTHA SOPER.

Any mother who will send us her name and address, plainly written on a post card, will be sent free of all cost, a valuable little book upon the care of infants and young children.

Baby's Own Tablets may be had from druggists or will be sent post-paid on receipt of 25 cents, by addressing

THE DR. WILLIAMS' MEDICINE CO., Brockville, Ont.

How to Make Poultices.

BREAD AND MILK POULTICE.—Put a tablespoonful of the crumbs of stale bread into a gill of water, and give the whole one boil up. Or, take stale bread-crumbs, pour over them boiling water and boil till soft, stirring well; take from the fire and gradually stir in a little glycerine or sweet oil, so as to render the poultice pliable when applied.

HOP POULTICE.—Boil one handful of dried hops in a half pint of water, until the half pint is reduced to a gill, then stir into it enough Indian meal to thicken it.

MUSTARD POULTICE.—Into one gill of boiling water stir one tablespoonful of Indian meal; spread the paste thus made upon a cloth, and spread over the paste one teaspoonful of mustard flour. If you wish a mild poultice use a teaspoonful of mustard as it is prepared for the table, instead of mustard flour. Equal parts of ground mustard and flour made into a paste with warm water, and spread between two pieces of muslin, form the indispensable mustard plaster.

WORMWOOD AND ARNICA are sometimes applied in poultices. Steep the herbs in half a pint of cold water, and when all their virtue is extracted stir in a little bran or rye meal to thicken the liquid; the herbs must not be removed from the liquid. This is a useful application for sprains or bruises.

GINGER POULTICE.—This is made like a mustard poultice, using ground ginger instead of mustard. A little vinegar is sometimes added to each of these poultices.

BABY'S OWN POWDER

[REGISTERED]

FOR THE NURSERY AND ALL TOILET PURPOSES**A PERFECTLY PURE, ANTISEPTIC AND REFRESHING SKIN POWDER—GOOD IN ALL CONDITIONS OF THE SKIN.**

Baby's Own Powder soothes and allays all heat, chafing, irritation, eczema, and every other form of skin disturbance. Chafing is impossible when Baby's Own Powder is used.

Through its soothing, cooling properties Baby's Own Powder gives immediate relief when applied to persons suffering from prickly heat, scarlatina, measles, chicken pox, etc. It prevents excessive or offensive sweating of the feet, arm-pits, and other parts of the body, and removes offensive odors. After shaving it is unexcelled. For the complexion it is unequalled. For tan, sunburn, bites of insects, it is cooling and curative.

As a dentifrice it is most desirable. It cleanses the teeth, sweetens the breath and hardens the gums. In fact there is no toilet purpose for which a powder can be used in which Baby's Own Powder will not be found superior to all others.

Baby's Own Powder may be had from druggists, or will be sent post-paid on receipt of 25 cents by addressing

**THE DR. WILLIAMS' MEDICINE COMPANY,
BROCKVILLE, Ont.**

Hints for the Kitchen

To cure creaking doors, rub a little soap or a mixture of tallow and black lead on the hinges, or apply to them with a feather a little sweet or sperm oil once or twice a year.

To prevent glass from cracking. When boiling water is poured suddenly into a glass jar the glass will crack if there is nothing to carry off the heat from the glass, because then the glass retains the heat, and the expansion breaks it. If a metal spoon is in the glass, or the jar is placed on a wet folded towel, these absorb and carry off the surplus heat and save the glass.

Tepid water, with a little borax dissolved in it, is good to wash colored table linen in. Nice tablecloths and napkins should not be allowed to become much soiled so that they will require vigorous rubbing with soap or in hot water.

To remove foul air from wells, throw into the well a quantity of burned, but unslaked, lime; when it comes in contact with the water, a quantity of heat is set free from the water and lime, which rushes up, carrying the gases with it, after which the descent may be made in safety. Always lower a light before descending; if the light is extinguished there is still danger, and the operation of the lime should be repeated.

A good dish-cloth can be made of four folds of mosquito netting, basted together. This is porous and light as a sponge, and can be cleaned with the least labor and rendered perfectly sweet.

To store blankets, spread a large coarse sheet on the floor; fold up the blankets and place them on it, having sprinkled between every fold either shreds of tobacco or bits of camphor; having piled the blankets smoothly, put the remainder of the sheet around them and over them, and pin up tightly in various places; then lay the whole in a large chest or dark closet; let them remain unopened during the summer.

When the firebricks have become covered with clinkers which have fused and adhered, they may be cleaned by throwing oyster or clam shells into the firebox when the fire is very hot and allowing the fire to go out. The clinkers will generally cleave off without the use of much force the next morning. From one quart to a peck will be sufficient for most stoves, and the operation can be repeated if the clinkers still adhere. Salt sprinkled on clinkers adhering to firebrick will also loosen them.

The clothes of females and children, when on fire, may be most readily extinguished by rolling the sufferer in the carpet, hearth-rug, table-cover, or any other woollen article at hand; if this be expertly done the flames may be rapidly put out. Should assistance not be at hand the person whose clothes are on fire should throw herself on the ground and roll the carpet around her; or if such a thing is not in the room, she should endeavor to extinguish the flames with her hands, and by rapidly rolling over and over on the floor. In this way the fire will be stifled, or the combustion will proceed so slowly that less personal injury will be experienced before assistance arrives.

NASAL BALM

A POSITIVE CURE FOR

CATARRH AND COLD IN THE HEAD

Is Easy to Use, Pleasant and Agreeable, and Never Fails.

As an almost instant relief for cold in the head, and a positive cure for Catarrh, no other remedy can take the place of Nasal Balm. It is speedy in its effect, soothing, cleansing and healing, and at the first symptoms of cold in the head—always a forerunner of Nasal Catarrh—Nasal Balm should be at once applied, and all traces of this disagreeable malady will soon pass away. Where Catarrh has become seated, there is a great danger that it will develop into consumption, and treatment should be persisted in until all the symptoms have passed away. Among the evils which attend Catarrh are constant hawking and spitting, loss of senses of taste and smell, partial and sometimes entire deafness, dizziness, dull, heavy headache, and offensive breath. A faithful use of Nasal Balm, according to directions, will soon effect a thorough cure.

Sold by all dealers, or sent, post-paid, at 50 cents for small size, or \$1.00 for large size bottle, by addressing

The Dr. Williams' Medicine Co., Brockville, Ont.



THE DIRECTIONS SAY

"The Salve is to be applied, just before retiring."

HANSON'S Magic CORN Salve

A CERTAIN, SAFE AND
PAINLESS REMEDY FOR
THE REMOVAL OF CORNS



AND THAT

"On arising, if the foot be soaked in warm water, the corn may easily be removed."

There are hundreds of preparations for Corns, some that will relieve for a time, others that in ninety-nine cases out of a hundred are utterly worthless. Persons have been known to spend from \$1 to \$25 with corn specialties and not receive permanent relief. Temporary relief from a corn seems good, but what has been looked for is something that would **take them out, root, seed and branch**, "never to come again." Hanson's Magic Corn Salve will do it every time, in from two to four days, without causing any pain, discomfort or injury to the tenderest foot.

Sold everywhere at 15 cents for small size or 25 cents for large size box, or sent post-paid by addressing

The Dr. Williams' Medicine Co., Brockville, Ont.

Follow Directions Closely, and Give
Dr. Williams' Pink Pills for
Pale People

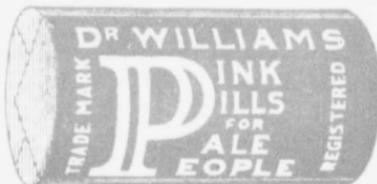
a thorough trial. They are not a purgative, but give strength instead of weakening the body. They will be found a positive cure for the following troubles :

Poor and Watery Blood,
 Anæmia,
 Chlorosis or Green Sickness,
 Dizziness,
 Palpitation of the Heart,
 Nervous Headache,
 Loss of Appetite,
 Indigestion and Dyspepsia,
 After Effects of the Grip,
 Eruptions and Pimples,
 Sick Headache,
 Pale or Sallow Complexion,
 Swelling of Hands or Feet,
 General Debility,
 Swelled Glands,

Scrofula,
 Fever Sores,
 Rickets,
 After Effects of Acute Diseases, such as Fevers, etc.
 All Female Weakness,
 Depression of Spirits,
 Insomnia or Loss of Sleep,
 General Muscular Weakness,
 Shortness of Breath on Slight Exertion,
 Spinal Troubles,
 Partial Paralysis,
 Locomotor Ataxia,

Chronic or Acute Rheumatism,
 Sciatica,
 Neuralgia,
 Chronic Erysipelas,
 Catarrh of the Stomach,
 Nervous Fits,
 St. Vitus' Dance,
 Tardy or Irregular Periods,
 Leucorrhœa,
 Suppression of the Menses,
 Loss of Vital Forces,
 Loss of Memory,
 Ringing in the Ears,
 Hysteria, etc.

**THE GENUINE
 PACKAGE
 ALWAYS LOOKS
 EXACTLY
 LIKE THIS**



**NEVER ALLOW
 ANYBODY
 TO PERSUADE
 YOU TO TAKE
 SOMETHING ELSE**

As a spring and fall medicine Dr. Williams' Pink Pills will be found invaluable, cleansing the blood, supplying its life-giving properties, and rejuvenating the nervous system. If the blood is kept pure and supplied with its life-giving properties, disease can make no inroads on such a constitution. If your dealer does not keep Dr. Williams' Pink Pills, they will be sent to you by mail, securely packed and postage paid, on receipt of price, **50c. per box, or six boxes for \$2.50**, by addressing the

DR. WILLIAMS MEDICINE CO.,
BROCKVILLE, ONT.

**The dealer who offers you a substitute
cares nothing for your health—it is your
money alone that interests him.**