



The
Way
To Be
Well

THE WAY TO BE WELL

THE certain road to health is Good Blood—pure, rich, red blood. The secret of Good Blood—Pure Blood—is Dr. Williams' Pink Pills. Dr. Williams' Pink Pills cure all those diseases caused by bad blood and disordered nerves.

Some people wonder how one little medicine can cure so many ailments. As a matter of fact, Dr. Williams' Pink Pills do only one thing,—but they do that one thing well. They actually make new blood. They don't act upon the bowels. They don't bother with mere symptoms. They won't cure any disease that isn't caused originally by bad blood. But then nearly all common diseases spring from bad blood—and Dr. Williams' Pink Pills cure them all.

This is not an empty boast. It is an absolute fact based upon the most positive written testimony. Dr. Williams' Pink Pills actually have cured all the following blood and nerve diseases :—

Poor and Watery Blood	Eruptions and Pimples	Partial Paralysis	All Female Weakness
Anaemia	Swelling of Hands and Feet	Locomotor Ataxia	Tardy or Irregular Periods
Cholorosis or Green Sickness	General Debility	Rheumatism	Leucorrhoea
Dizziness	Depression of Spirits	Sciatica	Suppression of the Menses
Palpitation of the Heart	Insomnia or Loss of Sleep	Neuralgia	Loss of Vital Forces
Nervous Headache	General Muscular Weakness	Chronic Erysipelas	Loss of Memory
Loss of Appetite	Shortness of Breath	Catarrh of the Stomach	ringing in the Ears
Indigestion and Dyspepsia	Spinal Troubles	Nervous Fits	Hysteria, etc.
After Effects of La Grippe		St. Vitus Dance	
		Scrofula	

Of course Dr. Williams' Pink Pills cannot cure any disease if they are not given a fair trial. You must not expect one or two boxes of the pills to work wonders, or to cure ailments that perhaps doctors have failed to cure. Dr. Williams' Pink Pills strike straight at the root of the disease in the blood—but that takes time. Give them a fair trial and they can do as much for you as they have done for others.

And remember to keep the bowels open during the treatment. Dr. Williams' Pink Pills have no purgative action, and for the purpose of gently moving the bowels we strongly recommend the use of PINK LETS, a new laxative specially intended for use in connection with Dr. William's Pink Pills. This new medicine is more fully described on page 31 of this pamphlet.

When you have found benefit from the use of these Pills, you will gratify us if you will let us know it, and tell us of what disorders they have relieved you. Your experience will not only give us pleasure in learning that our Pills have done good, but will also guide us in giving advice to other sufferers. We never recommend them to any one, except in cases that resemble those in which we know positively from such information as to this which we invite from you, that they have done good. This is honest, is it not? Address THE DR. WILLIAMS' MEDICINE CO., BROCKVILLE, ONT.

THE WAY TO BE WELL

DR. WILLIAMS' RULES FOR HEALTHY LIVING.

SIX SIMPLE THINGS.

Six simple things have a great influence upon health; they are

**SLEEPING BREATHING EXERCISE, AND THE
EATING BATHING CONDITION OF THE BLOOD**

Let us begin with sleep. If you want to be well, sleep regularly and liberally. No one who values good health should sleep much less than eight hours in the twenty-four; nine hours are not too much for some people. It is better to go to bed early, and rise early, than to stay up late, when the air of the living room is heated with gas, lamps or candles, and try to make up for it by lying late in the morning. The old proverb which calls "beauty sleep" the sleep that is got before midnight, has sound sense behind it. Ladies who wish to be good looking should get all the beauty sleep they can, and reinforce it with an early morning walk.

Sleep with your bedroom window a little way open at the top all the year round. Sleep with your bedroom door shut. You don't want a draught; you do want fresh air. Let your bed be hard enough to hold your weight firmly. Avoid feather beds, and that enervating abomination—an elder-down quilt, unless you are very old or very feeble. Sheets and blankets are good enough for young people.

BREATHING.

Breathe through the nose. Keep the mouth closed. Colds get in through the mouth. The mouth is to eat with and talk with. The nose is to breathe with.

EATING.

The food that agrees with you is the food that is good for you. Your own sensations are a safe guide, if you will pay attention to them, but do not let your palate tempt you to disregard what your stomach tells you. Dr. Williams has always said to his patients: "You don't need a doctor's advice what to eat; you need common-sense and self-restraint"

The food that makes you feel sleepy, heavy, flatulent and over-full, is bad for you. The food that leaves you alert, active, and wakeful after meals is good for you.

Take a sufficient quantity of good, wholesome, nutritious food, avoiding on the one hand, undue greasiness and indigestibility, and

on the other, a watery or sloppy diet. Avoid soups, broths, pickles, new and warm bread, raw fruits, and an excess of tea or coffee. Keep the bowels regular with Pinkiets, the new laxative that harmonize with Dr. Williams' Pink Pills.

As an example of nutritious and wholesome diet may be named the following:—Fresh meats (except pork) fresh fish, fowls, eggs, vegetables (well cooked), bread and butter, milk, rice, cornflour and sago pudding.

BATHING.

Men and women, if you want to be well, nothing will help you so much as a bath every morning—cold for choice. Ladies if you want to be pretty, nothing will help you so much as a bath every day—cold for choice. If you cannot stand it quite cold, take it tepid. Use a sponge. Wet the head all over first if you are a man; wet the nape of the neck first if you are a woman. Then step in. Sponge the chest three times and the back three times. The shiver that this causes will do you good—it is *medicinal*. Don't linger. Rub yourself well with a towel, not too soft, and dress quickly. A lukewarm bath, taken quickly, with soap, once a week, instead of the sponge bath.

EXERCISE.

Everyone ought to take enough exercise to produce a mild fatigue every day. A fifteen minute brisk walk, well wrapped up, before breakfast, is one of the finest things possible for the health.

If your bowels are not acting regularly, drink slowly a full half-pint of cold water as soon as you rise. The morning walk will help you to overcome costiveness if you take a drink before it.

If the bowels act too freely drink very little tea or coffee at breakfast.

THE CONDITION OF THE BLOOD.

"If You Want to Be Well Take Care of the Blood."

All the things enumerated in the foregoing are desirable for those who would be well. But the health of the Blood is more; it is indispensable. One of the most indisputable of Dr. Williams' many claims to greatness is this; that above all other great physicians, he has taught people to look after their blood.

Blood is at once the cleanser and food-bearer of the body. If your blood is not rich and red, your body is poisoned and your nerves shattered. Dr. Williams' Pink Pills for Pale People enrich the blood and purify the blood. They are unlike any other medicine ever discovered, for this reason; that they purify without weakening. They do not purge; they do not affect the bowels; but they cast out unflinchingly all impurities, and at the same time, instead of leaving the blood thin and impoverished, as every other purifying medicine does, they build it up, make it rich, and warm, and red, carrying life and health to the remotest parts of the body. Use them if you have the least doubt that your blood is fully as rich and pure as it should be; but, because they are unlike any other medicine, be sure to use only the genuine pills. For your own protection you are earnestly entreated to see that the wrapper around the box bears the full name—"Dr. Williams' Pink Pills for Pale People."

PARALYSIS YIELDS TO DR. WILLIAMS' PINK PILLS.

MANY FORMS OF THIS DREAD DISEASE ARE CURED BY THIS REMEDY.

Mrs. Ritchie of Galt, Ont., Says She Believes it Saved Her Life—
Doctors Said She Had Not Long to Live When She Began
This Treatment—Read Her Grateful Statement.

Scarcely a day passes but fresh proof is offered of the wonderful power of Dr. Williams' Pink Pills over diseases. In many of these cases relief and new health comes to the sufferer after the best efforts of medical men had been in vain. One such case is that of Mrs. D. M. Ritchie of Galt, Ont., who writes:—"I feel it my duty to let other people know what Dr. Williams' Pink Pills have done for me. I was taken sick first in May 1910 with rheumatism. Treatment at home having failed me I went to Grace Hospital, Detroit, where I remained for some weeks, but instead of improving I became absolutely helpless, as if from paralysis, and could not move hand or foot. I was under the heavy expense of a special nurse, and the best of medical treatment, but seemed to be growing worse. Finally about the middle of July my husband decided to bring me home to Galt, where I remained under medical treatment, and with a nurse constantly attending me until October, when I took a further turn for the worse. Then the doctor told my husband that it was only a matter of a few weeks, as I could not possibly get better. Up to this time over six hundred dollars had been spent for medical and hospital treatment. In this condition, with hope abandoned, my husband saw a testimonial in a local paper of a cure of paralysis through the use of Dr. Williams' Pink Pills, and I decided at once to try them. In a few weeks there was a little improvement, and from that time on each day showed some change for the better. I can now (March 1911) walk all about the house, do up my room, wash the dishes, and sew and mend, but am still a little shaky, but am looking for the fullest cure, as I feel myself growing stronger daily. I give the full credit to Dr. Williams' Pink Pills, for I feel they are an instrument under Providence given for the benefit of suffering humanity."

Writing again under the date of August 13th, 1911, Mrs. Ritchie says:—"As to my general health I can say that I have not felt so well in years. My stomach is in the best of condition and I can eat things I had not eaten for years. I can walk quite well, but use my cane when I go out, as I have not quite confidence in myself yet. But if you had seen me when I started to take Dr. Williams' Pink Pills, you would realize what a miracle they have worked in my case. All that I have stated is absolutely true, and I may add that the Pills have cured my husband of kidney trouble that other medicine seemed to have no effect upon, for which we are both thankful."

1912 JANUARY 1912

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AN OPEN LETTER

From a Well Known Clergyman Showing How Indigestion
Can be Cured.

Rev. T. A. Drury, Beamsville, Ont., writes as follows:—"For eighteen years I have been increasingly impressed with the wonderful effects for good wrought by Dr. Williams' Pink Pills. For some years I had suffered almost constantly with chronic dyspepsia of the most stubborn type, attended by different other troubles which invariably follow, or accompany it as its results, prominent among which were kidney trouble and piles. Against this complication of disease I waged a vigorous warfare for several months, using many different remedies, none of which gave permanent relief. In my discouragement I was about to discontinue treatment altogether when I was advised by a friend to try Dr. Williams' Pink Pills, the use of which, though under very unfavorable circumstances, soon revived my drooping courage. The medicine struck at the root of my weakness and the different troubles of which dyspepsia was the prime cause released, let go, and disappeared. In one month I increased fifteen pounds in weight, and received a new lease of life. Only six boxes of pills produced this wonderful change in my health, which was miraculously permanent.

Later my sister became so reduced by anaemia (though under the care of our family doctor) that she could scarcely walk. In this dangerous extremity Dr. Williams' Pink Pills were resorted to and in a brief space of time restored her to perfect health.

Being a minister of the gospel many test cases have come under my notice, in all of which Dr. Williams' Pink Pills have fully sustained their world wide reputation. This is why I can conscientiously recommend Dr. Williams' Pink Pills as being superior to anything known to me in the treatment of the many diseases for which they are recommended."

Mrs. Thos. Steeves, Dover, N.B., says:—"My system was so run down that I would tremble and could scarcely walk up stairs. I would take dizzy spells and could not sleep well. After taking Dr. Williams' Pink Pills for a time I was as well as ever. I would recommend Dr. Willows' Pink Pills to all who are weak or run down."

Mrs. Charlotte Wood, Little River, N.B., says:—"I suffered so much from rheumatism that I could not raise my arm to my head. I got four boxes of Dr. Williams' Pink Pills, and am glad to say that they cured me."

A GOOD COMPLEXION.

Everyone—no matter what their features may be—can have a perfect complexion.

A perfect complexion comes from pure red blood—and pure blood comes from Dr. Williams' Pink Pills for Pale People.

Dr. Williams' Pink Pills actually make new, rich, red blood—that gives pink cheeks, ruby lips, laughing dimples, high spirits, health, strength, happiness and beauty.

HER DAUGHTER SAVED.

Stricken With Acute Rheumatism—Recovery Scarcely Expected.

Mrs. Dolina J. Lawlor, writing from Oxbow, Sask., says:—"I would be lacking in gratitude if I did not write you and let you know of the wonderful good your Dr. Williams' Pink Pills have done for my daughter, Belle Lawlor. Indeed I think I may safely say that they have been the means of saving her life. For many years my home has been in Bruce Mines, Ont. Something over a year ago my son and daughter, then in her sixteenth year left for the west. When leaving here my daughter was in the best of health, but in the following spring she was stricken with what the doctor said was inflammatory rheumatism in its worst form. After a few weeks she was able to get up, but her hands and limbs were so swollen that she could not dress herself. She continued in this way for some time, and then a second attack, worse than the first, set in, and my son telegraphed me, as she was very low. While I was getting ready to make the trip of eighteen hundred miles, I got a second message to come at once, as they feared she could not live. When I reached her I found her even worse than I had expected. She was so weak and emaciated that I would not have known her and she could only speak in a whisper. Her hands and fingers were all twisted, and her limbs swollen to twice their natural size. The doctor had then been attending her for two months, and she seemed steadily growing worse. We did not dare move her in bed for fear of her heart giving out. She was as pale as a corpse, and her lips and face always cold. We had to fan her continually, and if we ceased even for a little while she would gasp for breath, and no one who saw her thought it possible she could get better. She suffered such pain that I used to go out of the room and put my fingers in my ears to shut out her gasping and moaning. I had known before of Dr. Williams' Pink Pills, and as we could gradually see her sinking I told my son I was going to give her the pills. He was opposed to my idea for he thought a change in the medicine might prove fatal. However, it was finally decided to give her the pills. In a week's time she showed some improvement, and felt like eating. From that time on she began to gain steadily. Gradually her hands and fingers became straight, the swelling in the limbs went down, and her heart-beats became regular, and the color returned to her face, and soon the cure was complete. She is now as strong and healthy as any girl of her age, and to see her you would never think she had passed through an illness from which none of her friends thought she could recover. You have my sincerest thanks for what Dr. Williams' Pink Pills have done for my daughter, and you may be sure I shall always warmly recommend them."

Imitations can only bring disappointment—they never cured anyone. Protect yourself against imposition by asking not simply for Pink Pills, but the full name, "Dr. Williams' Pink Pills for Pale People."

1912 FEBRUARY 1912

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RICH RED BLOOD.

Is the Secret of Health and Beauty.

What can be more distressing than to see a girl drooping and fading in the springtime of youth? Instead of bright eyes, glowing rosy cheeks, and elastic step, there are dull eyes, pale, sallow or greenish complexion, and a languidness of step that bespeaks disease and an early death if proper treatment is not promptly resorted to and persisted in until the impoverished blood is enriched and the functions of life become regular. Upon parents rests a great responsibility at the time their daughters are budding into womanhood. If your daughter is pale, complains of weakness, is "tired out" upon the slightest exertion; if she is troubled with headache, or backache, pain in the side; if her temper is fitful and her appetite poor, she is in a condition of extreme peril, a fit subject for the development of that most dreaded of all diseases—Consumption. If you notice any of the above symptoms, lose no time in procuring Dr. Williams' Pink Pills. They will assist the patient to develop properly and regularly; they will enrich the blood, and restore health's roses to the cheeks; bright eyes and a lightness of step will surely follow their use, and all danger of consumption and premature death will be averted. Wise and prudent mothers will insist upon their daughters taking Dr. Williams' Pink Pills upon the approach of the period of puberty, and thus avoid all chances of disease or early decay.

THE STAIRCASE TEST.

If You Cannot Pass it Your Health is Failing.

When you suffer acute palpitation of the heart, dizziness or faintness every time you go up stairs; when exertion of any kind leaves you breathless and trembling it is a warning that your blood is defective—that you are anaemic. If these warnings are neglected worse disorders will follow—perhaps decline and deadly consumption. If you are in this condition you need the new, good blood of health that has been given to thousands of sufferers by Dr. Williams' Pink Pills. These pills banish all the ailments arising from poor blood, tone up the system and make weak men and women well and strong. Miss Elizabeth Campbell, Almonte, Ont., says:—"I was living in Pembroke at the time my health failed me. I kept growing weaker every day, until I at last grew so weak I could not walk up stairs without help, and I could not go down street without sitting down and resting. My mother got quite anxious about me and took me to a doctor who said he was quite sure he could restore my health. He gave me a bottle of medicine, and I continued its use until I had taken four bottles, but instead of getting stronger I was growing weaker all the time, and was only a mere shadow of my former self. My parents believed I was in a decline and could not get better. My mother had heard so much about Dr. Williams' Pink Pills that she decided I ought to try them. I did not notice much change until I had taken five or six boxes, when a decided improvement set in, and from that on I grew stronger and stronger each day, until through a continued use of the pills I was back to my old time health and strength. I believe Dr. Williams' Pink Pills the best remedy on earth for sick people, and cannot too strongly urge other weak girls to give them a trial."

A MOTHER'S DUTY TO HER DAUGHTER.

Her Health Must be Carefully Guarded as She Comes to Womanhood

Every mother who calls to mind her own girlhood knows how urgently her daughter is likely to need help and strength during the years between early school days and womanhood. Then it is that growing girls droop, become fragile, bloodless and nervous. Nature is calling for more nourishment than the blood can supply, and signs of distress are plainly evident in dull eyes, pallid cheeks, weak and aching backs, a languid step, fits of depression, nervousness and a dislike for proper food. These signs mean anaemia—that is bloodlessness.

The watchful mother takes prompt steps to give her girl the new, rich blood her weak system is thirsting for by giving her Dr. Williams' Pink Pills, because so many thousands of feeble, anaemic, unhappy girls have been transformed into robust women through the rich, red blood these pills actually make. No other medicine has ever succeeded like them, and thousands of mothers have proved their worth. The case of Miss Marguerite Boisclair, St. Jerome, Que., proves the truth of these statements. Miss Boisclair, is sixteen years of age, and says that since the age of thirteen or fourteen she had been afflicted with extreme weakness, and seemed to be going into a decline. The least effort left her weak and breathless, so that she was unable to do any household work. She had no appetite, suffered from terrible headaches, dizziness and sometimes fainting spells. She was under medical treatment, but made absolutely no improvement, in fact seemed to be steadily growing weaker. When her case seemed hopeless a lady friend advised the use of Dr. Williams' Pink Pills. After taking a few boxes she began to gain new strength, and after the continued use of the Pills for about two months she was again as well and strong as ever she had been, and has since enjoyed the best of health.

Mrs. Chas. McDermott, Bathurst, N. B., says:—"It is a great pleasure for me to write you and let you know what Dr. Williams' Pink Pills have done for me. I was so weak and run down that even the doctor who attended me feared that I was going into consumption. I could hardly do any work about the house, and nothing the doctor did seemed to help me. At this time I was advised to try Dr. Williams' Pink Pills with the result that they have given me new health and new strength, and in my rejoicing I send you this in the hope that it will help some other sufferer to health and strength."

If you need a medicine be sure you 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.

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TOO LITTLE BLOOD.

The Cause of Nearly All the Everyday Ailments of Life.

Too little blood—that is what makes men and women look pale and sallow and feel languid. That is what makes them drag along, always tired, never real hungry, unable to digest their food, breathless and palpitating at the heart after slight exertion, so that it is wearisome even to go up stairs. Doctors tell them that they are "anaemic"—the plain English being too little blood. If your face is pale or sallow, if your gums are pale instead of being scarlet; if you are easily tired and frequently despondent; if you do not relish your meals, and small matters irritate you, it is a sign that your blood is thin and watery and that you are on the verge of a complete breakdown.

More weak, anaemic people have been made strong, energetic and cheerful by taking Dr. Williams' Pink Pills than by any other means. They actually make new blood, which reaches every part of the body, braces the nerves and brings new health and new strength. The case of Miss Nellie Welch, Essex, Ont., is proof of the great curative powers of Dr. Williams' Pink Pills. Miss Welch says:—"A few years ago I was going into what my friends believed to be a hopeless decline. I was subject to severe headaches, had no appetite, was pale and grew distressingly weak. I tried several doctors, some of whom were counted the best in this part of the country but they failed to help me. At last my heart grew so weak and I was so nervous and thin that I had to take to my bed and the doctor held out but little hope for my recovery. Like others I had often read of Dr. Williams' Pink Pills, and though the doctor opposed my taking them I determined to give them a trial, as I felt I might as well be dead as to be living in the misery I was in. In a month after beginning to take the pills I was up and around again, and steadily growing stronger until I was again enjoying the blessing of perfect health. Several years have since elapsed and my health has been the very best. It is therefore with great gratitude that I write you in the hope that my experience may be of benefit to some other sufferer."

Mrs. D. Bolton, Three Rivers, Que., says:—"I can hardly tell how much benefit Dr. Williams' Pink Pills have been to my young daughters. They were at the critical age of sixteen and appeared to be falling in health as so many young girls do. I procured Dr. Williams' Pink Pills for them and the change this favorite medicine has wrought in their condition has been wonderful. I strongly recommend mothers to give these pills to their young daughters."

Mrs. S. Sauriol, St. Martin, Que., says:—"I was much run down and got nothing to help me until I took Dr. Williams' Pink Pills. They have fully restored my health, and I think them an unequalled medicine."

When you ask for Dr. Williams' Pink Pills do not let any dealer persuade you to take something else which he may say is "just as good"—there is nothing else just as good. See that the full name, "Dr. Williams' Pink Pills for Pale People," is on the wrapper around every box.

THE POWER THAT DRIVES THE HUMAN FACTORY

Dr. Williams' Pink Pills Help the Blood and Make You Well.

The human body is the busiest factory in the world. There is no eight hour day, no slack season, no holidays, no cessation of labor at any time. Day and night work is being carried on in the workshop of your body, and it never ceases until the engine—the heart—stops forever.

The factory of your body has its motive power, without which it would have to close down at once. That motive power is the Blood, healthy, rich, red blood which keeps your whole system efficient and which drives away all diseases that may attack it.

Good, red blood is the chief controller of every action; the source of all the energy you possess. It builds up every substance of your muscles, nerves, sinews and flesh. It removes the waste and poisonous products constantly created in your body, which, if allowed to remain set up disease and weakness of every kind. Good blood gives energy and vitality to the nervous system, besides regulating the function of the stomach, intestines, liver, kidneys and other organs of the body. Briefly, on the purity and richness of your blood the health of your whole body depends.

Often the blood begins to fail and becomes thin and poor in quality. It becomes loaded with waste matter and charged with poisons. Then it is that the motive power of your bodily workshop goes wrong; your physical machinery becomes disorganized and you fall ill. You become anaemic; maybe the nerves break down, or you begin to suffer from indigestion, neuralgia, general debility, severe headaches, pains in the back or side, rheumatism, or even paralysis.

In all failures of the blood Dr. Williams' Pink Pills are the best known remedy. These pills actually make new, rich blood, which brings health, and energy to every part of the body. Thousands and thousands of people, not only in Canada, but all over the world testify to the truth of this statement. The following is a bit of proof:—Mrs. Fred Stricker, jr., Moosefield, Ont., says:—"A few years ago I was a physical and nervous wreck, I had pains throughout my whole body. I had no appetite and my stomach felt as if there was a big lump in it. The least exertion would make my heart beat violently, and I would be attacked with trembling spells, and such a weakness that my breath would come in gasps. I was under a doctor's care for nearly two months, but got very little relief. I then tried other remedies but with no better results. Finally I decided to try Dr. Williams' Pink Pills and this was the first medicine that reached the root of my trouble. After taking the pills a few weeks I was much better, and by the time I had taken ten boxes I was entirely recovered. I now always keep the pills in the house and if I feel the least worn out take an occasional box and feel all right again."

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NEURALGIA CURED

This Painful Trouble is Due to Poverty of the Blood.

Neuralgia is one of the most painful maladies that afflicts humanity. The trouble is usually seated in the face or head, following the course of some nerve, but it attacks other parts 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 a band of iron. Medical authorities agree that neuralgia is a cry of the nerves for better blood, and that if the blood is purified and enriched the trouble will disappear. This is the reason why Dr. Williams' Pink Pills cure even the most severe cases of neuralgia. They actually make new, rich blood which feeds the tired starved nerves and thus cures the trouble, at the same time leaving the sufferer in better health in every way than was formerly enjoyed. In proof we give the case of Mr. G. Brooks, of Aurora, Ont., who says:—"About two years ago, while working in Collingwood, I was attacked with neuralgia, which became so bad that I was frequently unable to go to work. The pain would start over my right eye and would then spread to the whole face, and caused me the greatest agony. I was under the care of a good doctor, but his treatment did not do more than give me temporary relief, and I was therefore an almost constant sufferer. Acting on the advice of my wife I finally decided to give Dr. Williams' Pink Pills a trial, and I am profoundly thankful that I did so, as in the course of a few weeks I began to improve, and after a further use of the Pills the trouble disappeared and I have not since had any trace of it. I may also add that while taking the pills my weight increased by nine pounds, which shows that the pills are a body builder as well as a nerve restorer."

Mrs. Wm. Hildebrandt, Woermke, Ont., says:—"My daughter Erna was so badly run down that she could not help with the housework. She was pale, weak, and worn out at the least exertion. I procured a supply of Dr. Williams' Pink Pills for her, and they have made her feel like a new person. I am sure there is no remedy can equal Dr. Williams' Pink Pills for weak girls."

Miss Carrie McNeil, Big Pond, N. S., says:—"I owe a debt of gratitude to Dr. Williams' Pink Pills which no praise of mine can repay. I was almost bloodless and so much reduced in strength that I could hardly go about. After trying several medicines without getting any help, I got a supply of Dr. Williams' Pink Pills and they have restored me to my old-time vigor."

The health of every person depends upon pure, rich, red blood. That is why people who take Dr. Williams' Pink Pills for Pale People are always healthy. These Pills actually make new blood with every dose.

ARE YOU AS WELL AS A YEAR AGO?

Dr. Williams' Pink Pills Point the Way to Health and Strength.

Ask yourself the important question whether you are as strong as you were a year ago, as bodily fit as you should be. Many a reader has to confess "No." Some weakening ailment has during the past year laid hold of the system, unfitting you for the duties of life and seriously clouding the outlook of the coming days. It may be rheumatism with its sharp twinges of pain; indigestion; headache; nervous debility; depression and lack of energy; or the pains and ailments which only women folks know. It is well to know that all these weakening disorders arise from an impoverished condition of the blood. Renew and enrich your blood and all your troubles will cease. This is a strong statement, but it is made on the testimony of thousands who once suffered, but who have gained health and strength by the aid of the new, rich blood supplied by Dr. Williams' Pink Pills. We can quote thousands of cases similar to the following:—Mr. Jos. Grandmaison is a young man well known in the town of St. Jerome, Que. He says:—"For a couple of years I began to find my strength failing but did not dream that the trouble was serious. As I grew weaker I began to doctor, but it did not help me. The least exertion made my heart palpitate violently, my stomach seemed out of order, and my whole system became so run down that I was finally forced to quit work. I had now been doctoring for almost six months and was very naturally growing discouraged. At this juncture I read of a case similar to mine, cured through the use of Dr. Williams' Pink Pills, and decided to try them. I took the pills faithfully for about two months, gradually growing stronger and at the end of that time I was as well as any man could be. I shall always praise the medicine that raised me from despair to the blessing of good health."

Miss Ida M. Holmes, Evandale, N. S., says:—"I was badly run down and found nothing to help me until I began the use of Dr. Williams' Pink Pills. These have been of so much benefit to me that I tell all my friends that there is no medicine like them. I hope these few words may be the means of inducing some other sufferer to try these pills."

Miss Mary Harding, Hamilton, Ont., says:—"I can warmly recommend Dr. Williams' Pink Pills for the good they have done me. I was weak, and very pale and bloodless and the pills have given me new health."

	1912	MAY	1912			
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Bad blood is the cause of all headaches, backaches, rheumatism, indigestion, and a score of other diseases. Bad blood—disease—cannot exist in any system that is fortified by the use of Dr. Williams' Pink Pills.	1	2	3 4
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SPECIAL WORDS TO WOMEN.

For obvious reasons the disorders of the female cannot be described in very much detail in a book for general circulation, and our lady readers will appreciate and understand our reserve in respect to them. Without going into details unsuitable for general circulation, it may be said that Dr. Williams' Pink Pills, more than any other remedy ever discovered, have proved a boon to women of all ages in the disorders which afflict nearly all women, and the wretchedness of which they alone can fully appreciate. They are especially intended for women of all ages; they cannot harm the most delicate girl, or the woman of advancing age. They act upon the cause of disease; do not imagine that it is only on one form or manifestation of it that they exercise their beneficial influence.

WOMEN AT FORTY-FIVE.

The most critical period in the life of women is that attending the cessation of menstruation, or as it is more generally termed, the change or turn of life. The symptoms attending this period are fainting spells or attacks of faintness, as giddiness, headache, general debility, exhaustion, a feeling of melancholy, hysteria, pains in the loins or limbs. The change is a gradual one—for better or worse—for the former if the patient is wise enough to fortify the system against the ravages of the symptoms attending the change. For this purpose no remedy ever discovered equals Dr. Williams' Pink Pills. They purify the blood by acting directly upon the sexual system, lessen the severity of this critical period, and finally leave the patient in the enjoyment of robust health. All ladies approaching this critical period should take Dr. Williams' Pink Pills. Special directions for use in such cases accompanying each box of pills.

PROOF OF VALUE TO WOMEN.

Mrs. Richard Lobb, Red Deer, Alta., says :—"At that critical period in my life known as the 'change' I suffered so much that I hardly hoped to pull through. I doctored for months, but did not get any relief, and I grew so weak that I could hardly walk about, and it was impossible for me to do my housework. Only women who have suffered similarly can tell how I endured the constant misery, the dragged-out feeling, and the terrible backaches that beset me. No woman could have been in a more wretched condition than I was at this time, and it was then that my attention was directed to Dr. Williams' Pink Pills. I got a half dozen boxes, and before they were all gone there was a good improvement in my condition. Then I got six more boxes, and before I had used them all I felt like a new woman, and was enjoying better health than I had done for years. Not only have Dr. Williams' Pink Pills proved a blessing to me, but they also worked a great change in the case of my daughter, who was in a very miserable condition after childbirth. I know also of two young girls whom I believe would have been in their graves now but for the use of Dr. Williams' Pink Pills. Considering what they have done for me, and what I have seen them do for others I am justified in my enthusiasm for this medicine, and I never lose an opportunity to recommend it."

LITTLE WORRIES IN THE HOME.

It is These that Bring Wrinkles and Make Women Look
Prematurely Old.

Almost every woman at the head of a home meets daily with many little worries in her household affairs. They may be too small to notice an hour afterwards, but it is these same constant little worries that make so many women look prematurely old. Their effect may be noticed in sick or nervous headaches, fickle appetite, pain in the back or side, sallow complexion, and the coming of wrinkles, which every woman dreads. To those thus afflicted Dr. Williams' Pink Pills offer a speedy and certain cure; a restoration of color to the cheeks, brightness to the eye, a hearty appetite and a sense of freedom from weariness.

Among the thousands of Canadian women who have found new health and new strength through the use of Dr. Williams' Pink Pills is Mrs. W. C. Daerr, London, Ont., who says:—"About two years ago I found myself so badly run down that it was almost impossible to perform my household duties. I fell off in flesh, was weak and very pale, had no appetite, feet constantly cold, and to further make my life miserable I was afflicted with those other ailments from which so many women suffer. I tried many kinds of medicine, but got no benefit, and began to feel that I was slipping into chronic invalidism. I was advised to try Dr. Williams' Pink Pills, and although I felt somewhat hopeless decided to do so. To my delight after taking the pills a few weeks, I felt much better, and a further use of them brought me back to my old time health. I have since recommended the pills to many others, and those who have used them have always been benefitted.

Mrs. Edwin Scharf, Laura, Sask., says:—"For over six months I suffered excruciating pain from almost continuous headaches. After trying all sorts of remedies without getting any benefit. I got a supply of Dr. Williams' Pink Pills. I had not used them long before the pain began to disappear and continued treatment completely cured me. I have no hesitation in recommending Dr. Williams' Pink Pills for headaches brought on by weakness."

Mrs. I. Carver, Pownal, P. E. I., says:—"I was in a badly run down condition, and after using a few boxes of Dr. Williams' Pink Pills, was restored to sound health."

Dr. Williams' Pink Pills
make new blood—that's the
secret of their power to cure
so many different diseases.

Pale cheeks made rosy,
dull eyes made bright, thin
arms made plump—that's the
every-day work of Dr. Wil-
liams' Pink Pills.

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THE SHADOW OF POOR HEALTH.

Dispelled Through the Use of Dr. Williams' Pink Pills.

When the shadow of poor health falls on your life; when hope begins to fade and friends look serious, then is the time you should remember that thousands just as hopeless have been cured and restored to the sunshine of health by Dr. Williams' Pink Pills. These pills actually make new, rich blood which brings a glow of health to anaemic cheeks; cures indigestion; headaches and back-aches; drives out the stinging pains of rheumatism and neuralgia; strengthens the nerves and relieves as no other medicine can do the aches and pains which only women folk suffer from. In any emergency of poor health give Dr. Williams' Pink Pills a fair trial and they will not disappoint you. Here is a case that will bring hope to many a weary sufferer. Mrs. F. K. Sanders, St. Thomas, Ont., says:—"About four years ago I took a severe cold which I neglected, thinking that I would soon be all right again. But instead I found myself in a weak and run down condition. I seemed to have no ambition to do anything and my heart and nerves became so bad I was forced to bed. The doctor who was called in said the trouble was chronic anaemia, but in spite of his skilled attendance I was unable to sit up and eat, but had to be fed with a spoon. One day a visiting friend suggested me trying Dr. Williams' Pink Pills, and I sent for a half dozen boxes. In a short while I began to eat better and feel better, and by the time the Pills were used I felt altogether different; my heart did not bother me, my lips and cheeks regained their natural color, and everybody who saw me remarked on how well I was once more looking. Wishing to be on the safe side, I took two more boxes of the pills, which made a complete cure, as I have had neither ache nor pain since, and I now weigh 146 pounds. I always recommend Dr. Williams' Pink Pills, and I hope that this letter may be the means of suggesting relief to many of my sisters who suffer as I did."

Mrs. T. James, Melville, Sask., says:—"I suffered for years with severe headaches and nervousness, and was all but a nervous wreck. I was advised to use Dr. Williams' Pink Pills and after taking them for some weeks was completely cured. I cannot speak too highly of this great medicine."

Mr. Richard May, Port Arthur, Ont., says:—"I was seriously troubled with indigestion, and spent much money on medicines without getting a cure. I was finally advised to try Dr. Williams' Pink Pills, but only did so after much urging. I can cheerfully say they have given me more lasting benefit than any other medicine I have ever used and I cannot recommend them too highly."

Mrs. Mary E. Cole, Dorchester, N.B., says:—"Following a very severe attack of la grippe, I was left with a terrible cough and a pain in my lungs. I was so nervous that I could not sit up long at a time, and I thought I was going into a decline. I got four boxes of Dr. Williams' Pink Pills, and before I had finished them I felt a lot better, and they continued to build me up until my health was fully restored. The cough and pain in my lungs left me, I could sleep better, and felt like a new woman. I have recommended the Pills to several who have been cured through their use."

MOTHERS NEED CONSTANT STRENGTH.

When there is a growing family to care for and the mother falls ill it is a serious matter. Many mothers who are on the go from morning to night, whose work, apparently, is never done, heroically try to disguise their suffering, and keep an appearance of cheerfulness before their family. Only themselves know how they are distressed by headaches and backaches, dragging down pains and nervous weakness; how their nights are often sleepless, and they arise to a new day's work tired, depressed and unrefreshed. Such mothers should know that these sufferings are usually due to a lack of good nourishing blood. They should know that the one thing above all others, they need to give them new health and strength is rich, red blood, and that among all medicines there is none can equal Dr. Williams' Pink Pills for their blood-making health restoring qualities. Every suffering woman, every woman with a home and a family to care for should give these Pills a fair trial, for they will keep her in health and strength and make her work easy. Here is strong proof that these Pills do what is claimed for them. Mrs. Henry Thomas, Dryden, Ont., says:—"When my second child was born I was so weak and run down that I could scarcely walk across a room. My baby was small and weak also, and cried and worried night and day until I discovered that the child was starving, as my nurse had turned almost to water. My husband got me a supply of Dr. Williams' Pink Pills, and I began taking them. The first beneficial effects were noticed in that my child began to thrive, as my nurse began to improve, and baby slept better and naturally. It was not long until I began to feel the improvement myself, and I daily gained new strength, and baby was growing rosy and fat. I continued using the pills while I was nursing him and found myself with all the vigor of good health, and able to easily do my house work, which had been so great a drag on me before. I am now never without Dr. Williams' Pink Pills in the house, and take an occasional dose when I feel tired. I can strongly recommend these pills to all nursing women, especially if weak or run down."

Mr. E. S. Beals, Medicine Hat, Alta., says:—"I am a painter by trade, and have suffered so much at times with a lame back that I would be unable to work. Doctors' medicine did me no good and then I decided to try Dr. Williams' Pink Pills. These fully restored my health, and I have not since had an attack of the trouble."

Imitations can only bring disappointment—they never cured anyone. Protect yourself against imposition by asking not simply for Pink Pills, but the full name, "Dr. Williams' Pink Pills for Pale People."

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CURED OF EPILEPSY.

A Case That Should Bring Hope to Other Sufferers.

Epilepsy is one of the most serious troubles that afflicts the human race. This trouble is also known as "falling sickness" or "fits." The patient suddenly loses consciousness and falls. The muscles become rigid and there is a twitching of the face and limbs, sometimes accompanied by frothing of the mouth. The convulsion is followed by a deep sleep varying in duration. In the early stages the attack may only occur at intervals of several months, but as the disease progresses they become more and more frequent, the patient becomes debilitated and the mind weakened. Epilepsy is generally regarded as incurable, but taken in its earliest stages has in many cases been cured by Dr. Williams' Pink Pills, which enrich the blood, strengthen the system thus enabling it to resist the progress of the disease. The following case will be of interest to any who suffer from this terrible malady. Mrs. John Mather, Bancroft, Ont., says:—"My little son, Clive, at the age of five was stricken with spasms or fits and despite all we did for him, for the next five years was afflicted with them, apparently growing worse. He was under the care at various times, of five different doctors, but they did him no good. He was growing worse all the time, until he got so bad he would sometimes have twelve of these spasms in twenty-four hours. I sent him to the Sick Children's Hospital where they pronounced the trouble epilepsy, but did not help him. Later he was treated by a specialist, but to no avail. I was almost in despair when my mother advised me to give him Dr. Williams' Pink Pills. I got the pills and gave them to him strictly following the directions as to diet. He continued taking the pills for several months, the spasms gradually coming less frequently, and with less severity, and finally they ceased altogether. It is now about two years since he took the last of the pills, and he has not had a fit in that time, and is now as well and strong as other boys of his age. I have great reason to be grateful for what the pills have done for him, and hope this may be of value to some other sufferer."

Mr. Wm. E. Woodley, Blackfoot Hills, Alta., says:—"I am very glad to let you know the benefit I obtained from taking your wonderful Dr. Williams' Pink Pills. I suffered for about three years from nervous debility, and pains in the region of my heart. At different times I consulted several doctors but got no benefit from their treatment. I also tried several advertised medicines, but with no benefit. I got so low spirited that I felt life was hardly worth living. Finally a friend advised me to try Dr. Williams' Pink Pills, and I am thankful that I took his advice, for the Pills have made me again a well man, and now I would not care to be without them in the house."

Miss Alice Gadbout, 27 Turgeon St., Quebec, Que., says:—"For three years I suffered from general weakness. I would be seized with dizzy spells which made life wretched. A pamphlet treating of the powers of Dr. Williams' Pink Pills came to my notice and I purchased three boxes. By the time they were used there was a considerable improvement in my condition. I got a further supply and in the course of a few weeks more I was completely cured. I advise all weak people to follow my example and I am sure they will not be disappointed."

A TALK ON RHEUMATISM.

Telling How to Cure This Painful Malady.

This article is for the man or woman who suffers from rheumatism who wants to be cured, not merely relieved—but actually cured. The most a rheumatic sufferer can hope for in rubbing something on the tender, aching joint, is a little relief. No lotion or liniment ever did or ever can make a cure. The rheumatic poison is rooted in the blood. Therefore rheumatism can only be cured when this poisonous acid is driven out of the blood. That's why rubbing and liniments and outward applications are no good—they can't reach the cause in the blood. Any doctor will tell you this is true. If you want something that will go right to the root of the trouble in the blood every time take Dr. Williams' Pink Pills. They make, new, rich blood which drives out the poisonous acid and cures rheumatism to stay cured. This is a solemn truth which has been proved in thousands of cases, and the following is a striking instance. Mrs. W. H. Elnor, Sarnia, Ont., says:—"I feel it my duty to recommend Dr. Williams' Pink Pills as they completely cured me of rheumatism after I had been almost an invalid for three years. I doctored with two skilled doctors and took electric treatment, but without benefit. On going to a third doctor he recommended mineral baths as the only thing that would help me. After taking this treatment for some time I felt that I was really growing worse instead of better, and I began to think there was no cure for me and that I was doomed to be a helpless sufferer. For some months I discontinued all treatment and then I was advised to try Dr. Williams' Pink Pills. After taking a few boxes I could notice a distinct improvement, and I continued taking the Pills for several months when the cure was complete. That is some two years ago, and I have ever since been perfectly free from the trouble. I would therefore advise anyone afflicted with rheumatism to take Dr. Williams' Pink Pills, as they certainly made a remarkable cure in my case."

Mr. Peter Valgardson, Taber, Alta., says:—"I was a chronic sufferer from rheumatism and anaemia, and at one time was confined to my bed for six weeks. No treatment that I took did me any good until I began the use of Dr. Williams' Pink Pills, but after using them for a couple of months I was fully cured. In my opinion there is no medicine can equal these Pills and I cannot praise them enough."

Bad blood is the cause of all headaches, backaches, rheumatism, indigestion, and a score of other diseases. Bad blood—disease—cannot exist in any system that is fortified by the use of Dr. Williams' Pink Pills.

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ST. VITUS DANCE.

Cured Through the Use of Dr. Williams' Pink Pills.

Chorea, or as it is more generally known, St. Vitus Dance, is a disease that usually attacks the young children, though older persons may be afflicted with it. Its most common symptoms are a twitching of the muscles of the face and limbs. As the disease progresses this twitching takes the form of spasms in which the jerking motion may be confined to the head, or all the limbs may be affected. The patient is frequently unable to hold anything in the hands or to walk steadily and in severe cases even the speech is affected. The disease is due to debility of the nerves and is always cured by Dr. Williams' Pink Pills, which enrich the blood, tone and strengthen the nerves and thus restore the sufferer to good health. The following is a striking instance of what Dr. Williams' Pink Pills will do in this trouble. Mrs. Chas. Phipps, Pelee Island, Ont., says:—"At the age of fourteen my eldest daughter, Edith, became much run down, and the trouble developed into St. Vitus Dance. First her left arm became affected, then the left leg and entire left side. She grew so bad that she actually could not hold anything in her hand, and could only go about with a sliding, jerking motion. Notwithstanding that we were giving her medicine, she seemed to be growing worse, and finally her speech became much affected. We became so much alarmed about her that finally her father got a supply of Dr. Williams' Pink Pills, and we began giving her these. In the course of a few weeks she was much better, and before all the pills were gone she was again enjoying perfect health. This was in 1908, and as she has not had a symptom of the trouble since, I feel justified in saying the cure is permanent."

Mrs. S. B. Stewart, Winnipeg, Man., says:—"About two years ago I was attacked with anaemia. I was constantly tired, had dark rings under my eyes, no appetite and a constant feeling of depression. I was under the constant care of a doctor who gave me tonics but to no avail. I wrote home to my mother that I feared I was going into consumption. She at once sent me a supply of Dr. Williams' Pink Pills and I began taking them, and to my great joy they fully restored me to health and activity. I have since recommended the Pills to others who have also experienced their beneficial results."

Mrs. Bruce Davis, Greenview, Ont., says:—"I believe I would have been in my grave but for the use of Dr. Williams' Pink Pills. I was a miserable, nervous wreck and after doctoring for some months the doctor said he could do no more for me and advised me to try a change. I went home to my mother's, and there she advised Dr. Williams' Pink Pills and I began taking them, and continued using them for several months, and they have fully restored my health. I can only say God bless Dr. Williams' Pink Pills which I believe have saved me to my husband and baby."

THE WEARY SMILE THAT COVERS PAIN.

Women are Themselves to Blame for Much of Their Suffering.

Women are weak, yet under a smile they will try to hide more pain and suffering than any man could bear patiently. If women would only remember that their frequent failures of health arise from feeble or impure blood their lives would be smoother and they would longer retain their natural charm.

When the blood fails then begin those dragging backaches and headaches; unrefreshing sleep that causes dark lines under the eyes; dizziness; fits of depression; palpitation or rapid fluttering of the heart; hot flashes and indigestion. Then the cheeks grow pale, the eyes dull and the complexion blemished.

Women should know that much of this suffering is needless and can be promptly remedied. Purify and enrich and renew your blood through the use of Dr. Williams' Pink Pills and your sufferings will vanish. Thousands of women know that Dr. Williams' Pink Pills have brightened their lives by making the new, good blood of health, and so toning up all the vital organs into healthy, vigorous action. Here is an instance from among many:—Miss Cora A. Cornell, St. Catharines, Ont., says:—"Ever since the age of fourteen I have suffered terribly with indigestion, and had to be extremely careful as to my diet, and sometimes did not feel like eating at all. Some two years ago the backaches became so bad that I had to give up my position, which was clerking in a store, where, of course, I was constantly on my feet. I took a position in an office, where I could be seated most of the time. As all the medicine I had been taking did not help me I finally decided to try Dr. Williams' Pink Pills. I got a supply, and soon felt they were helping me and I continued taking the pills for several months until I felt perfectly well. Although my doctor advised me not to go back to my old position, I decided to do so, and have not felt any ill effects. I never have a backache now, seldom a headache, and all traces of the indigestion have disappeared. I cannot speak too highly of Dr. Williams' Pink Pills and I hope this letter may help someone who suffers as I used to."

Mr. Alex. Girard, Douglstown, Que., says:—"I had suffered for years from indigestion, and had tried many remedies, but did not find a cure until I used Dr. Williams' Pink Pills. These have restored my health and I cannot say too much in their favor."

Dr. Williams' Pink Pills make new blood—that's the secret of their power to cure so many different diseases.

Pale cheeks made rosy, dull eyes made bright, thin arms made plump—that's the every-day work of Dr. Williams' Pink Pills.

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ANXIOUS TIMES FOR PARENTS.

Children Often Seem Pining Away and Ordinary Medicine Does not Help Them.

The health of children between the ages of twelve and eighteen years, particularly in the case of girls, is a source of serious worry to nearly every mother. The growth and development takes so much of their strength that in many cases they actually seem to be going into a decline. The appetite is fickle, brightness gives way to depression there are often serious headaches, fits of dizziness, or occasional faintings and a complaint of weariness at the slightest exertion. Ordinary medicines will not bring relief. The blood has become thin and watery, and the child must have something that will bring the blood back to its normal condition. At this stage no other medicine can equal Dr. Williams' Pink Pills. Their whole mission is to make new blood, which reaches every part of the body, bringing back health, strength and energy. Mrs. James Harris, Port Rowan, Ont., says:—"At the age of thirteen my daughter began to look very pale, and seemed listless and always tired. She did not take interest in her school work or in those amusements of girlhood. In fact she just seemed to drag herself about, complaining of always being tired; did not eat well, and did not sleep well at night. I took her to our doctor who said she was anaemic, and advised me to give her Dr. Williams' Pink Pills. She took the pills for nearly two months, when she was as well and lively as any girl could be, gained nicely in weight, and has since enjoyed perfect health. I am quite sure that what the pills did for my daughter they will do for other pale, weak girls. I have also used Dr. Williams' Pink Pills myself with the best of results and can only speak of them in terms of greatest praise."

Mr. Peter Brown, Winkler, Man., says:—"I suffered from indigestion and nervous troubles, could get no sleep and was almost run down. I tried several medicines but found myself actually getting worse. I was advised by friends to try Dr. Williams' Pink Pills, and was soon surprised with the results. Less than half a dozen boxes were used, and I was able to go about my work as well and strong as usual."

Mr. John V. Soles, Galena, B. C., says:—"My wife suffered greatly from pains in the side for several years, and at times was so bad that she would be confined to her bed. Finally she began using Dr. Williams' Pink Pills, and after taking them for less than two months the pain disappeared and she has since enjoyed the very best of health."

Mrs. E. Burwell, Asquith, Sask., says:—"A few years ago I was troubled with pains in the back as the result of weaknesses of my sex. After the least exertion I would have to lie down. I decided to try Dr. Williams' Pink Pills and found in them a complete cure. I can recommend them to all women as a cure for the weakness and irregularities of our sex."

LIFE'S SUNSHINE

Gladdens Those Who Regain New Health and Strength.

When the glow of health comes back to sallow cheeks; when languid weakness gives place to vigor; when you notice some pale, exhausted invalid restored to active health—enquire. More than likely you will find the cure to have been yet another of the thousands already wrought by Dr. Williams' Pink Pills. Headaches and neuralgia, St. Vitus dance and twitching of the limbs, indigestion and rheumatism, eczema and disfiguring eruptions, and the ailments of growing girls and women all disappear when the veins are filled with the new, rich blood Dr. Williams' Pink Pills actually make. Here is one instance among thousands:—Mr. F. Ashford, Hailleybury, Ont., says:—"Some years ago I completed a lengthy term of service in India, the last three years being spent in the beautiful but treacherous Peshawar Valley. Ague and dengue fever were rife, and although I was fortunate enough to escape a severe attack of either on my return home it soon became apparent that the enervating climatic conditions had left their ravages on my constitution. In short the reaction had set in, and inexorable nature was exacting a severe toll for years of strenuous labor. My first warning of impending breakdown were severe pains in the back of the head and eyes, insomnia, irritability, a general anaemic condition and an indefinable nervousness. Life had lost its zest, work became impossible and companionship intolerable. It really seemed that I was swiftly passing to that stage where nervousness ends and insanity begins, when by chance I read an advertisement of Dr. Williams' Pink Pills. I confess I was skeptical of them doing what doctors failed to do, but concluded that the cost was small, and perhaps, the chance in their favor, and so decided to try them. To my joy there was soon an improvement, and a continuance of the treatment effected a complete cure. I was now as fit and as healthy as any man and am ever grateful that the lucky perusal of an advertisement brought to my notice the wonderful curative properties of Dr. Williams' Pink Pills.

Mr. G. Thorlufsson, Stony Hill, Man., says:—"I suffered from indigestion and pains in the stomach and after using Dr. Williams' Pink Pills for four or five weeks was restored to perfect health."

Mr. Samuel Titus, Napinka, Man., says:—"I was troubled with rheumatism for several years, and not finding relief through other medicines decided to try Dr. Williams' Pink Pills. I am gratified to say that after using six or eight boxes I am cured."

The health of every person depends upon pure, rich, red blood. That is why people who take Dr. Williams' Pink Pills for Pale People are always healthy. These Pills actually make new blood with every dose.

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WEAK, TIRED PEOPLE.

Are Usually the Victims of Pale, Watery Blood.

Anaemia is the medical term for poor or watery blood. It may arise from a variety of causes, such as lack of exercise, hard study, improperly ventilated rooms or workshops, imperfect assimilation of food, etc. The chief symptoms are extreme pallor of the face, lips and gums; rapid breathing and palpitation of the heart 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. Dr. Williams' Pink Pills are a certain cure for anaemia, because they make new, rich blood, which stimulates and strengthens every organ and every part of the body. The following is one among thousands of cases of this serious trouble cured by the use of Dr. Williams' Pink Pills. Miss Georgina Raymond, St. Jerome, Que., says:—"About a year ago my health began to give out. I suffered from headaches, heart palpitation, dizziness and appeared to be threatened with a general breakdown. I was at this time employed in the family of a doctor, who, seeing my condition gave me medicine. I took this faithfully for sometime but with no benefit and I grew much discouraged. Then a friend advised me to try Dr. Williams' Pink Pills, saying that she had found a cure through them in similar conditions. I took her advice, got a supply of the pills and took them regularly for some time. Gradually I became strong and in the course of a month or so I was again enjoying the best of health, and have not since had the least return of the old symptoms. I can heartily recommend Dr. Williams' Pink Pills to all weak girls."

Miss Gladys Collins, New Ross, N. S., says:—"I cannot speak too highly in favor of Dr. Williams' Pink Pills. I was so badly run down that all my friends feared I was going into consumption but after using the Pills for a time I was as well and strong as ever."

Mrs. Edward Kingston, Trall, B. C., says:—"Not being gifted with a strong constitution, and being at times likely to fall a victim to anaemia, and having sought the services of a doctor without avail. I have proved beyond all doubt that the greatest benefit I have obtained has been from the use of Dr. Williams' Pink Pills. Had it not been for their health and strength giving properties I can truthfully say that I would not have had the pleasure of writing you this letter. I trust that all ailing humanity will do as I did—give Dr. Williams' Pink Pills a fair trial, and thus spread the good work already done."

Miss Lizzie Robichaud, Meteghan, N. S., says:—"After suffering for years from indigestion in a severe form, and almost constantly being treated by doctors, I was at last told that my case was chronic, and that I would never be well. In this condition I determined to try Dr. Williams' Pink Pills, and after using ten boxes I was completely cured. I cannot say enough in praise of Dr. Williams' Pink Pills as they have saved me from a life of torture."

Miss Eva Gray, Marten's Lake, Que., says:—"I was weak and run down, and Dr. Williams' Pink Pills have restored me to good health."

What a Mother Ought to Know FOR BABY'S SAKE.

Every mother wishes that her child or children, whatever their age, may be bright, healthy, good-natured, rosy boys and girls; clear eyed; clear skinned babies; good sleepers and bright wakers. Every mother wishes for her little ones is that they may be WELL.

It is natural for little ones to be well, and with care every baby can be kept well. Health is baby's birthright, and should be guarded with the greatest caution.

The child in the cradle shows whether it is well by a host of signs which a loving mother recognizes. Its moist cool lips, bright eyes, gurgling tuneful voice always trying "to tell" mother baby secrets; its ever moving hands; easy smiling sleep — all mark a healthy child. When baby does not show these signs of health; when he shows one or more of the many signs of childhood illness, do not delay—delays are dangerous and may prove the death of a precious little darling.

That mothers may readily recognize the symptoms of the various childhood ailments and know how to treat them, the following pages of this little book should be carefully studied. All the symptoms of the commoner ailments from which children suffer are given in such a way that the mother cannot fail to recognize what ails her little ones.

At the slightest sign of illness give baby a dose of BABY'S OWN TABLETS and you will find them an infallible sweetener of temper, healer of sickness, strengthener of digestion and warder off of serious ills.

BABY'S OWN TABLETS regulate the bowels, sweeten the breath, cool the feverish brow, stop the snuffing and wheezing, if the child has caught cold, relieve the pain and griping if it has indigestion or summer complaint, cure colic, allay the irritation accompanying the cutting of teeth, destroy worms, prevent croup, and in a natural way promote health-giving sleep.

Complete, carefully prepared directions will be found with every box of the Tablets. Mothers should carefully read these.

BABY'S OWN TABLETS are sold by all dealers in medicine or will be sent by mail, post paid, at 25 cents a box by writing direct to

**THE DR. WILLIAMS
MEDICINE CO.**

Brockville, Ontario.

		1912					NOVEMBER		1912	
		Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.		
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Every mother should be able to recognize the symptoms of the little ailments that inevitably attack the little ones. Not only should she be able to recognize these troubles but she ought also to be in a position to treat and cure them. To this end a box of Baby's Own Tablets should always be kept in the house where there are young children. The ills of childhood come quickly, and too often before a doctor can be called in or medicine obtained, the little one is beyond aid. The prudent mother will always safeguard her little one by keeping Baby's Own Tablets in the house and administering them promptly at the first symptom of illness. The mother can give this medicine with a feeling of perfect safety. We solemnly guarantee that it contains no opiate, narcotic, nor any other of the poisonous stuffs found in soothing medicines, teething powders and drops. This medicine always does good—it can never do harm. It is equally good for the newborn babe or the well grown child. But you must get the genuine Tablets. We find it necessary to caution the mother against imitations. When you ask your dealer for the Tablets see that the full name "Baby's Own Tablets" and the four-leaf clover with the child's head on each leaf is found on the wrapper around the box.

In order that mothers—especially young mothers—may recognize the symptoms of the most common ailments of childhood we give them below in detail:—

Indigestion—This is probably one of the commonest ailments of childhood. It is due usually to overfeeding or nurse that does not agree with the child, and may lead to serious results if not promptly cured. The symptoms of this trouble are loss of appetite, peevishness, wind, vomiting, furred tongue, bad breath, hiccup, disturbed sleep, waking with a scream. There is no other medicine will cure so promptly as Baby's Own Tablets.

Colic—This is another derangement of the stomach which causes little ones suffering. The trouble manifests itself by griping pains in the stomach, often accompanied by nausea and vomiting. The pulse is quick; the tongue coated; the skin harsh and dry; chills, followed by feverishness. Baby's Own Tablets are a certain cure.

Constipation—This is a very common ailment of childhood, and no child suffering from it thrives well. The symptoms are headache, fever, swollen belly, disturbed sleep, vomiting, inability to stool. Care should be taken in feeding and Baby's Own Tablets given to remove the trouble. No other medicine acts so promptly thoroughly and surely.

Diarrhoea—This is a dangerous trouble and is nearly always caused by improper feeding, sour milk or improperly cleaned nursing bottles. Foul air, bad water and overheating tend to make the trouble more obstinate. Feed sparingly; give plenty of cold water to drink, and administer Baby's Own Tablets to remove the poisonous secretions from the bowels. Never administer a medicine to check the trouble except under the instructions of a doctor.

Worms—This trouble may be recognized by itching and irritation of the bowel opening; irregular appetite; bad breath; picking at the nose; disturbed sleep; pain and swelling in the abdomen; grinding of teeth in sleep; convulsions. Baby's Own Tablets given for a few days invariably destroy worms.

Vomiting—In this trouble the milk is ejected curdled immediately after nursing, caused either by overfeeding or too frequent feeding. The feeding should be regulated by Baby's Own Tablets given to strengthen the stomach and aid digestion.

Teething Troubles—These are always a source of great anxiety to mothers. The symptoms are restlessness; nervousness; starting as from fright; hot, swollen, tender gums; crossness; sleeplessness; in some cases constipation; in others diarrhoea; spasms; colic; often convulsions. Baby's Own Tablets will give prompt relief.

Sore Mouth—This trouble is generally caused by impure food and children brought up on the bottle are more frequently troubled with it than children nursed at the breast. The bottle should be thoroughly washed in scalding water after each feeding. This trouble makes itself manifest by heat; redness and dryness of the mouth; swelling of the palate, tongue and gums; bad breath; ulceration and numerous little white spots. Baby's Own Tablets will promptly relieve and cure in a day or two.

Simple Fever—This trouble comes sometimes with chills, sometimes with flushes, followed by a hot dry skin; thirst, quick breathing; pain in the loins, head and bowels; loss of appetite. Treat promptly with Baby's Own Tablets.

Cholera Infantum—This is one of the fatal ailments of infancy. It occurs most commonly during the first two years of the child's life, and is due nearly always to improper feeding. The symptoms are vomiting either accompanied or followed by profuse diarrhoea, followed by water discharges, intense thirst and collapse. Do not lose any time in calling a doctor, but if a doctor cannot be had quickly administer Baby's Own Tablets. This trouble occurs most frequently during the hot summer months, and as it is known that it comes from stomach derangement, mothers can guard against it by giving their little ones occasional doses of Baby's Own Tablets which speedily clear away all offensive matter.

All the above troubles can be cured by the timely use of Baby's Own Tablets. Better still, these troubles can be prevented and little ones kept healthy by giving them an occasional dose of the Tablets.

Contagious Diseases.

Baby's Own Tablets do not cure contagious diseases, and these, no matter how slight, should be attended to by a physician. It is our aim, though, to make this little book of aid to all mothers, and though the Tablets do not cure contagious diseases, we give them and their symptoms below to enable the mothers to easily recognize them:—

Measles—Symptoms show signs from eight to fourteen days after exposure, beginning with cold in the head, running eyes, cough, and on the fourth day characteristic eruption, first seen in the face. The disease lasts from three to seven days and is contagious from two to three weeks.

1912		DECEMBER						1912
Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.		
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Chicken Pox—Symptoms show from one to two weeks after exposure. It begins with a slight fever and eruption on the face. It lasts about a week, and is contagious from two to three weeks.

Scarlet Fever—Symptoms begin from one to eight days after exposure, with sore throat, lassitude, vomiting and high fever. The eruption shows on the first or second day. The characteristic symptom is the red color of the body. The disease continues seven or eight days and is contagious during the peeling period.

Whooping Cough—Symptoms begin to show from two to seven days after exposure, but the characteristic cough is not noticed till the second week. The duration of the disease is from six to eight weeks, and it may be caught as long as the whoop lasts.

Diphtheria—Usually begins with sore throat, weakness and fever, from two to ten days after exposure. It is characterized by the white membrane in the throat. The duration of the disease is from one to three weeks and it may be catching for three or four weeks.

Mumps—The swelling below the ear, under the jaw, shows from one to three weeks after exposure. Chewing causes pain, and there is an inability to swallow sour things. The mumps last about a week, and they are contagious for three or four weeks.

Read What Mothers Say About This Splendid Medicine.

Mrs. Jos. Steffs, Coutts, Alta., writes :—"During the hot summer days my boy, three years old, took ill with summer complaint. I tried various remedies for him, but nothing seemed to help him. His stools were thickly and mixed with blood and he vomited nearly all his food. A friend told me of Baby's Own Tablets and I got a box and they quickly cured him. I am now thankful to the Tablets that my boy is well and strong."

Mrs. R. S. Baker, East Margaretville, N. S., writes :—"I wish to speak highly of Baby's Own Tablets as I am fully acquainted with their merits, having used them for constipation. I realize the good they have done my child and would not be without them."

Mrs. Chas. Thomassin, Ste. Rose du Degele, Que., writes :—"The Baby's Own Tablets which I have used for my little girl gave the greatest satisfaction. Baby was always constipated and cried a great deal. She had pimples and complained of pains in the body. Now after the use of the Tablets her skin is beautiful and her bowels regular. She is fat and healthy and I will never use any other remedy for little ones as I know the worth of the Tablets."

Mrs. Desire Martin, St. Denis, Que., writes :—"I am well satisfied with the result obtained from the use of Baby's Own Tablets. I have found them indispensable for little ones who suffer from indigestion. My baby three months old suffered from colic and constipation. Castor Oil had no effect on him, but the Tablets relieved him at once and now I always keep them in the house."

Mrs. Alex. Hill, Moose Brook, N. S., writes :—"I am pleased to say my little girl is now in the very best of health after having taken Baby's Own Tablets. I would advise all mothers to keep the Tablets on hand."

Mrs. Jos. O. Cormier, Mizonette, N. B., writes :—"Your Baby's Own Tablets restored my little girl to health after terrible suffering from constipation. I have told all my neighbors of the great good the Tablets have done and I would not be without them."

Mrs. Amable Leclerc, St. Alexis d'Avignon, Que., writes :—"I am well satisfied with Baby's Own Tablets. They are easy to take and give immediate relief for constipation and teething troubles. I would not be a single day without having them in the house and am now sending for another box."

Mrs. George Leblanc, St. Pamphile, Que., writes :—"We have used Baby's Own Tablets for our baby who is a year old and suffered while teething and from constipation. Less than a box completely cured him and he is now in excellent health. We would recommend the Tablets to all mothers for these troubles."

Mrs. Hormisdas Monette, Jr., Rapide d'Original, Que., writes :—"My baby cried day and night and suffered continually from his teeth. I bought a box of Baby's Own Tablets and several doses completely brought him back to good health. I would not be without the Tablets in the house."

Mrs. John Martin, Thamesville, Ont., writes :—"I can recommend Baby's Own Tablets as I am the mother of four children, all of whom have been helped by the Tablets. My eldest child, a boy, was greatly troubled with worms and although we followed doctors treatment for two years it did not help him and we began to fear he never would get better. A friend advised me to try Baby's Own Tablets and I found them a perfect cure for this trouble. I have also found them good when baby is cutting teeth as the Tablets relieve all the pain of teething. My children are all the very picture of health, thanks to the use of the Tablets."

Mrs. Geo. E. Sherwood, Springfield, Ont., writes :—"I have used Baby's Own Tablets for some years as I am the mother of five children. I have always found them a most excellent medicine for little ones and would not be without them."

Mrs. E. E. Shipman, Marksville, Ont., writes :—"My baby was fretful and his stomach very sour. A friend who had used Baby's Own Tablets for her little one with good result advised me to try them. I did so and have found them the very medicine for righting the stomach and breaking up colds."

Mrs. John Fisher, South West Port Monton, N. S., writes :—"My baby had a very bad attack of summer complaint and was greatly troubled with his teeth. He was cross and I had to attend to him day and night and nothing seemed to help him in the least until I began giving him Baby's Own Tablets. They, however, speedily restored him to health, and now he is a big, strong boy. I am the mother of twelve children and can honestly say that I have never found a medicine for little ones to equal the Tablets."

Mrs. Adolphe Sivery, Miscou, N.B., writes :—"I have used Baby's Own Tablets and have found them superior to all other remedies for little ones. I can highly recommend the Tablets for they have done my baby a great deal of good."

Mrs. Almada Choiselot, La Broquerie, Man., writes :—"I have used Baby's Own Tablets and am well satisfied with them. I always keep them on hand in case of emergencies."

Mrs. H. V. Ossinger, Tiverton, Ont., writes :—"We have used Baby's Own Tablets since our little boy was three days old and know of no other medicine to equal them. Baby is now twenty months old and healthy. He takes the Tablets easily and we would not be without them."

Mrs. Smith Morton, West Branch, N. B., writes :—"My baby was greatly troubled with her bowels and she was covered with a rash. I gave her Baby's Own Tablets and they speedily cured her. I always keep a box of the Tablets at hand as I think them an excellent medicine for little ones."

Mrs. Wm. K. Galbraith, Lepreau, N. B., writes :—"My little girl eight months old was greatly troubled with constipation. I tried several remedies without effect till I got a box of Baby's Own Tablets. They completely cured her and now she is a bright active child. I can therefore highly recommend the Tablets to other mothers."

Mrs. Albert E. Wood, London, Ont., writes :—"It gives me great pleasure to be able to say what a benefit Baby's Own Tablets have been to my little one. I have given them to baby since birth and firmly believe there is no better medicine for little ones than Baby's Own Tablets."

Mrs. Allen Mason, Carleton, N. B., writes :—"I have used Baby's Own Tablets ever since I had children, which is now going on fifteen years. I have always found them entirely satisfactory in all ailments of little ones and feel that I cannot praise them too highly for what they have done for my little ones."

Mrs. S. O. Braaten, Bergland, Ont., writes :—"I would not use any other laxative for baby than Baby's Own Tablets. My baby was troubled with his stomach and bowels and was greatly constipated. I gave him the Tablets and they quickly relieved him and he has not been troubled since. I think they are a splendid laxative for little ones."

Mrs. C. A. Wheeler, Northlands, Sask., writes :—"I am happy to say that I consider Baby's Own Tablets an invaluable medicine for little ones. I live twenty miles from a doctor, so I am glad to be able to have so satisfactory a medicine at hand. I consider Baby's Own Tablets a real necessity in every home where there are small children, as I know of no other medicine that will keep baby in such good health."

Mrs. Larry DeGrace, Mizonette, N. B., writes :—"I strongly recommend Baby's Own Tablets for the ills of childhood. Last summer my baby suffered severely from her bowels. I tried several remedies without success, but as soon as I began giving baby the Tablets they helped her and now she is a big, fat, healthy baby."

Mrs. P. P. Cormier, Paquetville, N. B., writes :—"It is with pleasure I write concerning Baby's Own Tablets. My baby was constipated since her birth and vomited a great deal. I was very discouraged and tried all sorts of remedies till I ran across Baby's Own Tablets. As soon as I began using them baby began to improve and now she is completely cured. I do not think there is anything to equal them and I always keep them in the house."

Mrs. Jos. Boucher, St. Agapit, Que., writes :—"I do not regret having given Baby's Own Tablets to my baby. He was very constipated, but the Tablets quickly relieved him."

Mrs. J. H. Jarvis, Kingston, Ont., writes :—"I have used Baby's Own Tablets for my little girl and I would not now be without them as they have done her so much good."

Mrs. Lang, Winnipeg, Man., writes :—"I am sending a photo of my little girl, two years old, who has taken nothing but Baby's Own Tablets. Her picture shows what a healthy little tot she now is."

Mrs. Geo. E. Sherwood, Springfield, Ont., writes :—"Baby's Own Tablets have been the means of saving my little boy's life. While teething his stomach and bowels became disordered. He was badly constipated and the doctor who was treating him did not seem to be doing any good. I began giving Baby's Own Tablets and they soon regulated his stomach and bowels and the cold left him and he became strong again. I would not be without Baby's Own Tablets, and have used them for another of my children with the best of results."

Mrs. Beaton, Lloydminster, Sask., writes :—"I am using your Baby's Own Tablets for my little one and find them all you claim for them. They are so beneficial for baby that I feel I could not do without them."

Mrs. I. McDonald, Nappan Station, N. S., writes :—"I have used Baby's Own Tablets for my baby and have found them so good that I would not be without them and always keep them in the house."

Mrs. (Rev.) W. H. Clarke, Stirling, Ont., writes :—"I wish to give this unsolicited testimonial to the great value of Baby's Own Tablets. Our little girl, born last February, was at first very much constipated. I tried several remedies which failed to help her and on being advised to try the Tablets I procured a box and inside of a week she was completely cured. By the use of the Tablets she has been kept well and happy ever since."

Mrs. J. Rix, Ebbsfleet, P. E. I., writes :—"I have found your Baby's Own Tablets very valuable in treating my baby who was suffering from stomach trouble."

Mrs. Fred Dove, Broadview, Sask., writes :—"It gives me pleasure to say I have used Baby's Own Tablets for my little girl and have found them of great benefit. I would not be without them and trust you may be able to use this testimonial for the benefit of others."

Mrs. Albert Barriault, St. Alphonse, Que., writes :—"I have used Baby's Own Tablets for my baby as a cure for constipation and have found them very satisfactory and can recommend them strongly to all other mothers."

Mrs. Alphonse Gingras, St. Agapit, Que., writes :—"I am well satisfied with Baby's Own Tablets which I have used for my little one who suffered from diarrhoea. The Tablets freed the bowels without griping and made baby quickly well again."

Mrs. H. Godin, St. Sauveur, Que., writes :—"I have used Baby's Own Tablets and am well satisfied with them. Please send me your little book on the care of infants and small children."



LITTLE PINK LAXATIVE PILLS

SUGAR COATED. ENTIRELY VEGETABLE.

These pills were designed to meet a demand for a gentle laxative to be used in connection with Dr. Williams' Pink Pills, the blood and nerve tonic, which have no laxative action. It was quickly seen that Pinklets had a broad application of usefulness from the fact that they will act in harmony with any non-purgative remedy and that they are an ideal family laxative, gentle in their action, free from any habit-creating tendency, a valuable liver regulator, and, in the larger doses, an effective cathartic.

In the treatment of any disease it is a matter of the first importance that the bowels should regularly perform their function of carrying off the poisonous waste materials. No progress toward recovery can be made until this is established, and in any condition of ill health in which constipation is present Pinklets should be taken to move the bowels. Their entire harmony with other remedial agents which are not purgatives make them highly valuable as a household remedy for use in such cases.

Pinklets will positively cure constipation with all its attendant evils, among which may be mentioned Sick Headache, Torpid Liver, Billiousness, Offensive Breath, and the Pimples and Eruption on the face, which in many cases are due to a sluggish condition of the bowels, torpid liver, or the presence of bile in the blood.

FREE SAMPLE OF PINKLETS.

Send us your name and address, plainly written on a post card, and we will send you a free sample of Pinklets. If you need a laxative medicine at any time we know that Pinklets will benefit you, and that you will be pleased with them.

Beware of imitations. The genuine Pinklets are never sold in bulk or by the dozen or hundred, but ALWAYS in packages, the wrapper around which bears the trade mark. If your dealer does not keep them they will be sent, postpaid, on receipt of price, 25 cents per bottle. Address :

**THE DR. WILLIAMS MEDICINE CO.,
Brockville, Ontario.**

NASAL BALM

A Positive Cure for Cold in the Head and Catarrh.

EASY TO USE. PLEASANT AND AGREEABLE

The following are some of the symptoms by which Catarrh may be known :—Voice thick and husky, with a sort of nasal twang—Breath frequently offensive—Dull oppressive headaches, generally located over the eyes. Frequent hawking and coughing in an effort to clear the throat. Gradual loss of sense of smell and sense of taste becoming dull. A feeling that the nostrils are constantly stopped up. A feeling of dizziness, particularly when stooping to pick anything up from the floor. A constant and annoying desire to spit out an endless quantity of phlegm.

These are some of the prominent symptoms that accompany catarrh and the longer they are neglected the firmer do they fasten themselves upon the system. Neglected catarrh frequently leads to lung troubles and consumption.

As an almost instant relief for cold in the head and a positive cure for Catarrh no other remedy can successfully take the place of NASAL BALM. It is speedy in its effect, soothing, cleansing and healing, and at the first symptom of cold in the head—always a fore-runner of Nasal Catarrh—Nasal Balm should be at once applied, and all traces of the disagreeable malady will soon pass away. Where the trouble is more deep rooted the treatment should be persisted in until a thorough cure is effected, else there will be a constant recurrence of the disease.

We wish to particularly impress upon the public that Nasal Balm—unlike many other so-called catarrh cures—contains no dangerous or habit-forming drug.

Full directions for use will be found with each bottle. If you cannot obtain Nasal Balm from your dealer it will be sent by mail, post-paid, at 50 cents a bottle, by addressing :

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

Hanson's Magic Corn Salve

A Certain, Safe and Painless Remedy for
the Removal of Corns.



THE DIRECTIONS SAY

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



AND THAT

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

READ WHAT THE PEOPLE SAY :

Mrs. M. Prescott, post mistress at Appleby, Ont., says :—"I am very glad indeed to bear testimony to the value of Hanson's Magic Corn Salve. I have had great benefit from its use and found it all you represent it."

Mr. John A. Chisholm, Ashdale, N. S., says :—"I have derived great benefit from Hanson's Magic Corn Salve, and can highly recommend it to anyone suffering from corns or warts."

Mrs. Fred Dove, Broadview, Sask., says :—"Anyone suffering from corns cannot do better than use Hanson's Magic Corn Salve. I have used it with the most beneficial results."

Mrs. A. Thomson, Arden, Man., says :—"Hanson's Magic Corn Salve is the best remedy for corns I have ever used. As its name implies it works like magic, and will effectually remove any corn."

Mrs. Leverett W. Hiltz, New Ross, N. S., says :—"Less than half a box of Hanson's Magic Corn Salve removed two corns that had caused me much pain and trouble. It is without doubt the best salve on the market for removing corns without pain."

Sold by all dealers or sent by mail, postpaid at 15 cents a box by addressing :

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

MONTREAL TESTING LABORATORY

MILTON L. HERSEY, M. Sc.

Demonstrator in Chemistry,

McGill University,

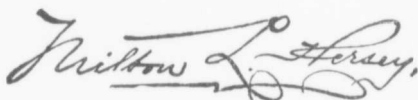
ANALYTICAL CHEMIST

171 St. James Street,

Montreal.

A GUARANTEE

I hereby certify that I have made a careful analysis of Baby's Own Tablets which I personally purchased in a drug store in Montreal, and the said analysis has failed to detect the presence of any opiate or narcotic in them.

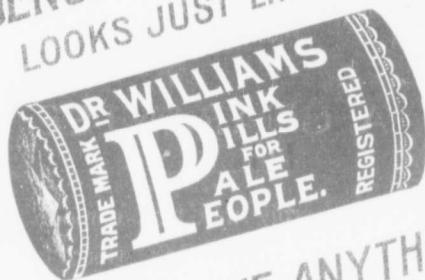


M. Sc. (McGill)

Provincial Analyst for Quebec.

Baby's Own Tablets is the only medicine which gives the guarantee of a Government Analyst that it contains no opium, morphine or other narcotic. Every mother should appreciate this as it means she can give this medicine to the youngest child, with absolute safety.

THE
GENUINE PACKAGE
LOOKS JUST LIKE THIS



DO NOT TAKE ANYTHING
ELSE

Published by
THE DR WILLIAMS MEDICINE CO,
Brockville, Ont.