

## FEELING TIRED IN SPRINGTIME

Not Sick, But Not Quite Well—  
You Need the Help of Dr.  
Williams' Pink Pills.

With the passing of winter many people feel weak, depressed and easily tired. No particular disease, but the system lacks tone. You find yourself tired, low-spirited, and often unable to get sound sleep at night. All this is the result of in-door confinement of the winter months, and shows that the blood has become thin and watery. New, rich, red blood is what you need to put you right, and there is no other medicine can give you this new blood as surely and as speedily as Dr. Williams' Pink Pills. This new blood gives to every part of the body and quickly improves the general health. Digestion is toned up, you have a better appetite, nerves are strengthened and sleep is sound and refreshing.

The value of Dr. Williams' Pink Pills when the system is run down is shown by the experience of Mr. William Mitchell, R.R. No. 1, Bedford, P.E.I., who says:—"A few months ago I found myself in a badly run down condition. My appetite was poor, I was easily tired and did not sleep well. I tried several so-called tonics, but did not get any relief. Then I decided to give Dr. Williams' Pink Pills a trial and soon found that I had got the right medicine. Gradually my strength came back, the dull, tired feeling disappeared, and after using the pills for about a month, I could eat heartily and was as strong and active as ever I have been. I can most cheerfully recommend Dr. Williams' Pink Pills as an unsurpassed tonic."

You can get Dr. Williams' Pink Pills from any dealer in medicine, or by mail at 5¢ cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Ignorance.

In the motion-picture "Robin Hood," Lady Marian desires to send a message to the Earl of Huntington and chooses Little John to act as her messenger. She presents John with a scroll which is protected by what seems to be a black case or tube.

As he handed it over, a small boy in the audience asked his mother what it was.

"That's a flashlight," she answered in a loud voice.

"Don't show your ignorance, Mary," said her husband. "They didn't have flashlights in those days. That's a thermos bottle."

"It's far better to be homesick away from home than to be home sick."

## Seed Potatoes

New Brunswick Grown and Government Certified.

Irish Cobblers and Green Mountains.

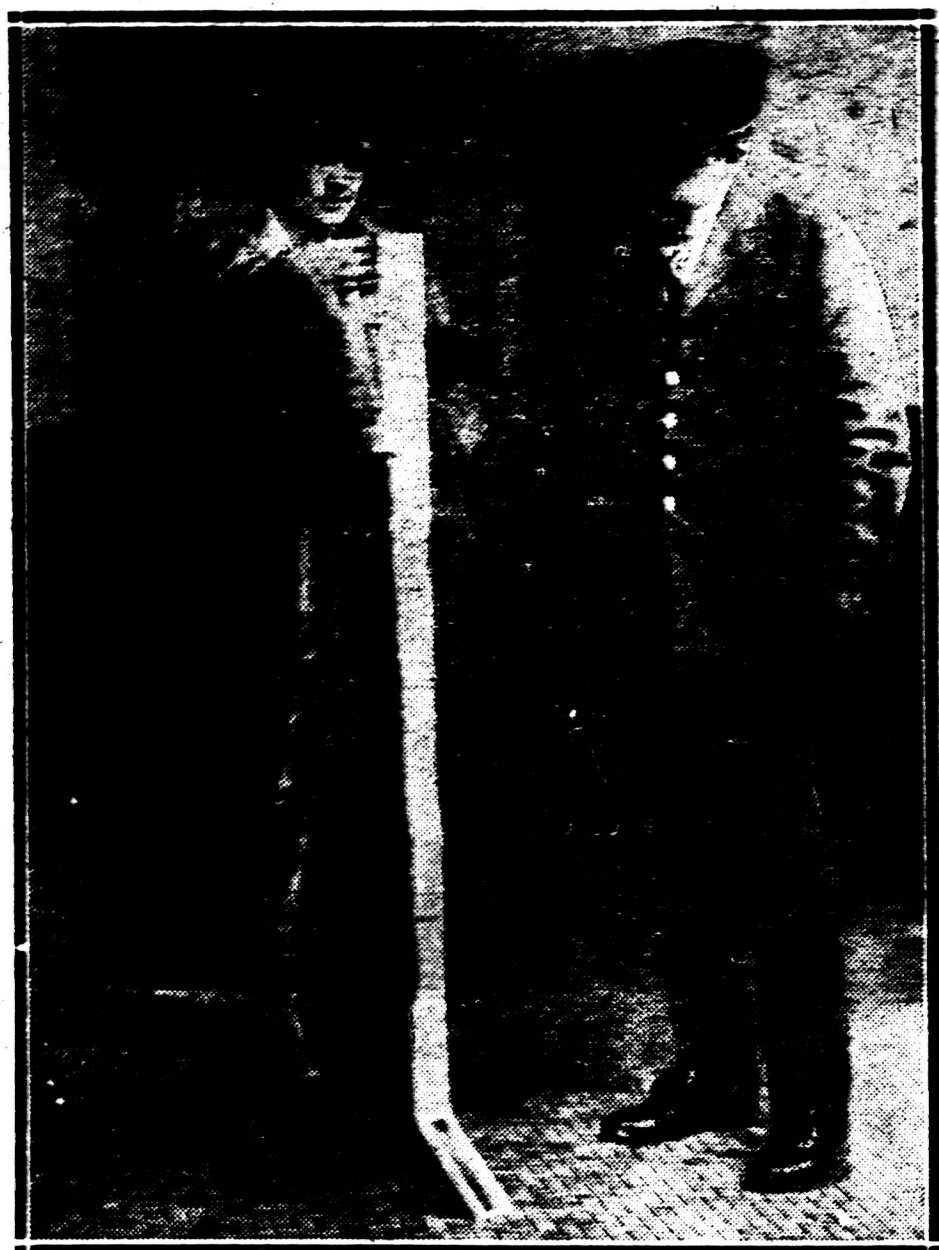
For sale at the following prices:

Peck, 50c. Bushel, \$1.60

Bag, 90 lbs., \$2.25.

Special price in lots of 5 bags or more. No charge for bags or packages. Can sell you Ontario Grown, at about 20 per cent. less. You will have to order early as quantity is limited. Cash with order.

H. W. DAWSON  
P.O. Box 38 Brampton, Ont.



"OH BOY! WHAT A TRIP!"

Priscilla Dean, the movie star who was appointed master of Yonge Street Station, for one hour, upon the termination of her "personal" appearance in Toronto, thought after inspecting a Trans-Canada ticket that her education would not be complete until she had used up just such a one. "The Canadian Rockies and Victoria for me," she said.

## HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario.

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

To thoroughly enjoy good health, we must observe the simple rules of right living. These include the taking of sufficient exercise to keep the body active, eating the right kinds of food in proper proportions, using plenty of fresh water within and without. But the latter remark I mean that water should be taken at frequent intervals, certainly a glass or two first thing in the morning and between meals throughout the day. It is better not to drink any fluids at mealtimes, as the gastric juice is thereby diluted and results in delayed digestion.

For some reason or other, there seems to be a tendency on everybody's part nowadays, to eat too much starch and sugar in the daily diet. Too much starchy food causes fermentation of the stomach and intestines, which often results in constipation and auto-intoxication, the effects of intestinal stasis or inertia. One and all, we should cultivate the practice of eating more fresh fruits and making the leafy vegetables a larger part of our daily dietary. We should refrain from

excesses of all kinds in eating and drinking and chew our food thoroughly at meal times. This relieves the stomach of part of the work of digestion, for properly masticated foods are more easily assimilated by the stomach.

We must also make it a point to get enough sleep and to avoid all unnecessary worry. Too many people live what might be called a dissipated existence, that is they burn the midnight oil, staying up late at nights and through the stress of business rising fairly early in the morning after insufficient rest. This leads to nervousness and irritability which in time may result in indigestion, insomnia and other irritating conditions. One must not forget the dangers to health that result from mischievous gossip, saying or hearing unkind things about people with whom you are acquainted. Sooner or later these unkind, ungenerous thoughts will react on the person harboring them, and bring about an impaired state of health. There is the question, too, of having imaginary enemies, and of believing that certain persons hold a grudge against you and are plotting to do you an injury. These surmises may be merely imaginations of the imagination and if the truth were known, the people whom you suspected had no unkind thoughts of you at all. Another thing to remember is that frequent bathing of the body is absolutely essential if one is to keep in perfect trim.

In these winter days we have a tendency to spend too much time indoors in a superheated atmosphere. What could be more healthful and invigorating than a brisk walk in the open air. Walking is an exercise that everybody can indulge in, and there is no better recreation. Still, there is not half enough walking done, even in the country. The automobile is an asset of course, and brings convenience and comfort to every home where it is in use, but when a person develops the habit of riding everywhere, even short distances that could easily be covered on foot, then the automobile is little short of a menace to health. I have heard men who own cars admit that for their health's sake they would be far better off without an automobile.

A powerful aid to the preservation of health is relaxation—of both mind and body. If we have business cares or worries connected with the daily grind, we should as far as possible, put them away when evening comes and enjoy the fellowship of family or friends or recreation or books. The mind needs a rest as well as the body, and this applies to women as well as men. Of course there are instances where it is difficult to get rid of worry and responsibility at special times, but as a rule, one can, by systematizing his or her work, find time for relaxation.

Above all, we need, once a year at least, a complete change from our normal surroundings, and this is especially beneficial if those who live strenuous lives, go to the woods or a quiet summer resort where they can live close to nature and get a chance, as it were, to find themselves and take stock of their mental, moral and physical progress.

Moreover, we should always try to cultivate a cheerful spirit, and to meet adversity with calmness and fortitude, accepting with good grace what the gods have in store for us, always trying to play the part of real men and women who know how to play the game of life to the best advantage.

Minard's Liniment for Colds.

### Last Will and Testament.

These things I got by the sweat of my brow:  
A fallow field and an ancient plow.

And these I bought with the songs I have sung:  
The wind and the spray the salt sea flung.

And these are the things that I got from Love:  
One tall pine tree and a star above.

I, being in my right mind now,  
Bequeath to my son my land and plow,

And I'll leave him also the wind and the sea,  
And I'll even leave him my tall pine tree,

But I'll keep that star so my soul can wear  
One golden trinket in her hair.

—Bonnie Jones MacClelland.

## MOTHERS PRAISE BABY'S OWN TABLETS

Mrs. L. M. Brown, Walton, N.E., says:—"I cannot recommend Baby's Own Tablets too highly. I have found them invaluable for the ailments of little ones." Mrs. Brown's testimony is that as that of thousands of other mothers who have used the Tablets. To use them once is a sure guarantee that they will always be kept in the home as long as there are babies or young children to be cared for. The Tablets are a laxative—mild but thorough in action—which never fail to regulate the stomach and bowels; relieve constipation and indigestion; break up colds and simple fevers and make the dreaded teething period easy. In fact they banish all the minor ills from which little ones suffer. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

In Turkish Prison.

A British officer who was captured by the Turks in the Great War gives some amusing extracts from the prison commandant's daily bulletins to the prisoners. Here is one: "Everybody is obliged neither to cook food nor to have any sort of fire in the rooms where they live and lie, as a very slight carelessness as regards fire, cleanliness and neatness may be the cause of great dangers. It is rather good to consider the heaviness of the legal penalty that may be incurred for a damage caused by a lack of precaution and care. If a fire starts, it goes. Therefore, don't smoke in bedrooms for goodness' sake."

Among the children left at the day nursery at the Wembley Exhibition there are three who have never been claimed.

The coal deposits of Canada are believed to comprise about one-seventh of the known supplies of the whole world.

For Sore Throat Use Minard's Liniment

Do You Stammer?

Don't suffer under this handicap any longer. Successful pupils everywhere, recommend our methods of treatment. Write for free advice and literature.

THE ARNOTT INSTITUTE  
KITCHENER, ONT., CANADA

INDISPENSABLE

We receive letters every week from people who find Minard's indispensable.

Capt. Geo. W. Dolbow, Philadelphia, Pa., writes: "While in British Columbia I used your Liniment but I cannot get it here. As there is to my knowledge no other liniment on the market like Minard's I would appreciate it if you will advise me how I can get another supply, for I do not want to be without Minard's."

MINARD'S LINIMENT

A Charming

Reflection

Is Obtained by Using

Cuticura Soap

Daily, assisted by Cuticura Ointment when required. It keeps the pores active, the skin clear and free from eruptions and the scalp in a healthy hair-growing condition.

Sample Each Free by Mail. Address Canadian Agents: "Shanahan, Ltd., Montreal, P.Q., 250, Victoria St. and 250, St. James St. Cuticura Shaving Stick 25c.

FOR Rheumatism

BAYER

ASPIRIN

Proved safe by millions and prescribed by physicians for

Rheumatism Colds

Headache Pain

Neuralgia Toothache

Lumbago Neuritis

Safe

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocarbonyl-acid of Salicylic Acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin is a Bayer manufacture, to avoid the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

A tea your grocer recommends is usually good tea

# RED ROSE TEA "is good tea"

And most grocers recommend it.

### Mother's Allowances.

Now that the Mother's Allowances Act is so well established and accomplishing such good work, it is interesting to recall that for nearly twenty years Mr. Kelso advocated this as a necessary feature of efficient child-welfare work. In his fourth annual report to the Ontario Legislature, published in February, 1897, he reported as follows:

There are poor but respectable mothers who require temporary help, but this should be given to them in their own homes, either by the municipality or church organizations, so that the home may not be broken up. It is no real charity or help to a poor mother to close up her home and send her children, one to this institution and one to that, thus robbing both of the ties and influences that are, after all, the only things worth living for.

The principle here laid down is sound, and it is gratifying to know it has worked out so well.—Globe, March 19.

For Sore Throat Use Minard's Liniment

Do You Stammer?

Don't suffer under this handicap any longer. Successful pupils everywhere, recommend our methods of treatment. Write for free advice and literature.

THE ARNOTT INSTITUTE  
KITCHENER, ONT., CANADA

INDISPENSABLE

We receive letters every week from people who find Minard's indispensable.

Capt. Geo. W. Dolbow, Philadelphia, Pa., writes: "While in British Columbia I used your Liniment but I cannot get it here. As there is to my knowledge no other liniment on the market like Minard's I would appreciate it if you will advise me how I can get another supply, for I do not want to be without Minard's."

MINARD'S LINIMENT

A Charming

Reflection

Is Obtained by Using

Cuticura Soap

Daily, assisted by Cuticura Ointment when required. It keeps the pores active, the skin clear and free from eruptions and the scalp in a healthy hair-growing condition.

Sample Each Free by Mail. Address Canadian Agents: "Shanahan, Ltd., Montreal, P.Q., 250, Victoria St. and 250, St. James St. Cuticura Shaving Stick 25c.

FOR Rheumatism

BAYER

ASPIRIN

Proved safe by millions and prescribed by physicians for

Rheumatism Colds

Headache Pain

Neuralgia Toothache

Lumbago Neuritis

Safe

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocarbonyl-acid of Salicylic Acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin is a Bayer manufacture, to avoid the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

## ONTARIO BREED BETTER LIVESTOCK Improvement STOCK Committee

We Challenge Ontario Farmers  
To Make Money  
By the Use of a Scrub Bull

We believe a Scrub Bull is the most expensive piece of cattle flesh in existence.

Is This A Challenge To You?

## The Province of Ontario Savings Office

### SAFETY IS SATISFYING

Deposit your savings regularly with the Province of Ontario Savings Office.

### \$1.00 OPENS AN ACCOUNT

All monies deposited by you are guaranteed by the Government of the Province of Ontario and can be withdrawn at any time.

### BANKING BY MAIL—

Department at each Branch.

### HEAD OFFICE: 15 QUEEN'S PARK, TORONTO

Branches: Toronto—Corner Bay and Adelaide Streets; Corner University and Dundas Streets; 546 Danforth Avenue.

Aylmer, Brantford, Hamilton, Newmarket, Ottawa, Owen Sound, Pembroke, Sarnia, St. Catharines, St. Mary's, Walkerton, Woodstock.

## ONTARIO WOMAN REGAINS HEALTH

Wants Other Women to Know  
About Lydia E. Pinkham's  
Vegetable Compound

Mount Forest, Ont.—"Before I took Lydia E. Pinkham's Vegetable Compound I felt weak and miserable, and had pains all through me. I was living in Ailsa Craig at the time and one day a friend came in and told me her experience of using the Vegetable Compound and advised me to take a bottle, which I finally did. I began to get stronger and those pains left me. I am glad I found out about this medicine as I think there is none equal to it for women who have troubles of this kind. I cannot praise the Vegetable Compound too highly for the good it has done me. Whenever I know of a woman suffering I am glad to tell her of it."—Mrs. WM. RIDSDALE, R.R. No. 1, Mount Forest, Ontario.

Women throughout the Dominion are finding health in Lydia E. Pinkham's Vegetable Compound.

No harmful drugs are used in its preparation—just roots and herbs—and it can be taken in safety even by a nursing mother. For sale by all druggists.

ISSUE No. 13—25.