

FEARED HE HAD CONSUMPTION

"Fruit-a-lives" Cured Him



HUGH MCKENNA, Esq.
ST. STEPHEN, N.B. Jan. 17th, 1911.
"I wish to tell you of the great good 'Fruit-a-lives' have done for me. For years, I was a martyr to Chronic Constipation and Stomach Trouble. I was greatly run down and my friends feared I had Consumption. I tried numerous doctors and all kinds of medicines, but received no relief until advised to try 'Fruit-a-lives' by Mr. McCready of St. Stephen, and am pleased to say that I now enjoy excellent health. 'Fruit-a-lives' are the best medicine made, and I strongly advise my friends to use them."

HUGH MCKENNA.
"Fruit-a-lives" is the only medicine that will positively and completely cure Constipation. This wonderful compound of fruit juices acts directly on the liver, causing this organ to extract more bile from the blood, and to give up more bile to move the bowels regularly and naturally.
See a box, 6 for \$2.50, trial size, 25c. At all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

OBITUARY.

ISABELLA MILLER
Died very suddenly at noon, July 9th, Miss Isabella Miller, aged 97, Mrs. W. Hodgson, 36 Cambridge-st. south with whom she has been residing for the last four years, her former home being in the village of Leskard, Township Clark, Durham County. She leaves to mourn her demise one brother, R. Miller, postmaster, and Mrs. D. Fuller, New Park; Mrs. J. Agnew, Washago; Mrs. T. Brishin, Yelverton, mother of Mrs. Hodgson; Mrs. Corcadden, wife of G. B. Corcadden, postmaster of Leskard, who all arrived in Lindsay by the late train Saturday evening. The deceased was a member of the Methodist church and devoted much of her time to religion and religious duties. It was a shock to her many friends in Lindsay and former home.

LEIGH R. KNIGHT
Barrister, Solicitor, Notary Public, Commissioner, &c.
Successor to McDiarmid & Weeks, having removed their business to my own office, opposite Watchman-Warder, Kent-st. Phone 41. Insurance and Real Estate in all its branches.

HOPKINS WEEKS & HOPKINS
Barristers, Solicitors, Notaries etc. Solicitors for the Bank of Montreal, Money to loan at lowest rates. Office, 6 William-st. south, Lindsay, Ont. Branch office at Woodville. G. H. Hopkins, K.C. C. E. Weeks. Fred Holmes Hopkins, B.A., LL.D.

Wrist Watches

We have just received a line of beautiful watches, fine quality movements, in Gun Metal, Silver Gold and cases. All reliable timekeepers, at moderate prices.

W. F. McCarty
Wedding Rings Marriage Licenses

Cleaning, Dyeing and Pressing

J. E. MARRS
Crown Custom Tailoring

Woolens direct from mills to consumer. 300 Spring and Summer samples to choose from. Latest fashion plates and styles. Suits made to measure.....\$12 to \$35
Trousers.....\$2.50 to \$8.50
French Dry and Steam Cleaning, Dyeing and Pressing of all kinds of Ladies' and Gents' Garments. Agents for the Crown Tailoring Co., Toronto.

KENT STREET J. E. MARRS 5 Doors East of Benson House
LINDSAY. PHONE 264 K

Hot Weather "Don'ts" For the Mothers

The following "Hot-Weather Don'ts" for mothers are timely: Don't ask your neighbor how to feed your baby—ask your doctor. For a mother not to nurse her infant, if it is possible for her to do so, is criminal. Mother's milk is the ideal food for the infant. But in the event of this not being available, modified cow's milk is the next best. As soon as possible after the delivery of the milk, have it placed in the refrigerator or place the bottle containing it in a vessel of cold water, to be frequently changed—keep the milk as cold as possible, and always tightly covered. Don't feed the baby every time it cries. It may be thirsty—not hungry—give it a drink of water. Don't clothe the baby warmly. Babies feel the heat much more than adults. A loose, cotton thin shirt is usually sufficient on the very hot days. Give the baby one good tub bath every day, and when it is very warm, sponge it frequently. A cheap ice box may be prepared at a cost of from 20 to 25 cents, in the following way: Take an ordinary wooden box, 13 x 18 inches with a depth of 11-12 inches. In the bottom of the box place a substantial layer of saw dust and then set a tin pail or can, 8 inches in diameter and high enough to hold a quart bottle of milk. The pail rests on the sawdust. Around the pail place a cylinder of tin a little larger than the pail, which will leave a space of about one inch or an inch and a half in diameter. Pack the sawdust outside the cylinder and not into the space between the pail and the top.

The bodies of two fishermen dead from exhaustion were found in a boat near Vancouver. A heavy shower of rain fell in Manitoba breaking a long dry spell and relieving the crop situation. It is so hard to give satisfaction, we sometimes think, without trying it, that the loafer comes about as near it is anyone.

CONSUMPTION
Means—wasting away; consumption of vitality. It may be the lungs, the bones or the body in general slowly or rapidly decaying. Whichever it is you need to build up the system faster than the disease runs it down. Oppose motion to motion in greater degree to the ravages of the destructive forces. Copeland's Cure For Consumption gives a fighting strength as nothing else will. It is establishing a remarkable record as a life-saver. Read the following testimonials: Mr. William R. Copeland: Dear Sir,—For the benefit of other sufferers I would like to state that for fifteen years I have been affected with a severe cough and bronchitis. The last five years I have been getting worse, the doctors telling me my lungs were badly affected. After trying all kinds of different medicine, which never proved of any great benefit, I heard of your Consumption Cure and decided to give it a trial. I found myself greatly improved after the second bottle and continued its use. I have now taken twelve bottles in all and am most happy to say that I am entirely free from my cough and in good health. It will be a pleasure to recommend your excellent medicine to others and to tell them that the good it did me. Wishing you the success its merits deserve. Yours gratefully, (Sgd.) JOHN SKELTON, Highland Creek, Ont.

Such is the recuperative power contained in this medicine that even the most advanced cases have been cured by its beneficial action. It can be taken by the weakest patient to whom it gives a fighting strength as nothing else will. The appetite comes back, the weakening perspiration is stopped, the lungs and respiratory organs are healed at the same time. Its efficacy to fight consumption, weak or bleeding lungs, lingering coughs and bronchitis is proven beyond doubt—not by what I state but what is stated by those who have taken it and have been cured. Copies of testimonials will be sent on request. Price \$1 per bottle. Your druggist can supply you or can be supplied direct of Wm. R. Copeland, 511 Pape-ave., Toronto, Ont.

INSECT STINGS AND SUMMER SORES

Insect bites and stings, blistered feet and sunburn! These three things, or any one of them, may spoil some days of your vacation, or make your work a bore! Zam-Buk is the remedy you need! It takes the "burn" out of these red, inflamed patches where the sun has got home on you; it eases bad mosquito bites, and it soothes and heals blistered feet and hands. In the hot weather young babies suffer greatly from heat spots and chafed places. Here, again, Zam-Buk will give almost instant ease! Mothers should always keep Zam-Buk handy, and should use Zam-Buk Soap for Baby's bath. For cuts, burns and more serious skin diseases, such as eczema, blood-poisoning, etc., and for piles, Zam-Buk is absolutely without an equal. All druggists and stores 50c. box or Zam-Buk Co., Toronto.

County Correspondence

ZION, FENELON.
Zion, Fenelon, July 8. — Miss M. Wilson, of this place, is now spending her vacation at Fenelon Falls visiting at the home of her sister, Mrs. George Carew. Quite a number from this place attended the picnic at Glenarm Monday and all report a good time. Mr. and Mrs. A. Brynell and son visited at the home of Mr. James Brynell, of Powles Corner. Miss B. Lee, of Lindsay, spent a few days at the home of Miss Dorothy Brown. Mr. Rolloption, Powles Corner, visited at Zion on Sunday. Rev. Mr. Howard preached on Sunday.

KIRKFIELD.
Kirkfield, July 8.—Mr. A. J. Smith, of Toronto, and Mr. and Mrs. N. G. McMillan, of Detroit, and Mrs. Cameron and grandson, Cameron Newman, motored from Toronto and spent Sunday at the home of Mr. and Mrs. A. E. Smith. The Ladies' Aid intend holding a garden party on the manse grounds this month. The date will be given later. Orange service was held in the Methodist church on Sunday last at 4 p.m. The service was conducted by Rev. Mr. He, assisted by Rev. H. H. Turner. Mr. He preached an excellent sermon. The choir rendered two anthems. Mr. and Mrs. Geo. Ashman and family left for Lindsay on Monday this week, where they intend to reside in the future. Miss Victoria Bell, of Lindsay, is visiting her sister Mrs. J. J. Lee. Miss Doris Morrison, of Beaverton, spent the past two weeks with her aunt and uncle, Mr. and Mrs. A. E. Smith. Rev. Mr. He left for his charge in Coe Hill on Tuesday. Miss Fraser, of Detroit, is visiting her mother and sister, Mrs. Vassar. Mr. W. A. Graham left for the west this week. C. N. Vaasar, of Winnipeg, is visiting his family here.

ZION, FENELON
Zion, Fenelon, July 8.—We are pleased to see Miss Rosa Broad out again after her severe illness. Mrs. Dawson and two daughters of Toronto, visited at J. Hall's for a few days last week. William Galloway has bought the Hoover farm. A daughter arrived at the home of Mr. and Mrs. Frank Broad last week and now Frank wears a smile. Crops in this section are looking fine, especially alsike. The Hoster Bros. have just completed their new barn. It is a very handsome structure and up-to-date in all modern conveniences. They are erecting a power windmill on a 60 foot tower. Albert Henderson's new barn is finished and adds much to the appearance of his property. He is also having his house bricked. The Rev. Delve preached his farewell sermon at the Zion appointment on Sunday, June 30. There was a large attendance as usual. He preached a very excellent sermon, full of kindly advice and rendered with telling effect. During the three years of Rev. Delve's stay he has won many warm friends. The people in the section regret very much his departure but he and his family have out best wishes and kindly regards on his new circuit, and hope that he will again visit us in the near future.

POWLES' CORNER.
Powles Corner, July 6. — Miss I. Miller, of Fenelon Falls, is the guest of her aunt, Mrs. J. Brown. Mr. A. C. Greenaway called on friends in the neighborhood last week. Miss Lulu Cooper is spending the week with her cousin Miss Elva Worsley, Zion. The garden party held last Friday on the school lawn was a decided success. Many were disappointed at the non-appearance of the Eden baseball team which was to play the Corner team. The amount raised

clear of expenses was \$31.60. Miss Garnett Quinn, of Toronto, visited friends and relations in the neighborhood over the holiday. Mr. and Mrs. W. Wagar are the guests of Mrs. J. Wagar. A few from here attended the celebration at Lindsay, on the first of July. Mr. Stark called at the home of Mr. and Mrs. Ed. Sims leaving a bouncing baby boy. Mr. Elmer Brynell, of Toronto, was the guest of Mr. S. Cooper last week. Miss Sadie Francis is spending the summer vacation at her home in Cannington. Miss Edith Graham was the guest of her friend Miss May Gillis last week. The farmers are all smiling now since the rain has come. Miss Ethel Pethick is visiting her aunt Mrs. W. Cooper.

BURNT RIVER.
Burnt River, July 8. — Miss Addie Nichols, of Toronto, is home for a few holidays. Miss Nettie Fell leaves to-morrow for Pigeon Lake for a few months. Miss Hazel Hunter, of Toronto, is spending a couple of weeks at the home of her father, Mr. Thos. Hunter. Miss Anna Handley has gone to Bracebridge to attend school for a month. The Methodist Sunday School picnic held at Four Mile Lake on July 1st was well attended and everybody reports a good time. The proceeds amounted to sixteen dollars. The members of L. O. L. No. 41 attended service at St. Luke's church last night. On account of the heat the service was held on the church lawn. Rev. Mr. Hockley gave a very satisfying sermon. Mr. Sam Reid, of Toronto, is visiting friends here. Miss Ethel Wilson, of Baddow, visited a few days with her friends, the Misses Townsend. Our notion of a sweet disposition is one that isn't sour on Monday.

THE ROAD.
"Now, where are ye goin'," sez I, "wid the shawl? An' cotton umbrella an' basket an' all? Would ye not wait for McMillan's machine? Wid that biggest nat'ral bottin' a queen? Oh, ye wid the wind not gray eye wid a wile in it. Ye wid the lip wid the troublesome smile in it. Sure, the road's wet, ivery rain mud-died mile in it." "Ah, the saints 'll be kep'in' me petticoats clean!" "But," sez I, "would ye like it to meet Casey's bit on it. Or the tinks posib'ly rabbits above Silve-na-coult? An' the ford at Kilmaddy is big wid the snow. An' the whitest little people that wear the green cloze. They'd run from the bog to be makin' a catch of ye. The king of them's wishful of weddin' the match of ye. 'Twould be long, if they did, ere ye lifted the latch of ye." "What fairy's to touch her that stags as she goes?" "Ah, where are ye goin'," sez I, "wid the shawl? An' the gray eyes a-dreamin' beneath it an' all? The road by the mountain's a long one. Depend on it. Ye'll be done for, alansah, ere reachin' the end; Ye'll be bate wid the wind on each back breakin' bit on it. We wid the puddles an' lamed wid the grit on it." "Sure, lawsons ye're layin' yer delicut at it." "But, whin's a road lonesome that's stop-ped wid a friend? That's stop-ped wid a friend? Who did Bridget intend? Still 'twas me that went wid her right on to the end!" —Punch.

Helping His Looks.
Candid friend—I can't 'elp smilin' when I looks at you, Sam. You're such a ugly blighter. 'Aren't your kids never told yer of it?—Punch.

There Were Others.
In the old Fourth ward of New York, where there was a big Irish population, there used to be a character who lived off wakes. He watched the papers for death notices, and when a death occurred in his neighborhood he would put on his shabby best, drop round to the house of mourning, weep over the bier, even though the deceased had been a total stranger to him; extol the virtues of the departed—and then eat and drink until he could hold no more. One night, according to Dick Malloy, the Tammany politician, the old chap reached a wake. He walked in with leaky eyes, to be met by the two stewart eyes of the dead man. "You didn't know our father, and he didn't know you," they told him. "You only came here to get some free drinks. Now, you get out or we'll throw you out!" The old man got out, but at the door he paused for a parting shot. "I'd have you know," he said, addressing the stewart eyes, "that you're

Standing on His Rights.
During the last city election in New York a bunch of trained repeaters marched into an east side polling place. "What name?" inquired the election clerk of the leader, who was red haired and freckled and had a black eye. The voter glanced down at a slip of paper in his hand. "Isidore Mendelheim," he said. "That's not your real name, and you know it," said a suspicious challenger for the reform ticket. "It is me name," said the repeater, "and I'm goin' to vote under it. See?" From down the line came a voice: "Don't you let that guy bluff you, Casey. Soltinsky your name is Mendelheim!"—Saturday Evening Post.

Not a Bit Offended.
"Football guide, sir?" said the street vender to the burly man who was hurrying to the match. "No," replied the latter. "All the news, photos of players, and—" "No, I tell yer." "Past records, fixtures, and"— "Get out!" "Information worth a quid"— "Out shot the burly one's foot, and the next moment the youth was sitting in the gutter. Slowly he rose, smiled sadly, held up a football guide and continued, "No; but puttin' all jokin' on one side, mister, d'yer want a football guide?"—Tit-Bits.

On the Job.
Sam—I tell you that office boy of mine is a dandy. He knows just what to do. Ham—Don't you even have to send him out to look at the score board? Sam—Not by a long shot; he's always there.—Philadelphia Record.

Dr. Morse's Indian Root Pills
are made according to a formula in use nearly a century ago among the Indians, and learned from them by Dr. Morse. Though repeated attempts have been made, by physicians and chemists, it has been found impossible to improve the formula or the pills. Dr. Morse's Indian Root Pills are a household remedy throughout the world for Constipation and all Kidney and Liver troubles. They cleanse promptly and effectively, and

Cleanse the System
the aid of warty advertising and hands-up prospectuses, sell their lots at from \$100 up. I have gone far enough now to be able to say that an individual 1,000 miles away who depends on a map or a plan for guidance is in a fair way to be fooled. An inch in a plan may be a mile in reality. The eye leaps over the squares of a map, but the feet lag when one walks the actual distance. Similar notes of warning have come from other sources. The west is a great country with a great future. Its development under healthy and natural conditions seems bound to be comparatively rapid and substantial; but whether it will be able to stand the strain of some of the present day conditions without injury to its future prospects is another question. No doubt there are plenty of opportunities for safe and profitable investment in the west; no doubt many people have made good money and are still making money in western real estate; still that is no reason why the man or the woman whose means are limited should grab at everything that is offered in any caution would counsel that the investor should have some knowledge of the shape of a sub-division. Ordinarily with it.—Woodstock Sentinel-Review.

Summer Resorts

Bobcaygeon, July 8. — Mr. and Mrs. Millegan and daughter, of Toronto, arrived last week to spend the summer at "Lone Pine Cottage". Mrs. Hunter and family of Toronto are occupying "Neoscoleta Cottage" on Page Lake. Mr. and Mrs. Matt Codling, of Winnipeg are spending the summer in Dr. Thorn's cottage. Mr. A. E. Bottum has opened up "Nivabroin" cottage for the summer. Mrs. W. H. Miller and family of Toronto, who are spending their holidays at Wawayanda Cottage entertained a large party of friends over the holiday. Mr. and Mrs. J. W. Anderson and family are summering at Chateau Kenstone. Messrs. Young and Harbough of Sewickley, Pennsylvania, are holidaying on Pigeon Lake. Owing to the increased demand for accommodation, Mr. C. Perry Alexander has been compelled to enlarge his boarding house at Oak Orcha.—

Mr. Bates, of New York, is again summering at her commodious cottage on Jacob's Island. Mr. and Mrs. Faide of "Fair Oaks Cottage" were the host and hostess of a merry house party over the holiday. Among the guests were Miss Faide of Cannington, Miss Mamie Brecroft, of Woodville, Miss Alyward of Queensville and Mr. Cecil Smith, of Woodville. Miss Theo O'Loughlin, of Lindsay, is visiting Mrs. T. M. Stewart, at "Chateaublanc". Mr. and Mrs. Lucille and Jenny Platt of Toronto are visiting the Misses Read.

SAVE THE CHILDREN.
Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonable safe during the hot weather. Stomach troubles, cholera infantum and diarrhoea carry off thousands of little ones every summer, in most cases because the mother does not have a safe medicine at hand to give promptly. Baby's Own Tablets cure these troubles, or if given occasionally to the well child will prevent their coming on. The Tablets are guaranteed by a government analyst to be absolutely harmless even to the newborn babe. They are especially good in summer because they regulate the bowels and keep the stomach sweet and pure. The Tablets are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

Dr. de Van's Female Pills
A reliable French regularizer, never fails. These pills are exceedingly powerful in regulating the menstrual system of the female sex. Each box contains 12 pills. Price, 25c. Sold at all drug stores. Dr. de Van's are sold at 10c a box, or three for 25c. Mailed to any address on receipt of Dr. de Van's, 20, Catherine-st., Montreal, P. Q.

Two burglars were sentenced at Belleville to three years in the Kingston Penitentiary. Nearly five hundred foreigners were naturalized in Montreal in the past six months.

not the only corpse in New York tonight. There are others and a blamed sight better look'n' was too!—Saturday Evening Post.

THE LINDSAY MARKETS
Alfalfa \$14 bus.
Apples \$2 a bus.
Apples, \$1.50 to \$2.00 per bag.
Bacon, 22c in piece, or 24c sliced.
Beef cattle \$3.50 to \$7.
Butter per lb. 22 to 28c.
Barley, 60c, 65c, 68c, 70c.
Buckwheat 65c bushel.
Bran, cwt. \$1.40 cwt.
Cream 15 to 30c.
Cheese 18c lb.
Celery 5c bunch.
Chickens 15c and 20c lb.
Eggs, 22c doz.
Flour, Manitoba, \$3.
Grass seed \$8 and \$9.
Honey, 15c lb.
Hens, 18c per lb.
Hogs, little, \$5 to \$6 per pair.
Hay clover \$8 1/2 to \$10.
Hogs, dressed, per cwt. \$10.50.
Good cheese 12c lb.
Hay per ton, \$14 to \$16.
Hay, baled \$18.50 to \$20.00.
Hides, cow, 9c to 10c.
Hides, calf 12 to 13c lb.
Hides, sheep, 75c to \$1.
Lamb, 20c to 30c lb.
Oats, 45c.
Oats, rolled, \$2.75.
Onions \$2 bus.
Potatoes, \$2 per bag.
Peas, large \$1.10 bus.
Peas, small, \$1 bus.
Rib roast 17c lb.
Rye 70c bus.
Red clover \$18.50 bus.
Rhubarb 5c bunch.
Shorts, retail, \$1.50 cwt.
Sirloin steak 20c lb.
Spare ribs 10c lb.
Sage per bunch 5c.
Straw \$6 and \$7 per load.
Timothy \$5 to \$7 per bus.
Turkeys 25c.
Turnips \$5 per ton.
Wheat, fall, \$1 per bus.
Wheat, goose, 90c bus.
Wheat, spring 90c bus.
Wool, unwashed 12c and 13c.
Wool, washed, 20 to 21c.

A Note of Warning

A correspondent of Saturday Night, who is at present studying the real estate situation in the West, is very outspoken in his characterization of the conditions which his experience has revealed to him. And if there be even a fair measure of truth in what he says, then the time has come for sounding not merely a warning but an alarm throughout the country. Here is an extract from a recent letter, which is given for what it is worth: "There is some \$25,000,000 of outside money at the present time tied up in Western Canada in and somewhat remote from points which are founded on I.P. This money comes from Montreal, Toronto, London, Ontario; London, Eng.; Berlin, Guelph, points in Quebec, New Hampshire, Chicago, any place in the continent. It is paid in at the average rate of \$200 for a 25 foot lot, for stuff that cost the master mechanic of the soil from \$15 to \$300 per acre. The homesteader who purchased a quarter section from the Government for \$10 fifteen years ago, jumps at \$50 an acre paid to him by a syndicate of gamblers who don't know a thing about realty, but who understand the public don't to the ground. Any crook can drive stakes in prairie remote from a western town of 600 inhabitants and by

Mystery of \$3,000 Cheque

The climax of the investigation into the dark recesses of the Farmers Bank is the rather sensational statement made by W. R. Travers that he left a marked cheque for \$3,000 in an envelope addressed to our old friend Peter Ryan, says the Windsor Record. The latter enters a vigorous denial under oath that he got the money and says the whole story as far as it concerns himself is a fabrication. The Toronto Globe assumes in a leading editorial commenting on the Travers statement that Travers believed he was making a subscription to the funds of the Liberal party. Just where and how all the campaign funds are raised is not revealed to the public, but we are becoming enlightened and getting an inkling. The Globe goes on to say that the ultimate destination of the cheque may remain forever unknown. If it went into the Liberal campaign fund there wasn't much of it that came up this way, according to current reports from Liberal sources. And it is almost a safe conclusion that no portion of the mysterious \$3,000 went to defray the traveling expenses of Clifford Sifton or Arthur Hawkes. Then again, some of the money might have been applied in that direction, because the Globe naively hints that the contribution was a "split." The Globe puts it this way: "It is not at all improbable that if the money did reach the treasury of the Liberal party, or if part of it went to the Liberal funds and part to the Conservative—which is not uncommon method of making friends politically—the men into whose custody it came ultimately never knew that it was a subscription that should not have been made and nev-

er should have been accepted." Reform measures are advocated by the Globe, which urges that publicity is the only cure for such abuses. It says: "Political parties cannot exist without funds. It would be hypocritical pretence to say that they can. But they must learn to do without secret contributions. Had secret commissions to aid in procuring legislation or secret contributions to the campaign chest of a political party been illegal, and the persons making such contributions or giving such commissions been liable to a stiff term in prison, Travers never would have made out the three thousand dollar check, and if he had done so no responsible person would have taken the risk of accepting and cashing it. The law cannot be amended a day too soon. Such methods of political financing must be stamped out ruthlessly."

BACK FROM WEST.
Dr. and Mrs. J. W. McCullough and family have returned from Saskatchewan, Sask., where they had been residing during the past two months. It is understood that Dr. McCullough has secured his former practice from Dr. McIntosh, and will take up his residence in Lindsay. Having been one of Lindsay's foremost citizens his many old friends will welcome him back to town again.

Johnny you shouldn't have eaten those fancy sweets. They were placed only on the table to fill up. You mean, that's what I ate them for. A colonization road will be built to connect the Fredericshouse and Abitibi Rivers.

Bright, Ruddy Cheeks For Pale Girls

NO LONGER ANY NEED TO BE PALE, WEAK OR ANAEMIC. BY FOLLOWING THE ADVICE OF MISS McEWEN YOU CAN QUICKLY BECOME STRONG AGAIN.

The pallid girl always lacks appetite. What little she eats is badly digested. At night she is restless, she dozes, but doesn't sleep soundly. Vital force must be increased, new blood must be supplied and a general rebuilding take place before she will feel like she ought. Dr. Hamilton has invaluable experience in these cases and found nothing so prompt in building up young women as his vegetable pills of Mandrake and Butternut. Dr. Hamilton's Pills begin by cleansing the system and purifying the blood; they also improve digestion and render food ready for absorption. Additional nourishment is quickly supplied and the patient is fast strengthened and invigorated. Full of spirit, ruddy and strong is the girl that assists her system by the use of Dr. Hamilton's Pills. The following recent letter, from Miss Etta McEwen, of Hamilton, speaks for itself: "In using Dr. Hamilton's Pills I find my system is wonderfully built up. It is certainly the most effective remedy I ever used. I have now a good appetite, sleep more soundly, and awaken in the morning feeling quite refreshed. "Fortunately I felt tired and depressed. I looked as if a severe illness were hanging over my head. "Nothing could give quicker results than Dr. Hamilton's Pills and I strongly advise every young woman to use them."

All dealers sell Dr. Hamilton's Pills, 25c. per box or five boxes for \$1, by mail from the Cattaraugus Co., Buffalo, N.Y., and Kingston, Ont.