WOULDN'T

eczema? You can if you will follow the example of thousands of others, and use Zam-Buk!

Mr. H. C. Buckley, of 461 East Broadway, Portland, Oregon, writes: For fifteen years I suffered agonies with burning, irritating eczema. During that time I tried many remedies, but nothing was capable of curing me until I used Zam-Buk. The use of this herbal healer for ten months has, however, succeeded in doing what ordinary ointments failed to do in fifteen years—it has

worked a complete cure." Zam-Buk is also best for old sores, bad legs, ulcers, blood-poisoning, boils, piles, cuts, burns and scalds. All druggists, or Zam-Buk Co., Toronto. 50c. box, 3 for \$1.25.



क्षान ना कि सिन्धिक TWENTY YEARS AGO

From the Sentinel

July 3rd, 1897

A D Hplyoke and Mrs Holyoke, and Dr and Mrs Kirkpatrick, peath him. The moment we girls sew started to drive to Fredericton on Boy's friend, Serob Steeres, we know Tuesday, they will return the last that a freeboard had been introduced of the week.

bration at St John on Tuesday sellows, and we did not wish to offend last week; she returned home Saturday night and was a passen ger on the train that was wrecked at Dibblee's siding.

The 67th Batt, Lt Col Baird commanding, 38 non-commissioned officers and men, left for Camp all out in it between dances when we Sussex on Tuesday morning. The same day the Woodstock Field Battery, Col Dibblee in command, 80 men, 4 guns and and while so engaged we endeavored 20 horses, went into camp on the old grounds Doherty's field.

BRISTOL.

Miss Hattie Pinkerton of Charlotte County is visiting at Mrs Dr J G Atkinson's.

Messrs Dibblee Smith and McCain, M P P,s were in Bristol on Friday. They had been makand bridges.

Statute labor was performed in pended on her doing so. this district last week, and the roads are very much improved did all in her power to make our stay thereby. This district has the promise of a new road machine, the electric lights ceased to glow, and which is to arrive early in July.

NORTHAMPTON.

seen in this neighborhood well behaved and, evidently, well trained cow acting the part of a nourishing mother to three little for it, he found it broken. His watch motherless lambs, all the property of Mr S A Rogers. This certainly a giant step in scientific engaged themselves. Five minutes experiment, and surpasses least in truth the legendary story of the wolf and the infant sons of the Vestal virgin.

A young gentlemen just one the loss of the watch, but the matter Then she took the bamboo stick with no ordinary faculties must have been day old has come to stay at the residence of Mr Robert Monteith. Congregations.

Minard's Liniment Cures Cold, &c.

HEAT FLASHES,

Mrs. Wynn Tells How Lydia Eleanor's theory was that Sarah had E. Pinkham's Vegetable Compound Helped Her During Change of Life.

Richmond, Va. - "After taking new woman. I always had a headache during the Change

troubled with other bad feelings common at that time dizzy spells, nervous feelings and heat

in better health than I ever was and recommend your remedies to all my friends. "-Mrs. LENA WYNN, 2812 E. O'Street, Richmond, Va. While Change of Life is a most critical period of a woman's existence, the

annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E. Pinkham's Vegetable Compound. Such warning symptoms are a sense of suffocation, hot flashes, headaches,

backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness.

fail to take Lydia E. Pinkham's Vegetable Compound.

Her Own Detective

A Girl Suspect Clears Herself

By ELINOR MARSH

We were a "bunch" of a dozen boys and girls, averaging in age perhaps seventeen years. We were young enough to get up parties on the principle of "Dutch treat" and not old enough for a boy to feel that if he asked one of the girls to go to an amusement he must hire a carriage for the purpose of taking her. We had informal dances in each other's houses and each boy was detailed, as they say in the army, to escort a particular girl to the dance. In this way all the girls were transported without doubling up. All went well, and we were having a merry time when Boy Stivers, one of the boys who had gone sweet on a girl outside the set, insisted on introducing her among us. We girls were not pleased at the introduction of one we knew nothing about, but we yielded gracefully, and I consented to Boy bringing her to a dance that was to

come off at my house. It is mervelous how a rice, well-bad boy will go deft on a girl entirely out of his sphere and in every way beamone as. But it is eacher to let a person into-a social clique then to get him Miss Munro attended the cele- or her out. Boy was one of our nicest him. Sarah Steams was not invited again to any of one little dences, but Boy asked her to go with him on exconstons, theater parties and the like. He was the only son of a widow who gave him all the money he wished and. mong other luxuries, a splendid motorcar. He was accustomed to take us were holding our informal parties, and also took us on longer rides. Of course we could not object to his inviting Sarah to go on excursions in his car.

> to treat her civilly. Just before the spring opened Roy invited us all to go to his mother's country place for a week end. Of course Sarah Steams would be of the party, Roy being at liberty to invite whom he pleased to his own home. Two-thirds of our "bunch" accepted, and Roy took us to our destination in his car. The others would not go on account of Sarah Stearns being of the party.

I wished very much to enjoy the fun. ing a tour through Kent and Ab- but Eleanor Trevor was my particular erdeen looking after the roads girl chum, and she was one who intended to stay away. I persuaded her to go, however, since my pleasure de-

Roy's mother acted as chaperon and in her house enjoyable. One evening we were dancing when all of a sudden we were left in total darkness. friend Eleanor was dancing with Charlie Hunt at the time. Charlie, like About the strangest sight to be Roy, was given everything he wanted. and among other things he possessed was a valuable gold watch. Soon after the lights were extinguished there was a tug at his watch chain and, feeling was gone. He was dancing with Eleanor when the darkness came, and of course they ceased to whirl and disat later, when the lights continued to glow, they were still standing near

was evident that there was a thief among us. So far as circumstantial evidence was concerned it pointed to Eleanor Trevor. She knew nothing about Charlie's loss or the position in nor which she stood until I told her. She was not a person to cringe under such circumstances. With woman's intuition she at once spotted Sarah Stearns as being at the bottom of the trouble. She did not believe that Sarah had stolen the watch for the watch itself, but that she might inculpate Eleanor. seen her dancing with Charlie when the lights had gone out and an opportunity had appeared to her of punish-

ing the girl who she knew was in favor of ostracizing her from our set. But Eleanor told no one except me of seven bottles of Lydia E. Pinkham's her suspicion, and I confess it seemed Vegetable Com- to me rather farfetched, though I did

pound I feel like a | not say this to Eleanor. "I've got a detective problem on my hands," said Eleanor to me, "and I'm especially interested in working it out. of Life and was also I wish you would give me the cold shoulder and ask the other girls to do

the same." "Why so?" I asked. "There's not one of us that believes for a moment that you are a thief."

"It will put Sarah Stearns off her guard and give me a better chance. If she took the watch -and I am sure she did-she must get rid of it. I'll take all possible pains to see that she doesn't send it away. I shall keep an eye on her all the while and note everything

"I will aid you in that," I said The incident occurred on Saturday evening. All day Sunday either Eleanor or I kept watch on Sarah. Sunday afternoon she started with a letter in her hand for the postoffice. I told her that I had written a letter that I wishwhen I came down had my hat and

her. To that she assented with at least apparent willingness. Whether or no she was going to get rid of the watch, she had no chance to do so, for I did not let her out of my sight for a

moment. Eleanor interfered with her going out later in the evening to take the air on the porch. We all went to bed early, or at least to our rooms. We girls were roomed on the second floor, and each was given a room to herself. Eleanor was in my room till 11 o'clock. She said she expected to be up all night to see that Sarah Stearns did not get rid of the watch, and her watch would not commence till all in the bouse were supposed to be asleep.

"What are you going to do?" I asked. "I'm going to stay in the hall." "Go to bed," I urged. "None of us believes that you are a thief. Besides, you are acting on a theory. You will lose your sleep for nothing."

"I have more chance of success than you think," she said. "Charlie has been very nice to me and has told me certain things about the watch that it is well for me to know."

"Then he knows you are hunting for

Wo, what he told me was said casually. But he does not believe I robbed him. At least he says he doesn't." "But I don't see how any mark on the watch can do you any good except to identify it when you have got it, and you will have to get it before you

can identify it." Eleanor made no reply to this. She simply kissed me good night and went to her soom. I was a long while getting to steen, but when I did I slept this 4 delock in the morning, when I was awahened by her. She told me that she had been awake all night and watch that she might get some sleep. I did as she asked, but it was evident that she had failed and I believed she

was on a wild goose chase. She was up for an 8 o'clock break that and looked quite fresh, consider ing that she had some to bed so late During the day I helped her occasion. ally in her wigil and again prevented Sarah Stearns from going out alone. This time I could see that she sus nected me, though she concealed the fact quite well.

"The party is to break up tomorrow. said Eleanor to me. "We were only invited till Tuesday morning. Either I must get that watch tonight or remain smirched for the rest of my life."

I assured her that she was not nor ever would be smirched by any one of us, to which she replied that Sarah Stearns would spread the matter abroad in a way that could not be STORY OF A FAMOUS CRAVAT

Roy took us to drive during the afternoon. Eleanor feigned a headache and remained at home. She charged me to keep my eyes upon Sarah Stearns every moment. I suggested to Eleanor that she was remaining at home that she might search for the missing watch. but she said that would be useless, for if Sarah had left it she had undoubtedly hidden it in a safe place, but she believed Sarah had it with her, and Eleanor relied on me to see that she did not get rid of it during the ride. did my work, but without results.

That night, when Eleanor and I went to our rooms, as we passed Sarah Stearns' room I saw Eleanor look up at the transom. Then she went with me into my room and took from my closet a bamboo stick with a hook on one end and carried it away to her room. Just before 3 in the morning she came into my room and, holding her watch to my ear, asked me if I could hear it tick. I told her that I could hear it very distinctly. She removed it farther and farther from me. with each removal asking me if I could still hear it tick. When she had taken society in a country the most thorit some four or five yards from me I oughly aristocratic in Europe, relying, could still hear it.

"That will do," she said. "Your ear directed insolence; for the same indiis far more keen than mine. It is now vidual to have triumphed splendidly a few minutes before 3. Come with over the highest and the mightiest-to

soon leaked out. An unpleasant fear the book on the end and, feeling care-demanded," the Mirror said in its issue | with the product of man's skill—the ture of the matter was that he was fully for the transom by means of the of June 4, 1836. dancing with Eleanor when the lights hook, pulled it partly open, accom- It will be well to recall here that aeroplane made which copies the up went out, and the logical inference was plishing the work without the slightest George Bryan, Brummel's father, was and down motion of the bird's wings, that she had relieved him of it. Never sound. This done, she put her arms Lord North's secretary; that the son all our machines having fixed wings, theless, none of us believed anything around my knees and lifted me so that at Eton and later at Baliol college ac- or planes. my ear was near the transom. She quired a reputation for being a "swell Our host was very much troubled. It had held me there perhaps three min- dresser," and that still later he was a living fliers around him. He made ly modernized type of this instrument utes when I heard what sounded like favorite of the Prince of Wales, who a far distant chime faintly strike the was to become George IV. of Great

"Put me down," I whispered to Elea- miliar story of the "fat friend," immor-"Have you heard anything?" asked the circumstances which led up to it.

She lowered me to the floor and, throwing her arms around my neck. gave me a bear hug.

"Now go and awaken some of the girls and bring them here," she said. I did her bidding and collected every girl in the hall. Then Eleanor turned on the electric light and knocked gently on Sarah's door.

The door was unlocked, and we all went into the room. Eleanor went to the bed and from under a pillow took

the Mirror proceeded with some facts There was a chime strike in it, and Eleanor, knowing this, had based her lished since. Brummel boasted that operations on bearing it. But since he would put the prince regent out of the watch was under a pillow no one fashion, made his plans at once and except with the keenest sense of hear sprang his coup at a brilliant ball ing would have deterted it. given by the Duchess of Devonshire.



A Treatise on the Horse''-orwrite to Dr. R. J. KENDALL COMPANY

he was heard to whisper with dismay: - him! What a cravat!' The triumph was complete."

The Mirror added that the Prince of Wales sent an emissary to Beau Brummel to learn the secret of the wonderful creation in neckwear and that Brummel sent back word, "Tell your master that you have seen his master." It was not until his debts forced him to flee from England and to take the obscure position of British consul at Caen, in France. where he contracted more debts and finally died insane in 1840, that the secret of the cravat became known. The Mirror said: "There was found after his depar-

ture written upon a sheet of paper upon his table the following epigram of scorn: 'Starch is the man.'

"The cravat of Brummel was merely starched. Henceforth starch was introduced into every cravat in Europe."

St. Bernard Dogs.

Every

Boy

Scout

Should carry a small jar

of Mentholatum in his

kit bag for use in case of

After a ramble through

the woods Mentholatum

will quickly relieve the

smart of sun or wind burn,

as well as tired and ach-

A Healing Salve

by the leading druggists

throughout the Maritime

2 sizes—25c and 50c

a generous size sample.

The Mentholatum Co.

Bridgeburg, Ont.

Then Snubbed the Regent.

After His Historic Quarrel With Wales

the Beau Won a Sartorial Triumph

That Almost Choked His Royal Mas-

It was Beau Brummel who was de

ordinarily only two things which the

name of the famous dandy of the Eng-

lish court suggests. One is an arbiter

of fashion, the other the incident in

which Brummel asked of a companion

of the Prince of Wales. "Who is your

In 1836 Beau Brummel still was liv-

ing, and the New York Mirror, a week-

ly publication "devoted to diterature

too, upon no other weapon than well

A mutual friend had dared Brummel

repay the regent for this public humil-

iation that Beau Brummel uttered his

street. The prince was growing cor-

feud between the two was launched

which probably have never been pub-

"When the whole assembly were con-

versing upon his supposed disgrace,

Brummel suddenly stood in the midst

of them. Could it be indeed Brum-

mel? Could it be mortal who thus ap-

peared with such an encincture of ra-

diant glory about his neck? Every eye

was upon him, fixed in stupid admira-

tion; every tongue, as it slowly recov-

ered from its speechless paralysis, fal-

And then the description of the cra-

"There it stood, smooth and stiff, yet

light and almost transparent; delicate

as the music of Ariel, yet firm as the

grace of Apollo's locks, yet erect with

the majesty of the Olympian Jove;

without a wrinkle, without an indenta-

tion. What a cravat! The prince regent saw and shook, and, uttering a

faint gurgle from beneath the wadded

bag which surrounded his royal thorax,

spirit of Regulus; bending with the

wat, which confounded the guests at

tered forth, What a cravat!" "

the Duchess of Devonshire's ball:

In the Mirror's own words:

pulent and sensitive of the fact, so a

with the remark.

more than a tradition.

ter With Envy and Dismay.

Send 3c in stamps for

Sold and recommended

ing feet.

Provinces.

scratches or bruises.

The true St. Bernard dog originated in the fourteenth century, being a cross between a shepherd dog from Wales and a Scandinavian crossbreed, half Dane and half Pyrenean mastiff. The last pure descendant of the tribe was buried beneath an avalanche in

There is a perfect specimen of a true St. Bernard dog in the Natural History museum at Berne, where the stuffed body of the famous Barry is preserved. There is plenty of St. Bernard blood left, however, crossed with other strains, and the fame of the breed can never perish.

Cope - Williams CADDIES OF THE LINKS

Their Originals Were Messenger Baye In Old Edinburgh Originally the caddy of the present

day golf links appears to have been quite another individual, engaged in another line of activity. Caddies in the remote past were messenger boys in old Edinburgh, Gathered around the famous Edinburgh cross, where all important messages were read and many public ceremonies were heldthe cross which was the very center of the old city—the caddies in their ragged clothes waited to be employed. The chief merchants of the city, the

leading official persons, the men of learning and of talent, the nobles, the Brummel Outshone and lairds, the clergymen-all clustered about the cross during certain hours of the day, and very often some on wished to send a parcel or message to another part of the town, or a stranger to Edinburgh wanted to be directed. Here was where the caddies were appealed to. These boys might be trusted with any duty with which they were charged. They were veritable street directories. A visitor to the town would often engage a caddie to be wholly at his bidding, as the boy's

cribed as "the glass of fashion and the mold of form," and today there are | ble. cautious, he would suddenly discover that his caddie, in addition to his vast knowledge of Edinburgh, knew also all about his employer-where came from, what was his business in Edinburgh, his family connections, his tastes and preferences.—Exchange.

knowledge of the place was invalua-

LIVING AEROPLANES.

and the fine arts," printed a biographical sketch of him as a figure in con-Wherein Birds Differ From Flying Matemporary history. Reading it today chines Made by Man.

makes very real a character now little It would be a mistake to suppose that the bird's wings enable it to fly. "For an obscure individual without If wings spelled flying any of us could fortune or rank to have conceived the attach a pair and soar into the air. idea of placing himself at the head of The hollow bones of the birds make light bodies, but they are attached to a rigid backbone, which forms the fire." main feature of the bird's body. This gives the central firmness, and the muscles do the rest. The wings balance their owners, and the tail acts have maintained a contest with royalty as a rudder for steering. Often enough Charlie, not wishing to mar cur fes. She led me by the hand through itself and to have come off victorious the bird seems to use its tail as a sort It is interesting to compare the bird

aeroplane. To begin with, there is no But naturally man tried to copy the

wings of feathers, etc., connected them with his shoulders and legs and found Britain. The Mirror related the fa- (that his muscles could not raise him talized in a Punch cartoon, explaining

The muscles, or motors, which now drive him through the air are as strong as 200 horses, so no wonder he failed to give an order to Wales, who was at first. Even the bird, with a body then prince regent, and at a dinner the so perfectly formed for flight, has fly- two outer strings were keyed in unidandy said to him, "Wales, ring the ing muscles equal in weight to all its bell!" The prince did so and when a other muscles put together.—Pearson's gave forth a bass note which served as servant appeared said, "Show Mr. Weekly.

Brummel to his carriage." It was to Dean Swift and the Cook. There is a good story about Dean famous question the next day in the Swift apropos of the value of never overdoing anything. The dean's cook one day overroasted the leg of mutton for dinner, and in consequence she was summoned to the dining room. It is an old story up to this point, but | "Cook," said the dean in a pleasant voice, "this leg of mutton is overdone. Take it back and do it less." "Impossible, your reverence!" ex-

claimed the cook. "Well," replied her master, "supposing it had been underdone you could easily have done it more."

"Certainly, your reverence." "Then," said the dean, "let this be a lesson to you. If you commit a fault always take care that it is a fault which will admit of a remedy."

Rainbows.

The time of day or the state of weather when a rainbow appears is believed by many people to be an indication of future weather conditions. According to an old rime, a rainbow in the morning warns the shepherds to be prepared for rain shortly; an evening rainbow points to fine weather the next day. Sailors believe that a rainbow in the wind is a sure sign of continued wet. If it comes in the opposite quarter the rain will soon stop. Again, if in fair weather a rainbow be seen foul weather will speedily set in, but if the bow appear in foul weather fair weather will be at hand.

THE PEASANT'S RIDDLE.

And How the Sicilian Kept the Promise He Made to the King.

A Sicilian laborer told us this story. He says his mother told it to him when he was a child. It sounds like one of Grimm's tales and is undoubtedly very old folk lore:

"My mother told me that once there was a king who saw a peasant working in a field and asked him how much he earned. And the peasant said, 'Four carlini a day.' 'What do you do with your 4 carlini?' asked the king. One I eat, the second I put at interest, the third I return, and the fourth I throw away.' This puzzled the king. and he asked the peasant what he meant. And the peasant said:

"'I buy my food with one. I feed my children with the second, and that is putting money out at interest. I feed my old father with the third, and that is paying back what has been given me. I give the fourth to my wife, and giving her money is throwing it away.'

"'That's a good riddle,' said the king, and I must tell it to my friends. Promise me that you won't tell any one the answer till you have seen my face a hundred times.' So the peasant promised, and the king went back to his palace and asked them the riddle. Nobody could answer, but one remembered seeing the king talk to a peasant, so he went to the peasant and asked him about it. But the peasant said: 'I can't tell you. I promised the king I wouldn't tell the answer till I had seen his face a hundred times' 'Oh, that's easy!' said the king's friend and he took a hundred line out of h pocket, and every piece of money had

the king's face stamped on it. "So the peasant told the king's friend the answer to the riddle, and the king's friend went back to the palace and said to the king, I can guess your riddle now,' and he did. Then the king became angry and said: 'You couldn't have guessed it. That peasant has broken his promise!" So the friend had to tell the king how he had fooled the

SACKING A THEATER.

What New Yorkers In 1765 Did For an Offensive Play. Here is an account of the sacking of theater in New York from the Ga-

zette of that city of May 3, 1765: "The play advertised to be acted last Monday evening having given offense to sundry and divers inhabitants of this city, who thought it highly improper that such entertainment should be exhibited at this time of public distress, when great numbers of poor people can scarce find means of subsistence, whereby many persons might be tempted to neglect their business and squander that money which is necessary to the payment of their debts and the support of their families, a rumor was spread about the town that if the play went on the audience would meet with some disturbance from the multi-

"This prevented the greatest part of those who intended to have been there from going. However, many people came, and the play was begun, but soon interrupted by the multitude, who burst open the doors and entered with noise and tumult. The audience escaped in the best manner they could. Many lost their hats and other articles of raiment. A boy had his skull fractured and was yesterday trepanned Death is his. Several others were sorely set upon and injured. But we heard of no lives lost. The multitude immediately demolished the house and carried the pieces to the common, where they consumed them in a bon-

THE OLD HURDY GURDY. Crude Musical Instrument That Led Up

to the Hand Organ. The early type of hurdy gurdy originated in Germany during the ninth century and under the name of bauren lever (peasant's lyre) attained great popularity throughout Europe, falling into a decline only at the beginning of the last century. Even today a slightmay be seen upon the streets of the smaller towns of Savoy.

The instrument consisted of a violinlike frame and sounding, board, provided with from three to six strings. The music was produced by a small crank actuated wooden wheel, whose resined edge bore against the strings. The son and when the wheel was revolved a musical background. The remaining strings were attached to keys, by which their tension and their tone might be varied. This adjustment was the only control possessed by the player.

Needless to say, the hurdy gurdy was suited only to the most elementary of selections. While originally much used at fetes and celebrations, it later was used only by itinerant street musicians, a position now occupied by its successor—the hand organ

Earliest Cold Storage.

In Macaulay's essay on "Lord Bacon" he points out that in 1626 the subject of his memoir tried the experiment of stuffing a fowl with snow to prevent it from putrefying and in carrying out the work caught cold, from which he died. Macaulay adds: "In the last letter that he ever wrote, with fingers which, as he said, could not steadily hold a pen, he did not omit to mention that the experiment of the snow had succeeded excellently well." If, however, we turn to nature there are instances in Siberia of mammoths reserved in ice so that their flesh is till eatable from a period probably oeval with the first appearance of nan on this globe. If the Romans rought to their languets the dainties the known world had they not some nowledge of coal storage?-London pectator.

NOTED MUSICIAN OF MONTREAL

Advises The Use Of "FRUIT-A-TIVES" The Famous Fruit Medicine.

> MR. ROSENBURG 589 Casgrain St., Montreal.

April 20th, 1915. "In my opinion, no other medicine in the world is so curative for Constipation and Indigestion as "Fruit-a-tives". I was a sufferer from these complaints for five years, and my sedentary occupation, Music, brought about a kind of Intestinal Paralysis—with masty Headaches, belching gas, drowsiness after eating and Pain in the Back. I tried pills and medicines of physicians, but nothing helped me. Then I was induced to try "Fruit-a-tives", and now for six months I have been entirely well. I advise any one who suffers from that horrible trouble—Chronic Constination with the resultant indigestion, to try "Fruit-a-times", and you will be agreeably surprised at the great benefit you will receive ". A. ROSENBURG. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-

On the Contrary.

a-tives Limited, Ottawa.

"What a lot of mail you've got this morning!" exclaimed the poet's wife. "But then, of course, this is your birthday, and those are 'Many happy returns of the day' from all your friends."

"No," said the poet, pushing aside a heap of rejected manuscripts. "These are unhappy returns of the day from the publishers."

Not-Much.

"There should be a national holiday called junk day, when every house. barn, shed, garage, etc., should be reneved of all its junk."

"That's right, old man, but do you

"She says she wishes she could see

realize how little there would be left many a happy home?"-St. Louis Post-Dispatch. Between Girls.

rself as others see her." "That's just an excuse for spending lot of time in front of a mirror."misville Courier-Journal.

bily deeds give strength to life; only deration gives it charm.-Jean Pan



Anaemia A Case for Wincarnis

IF you who are weak, anaemic, nervous, or run-down could realize what a short course of Wincarnis would mean to you-you would not continue to suffer needlessly. You would get a bottle of Wincarnis at once and, from to-day, begin to derive the new health and new life that Wincarnis promotes. Remember that your health is your most valuable possession. Wincarnis is a tonic, a restorative. a blood-builder and a nerve foodall in one. Therefore it promotes new strength, new blood, new nerve force and new vitality. That is why over 10,000 doctors recommend Wincarnis. Wincarnis has been famous in Europe for a third of a century. Thousands have testified that it has strength. Don't confuse it with the many inferior preparations of apparently similar nature. Accept no substitutes. Buy Wincarnis itself. Don't let the hundred and one home worries make you forget to buy yourself a bottle of Wincarnis to-

ASK YOUR DOCTOR

GET IT AT YOUR DRUGGISTS Imported in two sizes: \$1.00 and (extra large bottle) \$1.65 Proprietors: Coleman & Co., Ltd. Norwich, Eng. Canadian Office, Toronto; Frank S. Ball, Resident

Distributors The Brayley Drug. Co. St John N B

Director. Sales Agen. sfor Canada

Loggie, Parsons & Co., Toronto.

Sold by Atherton & McAffee,

Woodstock, N. B.