MEDICAL CARDS.

F. L. BURDON, M.D., L.R.C.P. and S. (Edinburgh) — Diseases of women, children. 461 Waterioo. Phone 258. DR. W. F. BABB, 205 QUEEN'S avenue. Eye, ear, nose and throat. DR. W. J. STEVENSON, 389 DUNDAS street—Specialty, diseases of women and surgery. Phone 510. DR. HUGH A. STEVENSON, 391 DUN-DAS street—Special attention X-rays.

JOHN G. HUNT-EYE, EAR, NOSE, throat Hayman Court, Queen's ave-nue-Wellington. DR. JOHN S. SCHRAM, CORNER Kent and Talbot streets. Specialty, midwifery, diseases of women and children.

DR. PINGEL, LONDON-ELECTRICAL treatment of diseases a specialty.

DR. GEORGE MCNEIL—OFFICE AND
residence, 244 Queen's avenue. Speciaity, diseases of women and sur

J. B. CAMPBELL, M.A., M.D.—SPE-CIALTY, diseases stomach and sur-gery. Hours, 1-4, 7-8, and appoint-ment.

DR. J. E. KIDD, OFFICE AND residence, corner Dundas and Mattland. Phone 889. DR. NORMAN R. HENDERSON, COR-NER Dufferin and Clarence (former-iy Park avenue)—Eye, ear, nose and throat,

DR. RARN, SPECIALIST, GENITO-URINARY and rectal diseases of men and women. 426 Richmond street, London

RS. FERGUSON & FERGUSON South London. Phone 753. Dr. R. Ferguson, specialty inidwitery and dis-eases of women. Dr. J. I. Ferguson, specialty children's diseases. DR. HOLMES, 344 RICHMOND—SPE-CIALTY, skin diseases, electro-therapy and X-ray. DR. WEEKES, 436 WATERLOO-Hours, I to 3, and I to 8.

DR. SEPTIMUS THOMPSON, PARK avenue, corner Queen's. Eye, ear, nose and throat.

DR. A A. McLEAN, CORNER DUN-DAS and William—Specialry, diseases of stomach and children, and non-surgical treatment of women. DR. G. L. CLARKE-EYE, EAR, NOSE and throat. 335 Dundas street.

K. W. SHAW, M.D., L.R.C.P. AND M.R.C.S. (England), 287 King street. DR. W. M. SHOEBOTHAM, 620 RICH-

CER, tumors, etc. king street east, Kitchener, Ont. LR. D. H. ARNOTT, 226 QUEEN'S avenue, in addition to regular practice, will give special treatment for cure of liquor and drug habits. R. BROWN — EYE, EAR, NOSE, throat. 472 Clarence street. Appoint-

USED CARS FOR SALE. CHALMERS TOURING, 1917, FIVE-PASSENGER; Charmers, touring, 5-passenger; Gray-Dort, 5-passenger; Overland, 5-passenger; Ford Coupelet; Beemer & Co., Limited.

1918 FORD TOURING, 1917 FORD runabout, 1916 Ford chassis, one-ton truck and body, Colby touring car, suitable to be used as a chassis for a funeral car or furniture delivery.
Universal Motor Sales, Pall Mall CLEARING-OUT SALE ALL SIZES

NEW TIRES.

If your size is here, you save 30 to 50 Come At Once.

MARK CUT-RATE TIRE COMPANY, 126 Carling St. Phone 6182. AUTOMOBILE ACCESSORIES McQUAY NORRIS leak-proof rings,

driving gauntlets, robes, bumpers, tires, tubes and tire sundries. Come and look them over—it will pay you. At H. A. WARREN'S, 298 Dundas Street. 1, 1916 Chevrolet Touring, 1 Roadster.

1918 Ford, fully equipped. . 1916 Ford, all new tires. 1. McLaughlin Ton Truck. ONTARIO GARAGE AND MOTOR SALES, LIMITED.

AUTOS FOR SALE Bargains in Rebuilt Cars.

Oxy-Acetylene Welding of All Parts.

619 Dundas Street.

TERRY, 150 Fullarton Street

MUSICAL INSTRUCTION. FRANCES CULLIS, CONTRALTO SO-LOIST Askin Street Church, teaches singing, Studio, 177 Wortley road. Phone.

MRS. PERCY KING, ORGANIST Wellington Street Methodist Church Teacher of piano. 9 Teresa street Phone 5096. 13n CHARLES E. WHEELER, F.C.G.O.— Classes in vocal, piano, organ, har-mony and counterpoint resumed Sep-tember 3. Studio, 429 Waterloo. 77tf

DON'T TAKE PIANO LESSONS

until you have investigated our method of teaching. We guarantee to teach you to play Popular Music and Ragtime within 20 lessons. Money back if we fail. Booklet mailed free on request. The MARKS-WINN SCHOOL OF POPULAR MUSIC, LIMITED, 169½ Dundas Street. Phone 6244 Studio hours: 12 (noon) to 10 p.m.

ALBERT D. JORDAN Organist First Methodist Church, Conductor Musical Art Society, Teacher of VOICE, PIANO, ORGAN, may be

ASSOCIATE SINGING TEACHER,

LUTA L. LAYMON

Contralto Soloist First Methodist Church. Concert engagements accepted. Telephone 3726. tf-ywt CLARENCE E. GILMOUR, ORGANIST
St. Paul's Cathedral—Voice, piano,
and organ. Studio, 510 Adelaide
street. Phone 3703.

BERT WEIR, ORGANIST CENTEN-NIAL Methodist Church, teaches piano, organ, theory and vocal. 493 Adelaide street.

MRS. G. PENHALE HARRISON, teacher piano, voice, theory. Studio, 166 John street. Phone. Pupils pre-pared for university exams. New term, September 1. JAMES CRESSWELL, TEACHER OF violin, mandolin, band and orchestral instruments. Studio, 498 King. Phone.

THOMAS G. SHUTER, TEACHER OF banjo, mandolin, guitar and all fret-ted instrumen's. Studio, London Con-servatory of Music.

NORA LITTLE, TEACHER OF SING-ING, resumed teaching Sept. 9, Studio, 265 Dundas, Phone 2364. MISS M. RAYMOND RESUMEN teaching Sept. 4, at her studio, 55 Richmond street. Phone 2686. 78tf

MARRIAGE LICENSES

MARRIAGE LICENSES ISSUED BY H. J. Childs, druggist, 602 Dundas. MARRIAGE LICENSES ISSUED BY

CHIROPRACTIC.

DR. B. KNIGHT. DRUGLESS PHYSI-CIAN—Chiropractic, electro-therapy, X-rays, etc., 267 Piccadilly. Phone 4069.

DR. T. H. ENGLISH IS HANDLING Dr. A. W. Macfie's practice during the month of October. Office, Do-minion Savings Building. CLARA KILBOURNE, UNIVERSAL



We told you before and suggested that you

you have to walk?

Buy A BRANTFORD RED BIRD BICYCLE

It will take you any place you want to go at any time, and the money you save on street car fares will pay for it in a short time.

If you cannot pay cash we will arrange easy, confidential credit terms for you. ITS THE HEALTHIEST THING YOU COULD DO, TOO, BECAUSE IT GIVES YOU PLENTY OF FRESH AIR AND GOOD EXERCISE. Don't delay. Buy that Red Bird Today. Tomorrow may be too late.

Bicycle and Motor Sales Co.

425 WELLINGTON STREET. Canada's Largest Bicycle Merchants. PHONE 3182.

REAL ESTATE FOR SALE. REAL ESTATE FOR SALE \$500 AND TAXES, 140 ACRES, GOOD full silo, good water supply; 5 years. Possession at once Patterson, Imperial Bank FIRST-CLASS 100-ACRE FARM, LON-

PRST-CLASS 100-ACRE FARM, LONDON Township. Beautiful buildings. Price \$8,500. \$5,600—100 acres, Belmont; fair buildings, clay loam. Terms. \$6,500—50 acres, beautiful buildings; London Township; \$5,000—50 acres, London Township; good buildings, clay loam. Currie & Tull, 418 Talbot street. ACRES-\$6,000, 2 MILES FROM London, good brick house, basement barn, steel stanchions, water inside, silo, implement shed, pig pen, and hen house, extra well fenced, rich loamy soil, no waste land and produces more than many hundred-acre farms. Bar-

162 ACRES-ON L. P. RAILWAY-This farm took first prize for four years in crop competition; 5 miles from London. Will sell at a bargain. Apply Box 187, Aylmer, Ont. Apply Box 187, Aylmer, Ont. 13k
FOR SALE—IN VILLAGE CEN-OR SALE—IN VILLAGE CENTRALIA, 8½ acres, choice, well-fenced land, good stable, hen house, pig pen, driveshed, story-and-half house, furnace, good well; buildings all suited to size of farm. Terms reasonable. Conveniently situated. Mrs. E. Anderson, Box 26, Centralia, Ont. 13c FOR SALE — 101 ACRES, LONDON
Township; frame house and two
frame barns; good land. Price \$6,500.
Might consider good city property in
exchange to the value of \$2,500. G.
W. Kennedy, 1073 Richmond street.

acres, fair buildings, well fenced, good piece of timber, within one-half mile piece of timber, within one-nan and of good-sized town. Will exchange for medium-sized house in London. Ap-

City Property.

2,800-MODERN BRICK COTTAGE, 3-PIECE bathroom, furnace, fine large veranda, lot 40x132, frame garage; Princess avenue east. Bert Weir, 493 \$1,500-\$100 DOWN, \$14 MONTHLY, IF sold this week. Brick cottage Flor-ence street, east end. Bert Weir, 493 modern 1½-story brick house, reception hall, veranda; easy Bert Weir, 493 Adelaide.

NEW RED MILTON BRICK HOUSE-seven rooms, all modern, oak floors. Phone 4670. SALES - GOOD MODERN BRICK, South London, nome, for sale or ex-change for one or more good lots in the north end. Special opportunity.

GLEN BROS., SIGN PAINTERS— Designs and estimates furnished free. Apply to Sam D. Campbell, Bank Nova Scotia Building, 420 Richme

A GOOD DWELLING FOR SALE-IN-QUIRE at 392 Burwell. *13u-ty BARGAINS - 18 SURREY AVENUE, BARGAINS — 18 SURREY AVENUE, brick cottage, real bargain for a few days, for investment, as well as a home. Bungalow, north, seven rooms, very complete; special price for few days; will also rent. Buyers' opportunity, 16 Edward street, brick, 6 rooms, all modern, a fine lot; reduced \$400 for quick sale. Two Piccadilly street homes, 6 rooms, brick, all modern; bargain; get particulars quick Nor-

homes, 6 rooms, brick, all modern; bargain; get particulars quick. Normal School home, very fine, reduced \$1,000 for cash. Ten acres, with first class buildings, joining the city, \$15-000. Central property for \$13,000. Three good homes to rent; other homes for sale at bargain prices. List your properties quickly. Sam D. Campbell, Bank of Nova Scotia Chambers, 420 Richmond. FOR SALE OR TO LET - IN THE north end, 7-roomed, 1½-story brick; modern. Apply Mrs. J. P. Brima-combe, 10 Christie. Oct.25

COTTAGE FOR SALE-CENTRALLY OTTAGE FOR SALE CENTRAL located, hydro and gas. 508 Maitland *13n FOR SALE-MODERN FRAME COT-TAGE, household furniture, chickens. 22 Orchard street, evenings.

\$1,600-FRAME COTTAGE. Three bedrooms, electric light, water sewer connections, 1/2-acre lot, barr sewer connections, 1/2-acre lot, barn, driveshed, etc. Ten minutes' walk to

ANDERSON & COMPANY TWO-STORY, 8-ROOMED SOLII

brick for sale, stone foundation, all modern, entrance for car, north Vic-toria Park. Owner leaving city; \$4,200. Box 180, Advertiser. CENTRAL, BEST LOCALITY 2 story and attic, brick, hardwood finish, two mantels and grates, 4 bedrooms, large lot, 65 feet frontage; brick barn THOS. C. KNOTT REAL ESTATE

AGENCY,

117 Dominion Savings Building.

REAL ESTATE WATTED. HAVE A CASH CLIENT FOR 11/2 OR 2 story brick house, price not to exceed \$3,500, South London preferred. Possession wanted Nov. 1, but must know immediately. T. A. Fands, 59 Dundas.

HOTELS LONDON HOUSE—PHONE 4905— Remodeled. Modern rooms by the day or month.

MISCELLANEOUS.

MORREN - REMOVED FROM 423 Wellington to 231 Green's avenue.

DERTS DUE MERCHANTS AND others collected anywhere. No collection, no charges, Rates and references on application. Canadian Bureau of Credits. Dominion Bank Chambers.

WONG'S CAFE Fresh in Season-Oysters (scalloped),

Canada Food Board License No. 10-130. PILES

Have you tried the new remedy? HEAL-IT GUARANTEED TO CURE PILES. Have many testimonials. For sale at ll drug stores or by mail, 50c. OXFORD SPECIALTIES, TILLSONBURG. ONT.

SIGNA.

Designs and estimates furnished free.
420 Talbot street Phone 1842. COOPER'S AUCTION TOMORROW MORNING. 117 BRISCOE STREET.

Remember this large sale of choice house furnishings. List in last Saturday's papers. Plenty of good house furnishings. Take Ridout car south.

SALE AT 10 A.M. SALE AT 10 A.M.
C. N. COOPER,
Auctioneer and Valuator. Phone 1332.

COOPER'S AUCTION TOMORROW AFTERNOON.
CORNER DAME ANG EGERTON STS.
Very desirable lot. 35x160 feet, situ-

fast developing district.

SALE ON PREMISES AT 4 P.M.

C. N. COOPER,

Auctioneer and Valuator. 374-8 Dundas

Street. Phone 1332.

District of internal control of the subject of the

EXTENSIVE CLEARING AUCTION sale, on lot 20, con. 3, North Oxford, 3 miles south of Thamesford, on Thursday, Oct. 17, 1918, at 12:30, consisting of horses, 28 head of Durham cows and young cattle, 7 Holstein heifers, hogs, and full line of implements. No reserve; 12 months' credit, W. E. Robbins, proprietor. Milton Brock, auctioneer.

The trank of the subject of lines anitation.

Sanitation.

STEOPATHIC CLINICS

FOR CHILDREN—CATHOLIC CLUB, summer months.

FOR RETURNED SOLDIERS — 444 Waterloo. Clinics closed during summer months.

FINANCIAL AND COMMERCIAL

onsiderable change in prices.

Chicage, Oct. 15.—Bullish sentiment, based chiefly on the president's note to Germany, brought about fresh advances today in the corn market. Beside that, the fact that large amounts of corn were to be purchased for the Government continued to be a strengthening factor. Pit trading, however, was mostly in small lots. Opening prices, which ranged from 1-2c to 3 1-4c higher, were followed by material further upturns, lowed by material further upturns.

Bronchial Coughs asily overcome with the oil-food in 's Emulsion because it roots out cold, soothes the throat and

strengthens the lungs at the same time Get the Habit of

Drinking Hot Water Before Breakfast

Says we can't look or feel right with the system full of poisons. Millions of folks bathe internally now

instead of loading their system with drugs. "What's an inside bath?" you say. Well, it is guaranteed to perform niracles, if you could believe these hot

b a real crank on the subject of internal

THE LOCAL MARKET

Oats ascended with corn. The December option showed especial strength. After opening %c to 2c higher, the marconsiderable change in prices.

Considerable change in prices.

Peaches and plums are nearly over, but apples are plentiful, a few first-class Spies selling at \$3 is per bag.] A shipment of 35 cars of apples was sent to the Northwest via the C. P. R. from Western Ontario, but owing to the scarcity of labor they were unpacked.

Hay is very scarce, not enough being brought in to supply the city.

Grain is holding firm.

Chicago, Oct. 15.—Opening: Corn-October, \$1254; December, \$123.

Ottober, \$1254; December, \$1254.

Ottob

Liverpool, Oct. 15.—Tallow—Austra-lian (in London), 72s. Turpentine Spirits—125s, Rosin—Common, 64s 6d. Linseed Oil—62s. Cottonseed Oil—68s 6d. War Kerosene—No. 2, 1s 2%d.

New York, Oct. 15.—Bar silver, \$1 011/8

miracles, if you could believe these hot water enthusiasts.

There we vast numbers of men and women who immediately upon arising in the merutag drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This is a very excellent health measures. It is intended to flush the stomach, liver, kidneys and the theirty feet of intestines of the previous day's waste, sour bile and indirection of the millions of bacteria which infrest the bowels, the quick result is poisons and toxins, which are then absorbed into the blood causing headache, billious attacks, foul breath, bad taste, colds stomach trouble, kidney misery, sleeplessness, impure blood.

The color of the first half hour, probably as a result is poisons and toxins, which are then absorbed into the blood causing headache, billious attacks, foul breath, bad taste, colds stomach trouble, kidney misery, sleeplessness, impure blood, and all sorts of aliments.

People who feel good one day and badly the next, but who simply cannot get feeling right, are urged to obtain a quarter-pound of limestone phosphate at the drug store. This will cost very little, but is sufficient to make anyone a real crank on the subject of internal sanitation.

OSTEOPATHIC CLINICS

Monney Oct. 15.—Bar silver, \$10116

London, Oct. 15.—Bar silver, \$1016

Monney Marker with a glass of real per ounce.

New York, Oct. 15.—Bar silver, \$1016

New York, Oct. 15.—Bar silver, \$1016

Mam.—Beriate results of the street, 10:30

New York, Oct. 15.—Bar silver, \$1016

New York oct 15.—Bar silver, \$1016

New York, Oct. 15.—Bar silver, \$1016

New York, Oct. 15.—Bar silver, \$1026

New York oct 15.—Bar silver, \$1026

New end of the first hour, probably as a result of the scarcity of offerings. United States Steel, Marine preferred, coppers, Studebaker and leathers were the active features, metals rising 1 to 2points on a resumption of buying of American Smelting and Anaconda. Oils also improved, Texas Company regaining 2½ points and Mexican Petroleum 3½. Rails showed little of their recent strength, transcontinentals and St. Paul preferred falling from 1 to 1½ points. Prices receded at noon on renewal of pressure against United States Steel.

MILD AT CRINAN.

CRINAN, Oct. 14.—A number of families here are reported as suffering from attacks of Spanish influenza, but so far the disease has appeared to be only a mild type, and no fatalities have occurred.

Enlist To Fight Spanish Influenza

An Appeal To the People By The London Street Railway Company

In compliance with the attached emergency ruling from the Board of Health, we will co-operate to the limit of our powers to stamp out the Spanish Influenza epidemic and to safeguard the health of our citizens.

If you are forbidden to board a street car, remember the conductor is executing his explicit instructions, issued in the public interest.

Failure to observe this rule will be penalized by a mandatory order to absolutely suspend service on all city lines.

Drastic restriction of travel is a vitally serious matter for us in our present financial condition, but, notwithstanding the sacrifice, we will unreservedly support measures to protect the people.

You can help us and help yourself by avoiding rush-hour travel. Adjust your activities to ride in slack periods.

The health authorities have our co-operation; we appeal for yours.

LONDON STREET RAILWAY COMPANY

C. B. King, Manager.

MAGISTRATE DEALS WITH MANY CASES. **FOLLOWING HOLIDAY**

Theft, Drunkenness and Hav-

ing Liquor Included. "I will have to plead guilty I guess," aid Thomas Heard when he was charged in police court this morning with driving an automobile while intoxicated. "I want you to be sure, I do not want you to guess. I will not guess about the penalty if you are guilty," responded Magistrate A. H. M. Graydon. "You will take the officer's word be

East Buffalo, N.Y., Oct. 15.—Cattle—Receipts, 1,300; easier.
Calves—Receipts, 250; market steady at \$7(219).

Hogs—Receipts, 3,800; pigs 25c lower, others 10c to 15c lower; heavy, \$18 75@ 18 90; mixed, \$18 60@18 75; yorkers, \$17 50@18; roughs, \$16@16 25; stags, \$17 50@18; roughs, \$16@16 25; stags, Sheep and Lambs—Receipts, 1,800; slow; lambs 25c lower, at \$10@17; others unchanged.

PROVISIONS.
Liverpool, Oct. 15.—Beef—Extra India mess, 370s.
Pork—Prime mess western, 330s.
Page 10 pork—Prime mess western, 330s.
Page 20 pork—Prime mess western, 330s.
Page 21 pork—Prime mess western, 330s.
Page 22 pork—Prime mess western, 330s.
Page 22 pork—Prime mess western, 330s.
Page 32 pork—Prime mess western, 330s.
Page 33 pork—Prime mess western, 330s.
Page 34 pork—Prime mess western, 330s.
Page 35 pork—Prime mess western, 330s.
Page 36 pork—Prime mess western, 330s.
Page 37 pork—Prime pork—Prime mess western, 330s.
Page 37 pork—Prime por

mess, 370s.

Pork—Prime mess western, 330s.
Hams—Short cut, 137s.
Bacon—Cumberland cut, 152s; clear bellies, 160s; long clear middles, light, 160s; do, heavy, 159s; short clear backs, 157s; shoulders, square, 128s.
Lard—Prime western, in tierces, 149s 6d.
Chicago, Oct. 15.—Scantiness of offerings made provisions run up sharply, Pork rose the maximum limit as soon as the market opened.

OILS.

Liverpool, Oct. 15.—Tallow—Austra-lian (in London), 72s.
Turpentine Spirits—125s.
Rosin—Common, 64s 6d.
Linseed Oil—62s.
Cottonseed Oil—68s 6d.
War Kerosene—No. 2, 1s 234d.

"That applies only to the United States," he was informed by the court.

Explanation Satisfactory.
A. H. Burrows appeared on the charge of having two different numbers on a nutomobile belonging to him. He admitted that this was a fact, but explained that both numbers were his, and one of his employees them on a car which he was placing to another man.

Magistrate Graydon was satisfied with this explanation, but Chief W. T. Williams thought that as a whiskey bottle had been found in the car late on Thursday morning the case ought to be further investigated. "Perhaps the mixed numbers can be accounted for by the presence of the bottle," intimated the court as the case was dismissed.

The man who borrowed the car from Mr. Burrows, who was charged with

You Can Succeed

And it is our desire to help you. By Saving at least a small portion of your earn-

Make up your mind to start a savings day. A small one at first will soon grow larger, and the prospects ahead are brighter and better when you are backed up by an ever increasing savings account.

JOHN McCLARY, President. Manager.

Capital \$1,750,000

Reserve \$1,950,000

CONDENSERS MUST GET SPECIAL SUGAR PERMITS

IF PRODUCTION INCREASE According to one of the late orders of the Canada Food Board, all manu-facturers of condensed milk will require a special permit to obtain a supply of

PTE. BEAGLEY KILLED.

tember 29. Pte. Beagley went over a year ago last spring, but was

Keep the stomach well, the liver active, the bowels regular, and the breath will be sweet and healthy. But let poisons accumulate in the digestive organs, the system becomes clogged, gases form in the stomach and affect the breath.

Correct

these conditions with Beecham's Pills. They promptly regulate the bodily functions and are a quick remedy for sour stomach and

Bad Breath



Manager, London Street Rallway, City.

Under the provisions of Section 56, of the Public Health Act, I, W. S. Downham, Medical Officer of Health for the City of London, do hereby notify you that unless you, the London Street Raliway, do prevent crowding of street cars, the street car service will be discontinued.

You are, therefore, directed to issue an order forthwith, to your conductors to prevent any person being carried on any car in excess of seating capacity of the said car, and to have the said cars thoroughly ventilated.

BY ORDER,

W. S. DOWNHAM. Medical Officer of Health.

ve ordered and approved of

E. H. RUSSELL,

Chairman Board of Health.

Dear Sir.-

ings and depositing in our savings depart-ment where you get a high rate of interest. Very soon you become independent.

You can start your account now and we pay you 31/2% Compound Interest right from

Start a Dollar on Its Way To-day A. M. SMART,

Corner Dundas and Market Lane, London.

SMITH, SON & CLARKE FUNERAL DIRECTORS, 115 DUNDAS ST. PHONE! Private Ambulance Service.

Motor Equipment.

FUNERAL DIRECTOR AND EMBALMER

418 RICHMOND ST. PHONE 1963.

Finest Motor and Horse Equipment. N. J. GRIFFITH FUNERAL DIRECTOR AND EMBALMER, 104 Dundas Street, London.

J. FERGUSON'S SONS

PHONES 543, 373, 2056

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HEAD STUFFED FROM CATARRH OR A COLD Says Cream Applied in Nostrils Cpens Air Passages Right Up.

***** clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more hawking, snaffling, blowing, headache, dryness No struggling for breath at night; your

cold or catarrh disappears. Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes in-