THE UNION ADVOCATE, TUESDAY, FEB. 12TH. 1924

## First Impressions **Are Important**

In a world where appearances are valued as indexes to character, Your Stationery should represent you worthily-always and everywhere. That atmosphere of character and refinement, which should distinguish all self-respecting correspondence is assured when you place your stationery order with us. If you allow us to furnish your

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they will reflect the dignity and self-respect of the discriminating, and be an excellent advertisement for your business, for a business man may be judged by the quality and style of his printed matter.

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is without doubt the best equipped on the North X Shore, and consequently in a position to turn a out all kinds of Job Printing Neatly, Promptly and Satisfactorily, at very reasonable prices. We are constantly adding new type and material to our already up-to-date equipment, and we have recently put in several of the newest type faces manufactured.

# Let Us Prove



who has the disease.

essary exposure.

Case of pneumonia.

well ventilated and clean.

Keep fit.

revalent.

ooms.

It is spread by means of the

sputum and discharge from the nose

What to do when Pneumonia is

Avoid growded and ill-ventilated

Avoid fatigue; chills and unnec

to YOU the truth of the above statement by giving us a trial order for any of the above mentioned office requisites, or an order for

Posters or Dodgers, any size

# Pneumonia A Disease That Has Many

## Victims At This Season Of The Year

#### (Canadian Red Cross . infectious, either. directly by the In Canada' January' February and soiling of linen, handkerchiefs, saps March are active months for the spoons, or the hands of the attendknown to doctors as ant nurse. Therefore to destroy the pneumonia.' As far as the layman germs of infection, it is necessary to that is, one who is not scientifically collect and destroy the sputum. A rained to understand the disease in cup containing a strong solution of all its aspects is concerned the first chloride of lime or a ten per cent duty should be to acquire sufficient solution of lysol can be used for knowledge to enable him to do all he the patient to spit into.

can to prevent himself from catching Handkerchiefs should be put into a the disease. In this one only needs five per cent solution of lysol for to remember the epigrammatic saying 24 hours before washing and boiling of the great Pasteur, 'Disease springs' (N.B.-Two tablespoonfuls of lysol rom disease." For those whose to a pint of water make a five per position and duty require them to cent solution.)

come in contact with people suffering Old clean rags or paper handker from disease the greatest precaution chiefs are useful because they can should be taken. But if, after all be promptly burnt. precautions have been taken some

I The patient should be kept clean: member of the family has been so face and hands should be frequently unfortunate as to contract pneu washed, as these soon get contamimonia then a knowledge of how to nated. Cups; spoons and other eatcare for the patient will be found in ing utensils, should be disinfected at of great value. The following notes least twice daily by means of boilupon this subject are recommended ing water. Toothbrush and ther to our readers: mometer should be kept in weak Pneumonia is an Infectious Dilysol (two per cent) ffi

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.. .....

..... Precautions to be Taken It is caught from another person Nurse-

> ient or "taking his breath while attending to him. Throat gargling and nose douching are recommended Face masks should be used as much as possible by those attending the sick. These can be made of four layers of butter muslin, 8 in. by 5 in., provided at the corners with tape for fastening behind the

and morning are useful measures. A able so that they can be frequently hanged and washed (boiled) suitable solution is made by mixing ne teaspoonful of common sa't with The nurse must wash her own

, pint of warm water and adding hands after attending to the sick sufficient chrystals of permaganate and after touching solled handkerchiefs, etc. Plain soap and water of potash to give it a pink color. What to do when Nursing a are sufficient for this, avoid soaps which roughen the skin. • ffi As the infection is personal there The patient should have a separate room; if possible see that it has is no need for disinfection of the a sunny aspect. Remove unneces- room. The above precuations are sary furniture and keep the room valuable in the majority of acute respiratory diseases and such dis-

Remember that the sputum and eases as influenza, measels; whoop discharges from the nose are highly ing cough and the ordinary cold in the head-R.G.

without having accomplished

Size Up Germany

commission of experts

its



winter

coarse sawdust

mission.

The Tobacco of Quality Package Sealed which keeps the tobacco in its original condition ) also in 21b. tins

.... Avoid standing in front of the pat

Special Menus For Children **On Canadian National Diners** Gargting and nose-washing night head. Several of these are desir-

<text><text><text>

**5**¢

PAGE THE

Smoke

LD C

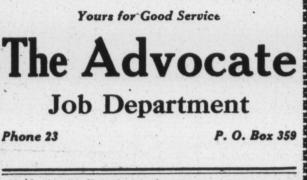
some cases there was also a feeling that prices charged in the dining cars were disproportionate to the amount of food a child requires. These objections are overcome by the children's menu. For each meal; breakfast dinner and tea, there are four combinations of fare; breakfast ranging in price from 40 to 60 cents; dinner from 50 to 85 cents, and tea from 35 to 65 cents. As the dining car steward passes through the cars, announcing the calls for meals, he distributes a menu to each passenger traveling with

passes through the cars, announcing the calls for meals, he distributes a menu to each passenger travelling with a child so that the parent or com-pasion has time to decide upon this cost before going irto the dining car, ti is felt that this menu will accordingly prove a real boon to passengers. The artistic features of the menu; which contains eight pages, are most attractive. In addition to the menu plue and brown and verses that are plue and brown and verses that are to each of the pages. The reading matter being bordered by a series of heter being bordered by a series of heter being bordered by a series of heter bolicks, each block bearing a letter which coll cut. "Menu for hildren's menus go into service children's menus go into service immediately on all dining and parlor-cet cars over the entire system of the Canadian National Railways.

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> in fact, ANYTHING YOU WANT PRINTED Neat, Artistic Two-Color Work a Specialty. Call on us when you need anything in our line. We assure satisfaction.

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## Everything in Printing.

cheaply) and to each sawdust add 200 clay. Moisten and sawdust and mix both the thoroughly. When well mixed, place in large trays about 2 inches deep have cross divis-The trays should so that when the mixture is it will be in br the dried or baked arout 2x3x6 inches. When bricks are baked they will be porous and should then be immersed in cheap crude of 'Two of these small bricks will ook a meal or heat up a room. They will hold heat longer than the best hard coal and can be made at less him Last the cost of coal, as they are from clay and chear sometimes free) sawdust. The baking will be almost nothing two bricks will furnish heat to 40 or 50 bricks, and these will 700 to 800 more, and so on the coal bill this Try this and winter.

#### Name McKinnon For Moderator

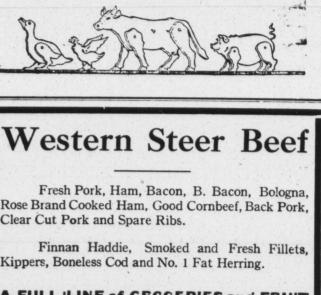
The Toronto Presbytery nominated Principal Clarence McKinnon of Pine Hill Theological Colege Halifax, for Moderator of the Presbyterian General 'Assembly.



up in force what it lacks in elegance When or where or why is originated excites no interest in the victim Head aches-eyes water-throa



derful change. For more than 100 years the internal use of this doctor's prescription has quickly mastered Grippy Colds, Bronchial Colds, Sore Throat, Chille, Cramps, etc., while for external use on Cuts Burns, Bruises, Sprains, Strains etc., it has no superior. For more than a century it has been praised and respected by the general pub-lic and the medical profession as well. Sold and commended by good alers everywhere. 25 and 500



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