

INFLUENZA LEAVES THE BLOOD THIN

To Restore Full Health Tonic Treatment is Recommended.

Probably the most treacherous trouble that afflicts the people of Canada during the winter months is influenza or la grippe, as it is often called. The disease is treacherous, because often after the characteristic symptoms of the trouble have disappeared it leaves behind it a weakened and debilitated constitution which makes the victim an easy prey to other troubles. All this is due to the fact that the attack of influenza has left the blood abnormally weak and thin. Weak blood means impaired digestion, a feeling of tiredness after slight exertion, and often a nervous breakdown. This condition will continue until the blood is restored to a rich, red, disease resisting condition. For the purpose of enriching and stimulating the blood, no other medicine equals Dr. Williams' Pink Pills. These pills act directly upon the blood, and through the blood upon the nerves and in this way act as a restorative to the whole system. Thousands throughout Canada have proved the value of Dr. Williams' Pink Pills in cases of this kind, among them is Miss Ida M. Fraser, R.R. No. 2, Thessalon, Ont., who says: "I passed through a severe attack of influenza which left me pale, thin and weak. Indeed, I was so weak I could scarcely stand upon my feet. The medicine I was taking in the hope of bringing back my health did not help me, and I was greatly discouraged. Finally I decided to try Dr. Williams' Pink Pills, and from the time I had taken the first box my health began to improve. I used six boxes altogether, and found as a result that I was again strong and healthy, and I think that in cases of this kind they are worth their weight in gold."

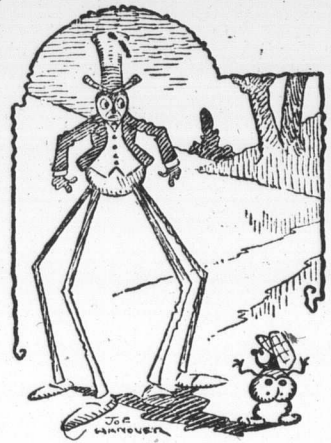
If you have passed through an attack of influenza, your speediest way to regain full strength is through the fair use of Dr. Williams' Pink Pills. You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

"As the Spaniards Say."

The traveller in Spain frequently comes across some very quaint but wise expressions and sayings, for many of which we have no equivalent in our language.

For instance, there is the popular domestic saying in Spain that "a smoky house, a leaky roof, and a scolding wife drive a man from home." A Spaniard often sums up another's character with the remark that, "He is like a collier's sack, bad outside, worse inside." They are particularly fond of sayings relating to love and money matters, as the following expressions show: "Love, grief, and money cannot be concealed," and, "He who tries to get rich in a year will hang in six months." This latter proverb is evidently meant as a kindly warning to businessmen.

Finally one might quote the old Spanish recipe for true happiness: "Enjoy your little, while the fool seeks more."



Tit for Tat.
Bill Beetle—"I won't stop calling you 'skinny giant.' Mr. Granddaddy-longlegs, unless you stop calling me 'midget!'"

Couldn't Keep It.
Tom (considerably mused up)—"I been looking for a fight."
Jack—"Evidently you found it."
Tom—"Yeah—but I lost it right away!"

Minard's Liniment used by Physicians.



The Disappearing Home.
"There's no place like home."
"No; you'd have a hard time to find such a place these days."

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels, and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Billingsgate was an accepted market for fish over 1,000 years ago. It is the oldest in London.

MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

tain people who can relax easier than others. In case of absolute relaxation, one hour's rest is as good as six or seven where the sleep is broken or disturbed.

A correspondent asks if taking a cold shower before breakfast is healthful during the winter months. Yes, for those who can stand it. The stimulation of the cold, followed by the reaction, is invigorating. Besides, it trains the heat and cold mechanism of the body to react quickly and thus tends to ward off such diseases as bronchitis, sore throat and pneumonia.

A. B. asks if it is possible for anyone to have scarlet fever without a rash breaking out.

Yes, it is possible, but the actual fact may be that there has been a slight rash which passed unnoticed. Sometimes a child may have a sore throat and the parent may never think for a day or two of the possibility of scarlet fever being the cause. Meanwhile the rash may have disappeared. This is one of the reasons why sore throat in a child should never be neglected. It may be an indication of a very serious disease such as scarlet fever or diphtheria.

J. P. writes as follows: Will you please advise me if severe periodical violence with a person suddenly taken ill, is one of the symptoms of "sleeping sickness."

Yes, sometimes there is a condition in this disease resembling mania, which may or may not come on periodically. Generally the symptoms of sleeping sickness are as follows:—There is gradually increasing lethargy of body and mind. The upper eyelids droop, the gait is unsteady, and after a time the patient is almost constantly asleep. When it gets to the actual sleeping stage the end is generally close at hand. The symptoms and rate of progress vary in different cases. There may be muscular tremor and general convulsions. Sometimes there is mania. The glands of the neck are enlarged and an itchy eruption may appear on the skin. There is usually fever towards the end.

LOST HOPE, SAYS MRS. WATERMAN

Declares Tanlac Restored Her Fully When Almost a Nervous Wreck—Gains 14 Pounds.

"Tanlac restored my health so completely three years ago that I haven't had to take a single dose of medicine since," says Mrs. Cora Waterman, 145 Monroe St., Toronto, Ont.

"I don't believe there was a worse case than mine in Ontario. I had been suffering for about three years and was practically a nervous and physical wreck. I could eat scarcely a thing, sleep was almost impossible, and rheumatism in my hands, wrists and arms almost drove me distracted. I spent every cent I could lay my hands on for medicine, and had about lost hope of ever being well again.

"But Tanlac ended my suffering and saved me a great many dollars. I regained fourteen pounds, too, which I still retain, and I feel as strong and healthy now as when a school girl. I have been praising the Tanlac treatment three years now, and want to send out this message to help others."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.



For Lasting Fragrance Use Cuticura Talcum

There is nothing better than Cuticura Talcum for powdering and perfuming the skin. It appeals to the most fastidious because of its fine, smooth texture and delicate fragrance.

Soap 25c, Ointment 25c and 50c, Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 344 St. Paul St., W., Montreal. Soap Cuticura Soap shaves without razor.

"Cascarets" 10c

For Sluggish Liver or Constipated Bowels

Clean your bowels! Feel fine! When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No gripping—no most laxative-cathartic on earth! For grown-ups and children. 10c a box. Taste like candy.

Look to Your Eyes
Beautiful eyes, like fine teeth, are the result of constant care. The daily use of Murine makes eyes clear and radiant. Enjoyable, harmless, sold and recommended by all druggists.

Best Sugar in Algeria.
The Government of Algeria will distribute French sugar beet seed to farmers in an endeavor to experiment with the production of beet sugar.

Minard's Liniment for sale everywhere

All Aboard.
Some sailors went ashore, and as a change thought they would like to go for a ride on horseback. They went to the nearest livery stable, and the spokesman asked for the ostler.
Spokesman—"We want an 'orse."
Ostler—"What kind of an 'orse?"
Spokesman—"We want a four-legged 'orse."
Ostler (annoyed)—"Yes! I know that, but d'yer want a quiet 'orse or a spirly 'orse?"
Spokesman—"Oh, it don't matter about that, mate. Give us a pretty long 'orse—there's right of us, and we're all goin' aboard."



Height of Care.
Guest—"Here, take my valise! Are you a careful porter?"
Hotel Porter—"Deed Ah is, and Ah ain't never broke a bottle yet!"

Natural Inclination.
"What profession is your boy going to select?"
"I'm going to educate him to be a lawyer," replied Farmer Confused.
"He's naturally argumentative an' bent on mixin' into other people's troubles an' he might jes' as well get paid for his time."

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CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly! Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

America's Pioneer Dog Remedies
Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. E. Clay Glover, Co., Inc. 129 West 24th Street New York, U.S.A.

Constipation Banished

A druggist says: "For nearly thirty years I have recommended the Extract of Roots, known as Mother Seigel's Curative Syrup, for arresting and permanently relieving constipation and indigestion. It is an old reliable remedy that never fails to do the work." 30 drops thrice daily. Get the Genuine. 50c and \$1.00 bottles.



Chest Cold?

—try this method
That chest cold can be broken up—no matter how stubborn and deep-seated it may seem!
Apply Sloan's Liniment to chest and neck tonight. Its tingling, glowing warmth goes to the root of trouble. It breaks up the congested, inflamed condition. Relief quickly follows.
Get a bottle of Sloan's today. All druggists carry it. Its effectiveness will surprise you.
Sloan's Liniment—kills pain!
For rheumatism, bruises, strains, chest colds.

Classified Advertisements.

ONE HUNDRED DIFFERENT stamps for the names of two collectors and 2c postage. Lists Free. Toledo Stamp Company, Toledo, Ohio.

PURE WOOL HATS, BEAUTIFULLY carded and fluffy. Entirely free from oil or grease. Large sample, enough for comforter, one dollar. Woolen Mills, Georgetown, Ontario.

HUBAM CLOVER, THE GREAT annual. Write for interesting information. D. Fraser, R.R. 2, Ilderton, Ontario.

FEMALE HELP WANTED.
ADIES, DO YOUR OWN HEM-stitching and piecing. Attachments fit any machine. Sent collect \$2.50. Agents wanted. Colorado Attachment Co., Box 2210, Denver, Colo.

What matters is not what you are, but what you are becoming.

Jockeys

Poultry and Dog fanciers, animal trainers and breeders find daily use for Minard's Liniment as a preventive and remedy. Write for signed evidence of experienced men.

Minard's Liniment
The Animal's Friend

STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapepsin" Corrects Sour, Upset Stomachs at Once

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, fermentation or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages.

MOTHER OF TWIN BOYS

Tells How Lydia E. Pinkham's Vegetable Compound Relieved Her of Inflammation and Great Weakness

West St. John, N. B.—"I was in a general run-down condition following the birth of my twin boys. I had a great deal of inflammation, with pains and weakness. Finally my doctor recommended Lydia E. Pinkham's Vegetable Compound. He said that your medicine would be the only thing to build me up. I am sure he is right, for I am feeling much better and am gaining in weight, having gone down to ninety-three pounds. I was in bed for over a month, but am up again now. I have recommended the Vegetable Compound to my friends and give you permission to use my letter."—Mrs. ELMER A. RITCHIE, 82 Rodney St., West St. John, N. B.

There are many women who find their household duties almost unbearable owing to some weakness or derangement. The trouble may be slight, yet cause such annoying symptoms as dragging pains, weakness and a run-down feeling. Lydia E. Pinkham's Vegetable Compound is a splendid medicine for such conditions. It has in many cases relieved those symptoms by removing the cause of them. Mrs. Ritchie's experience is but one of many.
You might be interested in reading Mrs. Pinkham's Private Text-Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Cobourg, Ontario.

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.

Sound peaceful slumber is one of the greatest recuperative and beautifying agents known. Without such sleep you cannot have health, and without health you cannot have your full measure of beauty. Much is printed daily upon methods of wooing sleep, how many hours to sleep, when to sleep, correct and incorrect position. We shall skip all that and leave it to you, but we want to remind you that if you do not get sufficient sleep the penalty will be mercilessly exacted sooner or later. To obtain restful helpful sleep you must breathe fresh, pure air. We don't know if it is possible to get too much ventilation, but we are going to urge you to try, for we are satisfied that too much is far better than not enough in this case. Our feeling about that is quite similar to the Indian's on whisky—Plenty whisky, very good, too much, just right.

If you are one of those unfortunates who take their cares to bed with them to thrash over for hours, the penalty will be upon you if you do not master and control the habit. The practice of complete relaxation will conquer that evil sooner or later. When making up your mind that you are going to sleep do not concentrate your entire will power on the determination, for if you do you will only succeed in stirring up a nervous unrest. Just lazily make up your mind and then dismiss that thought and all other thoughts, and go quietly to sleep; you may think it cannot be done, but just keep on trying. Each time you succeed it becomes ever so much easier.

If troubled by a raging insomnia let your physician guide you. Under no circumstances resort to opiates without doing this. Temporary relief is thus obtained at a terrible expense. Drug habits with their undesirable and inevitable ending are oftentimes established. But sleep you must if you would experience the joys of life. How long you should sleep is a matter for your own personal solution. Some "night outs" claim four or five hours is ample, while others form the practice of the dog and cat and sleep at any and all times. It is the general consensus, however, that eight hours is about right, although it depends to a large extent on the soundness of the slumber. Complete relaxation is necessary, and there are cer-



There's Solid Comfort in Healthy Nerves

WHEN you envy the calm and serene person who always looks so comfortable, just remember that his condition is the result of healthy nerves and sound, refreshing sleep.

If you are nervous and irritable—if you cannot sleep at night—avoid the use of tea and coffee, which many people cannot drink without serious harm to their nerves, and consequent interference with health and comfort.

Drink, instead, delicious Instant Postum—the wholesome, healthful table beverage that safely charms and satisfies.

At your grocer's in sealed, air-tight tins

Instant Postum FOR HEALTH

"There's a Reason"

A generous sample tin of Instant Postum sent post-paid, for a stamped address. Write: Canadian Postum Cereal Co., Limited, 45 Front St. E., Toronto. Factory: Windsor, Ont.

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Bandy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoacetic Acid of Salicylic Acid. While it is well known that Aspirin means Bayer manufacture, to satisfy the public's growing interest, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."