From a Chaplain at The Front

How the British Barred the Road to Calais; Another Thrilling Letter





What Should a Man Do? Sug-gestion of Ohio Druggist to One Such Man Saved His

Dr. Morse's OWEN C. WATKINS.

Indian Root Pills

OWEN C. WATKINS.

14th Field Ambulance, 5th Division,

British Expeditionary Force,

Of Captain Newton, of the Princess Patricias, who was recently killed in ac-

NORMAN.

"NORMAN"

ENTERTAINMENTS FOR AND PRESENTATIONS TO SOLDIERS

The Carleton Cornet Band last night orps, No. 5 Co., in their quarters at

AN EASY WAY TO GET FAT AND BE STRONG

needed by the digestive organs to help them convert food into rich, fat-laden blood. This master-stroke of modern chemistry is called Sargol and has been termed the greatest of flesh-builders. Sargol aims through its re-generative, reconstructive powers to coax the stomach and intestines to literally soak up the fattening elements of your food and pass them into the blood, where they are carried to every starved, broken-down cell and tissue of your body. You can readily picture the result when this amazing transformation has taken place and you notice how your cheeks fill out, hollows about your neck, shoulders and bust disappear and you take on from 10 to 20 pounds of solid, healthy flesh. Sargol is absolutely harmless, inexpensive, efficient. All leading druggists have it and will refund, your money if you are not satisfied, as per the guarantee found in every package.

Caution:—While Sargol has given excellent results in overcoming nervous dyspepsia and general stomach troubles it should not be taken by those who do not wish to gain ten pounds or more.

HOW THIN PEOPLE CAN PUT ON FLESH

A New Discovery.

Thin men and women—that big hearty, filling dinner you ate last night What became of all the fat-producing nourishment it contained? You haven't gained in weight one ounce. That food passed from your body like unburned coal through an open grate. The material was there, but your food doesn't work and stick, and the plain truth is you hardly get enough nourishment from your meals to pay for the cost of coking. This is true of thin folks the world over. Your nutritive organs, your functions of assimilation, are sadly out of gear and need reconstruction.

Cut out the foolish foods and funny sawdust diets. Omit the flesh cream rubons. Cut out everything but the meals you are eating now and eat with every one of those a single Sargol tablet. In two weeks note the difference. Five to eight good solid pounds of healthy, "stay there" fat should be the net result. Sargol, too, mixes with your food and prepares it for the blood in easily assimilated form. Thin people gain all the way from 10 to 25 pounds a month while taking Sargol, and the new flesh stays put. Sargol tablets are a scientific combination of six of the best flesh-producing elements known to chemistry. They come 40 tablets to a package, are pleasant, harmless and inexpensive, and all dealers sell them subject to an absolute guarantee of weight increase or money back.

THIN PEOPLE **CAN INCREASE WEIGHT**

Thin men and women who would like to increase their weight with 10 or 15 pounds of healthy "stay there" fat should try eating a little Sargol with their meals for a while and note results. Here is a good test worth trying. First weigh yourself and measure yourself. Then take Sargol—one tablet with every meal—for two weeks. Then weigh and measure again. It isn't a question of how you look or feel or what your friends say and think. The scales and the tape measure will tell their own story, and most any thin man or woman can easily add from five to eight pounds in the first fourteen days by following this simple direction. And best of all, the new flesh stays put.

Sargol does not of itself make fat, but mixing with your food, it turns the fats, sugars and starches of what you have eaten, into rich, ripe fat producing nourishment for the tissues and blood—prepares it in an easily assimilated form which the blood can readily accept. All this nourishment now passes from your body as waste. But Sargol stops the waste and does it quickly and makes the fat producing contents of the very same meals you are eating now develop pounds and pounds of healthy flesh between your skin and bones. Sargol is safe, pleasant, efficient and inexpensive. All leading dealers sell it in large boxes—forty tablets to a package—on a guarantee of weight increase or money back.



