

## INSOMNIA CURED WITHOUT DRUGS

Internal Bathing Relieves the Cause.

If you do not sleep there is always some cause. Don't start dosing with drugs. Nerves can't consume them. Relieve the cause and a good, sound sleep will be the result.

The system cannot be right if the Colon of large intestine is not kept clean and free from all waste matter. Bathe internally if you want perfect health.

Mr. F. C. Voigt, Rapid City, Man., writes: "For several years I suffered from indigestion, Nervous Debility, Insomnia and Constipation. Had no appetite and doctors did not expect I would live throughout the winter. Your book interested me. I got a J. B. L. Cascade and in a few days obtained remarkable results. I now sleep and enjoy my meals better than for years before. I regard the J. B. L. Cascade as a God-send to me."

The "J. B. L. Cascade" is a perfect appliance for Internal Bathing. Invented by Dr. Charles A. Tyrrell of New York, and has been the means of restoring thousands to perfect health. It is shown and explained by Standard Drug Company, London, who will be pleased to give you an interesting book called "The Why, The Way, The Way of Internal Bathing," on request. Ask for it.

### LIFE-SIZE BABY DOLL GIVEN



### SOLVE THIS PUZZLE And Win a Phonograph

1st Prize Phonograph  
2nd Prize Camera  
3rd Prize Watch  
4th Prize Fountaine Pen

ALSO A GREAT MANY CONSOLATION PRIZES  
All you have to do to win one of these splendid prizes is to solve the puzzle and send in your solution to the Editor of the London Advertiser, London, Ontario, by March 31st, 1918.

There Are No Entrance Fees

Every person sending in a correct solution will be awarded a prize of their own choice. This need not cost you one cent of your money. All replies will be judged on the basis of merit, and the prize will be awarded accordingly. No time limit. Solutions will be continued, so be sure to write plainly. This contest will close very shortly. Send in your answer at once and win one of these handsome prizes.

REPLAST SPECIALTY CO., Dept. L, Drawer 801, St. F., TORONTO.

**GOING!**  
HERPICIDE WILL SAVE IT

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**GOING!!!**  
TOO LATE FOR HERPICIDE

**HOLD ON**  
TO YOUR  
**HAIR**  
WITH  
**Newbro's  
Herpicide**

For Dandruff  
Itching Scalp  
Falling Hair  
A Delightful  
HAIR DRESSING  
Avoid Substitutes

**LINSEED COMPOUND**  
is a reliable old English Home remedy for—  
**COUGHS, COLDS,**  
Asthma, Bronchitis, &  
all Lung & Throat Troubles.

SUNLIGHT SOAP is made from the sweetest and choicest of olive oils and fats. It contains no harsh or strong ingredients. It is the purest and most efficient of soaps and, if used judiciously, the most economical of soaps.

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UNDERCLOTHING  
Guaranteed Not To Shrink.



## Polly--Pa's Temper Unravels--So Does His Sweater!

