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La Grippe or Influenza

This scourge recurs in Canada with more or less severity each winter. Among the prominent symptoms are:—Intense or dull aching pain in the back or limbs; cold in the head and lungs; fever; general weakness. The after-effects of this trouble make themselves felt in various ways, such as general prostration, depression of the heart, melancholy and the symptoms of decline. Dr. Williams' Pink Pills for Pale People have been uniformly successful in curing the serious after-effects of this trouble.

WEAK AND DESPONDENT

From the *Enterprise*, Bridgewater, N.S.

Mr. C. E. Johnson, a gold miner by occupation, is well known about the mining camps in these parts and is thoroughly posted in his business. Not long since Mr. Johnson chanced to be in Porter's drug store, in Bridgewater when a case of Dr. Williams' Pink Pills was being opened, and he remarked to the clerk: "I saw the time when a dozen boxes of those pills were of more value to me than the best gold mine in the country." A reporter of the *Enterprise* happened to hear Mr. Johnson's rather startling remark and asked him why he spoke so highly of the pills. Mr. Johnson's statement was as follows: "About four years ago I was attacked with la grippe, which kept me from work about three weeks. The mine I was working in was making a good deal of water and I got wet the first day I returned to work. That night the old trouble came back, with the addition of a severe cold. I managed to get rid of the cold, but the whole force of the disease settled in my stomach, kidneys and joints, and boils broke out on my body and limbs. My back was so weak I could scarcely stand alone. I went to a doctor and his medicine helped me at first, but after a short time lost its effect. He then changed the medicine, but with no better result. About this time a clergyman who called at the house advised me to try Dr. Williams' Pink Pills. I got a box and used them, but they did not materially benefit me. I had now been some weeks idle and was feeling desperate. A friend strongly advised me to go to a hospital for treatment and I had just about decided to do so when an acquaintance learning I had taken but one box of the pills suggested that I should try three boxes more before giving them up. The matter of money decided me on trying the pills again. I got three boxes and when used I was quite a bit improved. Could eat light nutritious food, slept better, and felt noticeably stronger. But I was still an unwell man. As the pills were doing a good work, however, I sent for eight more boxes. I continued using them till all were gone, when I felt that I was restored to health. All my stomach trouble had disappeared, I was fully as fleshy as before the first attack of la grippe, my nerves were solid as ever, and I knew that work would give strength to my muscles. So, after about six months, I went to work again and have not had a sick day since. One dozen boxes of Dr. Williams' Pink Pills gave me better health since than I had before, and that is why I said they were worth more to me than any gold mine, for all that a man has he will give for his life."

LA GRIPPE'S RAVAGES

In the village of Campden, Ont., there are few people more highly esteemed than Mr. and Mrs. Daniel Albright. Mr. Albright has for many years filled the position of village postmaster, in addition to conducting a boot and shoe business. But it is with the postmaster's estimable wife that this article has chiefly to do, as it gives the particulars of her recovery from a severe illness through the use of Dr. Williams' Pink Pills. To a reporter Mrs. Albright said: "If you think my experience will help some other sufferer I am quite willing to give it, for I may tell you that I am a very enthusiastic admirer of Dr. Williams' Pink Pills. For some years I suffered with a lame back, which frequently prevented me from doing my household work. Later exposure to cold developed sciatica, and every

QUEEN PUDDING.—Two cups of bread crumbs (very fine), one cup of sugar, four of milk, yolks of four eggs, tablespoonful of salt, tablespoonful of butter, bake half hour, then put over the top the whites of the eggs beaten to froth with sugar and brown.

MOCK MINCE PIE.—Five Boston crackers, two cups of brown sugar, one cup of molasses, one-half cup of butter, one-half cup of vinegar, two of boiling water, one of raisins, chopped, one teaspoonful of cloves, one teaspoonful of cinnamon, one-half nutmeg.

LEMON PIE.—The peel and juice of one good-sized lemon, one and three-fourth cups of sugar, four eggs, yolks and whites beaten separately, four tablespoonfuls of flour, three-fourths of a cup of water. Bake with under crust and frost with the whites beaten with four tablespoonful of powdered sugar.