

"Ovaltine" has proved to be of service in neurasthenic conditions, neuritis, influenza and its accompanying depressing nervous disorders, and in all forms of anaemia. It forms an alternative to the milk diet in typhoid and other fevers, duodenal and gastric ulcer, and in the dietary treatment of sprue, beri-beri and dysentery it is a welcome change, as it neither causes constipation nor aversion by prolonged use. Its prompt assimilation with the minimum of functional strain, and without the formation of intermediate toxic, irritating products, particularly adapts it as an article of diet in Nephritis, Heart Diseases and Post Surgical Cases. In the feeding of the tuberculous, for those undergoing rest cures, in augmenting the diet in difficult alimentation and in convalescence, "Ovaltine" fills an exceedingly useful place.

It has been shown that "Ovaltine" is of specific value in increasing mammary activity, due it is suggested, to its richness in phosphatides. For this reason it is administered in agalactia.

Many doctors also prescribe "Ovaltine" for sleeplessness.

"Ovaltine is manufactured under modern hygienic conditions, and is entirely untouched by hand. It presents a natural tonic food beverage of definite therapeutic and dietetic content.

BOVININE

To stand the test of time; to qualify as a blood and tissue builder of unrivalled merit; and to find increasing favor with the medical world is fitting tribute to the excellence of Bovinine, the Blood and Body Builder.

This remarkable tonic has gained unqualified recognition from physicians, surgeons and nurses because of its unvarying standard of quality and its basically valuable formula which has remained unchanged for over half a century.

The quick revitalizing effects following the taking of Bovinine will justify your confidence in its integrity and worth.

The Bovinine Company, 75 Houston St., New York.

A DANGER AND A REMEDY.

Quiet thinking by the citizens of Canada was never more needed than at the present time. It is a time of unrest in the world's history, when people who do not do their own thinking are easily influenced and led astray.

Woodrow Wilson, president of the United States, once said: "A Western Senator is more useful than his Eastern colleague, because sometimes he chews Virginia leaf". The President is right. Men who chew are more likely to have opinions of their own and to think things out for themselves.