

## Charcoal Purifies Any Breath

And in its Purest Form Has Long Been  
Known as the Greatest Gas Absorber.

Pure willow charcoal will oxidize almost any odor and render it sweet and pure. A painful in a foul cellar will absorb deadly fumes, for charcoal absorbs one hundred times its volume in gas.

The ancients knew the value of charcoal and administered it in cases of illness, especially pertaining to the stomach. In England today charcoal poultices are used for ulcers, boils, etc., while some physicians in Europe claim to cure many skin diseases by covering the afflicted skin with charcoal powder. Stuart's Charcoal Lozenges go into the mouth and transfer foul odors at once into oxygen, absorb noxious gases and acids and when swallowed mix with the digestive juices and stop gas making, fermentation and decay.

By their gentle qualities they control beneficially bowel action and stop diarrhoea and constipation.

Bad breath simply cannot exist when charcoal is used. There are no ifs or ands about this statement. Don't take our word for it, but look into the matter yourself. Ask your druggist or physician, or better still, look up charcoal in your encyclopedia. The beauty of Stuart's Charcoal Lozenges is that the highest pharmaceutical expert knowledge obtainable has been used to prepare a lozenge that will give to man the best form of charcoal for use.

Pure willow and honey is the results. Two or three after meals and at bedtime sweeten the breath, stop decay of teeth, aid the digestive apparatus and promote perfect bowel action. They enrich the supply of oxygen to the system and thereby revivify the blood and nerves.

Stuart's Charcoal Lozenges are sold everywhere in vast quantities, thus they must have merit. Every druggist carries them, price, twenty-five cents per box, or send us your name and address and we will send you a trial package by mail, free. Address F. A. Stuart Co., 200 Stuart Bldg., Marshall, Mich.



Send for our Circular in reference to  
**CUSTOM TANNING**  
HEAD-MOUNTING,  
Cowhide Robes, Coats,  
Gauntlets, etc.,  
It will pay you.  
**Carruthers & Co.,**  
BRANDON, MAN.

**GRAND TRUNK RAILWAY SYSTEM** For Maximum Comfort  
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**CANADA'S DOUBLE TRACK RAILWAY**  
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## The Home Doctor.

### A Valentine.

O bonny maid with laughing eyes,  
Why do you linger there  
So sweetly shy yet gravely wise,  
So proud yet debonnaire?

The postman comes this way apace  
Your manner I divine,  
You hope for Cupid's gift of grace,  
A dainty valentine.

O winsome, eager brown-eyed lass  
Impatient by the door,  
I see you stand while moments pass  
And count your treasures o'er.

All rich in lace, with tinsel bright  
Yet not from choice of thine;  
You hope ere falls the shades of night  
For one more valentine.

O woman weary of life's ways  
With silver in your hair,  
Why do you dream of other days  
When you were young and fair?

I see within your hand you hold  
A closely written line,  
'Tis from your sweetheart, loved of old  
An old time valentine.

Thus on this day of days we know  
The power of Cupid's art,  
His arrows speed from mystic bow  
To wound full many a heart.

And youth and maid in romance sweet  
Dream still of love divine,  
And all expectant wait to greet  
Their own true Valentine.

### Health Notes.

Common salt is an excellent dentifrice.

A good laugh is better than medicine.

A gargle of salt and water will often clean a furrowed tongue.

Bathe chilblains in a strong solution of alum and water, say an ounce to a pint.

A relief for insomnia from being overtired, is to bathe temples and back of the neck with very hot water.

Paint a boil that is just beginning with iodine twice a day and it will be completely absorbed.

Children should have plenty of sleep. While going to school they should have some time for outdoor recreation every day.

Stretching exercises are used to make one taller; stand and sit erect and you will add perceptibly to your height.

Uncooked cereals should not be given to children until they are about two years old. The cooked oatmeal strained is best for the average child.

Cramps caused by indigestion can be relieved by taking a few drops of oil of peppermint or spirits of camphor in hot water and applying heat to the abdomen.

Warts can be removed by touching them with collodion in which salicylic acid, 20 grains to the ounce, has been dissolved. This should be done once or twice a day, keeping the wart somewhat encrusted, when it will shrivel and drop off. If this causes any soreness, a little castor oil applied a few times will heal and remove the redness of the skin.

People who suffer from weak ankles will find great help from bandaging quite snugly through the day. At night they should pour cold water over them, and rub them until in a glow. If this is persisted in all winter, it will make a marked difference in their ability to stand or walk without turning or twisting their ankles.

Damp feet are responsible for many of the colds which people think are unaccountable; the health and well being of the whole body is in a large measure dependent on the care of the feet. Put on warm stockings and sensible shoes; there is nothing attractive about low, thin-soled shoes and open worked stockings at this season of the year.

If the baby does not show any inclination to sit up at six months of age, and must have his back supported when sitting for a few minutes at eight months old, prepare a strong solution of salt water, one-fourth pound of rock salt in a quart bottle of water. Use a little of this diluted at first in tepid water, every day after his bath. Sponge the spine and his whole back with it and rub vigorously until there is good reaction. When he becomes accustomed to it, use full strength.

A baby's nose often becomes stopped up with a cold, making it almost impossible for him to nurse. He will get some relief by keeping his nose greased on the outside. Drop a little cosmoline into his nostrils to soften the crusts that form; when softened they can be

removed by using a wooden toothpick around which twist securely a whisp of absorbent cotton, which has been dipped in boric acid solution. This will cleanse as it removes the accumulated mucus. It gives such relief that very little children accept the little discomfort willingly, when it is done carefully.

To prevent chapped hands, dry them carefully each time you wash them. Rub them every night with a little mutton tallow, or a mixture of one tablespoonful of glycerine, juice of one lemon and water to make a half pint.

Nervous children sometimes scream when frightened or slightly hurt, losing their breath until they are blue. This can be remedied at once by a dash of cold water in the face to make them catch their breath. Nothing more easily becomes a habit than this display of weak nervous power, and it requires a gentle, persistent effort on the part of the mother to teach the child self-control. Suggestion is better than any method to correct this dread result of fear. Teach the child to laugh over a tumble, to touch what she fears, and encourage every effort on her part to overcome the terror which masters her.

Try this exercise for reducing the size of the lips. The muscles have become flaccid, like any other muscles of the body and exercise will strengthen and contract them. Hold the lips tightly together and smile as far as you can—sounds funny, doesn't it—then "un-smile" very gradually, contracting the muscles slowly. Do this ten times whenever you chance to think of it. Acquire the habit of keeping the lips close to the teeth; that will help a lot.

A simple and effective ointment for cold sores or fever blisters: 5 grains of camphor, one-half dram of powdered arrowroot, one-half dram of subnitrate of bismuth, one-half ounce of ointment of rosewater. Apply to the blemish. Do not use on the healthy skin of the face, as bismuth has a yellowing effect.

### La Grippe.

La Grippe, the foe of human kind, appears in the fall, gaining in strength in its attacks until after Christmas, when it is at its height.

It is a germ disease, as yet not wholly understood nor sufficiently explained, and so it is easy for both doctor and layman to lay upon its broad shoulders, so to speak, the blame of much of the sickness at this time of the year.

A little thought as to the difference in the conditions of life in cold weather and in warm will perhaps give us a clue to the real cause of the various diseases which grip us at this time. As the weather grows colder we shut out more and more of the fresh air, we eat more animal food, and at Christmas have the extra feasting.

In sanatoriums where consumptives live in fresh air and on simple diet, there is practically no grippe, and it has passed into a saying "where fresh air was least, grippe was most."

We may all test this statement by carrying out the following suggestions: Open the bedroom windows, not an inch or two, but a foot or two, from the top if possible, every night.

Keep outdoors in the fresh air as much as possible; when out of doors breathe deeply, inhaling through the nostrils.

Drink plenty of water, hot or cold; eight glasses distributed through the day between meals, it is estimated will make good the daily loss.

Depend upon fruit, vegetables, and nuts for a large part of diet; nuts are the best substitute for meat, salads of various kinds help digestion.

Avoid all excesses and notice the result of this life upon your "grippe habit."

### Don'ts for a Sick Room.

Don't call on a sick person while there is any necessity to avoid undue excitement.

Don't enter a sick room in cold weather until you have removed your wraps and are warm.

Don't sit in a rocking chair, and rock violently while facing the patient.

Don't rush into the room with loud talk or laugh; an excess of animal spirits may be depressing. Good cheer and a sunshiny call does not mean a boisterous manner.

Don't bring bad news nor talk of depressing things.

Don't make a long call and tire the patient out.

Don't enter a sick room highly perfumed, it may prove nauseating to the patient.

Don't call early in the morning; visitors will be more welcome when the bathing and dressing, the late breakfast and tidying of the room have been completed.

The ease with which corns and warts can be removed by Holloway's Corn Cure is its strongest recommendation.

## Run-down!

How frequently we hear this expression! How completely we understand its meaning! It is that dull, weary, listless feeling which betokens jaded nerves and overtaxed system. Your food is not yielding its nourishment properly because indigestion is at work. Instead it is loading your blood with impurities, and that is why you are run-down.

## Mother, Seigel's Syrup

"I felt dull and low-spirited; my tongue was coated and I had a nasty taste in my mouth; my appetite was poor, and dizziness and pains in my back made sleep impossible. But Mother Seigel's Syrup and Pills have made me ever so well."—From Mrs. McPherson, 189, Canning St., Montreal. July 11, 1907.

## Will make you Fit

Because it strengthens Stomach, Liver and Bowels, and

## CURES INDIGESTION

Price 60 cents per bottle. Sold Everywhere.  
A. J. White & Co., Montreal.

## SOMERVILLE Steam Marble and Granite Works ROSSER AVE. BRANDON



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### Remember! BRANDON.

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