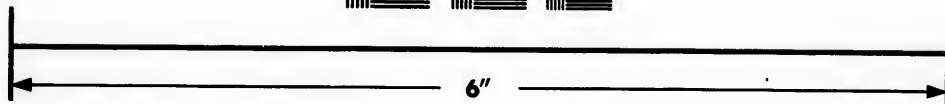
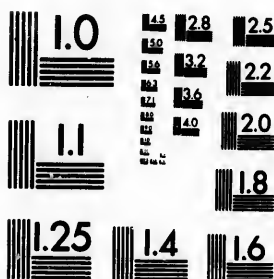


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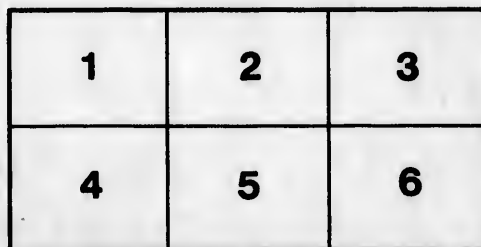
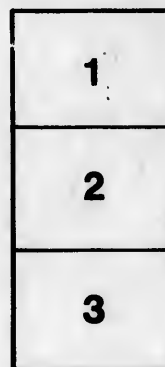
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INTRODUCTION.

IN presenting this book before you, we do so believing it will prove of much value to you as a book of reference; also to bring before your notice a few household necessities, in the form of medicines, which are known to possess superior merit in curing and alleviating almost every pain to which human beings might fall heir to. **Griffiths' Menthol Liniment** is now recognized as a household necessity throughout Canada and the United States. Thousands of homes have proven its merit, and the very fact that its annual sales are more than double those of any other liniment ever introduced into Canada, argues well for its success in doing just what we claim it will do. Hundreds of constant martyrs to pain have received relief from using this wonderful liniment, after all else had proven worthless. Rheumatic patients rejoice in its discovery; mothers proclaim it a life-saver to their little ones when croup had them by the throat, and there has never been any remedy so highly praised as Griffiths' Menthol Liniment by those who have used it.

Many people imagine because it is a liniment its usefulness is confined to external application. We wish to take this opportunity of stating to you that Griffiths' Menthol Liniment contains less poison than any cough mixture made. It is entirely free from any poisonous substance of any kind, and may be given to the smallest child with perfect safety. Your doctor's bills will become much lighter when you become acquainted with Griffiths' Menthol Liniment. Internally it cures, *cures* mind you, coughs, colds, croup, whooping cough, sore throat, bronchitis, chills, cramps, pneumonia, etc. Externally it cures rheumatism, lumbago, sciatica, lame back, headache, neuralgia, toothache, swollen cords, stings and bites of insects, chilblains, stiff neck, sore throat, quinsy, scalds, burns, bruises, sprains, and pains, aches, soreness or inflammation anywhere. It is a complete medicine chest in itself, and does just we say it will do. You will always feel a sense of security in your house when you have Griffiths' Menthol Liniment handy. No other liniment, oil, or anything else is just as good. You can always depend on this one.

Druggists everywhere sell it, at 25 and 75 cents.

INTRODUCTIONS AND SALUTATIONS IN GOOD SOCIETY.

Attention should be paid to the many forms of introduction, each of which is appropriate to certain conditions. In introducing several persons to one, the latter's name should be given only once. Thus: Mr. Pike, allow me to present Mrs. Winter, Miss Smith, Mr. Jones. Bow to each as the name is spoken. When you introduce a gentleman to a lady, say, bowing to each as you mention the name of each, Mrs. Noble, permit me to make you acquainted with my friend Mr. Post. In presenting gentlemen to each other, first look at the elder, bow and say, Mr. Lord, let me introduce to you Mr. Harrison. When introduced, one should say something equivalent to, I am very glad to make your acquaintance, unless several are introduced at the same time; then a bow is sufficient. To shake hands when introduced is American, not bad form, but unnecessary. The lady should be the first to extend the hand. Shake hands warmly, but not too vigorously. If your hand is thickly gloved and the hand of the person with whom you join hands is ungloved, apologize, but make no attempt to remove your glove. For thin gloves, as kid, no apology is called for. Shake hands with the right hand: if you are forced to use the left, apologize.

The gentleman should be introduced to the lady; the younger to the older person, when of the same sex. Abroad, rank and social position are recognized, and the inferior is introduced to the superior. On meeting subsequently, the lady should bow first. This is Anglo-Saxon; on the Continent it is the reverse. The gentleman must always return the lady's bow. An introduction out of doors should be so given as to attract no unnecessary attention. Either to a lady or gentlemen, when introduced on the street, or on the tennis ground, or any like place, the gentleman always lifts his hat.

Be punctilious to introduce only such as you have good reason to

A Difference in the Morning.

Skating, golf or tennis is lots of fun the day you have the sport, but the next day it's another story; then you are stiff and sore, and don't feel half so supple as when you played. If you'll take a good rub-down with Griffiths' Liniment after you get home, there won't be any stiffness and soreness at all the next day, not a bit. Your muscles and flesh will be in fine shape and you can go out and play or skate again, feeling fresher than ever. That's why the leading lacrosse boys and athletes in training all use Griffiths' Menthol Liniment. It makes more muscle and keeps it in fine shape.

Best Use They Could Be Put To.

"I must admit," said the mannish girl, "that I'm very fond of men's clothes. You don't like them, do you?"
"Yes, I do," replied the girly girl, frankly, "when there's a man in them."—*Stray Stories.*

Any person who has ever used Griffiths' Menthol Liniment has proclaimed it as much superior to all other liniments or oils as gold is better than brass. It performs what we promise it will do. You will say the same when you have tried it.

RHEUMATISM Mr. H. E. West, **CURED IN** Water St., Vancouver, **FOUR HOURS.** ver, writes: "I had been suffering from a very painful attack of rheumatism in my right shoulder; and could not attempt to raise my arm, so great was the pain. A friend procured a bottle of Griffiths' Menthol Liniment, and in less than four hours the pain entirely left me, and has not returned. It certainly is the great pain reliever you advertise."

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RHEUMATISM.

YOU have sometimes heard little stories about acid in the blood, and other causes which are supposed to bring on Rheumatism. These might all be true, but the person who is racked from head to foot with pain does not need to think so much to the cause, as to how quickest to get rid of the pain. The heathen who is put into the stocks and thrashed does not feel a bit worse than the man or woman who suffers rheumatic pains. Now, there is no excuse for continuing to suffer pain, no matter where it comes from. **Griffiths' Menthol Liniment** penetrates right through to the cause of this pain and removes it. Rheumatic pains or any other kind will disappear in an instant when this wonderful liniment is applied. You can rub it in just as fast and as long as you want to, and need not be afraid of any blister or soreness afterwards. It relieves rheumatic pains the minute applied, takes all the soreness, swelling and stiffness right out of the joints and muscles, and makes you feel as good as new. It makes no difference whether your doctor calls it Muscular, Inflammatory or just Rheumatism, Griffiths' Menthol Liniment will cure you, and do it quick. Thousands of people from all parts of America declare that Griffiths' Menthol Liniment cures Rheumatism, and it does cure. Here is what it has done for others, and will do just the same for you.



Mrs. Crosby, wife of Rev. J. W. Crosby, pastor of St. Paul's Methodist Church, Hamilton, writes: "I consider it a duty, after receiving invaluable benefit from Griffiths' Menthol Liniment, to endorse it. This remedy has completely relieved me of rheumatic pains in my limbs, after months of suffering. It certainly is a wonderful liniment."

MUSCULAR RHEUMATISM. Mr. R. A. Pilgrim, of the well-known firm of Pilgrim Bros., Belleville and Hamilton, writes: "A short time ago I was attacked with muscular rheumatism in my wrist, causing the arm to swell to the elbow, the pain being very severe. Griffiths' Menthol Liniment was applied; it gave me almost immediate relief, and in less than six hours the pain and swelling had disappeared. It certainly is a godsend to sufferers from rheumatism."

INFLAMMATORY RHEUMATISM. Mr. J. Woodward, of the Massey-Harris Company, Toronto, writes: "I am certain there could not be anything better than Griffiths' Menthol Liniment for rheumatism. For some days I was laid up with inflammatory rheumatism. Pains were almost unbearable. As soon as I applied Griffiths' Menthol Liniment I got relief, and one 75-cent bottle rubbed on at intervals during two days completely cured me. My daughter has also used it for painful sore throat, which it cured in a few hours. I would not be without it in my house."

You will not suffer any more pains from Rheumatism if you use Griffiths' Menthol Liniment. Price, 75c.; trial size, 25c.

believe would like to become acquainted. You should give names clearly, when introducing. If at an introduction a name is not caught, it is good form to request its repetition. At a dinner-party or similar gathering general introductions may be disregarded, it being assumed that all present may properly and agreeably be acquainted. Never manifest at a friend's house any but the greatest courtesy, if introduced to one whom you heartily detest.

If you meet accidentally a gentleman or a lady, when you are making a call, and are introduced, you need not continue the acquaintance. You need not even bow at a subsequent meeting, unless you are bowed to. In introducing those who are totally unknown to each other, it is thoughtful to say something of the nature of, Mrs. Benedict, of Washington, Col. Wise, of the Seventh Regiment, etc.; and in introducing relatives to say, My father, Mr. Snow, My mother, Mrs. Edwards, etc. A casual introduction does not demand a lady's giving subsequent recognition to a gentleman:

Two acquaintances may stop on the street and converse for a few moments without introducing friends accompanying them, but on separating all should bow. A meeting by chance in calling does not require an introduction, except when it would prevent embarrassment. Very rarely persons may, as when thrown together in traveling, introduce themselves. But a lady should let the gentleman make all the advances. Anything at all familiar on his part should result in her immediately terminating all intercourse.

SEVERE HACKING COUGH. Mr. Jas. Sutton, McNab Street North, Hamilton, writes: "My boy Edward (fifteen years old) had kept me awake several nights with a hacking cough. Cough mixtures did not relieve him. One night we gave him several drops of Griffiths' Menthol Liniment on sugar, and rubbed his throat and chest well. He did not cough that night, and in less than two days, with continued treatment, was completely cured."

BURNS and SCALDS.

THERE was never anything else quite so good for a burn or a scald as Griffiths' Menthol Liniment. You will always feel a certain sense of security if a bottle is kept constantly in your medicine chest. It immediately takes all the fire and soreness right out of a burn or scald, and causes that pleasant, cooling sensation, a virtue possessed only by Griffiths' Menthol Liniment. In case these accidents occur, pour the liniment over the burnt surface freely (don't rub it in), then wrap around with flannel cloths; instant relief will follow. You should always keep a bottle handy in case of emergency. You will also find it good for stings and bites of insects, chilblains, scalded or tender feet, and a thousand and one other pains and aches that tend to make life miserable.

Mr. Maxwell Johnson, a well-known Toronto printer, writes: "I was severely scalded by an escape of steam while trying to repair a leakage. My left hand was almost raw, but by applying Griffiths' Liniment, and covering the scalded parts with linen cloths, I got immediate relief, and no mark or scar remains. I am pleased to recommend this best of all Liniments."

Mrs. Rogers, of Hamilton, says she found Griffiths' Menthol Liniment an excellent specific for burns, and cured stiff neck.

Griffiths' Menthol Liniment is a great friend to mothers.

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COLDS ANYWHERE.

IT doesn't matter where the cold is or how long it has bothered you, Griffiths' Menthol Liniment will reach it and cure it. If it is a cough or cold on the chest, take a few drops internally on sugar or in water, and rub the throat and chest thoroughly with the liniment. If it is a sore throat or quinsy, gargle the throat with the liniment and rub plenty on the outside; the soreness will disappear in a few minutes. If it is croup, whooping cough, or la grippe, use it internally and externally.

Griffiths' Menthol Liniment is the only remedy that will give immediate relief from croup and never fail. If the cold is in the head, back or body anywhere, use the liniment freely. It will certainly cure you; it always has and always will. Whether it is used internally or externally, it works its way right through every inflamed tissue; soothes and heals as nothing else can. There is nothing else you can get that will cure a cold anywhere so quickly as Griffiths' Menthol Liniment. It is just as good for inflammation and soreness anywhere. Whether it is rheumatism, a sprain, pain or soreness in any part of the body, this wonderful liniment will give you instant relief. Once you have



THE WISE MOTHER ALWAYS KEEPS GRIFFITHS' LINIMENT HANDY.

tried Griffiths' Menthol Liniment you will wonder how you got along without it so long. If you can't get it from your druggist, let us know. Prices, 25 and 75 cents. The 75-cent size is the most economical.

CROUP AND COLDS.

Mrs. McGillivray, Cooper St., Ottawa, writes: "My little boy, aged three years, had been suffering from croup and colds frequently during the winter. Griffiths' Liniment, used during the last attack, stopped the croup almost instantly, and disposed of the cold entirely in less than two days. I do not feel so much alarmed now, when I hear that much-dreaded croupy cough, because I know that this liniment can be depended upon to give him immediate relief. I also use it for many other things, and would not be without a bottle in the house at any cost."

STIFF NECK CURED IN 15 MINUTES.

Mrs. Gilmore, 383 Princess St., Kingston, writes: "I have used Griffiths' Menthol Liniment for stiff neck, which had been troubling me for some days. The first rubbing gave me relief. I continued, and in less than fifteen minutes the stiffness and soreness had entirely disappeared."

TABLE MANNERS.

A refined person nowhere shows his, or her, refinement more conspicuously necessarily than at the table. Study such a one there and you will learn that when taking your meals you are to eat slowly; to keep your elbows off the table; to take small mouthfuls; to chew with closed lips; never to use your knife to carry food to your mouth, though elegant people in some of the countries of Europe do thus; not to overload your fork; to use your spoon for all "wet dishes," not to put your spoon too far into your mouth; to speak only when your mouth is empty; neither to cough, sneeze, blow your nose, nor make any disagreeable noise; to break, not cut, your bread into small pieces, buttering each piece as used, and on the plate, not hand; to use the butter-knife only in taking butter from the general butter-dish; to serve no one with your own knife, or fork, or spoon; to wait until asked what portion you wish; not to stint anyone, but yet not to put too much on a plate when serving; to keep your fingers from all unnecessary contact with your food; in eating corn from the cob, having broken the cob, if long, to hold it with one hand only; not to feel constrained to eat every morsel on your plate; to be carefully dressed, hair in order, hands clean, clothes brushed; never to appear in shirt-sleeves or without a necktie, if you are a man, or in déshabillé, or with hair in curl-papers, if you are a woman; to talk low and avoid irritating discussions; to address servants quietly; to avoid any disparaging remarks concerning the viands or the service; not to indulge in any extravagant praise of them; not to talk of such subjects as sickness, scandal, financial troubles; to use your napkin whenever required to cleanse the lips or the fingers; to stir your tea, or coffee, or chocolate, gently; to sip it from the cup without noise; not to put your cup on the tablecloth; not to pour your tea, or coffee, or chocolate, into your saucer; not to pare for another

Tired Sweaty Tender Feet.

If your feet sweat easily and give off a disagreeable odor, Griffiths' Liniment will cure the trouble. First bathe your feet with castile soap and warm water, night and morning, and wipe them dry with a towel, then rub Griffiths' Liniment on them, rubbing briskly, and work it well in through the pores. It will take away all the soreness, smarting and aching, and make you feel as though you had a new pair of feet, and it will be a real pleasure to walk. This Liniment will also be found most valuable for chilblains. No person has ever been disappointed when using Griffiths' Menthol Liniment. It does just what we say it will do.

SORE HEEL. Mrs. Bajus, 309 Barrie Street, Kingston, says: "My daughter had a sore heel which was much swollen (being the result of wearing skating boots). We tried many remedies during one month, but the swelling did not go down. We got a small bottle of Griffiths' Menthol Liniment at McLeod's drug store, which completely removed the swelling and soreness in two applications."

Reasonable.

Husband—I don't see why you have accounts in so many dry goods stores.
Wife—Because, my dear, it makes the bills so much smaller.—*Harper's Bazar.*

HEADACHE and NEURALGIA



THESE are two of the most common ills affecting people of all ages in this present generation. The principal causes are defective vision, nervous exhaustion, disordered stomach, constipation, catarrh. You are possibly a martyr to headache and have never thought of the cause of all your trouble. Properly fitting glasses will correct the first cause, a good tonic, such as Dr. Cowan's System Cleanser, and plenty of outdoor exercise, will correct the others, while Japanese Catarrh Cure will remove the cause if it comes from Catarrh or a head cold.

Griffiths' Menthol Liniment will give you instant relief, no matter what the cause is. You have probably been taking powders to relieve headache or neuralgia. Now, there is not one headache powder out of a thousand that does not contain morphia, antipyrin or phenacetine. These are all injurious to the heart, stomach and nervous system, and cure by paralyzing the nerve centres. Griffiths' Menthol Liniment affords quicker and more lasting relief from headache or neuralgia than any other remedy, and leaves only a pleasant, stimulating after-effect. It relieves the minute applied.

TREATMENT.

To relieve headache or neuralgia quickly use Griffiths' Menthol Liniment. First bathe the forehead with warm water, wipe dry, then apply the liniment freely. You will be surprised how quickly the pain will disappear. It is pleasant to use, and most refreshing. You will find it much better than powders, quicker to relieve, and perfectly harmless. Remember, there is nothing will give you such relief as Griffiths' Menthol Liniment.

Obedient Tommy.

Mother—What are you children fussing over?

Tommy—Didn't you allus tell me ter give sister th' biggest orange?

Mother—Yes, dear.

Susie (boo-hoo)—But th' biggest is a bad one!

NEURALGIA IN HEAD AND NECK. Mrs. J. McEwan, 41 Ordinance St., Kingston, writes: "I had been troubled for some days with pain along my neck and all through my head. We sent for the doctor who gave some powders, which did no good. We then procured Griffiths' Menthol Liniment and applied it according to directions. Two applications, about one-half hour apart, completely removed the pain, and it has not since returned."

May—What's that for, Charlie?

Charlie—That's a trap to catch the wretched little birds that watch and whisper to mamma everything that I does.

Colored Patient—I feels terrible, doctah; I'se swallowed a horse-shoe nail.

Colored Doctor—Well, doan worry; iron is good fo' de blood.

person an orange, or apple, or peach, holding it in your hand, but to use a clean fork; when you help others to sauce, to place it on the side of the plate; not to sit on your feet; not to curl them around your chair; not to push them out so as to touch those of the person opposite to you; to keep your knife and fork on your plate and your spoon on your saucer; not to loll in your chair; not to pick your teeth (it is not refined to furnish a table with toothpicks); to leave, only when excused and for good reasons, the board before the others; to take nothing, as fruit or cake, from the table; not to go away with anything in your mouth; to finish your last morsel before rising, having placed your knife and fork side by side on your plate.

No one who cares for etiquette will fail to cultivate fine table manners.

Skaters will find Griffiths' Menthol Liniment of much value to them. You will not feel that stiffness and soreness the next morning if you take a rub down the night before with this liniment.

SOME POINTS AS TO HOW TO CALL AGREEABLY.

We desire not only to have a pleasant time when we call, but to have our host, or hostess, have such a time, too. Alas, how many, through ignorance, are disagreeable callers! They make a call of ceremony on a wet day; they toy with cane or parasol; they thrum the piano, though they have not been asked to play; they open or close doors or windows at their own sweet pleasure; they handle bric-a-brac; they consult their watches as if bored to death; they go about the room studying the pictures and other pieces of furniture as if the articles in the room were going to be sold next day at auction and they wished to get an idea of how to bid the most advantageously; they talk on and on after they have nothing more to say; they talk on disagreeable themes; they rise to go and do not go, perhaps change their minds and sit down again; they remain after the dinner or supper hour. At a formal call the gloves should be kept on and the bonnet worn. Be careful not to turn your back to one seated near you. If you call upon a lady who is on the point of going out, do not remain. A new comer in a neighborhood should not make the first call. If you call on an invalid, talk in very low tones, choose very bright themes, come with a bunch of flowers if possible, remain but a few minutes.

TOOTHACHE AND SWOLLEN JAW. "I was in great distress with toothache and swollen jaw, so much that I went to the dentist's to have the tooth removed. He would not draw it out, but advised using Griffiths' Liniment. I did so, and in less than two hours the pain had gone and swelling disappeared. It certainly does relieve pain. I have not since been without it in my house." Signed, J. N. Hooper, Traveller, 24 Draper St., Toronto.

Saved Ten Cents

Gazley—Now that we're engaged my girl is beginning to make me economize. You know I used to take her a pound of 80-cent bonbons every Saturday.

Hazley—Yes, and now she insists on a cheaper sort, eh?

Gazley—Oh, no! You can get two pounds of the 80-cent kind for \$1.50, so she insists on a two-pound box.—*Philadelphia Press.*

The mother who keeps Griffiths' Liniment handy at all times need not be afraid of the ills of childhood seriously affecting her children. It is an emergency doctor for the home which can always be depended upon.

To Match It.

Miss Kairless—You've seen that new dress of mine; now I want to get a hat that will accord with it. What would you suggest?

Miss Peppery—Why not get a slouch?—*Philadelphia Press.*

There is no home can afford to be without Griffiths' Menthol Liniment. It cures burns, scalds, croup, and pain, ache, soreness or inflammation anywhere. It is the emergency doctor that can always be depended upon when these troubles come.

A Breach of Etiquette.

He—I notice you don't speak to the Uptowns any more. What have they done?

She—Done? Vulgar things! Lost all their money!—*Philadelphia Bulletin.*

Mrs. Edwards, 385 Princess St., Kingston, writes: "I have found Griffiths' Menthol Liniment a perfect cure for sore throat. Last fall I had La Grippe and my throat became very sore and much swollen. In less than an hour after using Griffiths' Menthol Liniment all soreness had disappeared. My neighbor, Mrs. Gilmore, used it in my house one afternoon for stiff neck, and in less than 15 minutes the stiffness and soreness had entirely disappeared.

LAME BACK, LUMBAGO, or SCIATICA.



THE OLD WAY of treating these troubles was with some kind of a plaster. You have probably had one on and know just about how uncomfortable they feel and how long you have to wait before the anticipated relief comes, usually about long enough for the pain to disappear itself. The new way is to apply **Griffiths' Menthol Liniment**. First bathe the parts with water as hot as you can stand it, then apply Griffiths' Liniment, rubbing it well in for about one minute, and before that minute is up you will wonder

where all the pain went to. Griffiths' Liniment will cure Lumbago or Lame Back the minute applied. No matter where the pain is, this Liniment will reach it and do it quickly. You will never again think of using a plaster, once you have tried Griffiths' Menthol Liniment. It is just as good for any pain, soreness, swelling or inflammation anywhere and much cheaper than plasters. A 25-cent bottle will cure a dozen sore backs, while a plaster will find that it will be kept busy attending to one.

AN OLD SOLDIER'S EXPERIENCE.

Mr. J. Irwin, 94 Euclid Ave., Winnipeg, writes:

"About twelve years ago (while serving Her Majesty in the Royal Horse Artillery) I had the misfortune to fall from my horse, which left me with a lame back. For these twelve years no person could know what I have suffered. The least exertion meant intense agony. About a month ago I got a bottle of Griffiths' Menthol Liniment. The first application gave me relief. I continued this treatment as directed, during two weeks, which has completely cured me. I can now walk about without the least particle of pain, while before the least exertion meant intense agony. I have used all kinds of liniment in the army, but I know there is nothing to equal Griffiths' Menthol Liniment. Nothing could estimate the value it has been to me."

LUMBAGO CURED.

Mr. Edward Swan, Merchant, living at 53 Merrick Street, Hamilton, writes:

"I had been troubled at intervals for nearly four years with Lumbago, which at times became almost unbearable. I have tried all kinds of plasters and remedies, but the quickest relief I ever obtained was from Griffiths' Menthol Liniment. After a few applications the Lumbago completely disappeared and has not troubled me for months."

Don't take anything your druggist tells you is just as good as Griffiths' Menthol Liniment. Get GRIFFITHS—then YOU KNOW you have the BEST.

OUT-OF-DOOR MANNERS.

A true gentleman is not only a gentleman when in the drawing-room, or parlor, but wherever he is. He behaves himself in a refined manner on the street, in the park, on the ball-field, etc., And so likewise a true lady is a lady under all circumstances.

There are certain out-of-door manners that should be carefully observed. A glance at them: Except when it would necessitate the lady's walking where it would be disagreeable or awkward, as in the mud, the gentleman should pass to the right. It is a lady's place to recognize a gentleman first and bow; then is he to raise his hat and not before. Only on the Continent does the gentleman bow first. When walking with a lady the gentleman should carry her packages; he should relieve her of all the burdens he can. Except in the evening, or in the case of the aged or infirm, or for the sake of protection, a gentleman should not give his arm to a lady. In the day time it is no longer good form for even a man and wife to walk arm-in-arm. A gentleman may escort a lady on each arm, but a lady should never take the arms of two gentlemen at the same time. The inside of the walk is to be given by the gentleman to the lady accompanying him. In changing to the side, as on a corner, the gentleman should always pass behind the lady; but if they are walking arm-in-arm they need not change if a change in direction brings the lady on the outside.

No gentleman, or lady, will stare about in the street, look after people who have passed, laugh aloud, call out, or be in any way conspicuous. No gentleman will hang around corners, or lounge on the steps of hotels, staring at passing ladies and making remarks about them. A lady's street dress should be as modest and quiet

Pain and Griffiths' Menthol Liment are incompatible—that is, they won't mix. It acts on pain just as water does on fire—it puts it out.

PLEURISY CURED IN ONE NIGHT.

A Wonderful Testimony.

Mr. Thos. Haugh, Belfast, Me., U.S.A., writes: "For eight nights I had pleurisy in my right side so badly that sleep was impossible, so severe was the pain. My friend, Mr. Chas. O'Connel, a leading jeweller of this city, and a great believer in Griffiths' Menthol Liment, procured me a bottle and rubbed my side, resulting in entirely relieving me of all pain within a few hours. I slept soundly all that night, and the pain has not since returned. It is wonderful how quickly it penetrates and reaches pain. I have never since been without a bottle in my house."

Innocent.

Mistress—Mary, I was almost sure, once last evening while the policeman was in the kitchen, that I heard a sound very much like two people kissing.

Mary—Did you hear it only wanst, mum?

Mistress—Yes.

Mary—Then it wasn't us.—*Chicago Times-Herald.*

"I consider Griffiths' Menthol Liment a godsend to sufferers from rheumatism. Half a 75c. bottle has completely removed a painful attack from my shoulder, which had troubled me for weeks. My wife also found it a speedy cure for sore throat. We would not be without a bottle in the house." Robt. Collard, 70 Elliott St., Toronto.

The Real Reason

Mrs. Hauskeep—Yes, my new girl formerly worked for Mrs. DeStyle. She claims she left there of her own accord, but I think she was discharged.

Mrs. Kaul—What makes you think so?

Mrs. Hauskeep—I judge so from certain things she let fall since she's been here.

Mr. Kaul—What were they?

Mrs. Hauskeep—Dishes.—*Philadelphia Press.*

CURED A BUNION. "I procured a sample of Griffiths' Menthol Liment at Toronto Exhibition, in Sept., 1898. It has completely removed a bunion which had annoyed me for years." H. Loudenslager, Liberty, Pa.

Wife (after a quarrel)—I wish I'd never met you!

Husband—Yes; now when it's too late you are sorry for me!—*Fliegende Blaetter.*

BREAK AWAY.

YOU possibly think that because somebody's oil and somebody else's liniment has been on the market and used by you and your grandfather for years and years, there could not be anything better. People used to think the same about the old horse-cars until they really saw something better. If some person told your early ancestors you could talk over the telephone and recognize a friend's voice two hundred miles away, they'd have simply laughed at them. Don't you think so? Now, there was a time when these old oils and liniments seemed all right, because there was nothing better. Scientific research has made some wonderful discoveries during the past few years, but among the greatest of these is **Griffiths' Menthol Liniment**. The discovery of this combination of vegetable oils and their active principles marks one of the most important advances in medical science. Ailments that used to take weeks and months to relieve can now



be completely cured in a few minutes. It is fast superseding all other kinds of liniment and plasters, and owing to the fact that its component parts are purely vegetable and non-poisonous, it can be given for internal pains and inflammation from any cause, as well as used externally. Griffiths' Menthol Liniment is now recognized to be the only real antidote for pain, because it cures inflammation. The sooner you break away from the old-time liniments the sooner you will realize the real advantages Griffiths' Menthol Liniment possesses over all other liniments or oils, no matter what name they go by.

There is no use being chained hand and foot with pain, and waiting for hours before relief comes. Break away from the old-time liniment and plasters. You know they don't cure one-half the time. Try one application of Griffiths' Menthol Liniment and you will change your ideas about life. It banishes pain like a fog before the wind. Rheumatic pains disappear as if by magic, and a thousand and one other kinds, too.

The great secret of success in Griffiths' Menthol Liniment is that it cures inflammation. That is why it will cure so many different ailments, both internally and externally. The reason it cures inflammation so quickly is because it will penetrate right through to the very bone. The more you rub on and the longer you rub it in the deeper it goes. No matter how far in the pain is, Griffiths' Liniment will reach it, and reach it quickly, too.

ACCIDENT AT LADNER'S LANDING, B.C.

Griffiths' Liniment Surprised the Doctor.

"I was crippled by having a bale of hay fall on my shoulder, spraining it badly," writes Mr. J. McLaren, of Ladner's, B.C. "The doctor told me I would not be able to raise my arm for a week, at least. I procured a bottle of Griffiths' Liniment, and after three rubbings was back to work the day after the accident. This liniment and my quick recovery have been the talk of the town."

It is clean to use and the odor is most pleasant. You know the odor from the old kinds sticks to you about as long as the pain after using them. Remember, Griffiths' Menthol Liniment is an improvement over all other kinds of oils and liniments. It will do anything in the pain-relieving line that they will do, and do it much more pleasantly, quickly and surely. Just try it and see.

as her behavior. By wearing such a habit she will attract less attention from the vulgar.

Doors should be opened by gentlemen for ladies and held open until they have passed in. There need not be acquaintance to warrant this; and the lady should bow and smile to the gentleman who thus shows her courtesy, and the gentleman should recognize her thanks by raising his hat. Like courtesy should be extended even by strangers to ladies leaving or entering, in a crowded thoroughfare, a car or omnibus; they should be assisted by gentlemen over muddy streets and across streets where many vehicles are passing. But when help has been given all intercourse should end, except where there is an acquaintance.

No gentleman will smoke in a lady's presence. It is rapidly growing to be poor form to smoke at all on the street. A gentleman accompanied by a lady should always lift his hat when he bows; a gentleman bowing to another gentleman accompanied by a lady should do the same. A bow should always be returned. The hat should be raised by the hand further away from the person to whom the bow is made.

Father—Do you think I ought to have my daughter's voice cultivated?

Absent-minded Visitor—I should think you ought to have something done for it.

ACCIDENT IN A COAL MINE.

The injured boy's father tells the story.

Mr. Duncan Bennie, an old-time coal miner, of Union Mines, B.C., tells the story of his son's recovery. He says: "Seven weeks ago my son Samuel got his leg crushed and bruised by a heavy piece of coal falling on it, down in the mines. The swelling never left it until we tried Griffiths' Menthol Liniment. A few hours after the first application the swelling disappeared and the pain left it, so much so that the same evening he was able to use his foot freely for the first time. All the miners in our camp now use Griffiths' in preference to all other liniments. It certainly is a wonderful liniment."

ROUP. "If there ever was a never-failing remedy for any disease, it is Griffiths' Menthol Liniment for croup," says Mrs. J. Sims, of Mt. Pleasant, Vancouver. "Our children have been subject to croup each winter. We have frequently administered this remedy to them (even the baby), and it has never failed to cure in a few minutes. We find it a most useful remedy in our home, and would not be without it."

Her Sad Predicament.

"She's in a terrible predicament."

"In what way?"

"Why, that rich old man that she promised to marry has offered to have his life insured in her favor."

"I should say that was both considerate and thoughtful of him."

"But you don't understand. If his physical condition is such that any insurance company would accept him as a risk she doesn't want to marry him."—*Chicago Post.*

Chilblains are quickly cured by Griffiths' Menthol Liniment. Bathe the feet with water as hot as you can stand it. Wipe dry and apply the liniment, rubbing well in for a few minutes. A quick and lasting relief will follow.

HOW TO CURE A GOLD SORE.

Just simply apply Griffiths' Menthol Liniment to it, that is all. You will wonder at the rapidity with which all the soreness and swelling will disappear. Whether the cold sore is on the lip or face anywhere, you can quickly remove it with this liniment.

He Wondered Why.

"I wonder why she prefers the mountains to the seashore," remarked Tom thoughtfully. His sister looked at him pityingly.

"If you ever saw her in a bathing suit you would understand," she said.—*Chicago Evening Post.*

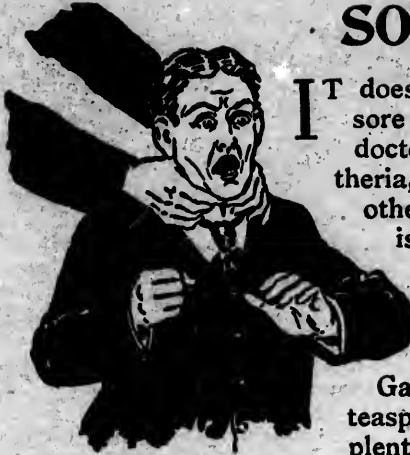
Griffiths' Liniment is used in many hospitals throughout Canada, and some of the leading Toronto physicians (who dispense for themselves) buy it by the gallon from us. They tell us it is the best liniment they can get. You will say the same when you have tried it.

Suspicious Conduct.

Visitor—Ah! What a picture of innocence that child is!

Mother—Dear me! I hadn't noticed! Gertrude, what have you been doing?—*Puck.*

SORE THROAT.



GRIFFITHS' MENTHOL LINIMENT
TOUCHES THE SPOT.

IT does not matter what causes your sore throat, or by what name your doctor may call it, whether diphtheria, tonsillitis, bronchitis, or any other kind of inflamed throat, there is one thing sure, and that is, **Griffiths' Menthol Liniment** will cure it. There never was anything else so good for a sore throat from any cause.

Gargle the throat with about half a teaspoonful in warm water and rub plenty on the outside. It softens, soothes, heals, allays inflammation and brings about almost instant relief. It is also simply wonderful for pains on the chest or in the back, a cough or cold, croup, whooping cough, etc. It is much safer and more pleasant to use than cough syrup. It breaks up a cold in less time than any other remedy ever known. One trial will convince you. 25 and 75 cents.

Don't be Deceived.

THE wrapper around every bottle of Griffiths' Menthol Liniment has this cut, and the wrapper is blue. Don't be imposed upon with something your druggist tells you is "just as good," which affords him more profit. Griffiths' is the original and only genuine menthol liniment. Get Griffiths'; insist on having Griffiths' Liniment — the one that stops pain. You can always depend on Griffiths'. Never under any circumstance buy a liniment unless this trade mark and name are on the wrapper. All druggists sell it; 25 and 75 cents.

See that this cut is on every wrapper of Menthol Liniment.



Old People Made Young Is this Possible ?

SOME INTERESTING FACTS.

DO you know that life is an un-interrupted round of waste and repair? In youth the repair is greater than the decay—that is why children grow. The parts which are repaired are built stronger than the parts which are wasted, and that is why the young man develops. At forty the wasting and repairing are about equal—that is the turning point. After forty the waste is greater than the repair, and so decline slowly begins, but sometimes is unnoticed for some years. Then we gradually approach that period, old age. As age comes on and as decline proceeds, a man's bones harden, stiffen and shrink, his muscles become sclerous. The muscles of the heart become weaker, as do all the muscles of the body. Beautiful women lose their fine figure, and the charm of youth changes to wrinkles. Their flesh and joints seem harder and become less elastic. This is something for you to think about, dear reader, be you man or woman. Are you taking care of your body? Are you rapidly going down the hill of decay? Are you trying to stop by swallowing tonics, wonderful discoveries, so-called vegetable mixtures, and things of that sort? If so, you won't last long, soon your stomach will refuse to work, then the end will come. Old people seem to sort of dry up, their joints and muscles get stiff; they need a soothing, softening and relaxing oil to soothe, soften and smooth the skin and make their limbs supple, like they were in younger days. Griffiths' Menthol Liniment is just such an oil. It is an emulsion of vegetable oils with menthol and camphor, which are obtained from vegetable oils. Any kind of oil won't do, because they don't penetrate. Griffiths' Liniment is a godsend to the aged. It makes the

declining years of life free from pains that come on us as the days go by. The scientist never lived who could prescribe anything so good to stop pain in the flesh, muscles, joints, and to retard decay, as Griffiths' Menthol Liniment. When rubbing it on the outside of the body it goes through the pores of the skin, right through to the bone. In this way the blood is stimulated and made to flow more easily and quickly through the body and limbs, and free circulation follows. You bathe first in warm or cold water, rub briskly with a towel, then rub your limbs all over with this wonderful vegetable white oil liniment, using light friction. You will feel ten years younger after the first application. Just try it and see, and then do it at least once or twice a week afterwards. You need not be afraid of using too much of the liniment. It never burns or blisters, and is most pleasant and refreshing to use. In case of stiff joints, rheumatism, lumbago, or acute pains, give these parts an extra rub and an extra quantity of Griffiths' Menthol Liniment. You will be surprised how quickly the pains will all disappear. Griffiths' Menthol Liniment is a tonic, vegetable oil in emulsion form, which enables it to penetrate quickly. It acts as food to the skin and joints, increasing the circulation of the blood as nothing else can or ever could do. If you follow this advice faithfully you will get the proof of these statements and benefit at the same time, and you will never be done praising Griffiths' Menthol Liniment. Just try it and see. All good druggists sell it. Don't take a substitute, because Griffiths' Menthol Liniment is the only exclusively vegetable oil and non-poisonous liniment made anywhere. Price, 75 cents; trial size, 25 cents.

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GRIFFITHS' LINIMENT

FOR

Cyclists and Athletes

MAKES MORE MUSCLE.

THE reason why athletes can run so far and endure so much

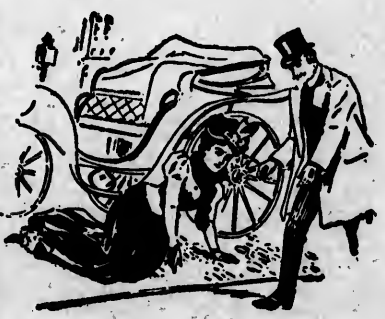
real physical strain and hard exercise is because they mostly all use Griffiths' Menthol Liniment. It strengthens, soothes, freshens and invigorates the muscles, as nothing else can. Griffiths' Menthol Liniment is as grateful

A STRONG ENDORSATION.
Mr. Mack White, the well-known trainer of the Toronto Lacrosse Club and Osgoode Hall Football Club, writes: "I consider Griffiths' Menthol Liniment unequalled for athletes or those training. I have used it with the best success, and can heartily recommend it for lame back, soreness, sprains and all forms of swelling and inflammation. I believe it to be the greatest Liniment yet discovered."

to the body as a drink of cold water is to the throat when you are thirsty. It is a great muscle nervine, strengthener and invigorator. You will feel as good as new if you take a brisk rub-down with Griffiths' Menthol Liniment after hard work or violent exercise of any kind. Professional lacrosse, tennis, golf, cricket, baseball players, oarsmen and bicyclists all use

it. Large bottle, 75 cents ; trial bottle, 25 cents.

A SPRAINED ANKLE. Mr. Jas. Bannerman, one of the proprietors of the Vancouver Hardware Company, writes: "It affords me much pleasure in recommending your Menthol Liniment. My wife received a bad sprain, which caused her ankle to swell and give her great pain. Griffiths' Menthol Liniment was applied, and on the first application the swelling and soreness almost entirely left it. We have used many other liniments, but Menthol Liniment is the best. We find it very useful in our home, and would not be without it."



A COLLECTION OF IMPORTANT RULES OF ETIQUETTE.

Never let a guest feel that he, or she, is the cause of inconvenience; under no circumstances read a letter or postal card not addressed to you, unless asked; do not indulge in extravagant language; treat courteously those with whom fortune has dealt less bountifully; do not lend anything you have borrowed, unless you have the owner's consent; give your guest a warm, comfortable, sunny room; bow when you enter a room full of people; do not, if avoidable, pass in front of a person close by; if unavoidable, beg to be excused; give your seat in the car to a lady who is standing; if you are a gentleman; always answer promptly a letter calling for an answer; never fail, if possible, to keep an engagement; do not scold, or whip, your child before strangers; give the best seat to others; be very courteous to the old; do not forget that the gentleman should always precede the lady in ascending a stairway and the lady the gentleman in descending, and that this rule should be observed strictly even between strangers; never allude, except when necessitated, to anyone's bodily, mental or moral infirmity; cultivate a low and musical voice; do not talk through the nose; be punctilious to show your appreciation of hospitalities received by courtesies returned; after returning home from a visit send a few lines of thanks for favors received; do not be egotistic in word, act or look; enclose a stamp when you write for information, or whenever a reply is required; if traveling in a foreign land, do not boast of your country; let others answer, in general company, questions addressed to them; laugh heartily, but not boisterously; do not monopolize the conversation; choose topics upon which others can talk easily when you are in society; never dress your nails in public; do not speak, unless forced to, of any favor you may have rendered; be careful not to be too familiar with a new acquaintance, as without being asked to do so calling him or her by the Christian name; do not interrupt one who is speaking; apologize if you have to express a contrary opinion; let your last words in leaving home be kind; always give a civil answer to a civil question; refrain from looking over the shoulder of one who is writing or reading; do not by a touch try to get the attention of an acquaintance, but speak to him; never ask a child or a servant about family affairs; bear in mind that no gentleman alludes to conquests he may have made with the other sex; that no lady should accept expensive presents from a gentleman, unless he is engaged or related to her; but flowers, music, confectionery, books, may be accepted, if not costly; be slow to take offence, quick to forgive, ever ready to make amends; try not so much to be pleased as to please; be polite to your clerk, your butler, your maid, your washerwoman, to all; superiority is never made manifest by discourtesy.

Mining Accident.

The story told by the injured man.

"On the 4th of April I was driver in the mines; late in the afternoon was severely injured in an accident, caused by the failure of the brake to be set on the cars. Two cars were completely smashed up, and I was in between. On being taken out, I found my right foot and ankle so badly twisted and sprained as to cause me intense agony. Your representative found me shortly after my arrival home, and after bathing my foot and ankle, which by this time were swollen to twice their natural size, he rubbed them with Griffiths' Liniment. I could scarce bear him to touch me, so great was the pain, but he persevered and continued the rubbing and application of the liniment nearly every two hours until I went to bed. I slept soundly all night, the pain being considerably less. The following day (Sunday), after two or three rubbings, the pain entirely left me, all within twenty-four hours after the accident. The same evening I was able to bear my weight on the injured foot, and could move my ankle and toes almost as naturally as ever. To-day, or only forty-eight hours after the injury, the swelling has almost entirely disappeared, and the foot has regained its natural shape. There is no liniment equal to Griffiths' Liniment, and I have been in mines for the last fifteen years, and never saw a worse sprain than the one I had. It is almost too wonderful to be believed that a sprain could be relieved of all pain inside of twenty-four hours, yet such is the case, and there is but one black and blue spot left; so well has the liniment done its work. I can never say enough for Griffiths' Liniment. I shall never be without a bottle in my house, neither should anyone else. Wishing you every success with your liniment."

Yours truly, JAS. BARRETT.
Union Mines, B.C.

There is no one article on the market that will successfully cure so many ailments as Griffiths' Liniment. It is almost a complete medicine chest in itself.



Horses and Cattle

12 Hastings Street, W., VANCOUVER, B. C., Dec. 17th, 1897.

GENTLEMEN:—I consider your MENTHOL LINIMENT unequalled for horses. One of mine had a bad sprain on the left leg, which was swollen to an enormous size. MENTHOL LINIMENT was applied for two days, and the swelling and soreness left it. I have tried many different liniments but never found anything to equal yours.

Yours truly,

P. R. RITCHIE,

General Trader and Commission Merchant.

Griffith's Menthol Liniment

Inflammation in horses or cattle is just the same thing as it is in a human being, and that is the reason that Griffith's Menthol Liniment cures sprains, strains, sore throats, coughs, rheumatism, wind gall, and every ailment where an external remedy is required, as quickly for dumb animals as it does for man. The next time you have occasion to rub your horses or cattle, try this liniment. It soothes, heals, cures. It acts upon pain exactly as water does upon fire—it puts it out. It takes away every particle of stiffness or soreness or inflammation. It's the best liniment in the world for horses and cattle. There's no doubt about that. Price 25c. and 75c. per bottle at druggists, or from

**THE GRIFFITHS &
MACPHERSON CO.**

**121 Church Street
Toronto, Can.**

Griffiths' Menthol Liniment Relieves all Pains and Aches.

Catarrh Facts

How It Is Caused and
How It Is Cured by
Japanese Catarrh Cure.

How Catarrh Starts. Catarrh is one of the most prevalent diseases affecting Canadians in all walks of life at the present time. It is sometimes inherited, otherwise it usually begins with a cold in the head. One cold is usually contracted upon another. The ordinary watery secretions grow thick, and are streaked with green or yellow. The man no longer has a simple cold; he has Catarrh of the Head. He has gotten it from the catarrhal germs that fill the air. These germs are harmless to healthy tissues, but they attach themselves greedily to any inflamed membrane. The delicate linings of the nose and throat are always the first victims of the catarrhal germs. Here they attach themselves and eat into the surrounding tissues, producing further inflammation, irritation, and at times ulceration. No wonder the person suffers from an almost constant pain over the eyes and across the forehead, when the membranes are a mass of ulcers. It is the pus and decaying matter oozing from these sores that causes the offensive breath, so common in victims of catarrh. **Japanese Catarrh Cure** is the only permanent cure yet discovered for Nasal Catarrh. It is a pleasant, penetrating, healing and soothing pomade, which is absorbed into the mucous membrane. It is prepared from volatile oils and a stainless chemical compound of eucalyptus and iodine. Its healing and penetrating properties are unequalled by those of any other compound ever discovered. It is applied by inserting a small quantity up each nostril, by the aid of your finger or a small camel's hair pencil. The heat of the body immediately melts this pomade, and the very act of breathing carries it to all the diseased parts, healing the ulcers, allaying all inflammation and removing every symptom of the disease. Japanese Catarrh Cure is

pleasant to use, and gives almost instant relief.

Catarrh of the Throat. Unless checked, Catarrh in the Nose and Head invariably spreads downward. The throat first begins to feel dry and husky, and you want to be clearing it all the time. The person grows nervous and irritable; he perhaps sleeps soundly, but wakes up with a parched sensation in the throat; towards noon he is somewhat better, and begins to hawk and spit. He has then Catarrh of the Head and Throat. Japanese Catarrh Cure is used in the same manner for Throat Catarrh as for Nasal Catarrh. The remedy can always be felt in the throat about fifteen minutes after being applied to the nostrils. From the first application the soreness in the throat and head becomes less, and shortly the desire to hawk and spit ceases. The sense of taste is again restored, and the voice becomes natural. The time it takes to cure Catarrh of the Throat is from one week to three months, according to the severity of the case.

Catarrhal Deafness. It is Throat Catarrh that brings on deafness. In nine out of every ten cases of deafness catarrh is the cause. The little germs gradually find their way into the eustachian tubes, which lead from the throat to the ears. These tubes become inflamed, where the swelling that is produced thereby blocks up the tubes and shuts the air out from the drum. First, strange noises in the ears are heard, then gradually increasing deafness. The vapor which is formed when Japanese Catarrh Cure is melted, on reaching the mucous membrane, eventually reduces the swelling and inflammation, which is the cause of deafness, and penetrates to the inner tube of the ear, thus being different from all other treatments for deafness, which are applied from the outer portion of

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the ear only. Japanese Catarrh Cure removes the cause of deafness, which is nearly always Throat Catarrh or Dry Catarrh. A short time after the treatment with Japanese Catarrh Cure begins, the person who is deaf notices a change; the noises in the ears stop, there is no more discharge, and the hearing gradually becomes more acute. Finally, the tubes in the ears open up, something seems to give way in the head and the hearing completely returns.

A Little Common-Sense You have possibly seen powders, **Talk about Catarrh.** snuffs and tablets you chew, advertised to cure Catarrh. Others advise that you load your stomach with some of their blood purifier. Now, if you had an ulcer or a sore anywhere else on your body, you would not think of blowing cocaine powders on it, would you? and, as for tablets and blood purifiers, you might as well think of taking them to cure piles as catarrh. Some of these so-called remedies contain dangerous narcotics; they relieve at the time, but give rise to a false security; the disease keeps on spreading deeper until the lungs are affected. You take more and more of the stuff to relieve you each time; soon you will wake up to find you are incurable. Japanese Catarrh Cure is a thorough, penetrating, antiseptic, healing and soothing ointment. It melts at the temperature of the body, and each breath carries a fresh supply to the diseased membrane. It kills the catarrhal germ, removes the ulcers, and permanently cures catarrh, wherever located. Don't be fooled with misleading advertisements. Japanese Catarrh Cure has cured thousands of cases of catarrh in Canada, and will cure thousands more. Don't experiment with catarrh; you are sure of a cure, and a permanent one, if Japanese Catarrh Cure is used.

If you have only a cold in the head, don't neglect it. Japanese Catarrh Cure cures cold in the head in one night and permanently cures catarrh.

Many people have catarrh in a slight form, and, owing to being unfamiliar with the symptoms of the disease, neglect the proper treatment until the more pronounced and painful symptoms appear. If you have some of the following symptoms you have catarrh of the nose or throat, which are the most prevalent forms of catarrh, and result from neglected colds.

1. Do you spit up slime?
2. Are your eyes watery?
3. Does your nose feel full?
4. Does your nose discharge freely?
5. Do you sneeze a good deal?
6. Do crusts form in the nose?
7. Do you have pain across the eyes?
8. Does your breath smell offensive?
9. Is your hearing beginning to fail?
10. Are you losing your sense of smell?
11. Do you hawk up phlegm in the morning?
12. Are there buzzing noises in your ears?
13. Do you feel dropping in the back of your throat?

Japanese Catarrh Cure will remove all catarrhal symptoms and cure all forms of the disease.

There is no guess work, no experiment, and no failure where Japanese Catarrh Cure is used. This wonderful healing and penetrating compound is prepared according to the true and only original formulæ of one of America's most successful specialists in treating Catarrh and Hay Fever; who proved that it would cure permanently in 98% of all the severest cases. Japanese Catarrh Cure is guaranteed absolutely free from cocaine, mercury or any dangerous drugs. It is pleasant and easy to use, requires no instrument of any kind, and gives not only instant relief, but permanently cures Catarrh. All druggists sell it; 50 cents, 6 for \$2.50; or mailed on receipt of price, postpaid, by the Griffiths & Macpherson Co., Limited, Toronto, Canada.

POSITIVE PROOF

... THAT ...

Japanese Catarrh Cure Cures.



THIS preparation holds the highest endorsement of any known remedy for Catarrh, and is highly recommended by many members of the medical profession. Thousands of people in Canada will testify to permanent cures derived from this remedy, some of them after specialists and all other remedies failed. The wonderful curative properties possessed by this remedy are attributed to its powerful antiseptic, penetrating and healing properties. It cures by removing the disease germ and healing every portion of the mucous membrane. Thousands of Canadians endorse it. Here is what some of them say :

Endorsed by the Medical Profession. Dr. R. S. Wilson, of New York, in a lengthy article on Japanese Catarrh Cure, written for *The American Journal of Health*, January 6th, 1898, says: "Japanese Catarrh Cure has met with the highest endorsement of the medical profession, for the only reason that ever wins such endorsement—its distinct and proven value. It is really a specific for Catarrh in its various forms."

Endorsed by Dominion Government Home, Manitoba. Mr. A. E. Wilson, Principal of Government Home, Elkhorn, Man., writes, unsolicited: "Enclosed please find \$1 for two bottles of Japanese Catarrh Cure. Some time ago we purchased three bottles, and must say it gave wonderful results in every case. It certainly is an article of merit."

Hearing restored after Physicians failed. Mr. D. N. Spencer, 11 Coolmine Ave., Toronto, writes: "I have been much troubled with catarrh and deafness for a number of years, which were

becoming worse each year. I consulted specialists in Toronto and in Winnipeg, while living there about two years ago, but obtained no permanent benefit. About a year ago I got a sample of Japanese Catarrh Cure. I afterwards purchased two bottles in all, and believe I have now got a permanent cure, as catarrh has not troubled me since. My hearing is now as acute as any person's could be. I can cheerfully and conscientiously recommend it."

Cured after Eight Years' Suffering. Mr. R. E. Fleming, Toronto representative for Messrs. Ewing & Sons cork manufacturers, Montreal, writes: "Having been very much troubled with catarrh during the last eight years, and now being completely cured after using Japanese Catarrh Cure, I feel that I cannot say too much in its favor. Previous to using this remedy I had spent hundreds of dollars with doctors and remedies, but obtained only temporary relief. It is now nearly six months since I used Japanese Catarrh Cure, and catarrh has not troubled me since."

Cured after Specialists in Toronto and San Francisco failed. Mr. Joseph Little, the well-known mill owner of Pt. Essington, B. C.,

writes: "Japanese Catarrh Cure cured me of catarrh which had troubled me for twenty-five years, during which time I had spent over \$1,000 with specialists in Toronto and San Francisco, but obtained no permanent relief until using Japanese Catarrh Cure about two years ago. Since that time I have been completely cured, and my catarrh has not troubled me in the least. We also keep a supply in the mill for cuts and sores, and can say it is the best remedy for healing we have ever used."

Minister's Daughter cured. Mrs. Fisher, wife of the Rev. Andrew Fisher, The Rectory, Beach-

ville, Ont., writes: "Enclosed please find 50c. for a bottle of Japanese Catarrh Cure. My daughter used the sample you sent, and it has done her a great deal of good."

Cold in the Head cured in a night. Mr. Alex. McRae, the well-known tailor, of New Westminster,

B. C., writes: "I was suffering from a severe cold in the head, which was apparently developing into catarrh. I purchased a box of Japanese Catarrh Cure, applied it at night when going to bed, and in the morning all trace of cold had disappeared."

Husband and Nephew cured. Mrs. Farr, wife of Jas Farr, merchant, Chilliwack, B. C.,

writes: "My husband has been troubled very badly with catarrh for years. He tried many advertised remedies and doctors, but in every case the catarrh came back. One year ago he used Japanese Catarrh Cure, and since finishing the treatment with this remedy, has had no signs of catarrh. My nephew, Wm. Bentley, was also cured by this remedy. We keep it for sale in our store, and know of many others whom it has cured."

A Mother's little boy cured. Mrs. D. H. Wetman, Clifton, N.B., writes:

"I received the box of Japanese Catarrh Cure ordered, and

it has helped our little boy so much that I wish a box sent to my sister in Fredericton."

Cured after Seven Years. Mr. John Sloan, 78 McGill St., Toronto,

writes: "I feel that I cannot say too much in favor of Japanese Catarrh Cure. I have suffered from catarrh of a most disagreeable type for seven years. I at last tried Japanese Catarrh Cure, and from the very first day's use my condition showed a marked improvement, until now, I am pleased to say, I am entirely free from that loathsome and disagreeable disease. I feel it my duty to attest my appreciation of anything so worthy."

Correct Reproduction of Box.



There are imitations and substitutes offered; don't be imposed upon. Japanese Catarrh Cure cures, and is the only permanent cure for catarrh; over 5,000 permanent cures are recorded in Canada alone.

COMBINATIONS OF SHADES THAT MAKE DIFFERENT COLORS.

- Mixing Red with Light Blue makes Purple.
Mixing Red and Black makes Brown.
Mixing Lake with White makes Rose.
Mixing Umber and White makes Drab.
Mixing White and Brown makes Chestnut.
Mixing Yellow and Brown makes Chocolate.
Mixing Carmine with Straw makes Flesh Color.
Mixing Blue with Lead Color makes Pearl.
Mixing Carmine with White makes Pink.
Mixing Lamp Black with Indigo makes Silver Grey.
Mixing Lamp Black with White makes Lead Color.
Mixing Paris Green with White makes Bright Green.
Mixing Yellow Ochre and White makes Buff.
Mixing White tinted with Purple makes French White.
Mixing Black with Chrome Green makes Dark Green.
Mixing Emerald Green with White makes Brilliant Green.
Mixing Chrome Green with White makes Pea Green.
Mixing Vermilion with Chrome Yellow makes Orange.
Mixing Chrome Yellow with White Lead makes Straw Color.
Mixing White tinted with Red and Yellow makes Cream.
Mixing White with tints of Black and Purple makes Ashes of Roses.
Mixing White tinted with Black and Purple makes French Grey.
Mixing Chrome Yellow, Blue, Black and Red makes Olive.

An occasional use of Japanese Catarrh Cure will fortify your system against nasal catarrh. Always keep a bottle in your house. It is pleasant to use and perfectly harmless, and may be used on the smallest infant with perfect safety.

NASAL CATARRH

IN ALL ITS
STAGES IS PERMANENTLY CURED
BY

JAPANESE CATARRH CURE

It cleanses, soothes and heals the diseased membrane, cures cold in the head quickly, and permanently cures catarrh wherever located. Japanese Catarrh Cure is placed into the nostrils, spreads itself over the entire membrane and is absorbed. It gives immediate relief, and assures a permanent cure. There is no guesswork, no experimenting and no humbug. It goes directly to the diseased parts and removes the cause of all the trouble. Don't experiment with untried remedies. Japanese Catarrh Cure has permanently cured thousands of very bad cases of catarrh, catarrhal deafness, and hay fever, when physicians and scores of remedies had failed to give more than temporary relief. It will cure you. Sold by all druggists, 50 cents; or mailed, postpaid, on receipt of price by the Griffiths & Macpherson Co., Limited, 121 Church St., Toronto.

Japanese Catarrh Cure has permanently cured more cases of catarrh than all other remedies combined. There is no guesswork or experiment with this remedy. It gives instant relief and cures permanently.

A well-known Toronto clergyman's wife suffered untold agony for ten years from Asthma and Bronchitis—Was cured by Clarke's Kola Compound.

It matters not how long you have suffered from asthma or how many remedies have failed to cure, you can be cured by Clarke's Kola Compound, which is to-day universally recognized to be the only permanent cure for Asthma and Bronchitis.

Rev. C. H. Wisker, one of Ontario's best-known clergymen (owing to his connection with the Upper Canada Tract Society), residing at 294 Sackville Street, Toronto, writes: "My wife has been a great sufferer from asthma and bronchitis for ten years. Many times she has had to sleep sitting up, and frequently we have had to call in our physician, as we thought she would suffocate. About a year ago a friend recommended Clarke's Kola Compound. My wife took in all three bottles, after which her asthma entirely disappeared and has not since troubled her. I can highly recommend this wonderful medicine to all who are troubled with asthma or bronchitis, and I know of many others whom it has also cured."

Drying preparations simply develop dry catarrh. They dry up the secretions which adhere to the membrane and decompose, causing a far more serious trouble than the ordinary form of catarrh. Avoid all drying inhalants, snuffs and powders, and use that which cleanses, soothes and heals. Japanese Catarrh Cure is just such a remedy, and will cure catarrh or cold in the head easily and pleasantly. This remedy cures without pain, does not irritate or cause sneezing. It spreads itself all over the irritated, inflamed and ulcerated surface, heals, soothes and cures permanently. It gives immediate relief.

A Toronto Druggist Tried all the Catarrh Remedies Known.

Says Japanese Catarrh Cure is the only permanent cure.

Mr. John Wylie, the well-known senior clerk for Mr. Geo. Marshall, the leading Queen Street East druggist, Toronto, writes: "When I say I believe Japanese Catarrh Cure the only cure for catarrh on the market, I think I know just what I am talking about. I have tried every remedy which I thought would do me good, and also several doctors, but only received a little temporary relief. After hearing several of our customers, who had used Japanese Catarrh Cure, speak so highly of it, I tried it. From the very first it gave me much relief; soon the dropping in my throat ceased, and now, after using in all four boxes of Japanese Catarrh Cure, find myself completely cured of this most disagreeable disease, after suffering for years. I have since recommended it to some of our customers, and know of several of them whom it has cured."

Japanese Catarrh Cure permanently cures catarrh and catarrhal deafness. All druggists, 50 cents.

HER FINE DISTINCTION.

A young downtown drug clerk who had heard the story of the colored woman who had asked for flesh-colored court plaster and was given black by the observant dealer, stored the incident away in his mental dust box, and decided to use it at the first opportunity.

He had not long to wait, for a few nights ago a comely colored girl stepped into the store where he was employed. "Ah wants some cou't plaster," she said.

"What color?" enquired the clerk, with affected nonchalance.

"Flesh cullah, sah."

Keeping within easy reach of a heavy pestle, the clerk handed the woman a box of black court plaster, and he was surprised at the time that the situation afforded so little humor. The woman opened the box with a deliberation that was ominous, but was unruffled when she noted the color of the contents.

"Ah guess you mus' 'a' misunderstood mah ordah. Ah asked foh flesh cullah, and yo' done give me skin cullah."

The drug clerk is still a little dazed from the encounter, and he has firmly resolved to subject every joke to rigid laboratory test hereafter before using. — *Pittsburg Daily News.*

HELP IN CASE OF ACCIDENTS.

Drowning.—1. Loosen clothing, if any. 2. Empty lungs of water by laying body on its stomach and lifting it by the middle so that the head hangs down. Jerk the body a few times. 3. Pull tongue forward, using handkerchief, or pin with string, if necessary. 4. Imitate motion of respiration by alternately compressing and expanding the lower ribs, about twenty times a minute. Alternately raising and lowering the arms from the sides up above the head will stimulate the action of the lungs. Let it be done gently, but persistently. 5. Apply warmth and friction to extremities. 6. By holding tongue forward, closing the nostrils and pressing the "Adam's apple" back (so as to close entrance to the stomach), direct inflation can be tried. Take a deep breath and breathe it forcibly into the mouth of patient, compress the chest to expel the air and repeat the operation. 7. **DON'T GIVE UP!** People have been saved after HOURS of patient, vigorous effort. 8. When breathing begins, get patient into a warm bed, give WARM drinks, or spirits in teaspoonfuls, fresh air and quiet.

Burns and Scalds.—Use Griffiths' Menthol Liniment. (See page 4.)

Lightning.—Dash cold water over a person struck.

Sunstroke.—Loosen clothing. Get patient into shade, and apply ice-cold water to head.

Mad Dog or Snake Bite.—Tie cord tightly above wound. Suck the wound and cauterize with caustic or white-hot iron at once, or cut out adjoining parts with a sharp knife.

Venomous Insects' Stings, etc.—Apply weak ammonia, oil, salt water, or iodine.

Fainting.—Place flat on back; allow fresh air and sprinkle with water.

Tests of Death.—Hold mirror to mouth. If living, moisture will gather. Push pin into flesh. If dead, the hole will remain; if alive, it will close up.

Cinders in the Eye.—Roll soft paper up like a lamp lighter and wet the tip to remove, or use a medicine dropper to draw it out. Rub the other eye. Blow the nose.

Mrs. Carrie Veidenheimer, Scott Street, Berlin, Ont., writes: "I feel that I owe so much to this wonderful medicine (Clarke's Kola Compound), that I should express my gratitude for benefits derived from it. I had suffered very much from asthma, in its most disagreeable form, for years, so much so that I was afraid to venture from home. Hearing of Clarke's Kola Compound, I decided to try it. I used in all three bottles, and it has effected a complete cure in my case. I have not had the slightest symptom since the winter of 1899, and can cheerfully recommend it to any person suffering from this dreadful disease."

A Well-Known Toronto Gentleman Tells of His Remarkable Recovery from Asthma and Bronchitis by

CLARKE'S KOLA COMPOUND.

Toronto Physicians Said He Had Consumption and Advised Change of Climate—Four Bottles Completely Cured—Has Since Gained Sixteen Pounds in Weight.

TRULY A WONDERFUL REMEDY.

Many physicians will tell you asthma is incurable. At one time it was thought so, but thanks to Dr. Clarke's wonderful discovery there is a cure, and a permanent one, within the reach of every sufferer from Asthma or Bronchitis. You'll not be disappointed if you try Clarke's Kola Compound.

Mr. H. Salmon, proprietor of the well-known North End Carpet Cleaning Establishment, 655 Yonge Street, Toronto, writes: "For some years I had been a great sufferer from Asthma and Bronchitis; the attacks became so severe and coughing spells lasted so long that I became much alarmed. I had consulted many Toronto physicians, but their medicine did me no good. I was becoming thinner and weaker all the time. One of the leading physicians told me I was threatened with consumption, and advised a change of climate. I saw in the Toronto papers where a lady who had been similarly affected had been cured by Clarke's Kola Compound, so I decided to try it. After taking the first bottle I became a little better, and by the time I had taken three and a half bottles was completely cured. This was over a year ago, and I have not had an attack since, and have gained over 16 pounds in weight. I feel that I cannot praise this wonderful medicine too highly, as it has restored me again to perfect health."

Dr. Clarke's Kola Compound is the only remedy ever known to permanently cure Asthma.

DR. CLARKE'S KOLA COMPOUND

NATURE'S OWN REMEDY FOR THE PERMANENT CURE OF

ASTHMA

THIS REMEDY is an internal constitutional cure for asthma, and the only remedy ever known to cure asthma or chronic bronchitis in advanced stages, without the least sign of the disease returning.

More than 2,000 cases have been completely cured in Canada alone since its introduction into this Dominion in April, 1897.

Endorsed by the "Lancet," the highest organ of the medical profession, both in England and Canada.
"Dr. Clarke's preparation, known as Clarke's Kola Compound, has gained an enviable reputation in England for successful treatment in cases of asthma and bronchitis, and is rapidly gaining favor with the profession in Canada. We are informed that its use in cases of asthma in the Home for Incurables, Toronto, has met with marked success."—August, 1898.

SPECIAL NOTICE

Clarke's Kola Compound should not be confounded with the other Kola preparations on the market. It is the only compound designated especially for the cure of asthma, and the only preparation made according to the original formulæ of Dr. David Clarke. Don't take any substitute, as we know others have done and received no benefit.

Price of Clarke's Kola Compound is \$2.00 per bottle, 3 for \$5.00; at all druggists, or from

THE GRIFFITHS & MACPHERSON CO., Limited,

121 Church Street, TORONTO.

Sole Agents for Canada and United States.

ANTIDOTES FOR POISONS.

First—Send for a physician.
Second—Induce vomiting by tickling throat with feather or finger; drinking hot water or strong mustard and water. Swallow sweet oil or whites of eggs.

Acids are antidotes for Alkalies, and vice versa.

POISONS.	ANTIDOTES.
Acids. —Muriatic, Oxalic, Acetic, Sulphuric (Oil of Vitriol), Nitric (Aqua Fortis).	Soapsuds, magnesia, lime-water.
Prussic Acid.	Ammonia in water. Dash water in face.
Carbolic Acid.	Flour and water, mucilaginous drinks.
Alkalies. —Potash, Lye, Hartshorn, Ammonia.	Vinegar or lemon juice in water.
Arsenic. —Rat Poison, Paris Green.	Milk, raw eggs, sweet oil, lime-water, flour and water.
Bug Poison. —Lead, Saltpetre, Corrosive Sublimate, Sugar of Lead, Blue Vitriol.	Whites of eggs or milk in large doses.
Chloroform. —Chloral, Ether.	Dash cold water on head and chest. Artificial respiration.
Carbonate of Soda. —Copperas, Cobalt.	Soapsuds and mucilaginous drinks.
Iodine. —Antimony, Tartar Emetic.	Starch and water asstringent infusions. Strong tea.
Mercury and its Salts.	Whites of eggs, milk, mucilages.
Opium. —Morphine, Laudanum, Paregoric, Soothing Powders, or Syrups.	Strong coffee, hot bath. Keep awake and moving at any cost.

SEED TO THE ACRE.

Wheat	1½ to 2	bu.
Barley	1½ to 2½	"
Oats	2 to 4	"
Rye	1 to 2	"
Corn	¼ to 1	"
Potatoes	5 to 10	"
Beans	1 to 2	"
Peas	2½ to 3½	"
Timothy	1½ to 3	"
Flax	½ to 2	"
Hemp	1 to 1½	"
Turnip	2 to 3	"
Carrots	4 to 5	"
Farsnips	6 to 8	"

Whether your catarrh is in the nose, throat or ears, Japanese Catarrh Cure will reach it and cure it permanently.

Asthma for Seven Years,

And for three Months previous to taking Clarke's Kola Compound could not work a day. Doctors pronounced his case incurable—Now completely cured.

Clarke's Kola Compound has brought more genuine happiness to thousands of Canadian homes than any other medicine ever known. It is curing Asthma, a disease hitherto considered incurable, and bringing perfect health to thousands of one-time sufferers from this most dreaded disease.

Mr. Matthew Frost, of Port Arthur, Ont., C. P. R. employee, writes: "For over seven years I have been a most unfortunate sufferer from asthma and bronchitis. Many times for weeks I could not sleep other than sitting up in a chair, and for three months previous to taking Clarke's Kola Compound I could not work a day. Our doctors said they could do nothing for me but give a little temporary relief. I was becoming weaker all the time. A sincere friend brought me a bottle of this grand medicine (Clarke's Kola Compound), and in less than two weeks I was back at work again. I took in all four bottles during two months and have not lost a day's work since, nor have I had the slightest symptom of the disease." This letter is also certified to by Mr. W. J. Clark, Port Arthur's leading druggist. Clarke's Kola Compound has permanently cured thousands of asthmatics.

MARRIAGE ANNIVERSARIES.

The celebration at the expiration of the first year is called the cotton wedding; two years, paper; three years, leather; five years, wooden; seven years, woollen; ten years, tin; twelve years, silk and fine linen; fifteen years, crystal; twenty years, china; twenty-five years, silver; thirtieth year, pearls; fortieth year, rubies; fiftieth year, golden; seventy-fifth year, diamond wedding.

JAPANESE CATARRH CURE

ARE YOU DEAF ?



11 COOLMINE AVE.,
TORONTO.

I have been much troubled with Catarrh and Deafness for a number of years, my hearing becoming worse each year. I consulted specialists in Toronto and Winnipeg, but my hearing became no better.

I have, during the past four months, used six boxes of Japanese Catarrh Cure, and now my hearing is almost as acute as any person's could be, and my great trouble—Catarrh—has entirely disappeared. I can cheerfully and conscientiously recommend it.

D. N. SPENCER.

Japanese Catarrh Cure

RESTORES THE HEARING.

Did it ever occur to you how your hearing had become impaired, why your conversation with your friends is no more the pleasure it used to be? "It's Catarrh," and catarrh is the cause of deafness in over 95 per cent. of all cases. The Eustachian Tube leading from the back of the throat to the ears has become diseased, the catarrhal germ is there. This tube has become inflamed, swollen and clogged up, so that it cannot convey the sounds for which nature has intended it. **Japanese Catarrh Cure** relieves the cause, cleanses, heals and soothes this tube, and the hearing gradually returns. Japanese Catarrh Cure is a pleasant, healing, penetrating, volatile pomade, that reaches every catarrhal diseased portion of the head, permanently curing catarrh, and restores your hearing. This is not merely our words. Hundreds tell us their hearing has become completely restored by its use. Price 50 cents, or mailed postpaid by

The Griffiths & Macpherson Co., Limited

121 Church Street, Toronto.

JAPANESE CATARRH CURE

CANADA POSTAL RATES.

FIRST CLASS.—Letters and all written matter, whether sealed or unsealed, and all other matter sealed, 2 cents per oz. or fraction thereof for Canada or United States; 2 cents per ¼ oz. for United Kingdom and all British possessions; other countries, 5 cents per ¼ oz.

SECOND CLASS.—Includes only Newspapers from office of publication, the rate of which is ¼ cent per pound to regular subscribers.

THIRD CLASS.—Includes Newspapers, Periodicals, Books and miscellaneous matter.

The postage on Printed Books, Newspapers and Pamphlets for Canada is 1 cent for every 4 ozs., and all other countries 1 cent per 2oz. On Music, Stationery, Photos, Blank Books, etc., in Canada, United States and all Postal Union countries, 1 cent for 2 ozs. Limit of size of parcel must be 30 inches length, 1 foot in width or depth; weight not to exceed 5 pounds.

Samples and Patterns 1 cent for each 4 ozs. in Canada, other countries 2 cents for the first 4 ozs., and 1 cent for each additional 2 ozs.

FOURTH CLASS.—Merchandise for Canada or United States, 1 cent for each oz. or fraction thereof, limit 5 pounds; for Great Britain and foreign countries enquire at your nearest Post Office.

POSTAL CARDS.—Canada or United States, 1 cent each. For Great Britain and all Postal Union countries, 2 cents each.

REGISTRATION.—The fee on all classes of articles addressed to all countries to which matter may be registered is 5 cents, over and above the amount required for the regular postage.

Do you know that pain and colds come from inflammation of some sort? Griffiths' Liniment doesn't pretend to be a cure-all, but it is an antidote to inflammation; that is why it cures any kind of pains or colds.

INFORMATION FOR BUILDERS.

One thousand shingles laid four inches to the weather will cover one hundred square feet of surface, and five pounds of shingle nails will fasten them on.

One thousand laths will cover seventy yards of surface, and eleven pounds of lath nails will put them on.

Eight bushels of good lime, sixteen bushels of sand and one bushel of hair will make enough good mortar to plaster one hundred square yards.

One-fifth more siding and flooring is needed than the number of square feet of surface to be covered, because of the lap in the matching and siding.

Five courses of brick will lay one foot in height on a chimney; sixteen bricks in a course will make a flue four inches wide and twelve inches long.

Eight bricks to a course will make a flue eight inches wide and sixteen inches long.

A cord of stone, three bushels of lime and a cubic yard of sand will lay one hundred cubic feet of wall.

There were only four cases of Asthma in Nanaimo, B.C., and have all been cured by Clarke's Kola Compound.

The facts as given by a leading
druggist.

Mr. Watkinson, a bricklayer with Vancouver Coal Co., states:

Clarke's Kola Compound is the only preparation that ever gave him any permanent relief from asthma. Before taking this remedy he lost one month's work through asthma, and since he has not lost a day during the past year. He says: "I consider it a god-send to the asthmatic."

A well-known cigar maker, who used to be a great sufferer, and could not do any traveling outside this city, told me the other day he makes his trips to Union and other places regularly, and has not had a single attack of asthma for over a year. "Thanks to Clarke's Kola Compound." He said no amount of money could estimate its value to him.

Mr. J. C. Wilson, a carpenter here, was almost a hopeless case, and is now completely free from asthma. He took but four bottles.

Mr. Alex. Dixon, a well-known contractor here, who was the first case of asthma cured, says he has spent hundreds of dollars during ten years in search of a cure, but has at last found it in Clarke's Kola Compound. He took in all about six bottles, and is completely cured. He has sent several fellow-sufferers to my store for it. Signed, F. C. Stearman, Pharm. B., Chemist, Nanaimo, B.C.

If you feel melancholy, peevish and miserable, have a coated tongue, no appetite, irregular action of the bowels, it is a sign your liver is not working right, and that you need Dr. Cowan's System Cleanser. You had better take it now before some more serious trouble sets in.

STOMACH TROUBLES.

THERE is not any person living who could not be benefited some time by taking Dr. Cowan's System Cleanser. It is nature's own remedy for all stomach ills. It will cure them as surely as the sun rises. It is made of the best roots, barks and herbs known to science anywhere, and regulates every excretory organ of the human body, but its special functions are attending to your stomach troubles.

HEALTH BRINGS HAPPINESS



DR. COWAN'S SYSTEM CLEANSER
BRINGS HEALTH.

It cures constipation, indigestion, biliousness, dyspepsia and all liver and kidney troubles. It is a perfect tonic and blood purifier. Dr. Cowan's System Cleanser is not a cathartic, but owing to its corrective action on the liver, strengthens and regulates it to its proper action; that is how it cures constipation. It is a natural remedy, therefore it cannot shock the system of the most delicate baby or woman, yet it is powerful enough to cure chronic dyspepsia on a strong man. It is the best tonic and blood purifier. A 50-cent package represents more medicine than two \$1.00 bottles of any blood purifier, sarsaparilla or liquid medicine used for the same purpose. Dr. Cowan's System Cleanser is a proven reality. There is no guesswork about it. When a man or woman takes this medicine as directed for any stomach trouble, kidney or liver complaint, they are sure of one thing, and that is a cure. Some cases take longer than others, but it comes in the end. Remember, it cures (not only relieves promptly, but cures) dyspepsia, biliousness, indigestion, sour stomach, constipation, impure blood, loss of appetite, nervousness and all affections of the kidneys, liver and bowels. Dr. Cowan's System Cleanser is specially adapted for use with Dr. Cowan's Herbal Ointment in case of piles. It contains no aloes nor minerals, and keeps the bowels regular. Price, 50 cents; at druggists, or by mail, postpaid.

Dr. Cowan's System Cleanser is a wonderful combination of herbs so arranged that it acts on every excretory organ of the human system; that is why it is so valuable as a blood purifier. There is nothing else that will so thoroughly cleanse the system of all poisonous matter as Dr. Cowan's System Cleanser. Take it in the spring and you will run no risk of taking contagious diseases. It fortifies the system.

SIX PER CENT. INTEREST TABLE.

TIME.	\$1.	\$2.	\$3.	\$4.	\$5.	\$6.	\$10.	\$20.	\$50.	\$100.	\$1000.
1	1	2	17
2	1	2	33	33
3	1	3	50	50
4	1	4	67	67
5	2	4	83	83
6	1	5	100	100
7	2	6	117	117
8	1	7	133	133
9	2	8	150	150
10	3	8	167	167
15	5	13	250	250
20	7	17	333	333
25	8	21	417	417
30	10	25	500	500
33	11	28	550	550
63	21	53	1050	1050
93	31	78	1550	1550
1	3	5	50	50
2	20	50	100	100
3	9	15	50	150
4	10	20	200	200
5	10	25	250	250
6	60	50	300	300
7	70	75	350	350
8	80	200	400	400
9	90	225	450	450
10	100	250	500	500
11	110	275	550	550
12	120	300	600	600

INTEREST TABLE.

The following will be found convenient in the absence of extended interest tables:

To find the interest on a given sum, for any number of days, at any rate of interest.

At 5 per cent., multiply the principal by the number of days and divide by... 72

At 6 per cent., as above, and divide by... 60

At 7 per cent., as above, and divide by... 52

At 8 per cent., as above, and divide by... 45

At 9 per cent., as above, and divide by... 40

At 10 per cent., as above, and divide by... 36

At 12 per cent., as above, and divide by... 30

At 15 per cent., as above, and divide by... 24

At 20 per cent., as above, and divide by... 18

AN EASY METHOD FOR TELLING A GIRL'S AGE.

Girls of marriageable age do not like to tell how old they are; but you can find out by following the subjoined instructions, the young lady doing the figuring: Tell her to put down the number of the month in which she was born, then to multiply it by 2, then to add 5, then to multiply it by 50, then to add her age, then to subtract 365, then to add 115; then tell her to tell you the amount she has left. The two figures to the right will tell you her age, and the remainder the month of her birth. For example, the amount is 822. She is 22 years old and was born in the eighth month (August). Try it.

There never was any remedy so successful in curing piles as Dr. Cowan's Herbal Ointment. You will say the same when you have tried it.

ALL PAINS ARE ALIKE TO GRIFFITHS' LINIMENT.

IT doesn't make any difference to Griffiths' Liniment whether the pain is in the head; or the back, or legs or arms, or any other part of the body, this liniment will cure it beyond any question. You just simply rub it in and Griffiths' Liniment will do the rest. It penetrates so quickly, and has such an agreeable, pleasant odor, that it is fun to use it. Be sure you get Griffiths' and always keep it in the house.

Husband—Anything you want in town today, my dear? Shall I order some of that self-raising flour?

Wife—We have plenty left; but I wish you would stop at a registry office and order me a self-rising servant girl.

Backache is immediately relieved by applying Griffiths' Menthol Liniment. It will take out all the pain in less time than it takes to put a plaster on.

"Lester, dear," said Mrs. Giddings, anxiously to her husband, "I don't like that cough of yours."

"I'm sorry," replied Giddings, "but it is the best I have."

Something Everyone Should Know.



WE want everyone to know about Dr. Cowan's Herbal Ointment.

It is the best ointment in the world for cuts, sores, ulcers, salt rheum, scrofulous eruptions, tumors, chapped hands, eczema, earache, piles, chilblains, burns, scalds, bunions, or any ailment requiring a quick, antiseptic, healing compound. Every mother should have it always in the house; it will be worth its weight in gold to her. It is a soothing, healing ointment, and in severe cases of piles, eczema, salt rheum and dandruff it has done wonderful work. We suppose you have been disappointed time and time again in trying to get something that will cure piles, but put your doubt in your pocket and try Dr. Cowan's Herbal Ointment faithfully. One application will relieve you, and a faithful use of it will cure you permanently. Fat people and

babies have their hot-weather troubles. This ointment will prove a friend in need. A trial for chafing, scalding or burning will convince you of its merit. It cures in a single night, and removes all the soreness. Hundreds of people tell us so. This isn't talk; it's the plain, honest truth. If you doubt it, enclose a 5c. stamp for post and you can have a sample box free by return mail. This wonderful little ointment will do just what we claim—it has, hundreds of times. If

**SALT RHEUM
FOR THREE
YEARS CURED
BY DR. COWAN'S
HERBAL
OINTMENT.**

Mr. J. F. Couch, a well-known retired gentleman of Davisville, Ontario, writes:

"Dr. Cowan's Herbal Ointment has been worth more than its weight in gold to me. In two weeks it completely cured me of troublesome salt rheum on my hands, after trying physicians, blood medicine, and all other ointments for three years, with no beneficial results. It certainly is a wonderful ointment."

you don't know about it, you ought to. Any druggist will sell you a box for 50 cents; or, write to us and we will mail it, post paid. Don't forget—there is nothing in the world like Dr. Cowan's Herbal Ointment. Try it and see for yourself.

THE GRIFFITHS & MACPHERSON CO., Limited
121 Church Street, TORONTO

Nature's Remedy, Dr. Cowan's Herbal Ointment, "for the healing of the Nation."

**DR. COWAN'S
HERBAL
OINTMENT**
**OURES
PILES**

IN ONE TO FIVE NIGHTS.

THIS remedy is sold on a positive guarantee to cure any case of piles when an operation is not absolutely necessary. It gives instant relief from itching, and has cured many cases where physicians pronounced an operation necessary. To get the best results from this ointment you should keep the bowels well regulated with Dr. Cowan's

System Cleanser, then an absolute cure is sure to follow. If you would like to try Dr. Cowan's Herbal Ointment before purchasing a regular-size box, enclose 5-cent stamp for postage and we will send you a good size sample box by return mail, absolutely free. If you have tried cure after cure for piles, whether blind, bleeding or itching, you will not be disappointed with this wonderful ointment. Price, 50 cents, by druggists or by mail, postage paid.

WHEN YOU DON'T FEEL WELL

Try a dose of **Dr. Cowan's System Cleanser**. First, you'll feel better. Then you'll look better. Your appetite will come back. Your stomach will be strengthened. This famous remedy

PURIFIES THE BLOOD

stimulates the kidneys and liver, quiets the nerves, and for indigestion and constipation is unequalled.

It is a remedy every man and woman should keep in the house. An occasional dose will keep the bowels regular.

Sold by all druggists. Fifty cents.
Insist on getting the genuine article.

Dr. Cowan's System Cleanser

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