

EASTLAND
Lard Notes Unique



INFLUENZA LEAVES THE BLOOD THIN

To Restore Full Health Tonic Treatment is Recommended.

Probably the most treacherous trouble that afflicts the people of Canada during the winter months is influenza or the grippe, as it is often called. The disease is treacherous, because often after the characteristic symptoms of influenza have disappeared it leaves behind it weakness and debilitated constitution which makes the victim an easy prey to other troubles. All this is due to the fact that the attack of influenza has left the blood abnormally weak and thin. Weak blood means impaired digestion, a feeling of tiredness after slight exertion, and often a nervous breakdown. The blood, however, will continue until the blood is restored to a rich, red, disease resisting condition. For the purpose of enriching and stimulating the blood no other medicine equals Dr. Williams' Pink Pills. These pills act directly upon the nerves and in this way act as a restorative to the whole system. Thousands throughout Canada have proved the value of Dr. Williams' Pink Pills in cases of this kind, among them is Miss Ida M. Fraser, R.R. No. 2, Thessalon, Ont., who says: "I was afflicted through a severe attack of influenza which left me pale, thin and weak. Indeed, I was so weak I could scarcely stand upon my feet. The medicine I was taking in the hope of bringing back my health did not help me, and I was greatly discouraged. Finally I decided to try Dr. Williams' Pink Pills, and from the time I had taken the first box my health began to improve. I used six boxes altogether, and found as a result that I was again strong and healthy, and I think that in cases of this kind they are worth their weight in gold."

If you have passed through an attack of influenza, your speediest way to regain full strength is through the fair use of Dr. Williams' Pink Pills. You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

It for Tat
Don't think you won't stop calling you "fat" until you stop calling me "fat"!

An average of three British seamen die every day by drowning. 700 British seamen die annually. 700 British seamen die annually. 700 British seamen die annually.

Jackey's
The Animal's Friend

HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario

The Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

A peaceful slumber is one of the most beautiful and healthful gifts that nature has bestowed upon man. It cannot be had, however, unless the body is in a state of equilibrium. Much is said about the importance of sleep, but few people know how to get it. The average man goes to bed at ten o'clock and wakes up at six. He has slept for eight hours, but he is not rested. Why? Because his mind is not at rest. He is thinking about his work, his family, his friends. He is not at rest. He is not at rest.

It is one of the symptoms of "sleeping sickness." Sometimes there is a condition in this disease resembling mania which may or may not come on periodically. Generally the symptoms of sleeping sickness are as follows: There is a gradually increasing lethargy of body and mind. The upper eyelids droop, the gait is unsteady, and after a time the patient is almost constantly asleep. When it gets to the actual sleeping stage the end is generally close at hand. The symptoms and rate of progress vary in different cases. There may be muscular tremor and general convulsions. Sometimes there is mania. The glands of the neck are enlarged and an itchy eruption may appear on the skin. There is usually fever towards the end.

With The BOY Scouts
A Word About Gangs.

Scoutmastering isn't the easiest and most leisurely recreation a man can select—not by a long way. And sometimes the Scoutmaster has to wait a long time before he sees much really worthwhile results from his work. And the boys, too, do not always seem appreciative. But once in a long time something comes along which makes him doubly glad that he "stuck to the troop" and made it a success of it. Imagine if you can the satisfaction of the unnamed Scoutmaster who has read the record and appreciation of his old Scouts in the following articles we quote from a recent issue of the Toronto "Boys Own Toy."

"Many articles have appeared about the business of the boy scout, and the street corners, but nothing has been said about their better and higher ideals which are waiting to be worked out."

"Every Gangster" has a code of honor, or they are generally ready to help each other.

"It is too bad that bad boy gangs are operated in this city, but to show what can be done by a leader I will relate this incident. A gang of boys came around to our gang and became personally acquainted with us all. Most of us joined a troop of Scouts he organized, and the result was that these fellows, many of whom had been up in court, had the fines of the city and captured most of the prizes in various demonstrations."

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels, and break up colic. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

STOMACH MISERY,
GAS, INDIGESTION
"Pape's Diapepsin" Corrects Sour, Dispepsis, Stomach at Once

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gas, flatulence, heartburn, scurvy, fermentation or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages.

CORNS
Lift Off with Fingers

"Doesn't hurt a bit! Drop a little 'Freezone' on an aching corn, instantly the corn stops hurting, then shortly you lift it right off with fingers. Truly! Your druggist sells a tiny bottle of 'Freezone' for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation."

"Cascarets" 10c
For Sluggish Liver or Constipated Bowels

"As the Spaniards Say."
The traveller in Spain frequently comes across some very quaint but wise expressions and sayings, for many of which we have no equivalent in our language.



Campana's ITALIAN BALM
Protects chapped hands, cracked lips, chilblains.

Irrigated Fells in Southern Alberta
An especially good location for irrigated farming and dairying. Splendid opportunity for young men now living in districts where good land cannot be had. This is NOT PIONEERING, the first 1000 acres are fully settled and irrigated. Maximum distance from railroad, school, telephone, good roads, etc.

KENDALL'S SPASIN TREATMENT MOTHER! MOVE CHILD'S BOWELS

Balsam
Don't wait for someone to be kind to you. Get a bottle of Balsam today. Regular for Home Treatment. Packaged for Immediate Use. In a Convenient, Carry-Along, Enchasing Bottle, U.S.A.

"California Fig Syrup" is Child's Best Laxative



LOST HOPE, SAYS MRS. WATERMAN
Declares Tanlac Restored Her Fully When Almost a Nervous Wreck—Gains 14 Pounds.

"Tanlac restored my health so completely three years ago that I haven't had to take a single dose of medicine since," says Mrs. Corn Waterman, 145 Monroe St., Toronto, Ont.

DOG DISEASES
And How to Feed Mailed Free to any Address. Write for Catalogue to: The Dog Doctor, 115 West 24th Street, New York, U.S.A.

For Lasting Fragrance Use Cuticura Talcum

MOTHER OF TWIN BOYS
Tell How Lydia E. Pinkham's Vegetable Compound Relieved Her of Inflammation and Great Weakness

Chest Cold?
—try this method
That chest cold can be broken up—no matter how stubborn and deep-seated it may seem!

ASPIRIN
UNLESS you see the name Bayer on tablets, you are not getting Aspirin at all.



Accept only an "unbroken package" of Bayer Tablets of Aspirin, which contains directions and is worked out by physicians during 22 years' experience for millions of people.

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"Eastlake"
Cathodic Coating
"Metallic" Shingles
Fire-Resisting, Rust and Storm Proof—Makes Water by Condensing Heat from Steam.

Constipation Banished
A druggist says: "For nearly thirty years I have recommended the Extract of Roots, known as Hehrig's Glyceric Syrup, for curing all cases of constipation and indigestion. It is an old reliable remedy that never fails to do the work. 50¢ per bottle, 10¢ per 10¢ bottle. Gentles, 50¢ and \$1.00 bottles.

For Lasting Fragrance Use Cuticura Talcum

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Accept only an "unbroken package" of Bayer Tablets of Aspirin, which contains directions and is worked out by physicians during 22 years' experience for millions of people.

Colds, Toothache, Earache, Headache, Neuralgia, Lumbago, Rheumatism, Neuritis, Pain.

Bayer Tablets of Aspirin

Handy "Bayer" boxes of 10 tablets. Also bottles of 24 and 100—Druggists carry in the trade mark registered in Canada by Bayer Manufacture of Monoacetic Acid of Faltzheim, W. Germany. It is well known that Aspirin means Bayer manufacture, to assist the public and to protect the Bayer name, the Bayer Company will be stamped with their general trade mark, the Bayer Cross.

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