LA GRIPPE'S VICTIMS.

You Can Only Recover From Its After Effects by Enriching the Blood

Few diseases so shatter the health as *la grippe, or influenza.* Its victims all tell the same story. They are left despondent, tired, weak and wretched in every way. They have no appetite, ambition or strength; cannot sleep, and suffer from headaches, backaches and nervousness. In this weakened condition lies the real danger. The body falls an easy prey to bronchitis, pneumonia, and even to consumption. Nearly every form of nervous trouble has been known to follow an attack of la grippe. Dr. Williams' Pink Pills give the quickest and most thorough relief from the after effects of this trouble. They build up and purify the blood, drive the poisons out of the system and give strength and tone to the whole body. The following is an example of their power in cases of this kind. Mrs. R. A. McLean, Wentworth Station, N.S., says: "Two years ago Herbert E. Freeman, a young boy living with us, was attacked with la grippe. At the time he did not have a strong constitution, and we feared the trouble was settling on his lungs. He was not able to walk fifty yards without being out of breath, and his general vitality was very low. For months he continued in this position, notwithstanding all we did for him, and it was at this crisis that we got Dr. Williams' Pink Pills for him. By the time he had used three boxes there was a noticeable improvement, and this was followed by his being able to do light work, and later he had all the strength of a growing boy. His cure was looked upon as remarkable by all who knew him, and I am giving the result in the hope that it may be of benefit to someone else."

Dr. Williams' Pink Pills are sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for $2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

MATCHMAKING IN INDIA.

A Missionary Gives His Experience of the Way It Is Done.

Almost every one who has friends in mission work in India knows that one very important function of the missionary is to play the part of matchmaker to his flock. But few, if any, have heard of the conditions being reversed, and the flock turning matchmaker for their missionary. That does occur, however, as the letter written by a missionary who lives at Tuticorin, south India, tells:

On New Years Day, 1911, as I was seated in my little mud cottage at Tuticorin, a number of people entered the veranda and ceremoniously came into my room, bearing trays of flowers, fruits, raisins, and sugar, which they placed at my feet like suppliants who desire to gain the hearing of a petition. After all due ceremonial etiquette had been observed, and I had indicated my willingness to hear their petition, Brother Gnana Draviam, a prominent lawyer in Tuticorin, began reading in Tamil an address, to which the others gave strict attention. It ran like this:

"Reverend Sir. You have now for nearly two years bestowed great care and labor upon us, ministering to our special welfare and striving for the health of our souls to such an extent that you have greatly impaired your own physical health; and we feel that you need some one to care for you, since you do not care for yourself. We fear lest your zeal in our behalf may deprive us at once of your life and services. Therefore, with profound humility and sincere respect, we venture to request you to marry a good woman, who will both care for you and help us."

This was naturally a confusing thing to happen; but I was bound to respond to such an eloquent appeal, and when the applause died away, I rose, and answered with considerable effort:

"Your affectionate regard for my welfare is so overwhelming that I have no words in which to express my appreciation," and sat down, quite faint from the exertion. But the novelty of the situation overcame my fatigue, and turning to one of the elders, I asked if they had any particular person in mind as one who would be willing to become my helpmeet, and be equal to all the responsibilities they had outlined. Immediately Miss W.'s name was mentioned. "But," said I, "I don't believe she would have me." This seemed to me like matchmaking with a vengeance. What a high-handed act, to be sure! To order their pastor to marry, and then to choose the girl besides! But the worst was still to come. "We have already seen her and told her she must have you," said Brother Rajappan.

So it was settled. I may add that my wife and I have reason to approve highly of the Indian method of matchmaking; but it should be combined with the Western method of courting, as in our case, to secure the best results.

A GRAND MEDICINE FOR LITTLE ONES

Mrs. D. L. McIntyre, McIntyre's Mountain, N.S., says: "Baby's Own Tablets are a grand medicine for little ones and I am well satisfied with the results obtained from them." Mrs. McIntyre's testimony is the same as that of thousands of other mothers. Once a mother has used the Tablets she will use nothing else, for the results are sure and the Tablets are guaranteed by a government analyst to be perfectly safe. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

John D. Rockefeller.

He has moved his residence from Cleveland to New Jersey, because his taxes under the income law would be $9,000,000. By the change he saves $3,000,000. This sketch of Mr. Rockefeller was made as he was leaving church last Sunday.

Women act as steamship captains in Norway.

5 YEARS' THROAT TROUBLE AND INFLUENZA CURED

EMINENT DOCTORS FAILED TO CURE—HAD GIVEN UP HOPE.

This Case Does Prove That When Catarrhozone Is Breathed Every Trace of Catarrh Disappears.

Milford Haven, Da., Mar. 9.—Everyone in this neighborhood knows of the long suffering from influenza and catarrh endured by Mrs. D. Gurney. To-day she is well. Her recovery is due entirely to Catarrhozone. This is her own statement: "I was a great sufferer from catarrh in the head, throat and nose, and endured the manifold tortures of influenza for five years. My life was despaired of. Catarrh was undermining my strength very fast. I used treatments from eminent doctors, but all failed to cure me. I had given up hope of ever being well. Then I read of a wonderful cure made by Catarrhozone. Immediately I sent for Catarrhozone, and before I had used one bottle I was greatly relieved. To-day I am cured. We would not be without Catarrhozone in our home—it's so sure in colds, coughs, bronchial and throat trouble. I feel it is my duty to publicly recommend Catarrhozone."

Get the large dollar size of Catarrhozone; it contains a beautiful hard rubber inhaler, and medicine that lasts two months. Smaller sizes, 25c. and 50c. each. Beware of imitations—accept only Catarrhozone, sold by all reliable dealers or by mail from The Catarrhozone Company, Kingston, Ont., and Buffalo, N.Y.

A Barometer of Battle.

Jose Blanco, captain in the army of a South American republic, had unshakable faith in the saying, "Discretion is the better part of valor." So firm was his belief in the truth of the proverb that at every rumor of battle he hastened to report himself as sick, and unfit for duty.

How notorious the discretion of Captain Blanco became is best illustrated by a conversation between two newsboys which the doughty captain, stretched on a comfortable cot in the hospital tent, himself overheard.

"Juan," said one boy, "we'd better order an extra supply for tomorrow. There's going to be some big fighting."

"How do you know that, Pepe?" asked the other boy.

"Why, Captain Blanco is sick again."

Little Uncertain.

Parson Cunningham came across a tipsy fellow leaning up against a fence one evening, and, stopping, he asked where he expected to go when he died.

"Well," replied the drunk, "if I can't get along any better than I do now, I shan't go anywhere."

Plenty of Orders.

"My friend Wombat says he can't catch up with his orders."

"Is he a manufacturer?"

"Oh, no. Merely a man with a wife and five grownup daughters."

LIFE'S ROAD

Smoothed by Change of Food.

Worry is a big load to carry and an unnecessary one. When accompanied by indigestion it certainly is cause for the blues.

But the whole trouble may be easily thrown off and life's road be made easy and comfortable by proper eating and the cultivation of good cheer. Read what an Eastern woman says:

"Two years ago I made the acquaintance of Grape-Nuts and have used the food once a day and sometimes twice, ever since.

"At the time I began to use it life was a burden. I was for years afflicted with bilious sick headache, caused by indigestion, and nothing seemed to relieve me.

"The trouble became so severe I had to leave my work for days at a time.

"My nerves were in such a state I could not sleep and the doctor said I was on the verge of nervous prostration. I saw an adv. concerning Grape-Nuts and bought a package for trial.

"What Grape-Nuts has done for me is certainly marvelous. I can now sleep like a child, am entirely free from the old trouble and have not had a headache in over a year. I feel like a new person. I have recommended it to others. One man I knew ate principally Grape-Nuts, while working on the ice all winter, and said he never felt better in his life."

Name given by Canadian Postum Co., Windsor, Ont. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

FACT AND FANCY.

It disgusts a woman to think how many sealskins are worn by the seals.

Every cloud has a silver lining, especially if you're a lawyer.

Husbands are like clocks. Too much regulation makes them go wrong.

They who get into hot water have usually provided the heat.

Expired.

The defendant, who was held on the charge of keeping a dog without a license, repeatedly tried to interrupt the evidence, but was hushed each time by the court. Finally the clerk turned to him:

"Do you wish the court to understand that you refuse to renew your dog license?"

"Yes, but——"

"We want no 'buts.' You must renew your license or be fined. You know it expired on January 1."

"Yes, and so did the dog."

He Agreed With Her.

"It's hard," said the sentimental landlady at the dinner table, "to think that this poor little lamb should be destroyed in its youth just to cater to our appetites."

"Yes," replied the smart boarder, struggling with his portion, "it is tough."

Horse Sense Defined.

"Come in and have a drink, old man."

"Nothing doing!"

"What's the matter? Sworn off?"

"Not directly; but I've resolved that this year I'll exhibit a little horse sense, and that is the ability to say neigh."

Thirty Deaths From Razor

A physician in Chicago states thirty deaths have resulted from paring corns with a razor. Avoid blood poisoning by applying Putnam's Corn and Wart Extractor. Purely vegetable. Painless and sure is Putnam's Extractor, 25c. at all dealers.

At Moose Jaw the price of milk was reduced from 12½ cents to 10 cents a quart. The influx of herds of milch cows caused it.

William Munro, of Brandon, an old-timer of the Oak River district, is dead. He took a prominent part in the suppression of the Riel Rebellion.

MOST PERFECT MADE

THE INCREASED NUTRITIOUS VALUE OF BREAD MADE IN THE HOME WITH ROYAL YEAST CAKES SHOULD BE SUFFICIENT INCENTIVE TO THE CAREFUL HOUSEWIFE TO GIVE THIS IMPORTANT FOOD ITEM THE ATTENTION TO WHICH IT IS JUSTLY ENTITLED.

HOME BREAD BAKING REDUCES THE HIGH COST OF LIVING BY LESSENING THE AMOUNT OF EXPENSIVE MEATS REQUIRED TO SUPPLY THE NECESSARY NOURISHMENT TO THE BODY.

E. W. GILLETT CO. LTD.
TORONTO, ONT
WINNIPEG MONTREAL

Agnes—"Why didn't you have the burglar arrested who was found under your bed?" Gladys—"He said that if I wouldn't have him arrested he'd never tell how dusty he got."

Low Colonist Rates to Pacific Coast

Via Chicago & North Western Ry., March 15th to April 15th from points in Canada to Salt Lake City, Ogden, Los Angeles, San Francisco, Portland, Tacoma, Seattle, Victoria, Vancouver, Kootenay District and Canadian Northwest points. Through Tourist sleepers and free reclining chair cars from Chicago. Variable routes. Liberal stopovers. For full information as to rates, routes and literature, write or call on B. H. Bennett, General Agent, 46 Yonge Street, Toronto.

To prevent onions from sprouting, let the onions dry, heat a poker red-hot and with it singe the roots. Put in a dry place, and you will find they will keep perfectly.

"The real violet fragrance you've always wanted"

This is what thousands have told their friends about this soap. Now it is a huge success.

The first time you use it you will be qually enthusiastic. For this soap leaves clinging to your hands, your face, your hair, that sweet elusive perfume of fresh-cut violets which everybody loves.

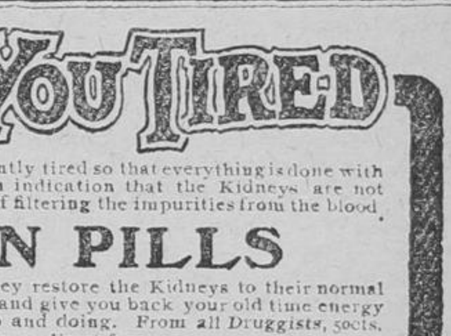
You will be enthusiastic about its color, too—the beautiful green of fresh violet leaves.

Try it. Get a cake from your druggist. 10c a cake. 3 cakes for 25c.

Jergens VIOLET Glycerine Soap

For sale by Canadian druggists from coast to coast, including Newfoundland.

For a sample cake, send 2c. stamp to the Andrew Jergens Co. Ltd., 5 Sherbrooke Street, Perth, Ontario.



Do you feel constantly tired so that everything is done with an effort? It is an indication that the Kidneys are not doing their work of filtering the impurities from the blood.

GIN PILLS

will help you. They restore the Kidneys to their normal healthy condition and give you back your old time energy and desire to be up and doing. From all Druggists, 50cts. per box or 6 for $2.50, or direct from

National Drug and Chem. Co. of Canada Limited, Toronto.

Your money back if Gin Pills do not cure. 180

7% INVESTMENT

High Class Profit-Sharing Bonds. Series—$100, $500, $1000

INVESTMENT may be withdrawn any time after one year on 60 days' notice. Business at back of these Bonds established 28 years. Send for special folder and full particulars.

NATIONAL SECURITIES CORPORATION, LIMITED.

CONFEDERATION LIFE BUILDING - TORONTO, CANADA

Got a Sore Throat?

"Well, sonny, there is nothing as good for a cold or sore throat as this Capsicum "Vaseline."

"Just rub that well into your chest—and swallow a teaspoonful of plain White "Vaseline." In the morning you'll feel fine—soreness all gone."

Capsicum Vaseline

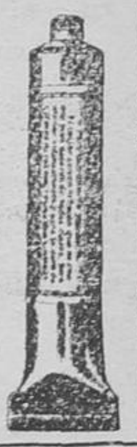
TRADE MARK REGISTERED

Capsicum "Vaseline" is splendid for all pains in the chest, rheumatism, neuralgia, gouty complaints, etc. More efficient than the old mustard plaster; easier to apply, and cleaner; *will not blister the skin.* Apply externally only.

There are other "Vaseline" preparations that should be in every home—each specially made for its particular uses. Ask your druggist to show you them.

All the family will be interested in the practical home hints given in our free "Vaseline" booklet. Your copy will be mailed you on receipt of your address. Write today.

Note—Insist on "Vaseline"—made only by

CHESEBROUGH MFG. CO.

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