

## AFTER EFFECTS OF INFLUENZA

Often as Serious as the Disease  
Itself—How to Get New  
Health.

There are few homes in Canada that were not touched by the sorrow that trailed in the wake of the Spanish Influenza epidemic. Estimates of the loss of life caused by this epidemic show that it was almost as great as the losses caused by the war, and these take no account of the baneful after-effects which are sometimes as fatal as the disease itself.

Victims of the disease are generally left with impoverished blood and a weakened system. In this condition they are exposed to many dangers unless precautions are taken to enrich the blood and strengthen the nerves. The debility that invariably follows influenza is not a disease of any organ. It is a general condition of unfitness. It must be met by a remedy whose good results will be quickly felt throughout the entire system. In this condition Dr. Williams' Pink Pills will be found invaluable. The mission of this medicine is to enrich the blood, and this new, red blood carries renewed health and strength to every part of the body. The case of Mrs. George Louder, Hamilton, Ont., proves the value of Dr. Williams' Pink Pills in cases of this kind. Mrs. Louder says: "I had a very severe attack of Spanish influenza which left me pale and very weak. My appetite completely failed me and the least noise would startle me and make me cry. I was under a doctor's care, and finally he advised me to take Dr. Williams' Pink Pills, and I had not been taking them long before I could tell they were helping me. I used altogether nine or ten boxes and am now feeling as well as ever I did in my life. I believe if it had not been for these pills I would have been a chronic invalid."

Such proof as this must be interesting to everyone who suffered from an attack of influenza, and who still feel in any way weakened as the result of the trouble. It points the way to new health and strength, and if you are one of the sufferers you should avail yourself of this medicine at once. You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

### Necessary Precaution.

"War brought out one salient trait of the Canadian people," said Squire Blank the other day. "It is adaptability. I do not suppose you could have found anywhere else in the world a body of men so unversed in war as the average Canadian. A great many, in fact the majority, were as green as young Gidley."

"Gidley was a raw recruit just enrolled in a crack cavalry regiment and paying his first visit to a riding-school."

"Here's your horse," said the instructor, and Gidley advanced gingerly and took hold of the bridle. Then he examined his mount minutely and, pointing to the saddle-girth, asked:

"What's it got that strap around its waist for?"

"Well," answered the instructor, without cracking a smile, "all our horses have a sense of humor. They like to laugh, and sometimes, when there are recruits around, we have to put on those straps to keep 'em from bustin' their sides."

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## ABOUT THE HOUSEHOLD

Build for To-morrow.

"I would like to see the twelve-year-old boy I couldn't handle," the large, important-looking woman drew the attention of the entire car as she sniffed at her thin companion. "Catch me waiting till my man comes home at night to tattle on the children. I manage them myself."

"Yes, but you're big and strong. I never could lick Tom and he knows it."

"That's where you made your mistake in letting him know it," commented her companion. "You should've kept him scared. My kids know they got to jump when I speak, and I never have any trouble."

The little woman sighed enviously as she gathered up her packages. "Seems as if they've all got out from under my control," she said. "I wish I knew what to do."

It seemed too bad that someone had not told her what to do years ago, so she wouldn't to-day be envying her friend who ruled through fear of "the broomstick." Needless to say, the twelve-year-old child who obeys only through fear of corporal punishment in four more years is going to be incorrigible. And the mother who prides herself on the fact that her children fear her, is due for some pretty rough sledding in a very short while. For of all incentives to good behavior, fear is the least to be depended upon. Love is far more dependable, and self-respect even better. For the child who goes right because he would despise himself if he didn't, is headed straight for all time.

I sometimes wonder why it is that so many women seem ashamed to admit they do not know just what to do with the problems that come up to every mother. Certainly we are not all-wise, and why not admit that we are frequently puzzled as to just what is best to do in many cases. If it were only a question for to-day we could easily solve it by insisting on the child's doing the thing which would make us all most comfortable right at this moment. But all too often the most comfortable thing to do is the very worst possible thing, while the course which means most unpleasantness is the one to take if we are to avoid future complications. It would be an easy matter, for instance, to keep the furniture nice and unscratched, by making the children spend all the time in the kitchen or driving them outdoors to spend their time bothering the neighbors. But either course is not at all calculated to make them stick closely at home a few years from now, so the problem of unmarred furniture and children using it comes up for solution.

This is only one of the hundred and one things which puzzle the hearts of conscientious mothers. How to avoid the constant bickerings of brothers and sisters has turned many a mother's hair gray. Of course, you can peremptorily order them to be still, and they will for that time and while they are in your presence. But they may only step outside to finish the argument with fists, or an hour later start afresh before you on some other subject. How much better to find some way to work from within them, and get them to avoid the quarrels voluntarily.

Once in a while a solitary child seems to present no particular problem. He will be docile, studious, and thoughtful, obedient, kind—seemingly possessing all the virtues. But even he gives the wise mother thought for his very studious habits make it necessary for her to be constantly watchful that he give more time to play and outdoor life. So, even while allowing for great difference in temperament, the mother who claims that her children give her no anxious moments is either very ignorant of what a well-rounded life needs, or thinks her hearers are. Certainly real, live-wire, normal, healthy, average twelve-year-olds can make even the wisest educators sit up and take notice. How much more, then, must they puzzle a poor, half-prepared mother?

Don't be ashamed to admit that your children are sometimes beyond you. Your very admission may bring you help, by getting your neighbor's experience. But don't let your neighbor's boasting of her wonderful success worry you. He laughs best who laughs last, and child training is not for to-day, but for the many to-morrows. Twenty years from now you may see which of you has been more successful.

Have a soapstone of good size and you can use it for putting on the back of your stove to set the tea kettle on. It keeps the kettle nice; it keeps the steam from coming out; it does not boil away, and you always have hot water.

## NEW GIANT C.P.R. LOCOMOTIVE.

Ten of the largest locomotives ever built for use on Canadian railways have been under construction for some time at the C.P.R. Angus Shops in Montreal, and one of these, No. 5302, was inspected the other day by President E. W. Beatty, and Vice-president Grant Hall. These locomotives are of the heavy Mikado type and are intended for freight service, being designed and built under the direct supervision of Mr. W. H. Winterrowd, the Chief Mechanical Engineer.

The weight of the engine and tender in working condition is 500,000 lbs., the engine alone weighing 323,000 lbs. The diameter of the driving wheels is 63 inches. The cylinders are 25½ inches in diameter by 32-inch stroke, which with 200-lbs. boiler pressure makes these locomotives capable of exerting a maximum tractive effort of 36,000 lbs. The diameter of the boiler is 80 inches at the back end. The fire box is 84 inches wide and 120 inches long, and the grates are moved by steam grate shakers.

The cab is of the vestibule type, which is the C.P.R. standard, and every effort has been made to make the accommodations for the engine-men as comfortable as possible. One side of the cab is fitted with a clothes locker 14 inches by 20 inches wide, in which clothes can be hung and lunch pails carried.

The tender has a capacity for 12 tons of coal and 8,000 Imperial gallons of water.

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The grocer laughed. "Eggs from a black hen!" he said. "How can you tell them, my little man?"

"I can. My mother told me how." "Well, here you are. Let me see you pick them from the crate."

The boy carefully selected the six biggest eggs he could find, put down the money on the counter, and said: "These are black hen eggs I have taken."

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