

GENERAL DEBILITY FOLLOWS INFLUENZA

The After Effects Often More Serious Than the Disease Itself.

No reasonable precaution to avert an attack of influenza should be spared. The disease itself often proves fatal and its after effects among those who are spared, make the life of the victim one of almost constant misery. Ask almost any of those who have been attacked by this trouble what their present condition of health is, and most of them will answer: "Since I had the influenza I have never been fully well." This trouble leaves behind it a persistent weakness of the limbs, shortness of breath, bad digestion, palpitation of the heart and a tired feeling after even slight exertion. This is due to the thin-blooded condition in which the patient is left after the fever and influenza have subsided. This condition will continue until the blood is built up again, and for building up the blood and strengthening the nerves nothing can equal a fair treatment with Dr. Williams' Pink Pills. The value of this medicine in cases of this kind is shown by the statement of Mr. Edward J. McGuire, Pembroke, Ont., who says:—"In the fall of 1918 I was attacked with the influenza—and not in a mild form either. I was confined to my room for three weeks, and although the influenza subsided I did not regain my health. As a matter of fact I seemed to be growing weaker. I had no appetite, was subject to fainting spells and my feet and ankles were badly swollen. The doctor told me that my condition had developed into a serious case of anaemia, and although I was under his care for over two months I was not improving in any way. At this stage one of my friends advised me to try Dr. Williams' Pink Pills. I was loath to do so, as I began to think my case hopeless. However, I was finally persuaded to try them, and by the time I had used two boxes there was no doubt they were helping me. I continued taking the pills until I had used a dozen boxes, when I found that every symptom of the trouble had left me and I was again enjoying the best of health. I returned to my work and have ever since been in good health and feel that I owe it entirely to Dr. Williams' Pink Pills. I think that anyone who is suffering from the after effects of influenza, or any form of anaemia, should give this medicine a fair trial." 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.

The Sun Life.

The financial statement of the Sun Life Assurance Company of Canada for the year 1922, published on another page of this issue, must be regarded as highly satisfactory from every measure of progress and prosperity. Its items, relating both to development and strength, show striking advances over previous records, especially those in connection with total business in force and assets, indicating that a policy of large-scale expansion has been accompanied by prudent and economical management.

In addition to its large underwritings in the Dominion, the Company has for many years conducted profitable business in countries other than Canada, and at the present time maintains active organizations in upwards of fifty countries. The record of the year's operations thus affords testimony that the reliance of the Canadian people in their own financial institutions is universally shared.

The abnormal financial conditions generally obtaining some three or four years ago gave a great impetus to life assurance underwriting the world over. It is gratifying to see that the advances then recorded are being well maintained by the Sun Life of Canada during a year of comparative financial stringency, affording evidence that the public have a growing consciousness of family and community responsibility.

PUT STOMACH IN
ORDER AT ONCE

"Pape's Diapepsin" for
Gas, Indigestion or
Sour Stomach

Instantly! Stomach corrected! You never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for a few cents.

"Time is Money."

When you see a young man or a young woman who seizes every odd moment for self-improvement, who has an ambition to make each day count, then you know that there is something, a very big something, coming to him or to her in the future.

Our to-days are the bricks with which we build our future. If these are defective, the whole structure of our life will correspond: Your future will be exactly what you put into your to-days.



Comes Naturally.

Mother—"Jack, why are you such a bad boy?"
Jack—"Cause I inherited nothin' good, I suppose."

WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters are exceedingly hard on the health of little ones. The weather is often so severe that the mother cannot take the little one out for an airing. The consequence is that baby is confined to overheated, badly ventilated rooms; takes cold and becomes cross and peevish. Baby's Own Tablets should be given to keep the little one healthy. They are a mild laxative which regulate the stomach and bowels and thus prevent colds. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Helpful Ministry.

"As we meet and touch each day The many travellers on our way, Let every such brief contact be A glorious, helpful ministry; The contact of the soil and seed, Each giving to the other's need, Each helping on the other's best, And blessing, each, as well as best."

MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

We attribute all our successes to ourselves and all our failures to our circumstances.

At Alto Crucero, in Bolivia, water freezes every night of the year, while at noonday the sun is sometimes hot enough to blister the flesh.

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is
Child's Best Laxative



Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little stomach is upset, tongue coated, or if your child is cross, feverish, full of cold, or has colic, a teaspoonful will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender, little bowels and gives you a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

LONDON COUPLE ARE DELIGHTED

His Wife's Two Years of
Trouble Is Now Ended, Says
Frank Westlake.

"Tanlac has made all the difference in the world in my wife's health and we are both delighted," declared Frank Westlake, valued employee of the Public Works Department of London, Ont., residing at 40 Langarth St.

"About two years ago my wife underwent an operation that left her badly run-down and she simply couldn't get back her strength. Her appetite left her and she could hardly eat enough to keep going. The least exertion would tire her out completely, and her housework was an awful burden. She would be awake hours at night, too, and morning found her just as tired as when she went to bed. She suffered terrible splitting headaches, her nerves were on edge and she got very little pleasure out of life.

"But three bottles of Tanlac simply put her on her feet again. She can do her housework easily now, the headaches have gone, she sleeps soundly and her appetite is a joy to behold. I can't find words to express my gratitude."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

Morning Star.

This morn I watched a lonely shining star,
And I remembered once, long, long ago,
How you and I, one dawning, early rose
And o'er half waking meadows wandered far,
Until we reached that fir tipped hill—you know
We watched our star's white, radiating glows—
At length its fading beauty paled and died
When dawn came rioting from out the sea.

Until this morn, I fear I did forget
That wonder hour with you at my side.
Shall I imagine too, you have forgotten me?
So be it . . . but our morning star
shines yet!

—Agnes Chaote Wanson.

Minard's Liniment for Rheumatism.

The man who does what he pleases is seldom pleased with what he does.

America's Pioneer Dog Remedies

Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author.
H. Clay Glover Co., Inc.
129 West 24th Street
New York, U.S.A.

Ringbone?

"I bought a horse with ringbone for \$30. Used \$1 worth of Minard's Liniment on him and sold him for \$85. Profit on liniment, \$54. Mollie Derosce, Hotel Keeper, St. Philippe, Que."

Minard's
Liniment

The Stable Stand-by.

HELP FOR YOUNG WOMEN

Mrs. Holmberg Tells How
Lydia E. Pinkham's Vegetable
Compound Helped Her

Viking, Alta.—"From the time I was 15 years old I would get such sick feelings in the lower part of my abdomen, followed by cramps and vomiting. This kept me from my work (I help my parents on the farm) as I usually had to go to bed for the rest of the day. Or at times I would have to walk the floor. I suffered in this way until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. I have had very satisfactory results so far and am recommending the Vegetable Compound to my friends. I surely am glad I tried it for I feel like a different person now that I don't have these troubles."—ODELIA HOLMBERG, Box 93, Viking, Alta.

Letters like this establish the merits of Lydia E. Pinkham's Vegetable Compound. They tell of the relief from such pains and ailments after taking it.

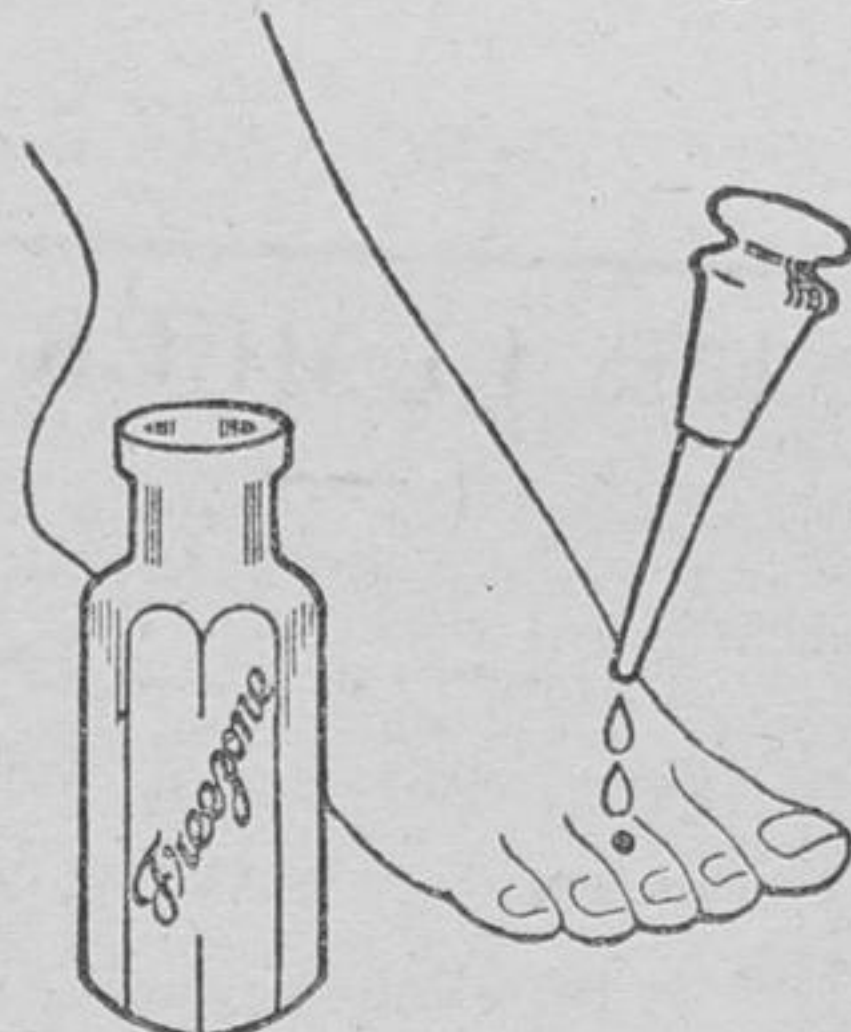
Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female ills in this country, and thousands of voluntary testimonials prove this fact.

If you doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for Mrs. Pinkham's private text-book and learn more about it.

ISSUE No. 8—23.

CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn. Instantly that 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.

A sprinkling machine is now used in many mines to lay down dangerous coal dust.

Minard's Liniment for Neuralgia.

Rheumatic Pains

Are relieved in a few days by taking 30 drops of Mother Seigel's Syrup after meals and on retiring. It dissolves the lime and acid accumulation in the muscles and joints so these deposits can be expelled, thus relieving pain and soreness. Seigel's Syrup, also known as "Extract of Roots," contains no dope nor other strong drugs to kill or mask the pain of rheumatism or lumbago; it removes the cause. 50c. and \$1.00 bottles at druggists.

PETRIE'S MACHINERY TORONTO

Rheumatic twinges-ended!

The basic cause of most rheumatic pain is congestion. Apply Sloan's. It stimulates circulation, breaks up congestion—pain is relieved!

Sloan's Liniment
—kills pain!

For rheumatism, bruises, strains, chest colds.



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 dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Classified Advertisements.

FEMALE HELP WANTED.

EARN \$20 WEEKLY, SPARE TIME, at home, addressing, mailing, Music, circulars. Write, Dept. W, American Music Co., 1658 Broadway, N. Y.

HUBAM CLOVER.

HUBAM CLOVER, THE GREAT Annual. Write for interesting information D. Fraser, R.R. 2, Ilderton, Ontario.

HELP WANTED.

DETECTIVES EARN BIG MONEY. Great demand. Travel. Experience unnecessary. Write, Dept. W, American Detective System, 1658 Broadway, N. Y.

AGENTS WANTED.

LAST WEEK OUR WINDSOR AGENT made \$61 clear profits, selling tube flavors house to house. Write quick, Craig Brothers, Niagara Falls, Canada.

"Cascarets" 10c

Best Bowel Laxative
When Bilious,
Constipated

To clean out your bowels without cramping or overacting, take Cascarets. Sick headache, biliousness, gases, indigestion, sour, upset stomach, and all such distress gone by morning. Nicest physics on earth for grown-ups and children. 10c a box. Taste like candy.

ACNE ON FACE CUTICURA HEALS

Hard, Large and Red Pimples. Itching Was Terrible.

"Had been troubled all my life with acne on my face. My forehead was a mass of pimples. They were hard, large and red, and the itching was most terrible. My face was disfigured. I sent for a free sample of Cuticura Soap and Ointment and after using them got instant relief. I bought more, and after using two cakes of Cuticura Soap and three boxes of Cuticura Ointment I was healed." (Signed) Mrs. G. S. Miller, Box 14, Marshall, Wash., Jan. 9, 1922.

Use Cuticura for every-day toilet purposes. Bathe with Soap, soothe with Ointment, dust with Talcum.

Sample Each Free by Mail. Address: "Lymana, Limited, 244 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 50c. Cuticura Soap shaves without mug.