

# DYSPEPSIA ENDED IN A SHORT TIME

## CHAPLEAU SUFFERED SO MUCH HE DREADED FOR MEAL TIME TO COME.

### "The Way Tanlac Overcame My Trouble Was the Happiest Surprise of My Life," He Declares.

"About the biggest and happiest surprise of my life was the quick way in which Tanlac brought me complete relief," said Victor Chapleau, 375 Sangumet Ave., Montreal, Que.

"I was in a terribly run down condition for three years as a result of stomach trouble. I actually got to the point where even the smell of food cooking would nauseate me and I dreaded to see meal time come round, as I knew that no matter how careful I was I would suffer agonies afterwards. I was so nervous at times that my hands shook like a man's with the palsy and I could hardly hold a pencil to sign my name.

"I am like a new man in every way now. Everything I eat agrees with me, my nerves are as steady as a clock and I feel just brimful of life and energy all the time."

A Slogan.

Bit more off than you can chew, Then chew it. Plan for more than you can do, Then do it. Hitch your wagon to a star, Keep your seat, and there you are!

Minard's Liniment for Coughs and Colds



**BIT'S OF HUMOR FROM HERE & THERE**

**Foolish to Try.**  
Teacher (trying to bring out the word "antipodes")—"If I bored right through the earth till I came out at the other side, where should I be?"  
Pupil—"Off your nut. Yer can't do it."

**Rips.**  
First-Class Scout—"I found a little green snake this morning."  
Tenderfoot—"Better leave it alone. It might be as dangerous as a ripe one."

**Diplomacy!**  
Little Dick—"I told mamma what a good boy I was to-day, and she gave me a penny and then I told Johnny Stout I'd give it to him if he'd commence going to school."  
Little Dot—"What good will that do?"  
Little Dick—"When I tell mamma that Johnny is going to school she'll keep me home, 'cos Johnny Stout's brother's got the measles."

**High and Dry.**  
The real estate agent was endeavoring to impress Mr. Klinker with the extreme desirability of the house in Newville. He opened the door at the cellar stairs with a flourish.

"We'll go down if you like," he said briskly, "but you can see there's everything anybody could wish in a suburban cellar—hard cement bottom, whitewashed skies, good coal and wood bins, approached by raised platform; furnace the same, set tubs the same."

"What's the need of those raised

platforms you speak of?" asked Mr. Klinker, peering into the darkness.  
"Handy in the spring and fall rains," said the agent. "Shows the advantage of this location, that they're all you need. Street below this, I'm told, a small boat goes with every cellar, but we don't handle that street at all."

### Family Album of the Future Will Talk.

The family portrait album of the future will talk, according to the makers of phonograph records in London, who declare that the demand for private discs is increasing daily. They say that persons are having records of their own accomplishments made and are sending them to friends. Also, instead of sending letters or gifts, some people now talk on a disc and send that by way of greeting. The talk of children at various ages is being fled away with their baby clothes.

### 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 ones 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 ones 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.

**Meat and Drink for the Mind.**  
Great books are meat and drink for the mind. They have a wonderful sustaining and steady power. Thousands of youths have been saved from moral shipwreck by their influence. Many a boy has been preserved from the evil associations of bad companions by the power of an inspiring book, which held him at home in spite of temptations to follow his associates to low places of amusement and soul-destroying dissipation. The possession of a small library—even if it be only half a dozen of the great books of the world—is worth a fortune to a young man or a young woman.

**A Wreath in Ice.**  
The anniversary of the battle of Trafalgar is always celebrated by the decoration with flowers and wreaths of the great monument in Trafalgar Square, London, which was erected in honor of Nelson. Last year a wreath was sent all the way from New Zealand preserved in the centre of a block of ice weighing 600 pounds. It reached the monument in good condition, and in time to take its place among the other decorations.

A pretty good firm is Watch & Waite. And another is Attie, Early & Layter. And still another is Doo & Dairey. But the best is probably Ginn & Barret.

The largest artificial reservoir in the world is being built at Littleton, to help London's water supply; it will have a surface area of 800 acres.

Every summer for thirty-three years an official "bird-watcher" has been on duty in a solitary hut at the north-east extremity of the Shetland Islands.

This is a wonderful power which God gives us when He first blesses us, and then sends us forth to bless others. But it costs self-sacrifice to be a blessing.—C. L. Goodell.

### GENERAL DEBILITY AIRCRAFT IN B.C. FOLLOWS INFLUENZA MOUNTAINS SURVEY

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 the estimation 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 bottles 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 any one who is suffering from the after effects of influenza, or any form of anaemia should give this medicine a fair trial."

### Locating Primary Triangulation Station in Mountains Districts Much Simplified.

The operation of the Geodetic Survey of Canada during the past summer, in connection with the selection of stations for a primary scheme of triangulation through the mountains of British Columbia, have met with unprecedented success, owing to the introduction of air craft into this class of work.

### Large Savings Possible.

The cost in time and energy expended in the past on primary reconnaissance work through very mountainous country has been large. An example that may be cited was the running of the boundary line separating Alaska from the Yukon. This boundary survey took seven years to complete, the field seasons being short. The going in and coming out of the country by the survey parties was also a large expense. If it had been possible to make use of the aeroplane at that time there is no doubt a large saving would have been effected.

To extract the desired information much labor must be expended; and the problem of obtaining figures and the investigation of the intervisibility of their lines of sight "is not on the board" until a number of points controlling a view of the country through which the survey is to run, have been scaled.

### Surveying Mountainous Districts.

Through the mountains of British Columbia in some places (as an example, in the valley of the Chilliwack) this is a herculean task, involving a tedious grind through forest areas heavily covered with undergrowth growing up through a network of fallen timber, and an ascent of anywhere from three to six thousand feet. The information gleaned even after this is very often imperfect. As long, however, as the conditions are to the strength of figures thus made possible by a limited selection do not fall below what is deemed necessary in primary triangulation work, the engineers, it can be readily understood, does not hamper after a repetition of the performance.

### With the introduction of air craft this has all been changed. A minute examination of the country is now made possible by a series of reconnaissance flights, until the observer assures himself that he has the best system that the country through which he is making the survey will permit.

### Sliding Down Hill and Don't Know It.

"He is sliding down hill and don't know it," said a friend to me, the other day, speaking of a mutual acquaintance who had started out in life with great promise, but had gradually lost his grit and ambition, and had completely stumped. Instead of being the first-rater, all his friends expected him to become, he is only a second or third-rater.

Are you sliding down hill? Is the edge wearing off your ambition? Are you conscious that there is some deterioration going on within you; that you are not quite what you once were? Have you a feeling that you are slipping down that your life-standards are dropping; that you are not quite so progressive, not quite as up-to-date, in your dress, your manner, your appearance, not quite as interested in your work, or as ambitious to climb to something higher as you once were? If you are, it is time for you to call a halt, see where the trouble is, and remedy it. If you don't turn about face immediately and get on the upgrade again you are in danger of slipping to a second or third-rater.—Success.

### Pyramid Your Efforts.

Success is the result of pyramiding experiences and efforts. For instance, if you follow a profession or a trade, you should try to make everything that comes to you count, so far as possible, in that direction. By this, I do not mean that you should become a narrow specialist, but that if you would make a large success of your life you must be an expert in your specialty.

Apart from the financial side of it, there's a wonderful satisfaction in the feeling that you're a king in your line, that you are regarded as an authority in all that relates to your profession, your trade, or your particular business.

And if, like Michael Angelo, you grind everything into pain for your life masterpiece; if you make every advance a stepping-stone to something higher, nothing can keep you from being a great success in your line, because your work will be cumulative, you will pyramid your efforts.—Success Magazine.

**The Librarian Mind.**  
"Sergeant," said the commanding officer, "I was looking last evening for some records concerning the religious services held every Sunday morning, but could not find them in the files. Where are they?"  
"They are filed under 'H', sir," answered the sergeant in charge of the files.  
"Why under 'H'?"  
"Because they began at half-past nine, sir."

Talk is the only article that is as cheap as ever.  
Minard's Liniment proven Spanish Flu

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Bulk Carlots  
TORONTO SALT WORKS  
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America's Pioneer Dog Remedies  
Book on  
**DOG DISEASES**  
and How to Feed  
Mailed Free to any Address by the Author,  
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124 West 24th Street,  
New York, U.S.A.

**Fulness After Eating**  
If you have fulness after meals, a bad taste in your mouth in the morning, fur on the tongue, flatulence after meals and no appetite, take Mother Seigel's Syrup. It will clean your tongue, renew your appetite, give you relief for food and the power to digest it thoroughly and easily. Sold in 50c. and \$1.00 bottles at drug stores.

### USE SLOAN'S TO WARD OFF PAIN

**LITTLE aches** grow into big pains unless warded off by an application of Sloan's Liniment. Rheumatism, neuralgia, stiff joints, lame back won't fight long against Sloan's Liniment. For more than forty years Sloan's Liniment has helped thousands, the world over. You won't be an exception. It certainly does produce results. It penetrates without rubbing. Keep this old family friend always handy for instant use. Ask your neighbor. At all drugists—35c, 70c, \$1.40. Made in Canada.

### Sloan's Liniment Pain's Enemy

Teach Children To Use Cuticura Soap  
Because it is best for their tender skins. Help it now and then with touches of Cuticura Ointment applied to first signs of redness or roughness. Cuticura Talcum is also excellent for children.

See 25c. Ointment 25c. and 50c. Talcum 25c. Sold throughout the Dominion, Canadian Depot: Lyons, Label, 244 St. Paul St., Montreal.

### CASCARETS 10¢

For Constipated Bowels, Sick Headache, Sour Stomach, Bilious Liver

The nicest cathartic-laxative in the world to physic your liver and bowels when you have Dizzy Headache, Colds, Acid Stomach, Indigestion, or Upset. Billiousness, or Upset. Acid Stomach is candy-like "Cascarets." One or two to-night will empty your bowels completely by morning, and you will feel splendid. "They work while you sleep." Cascarets never stir you up or grip like Salts, Pills, Castorol, or Oil and they cost only ten cents a box. Children love Cascarets too.

**Genuine**

**BAYER**

**ASPIRIN**

WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances? 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 by Bayer. Bayer Manufacture of Monoacetyl-salicylic Acid. Write it in well known German. Bayer Aspirin means Bayer manufacture, to avert the public against imitations, the name of Bayer Company will be stamped with their general trade mark, the "Bayer Cross".

**Classified Advertisements**

**LADIES WANTED—TO DO PLAIN** and light sewing at home, whole or part time, good pay, work sent you, distance charges paid. Send stamp for particulars. NATIONAL MANUFACTURING COMPANY, Montreal.

**EARN \$10.00 TO \$40.00 PER DAY** vulcanizing. Be independent; we teach you. Write for particulars. Chief Instructor, Canada, Vulcanizer, London, Ont.

**FAIRM WANTED.** SEND DESCRIPTION and price. John J. Black, Chippewa Falls, Wis.

**CANADIAN MATRIMONIAL PAPER.** 25c. No other fee. A. McCrae, Chatham, Ont.

**BELTING FOR SALE**

**ALL KINDS OF NEW AND USED** belting, pulleys, saws, cables, hose, packing, etc., shipped subject to approval at lowest prices in Canada. **YORK BELTING CO.** 114 YORK STREET, TORONTO.

**DANDERINE**  
Stops Hair Coming Out; Thickens, Beautifies.

**NERVOUS AND RUN DOWN**

Relieved by Taking Lydia E. Pinkham's Vegetable Compound

Colburg, Ontario.—"For many years I have had troubles with my nerves and have been in a general run-down condition for some time. I could not do my work half the time because of trouble every month. I was told of Lydia E. Pinkham's Vegetable Compound by friends and advised to try it. It has done me good and I strongly recommend it. Since I have taken it I have been able to do all my own work and I also know friends who have found it good. You can use these facts as a testimonial."

—Mrs. ELLEN FLATTEBS, BOX 751, Colburg, Ontario.

Any woman in this condition should take the Vegetable Compound, for it has helped other women and so it should help you.

For nearly fifty years this good old-fashioned root and herb medicine, which contains no narcotics nor harmful drugs, has been the standard medicine for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, irregularities, etc.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass.

## Did you ever try Grape-Nuts? with stewed prunes or peaches?

**THERE** isn't anything better for breakfast or lunch than a dish of Grape-Nuts, with cream or milk, and stewed prunes or peaches.

This delicious combination gives you the elements of a well-balanced food. For it contains not only the material needed to build tissue and furnish energy, but it also supplies fruit acids, that help keep the system in good order.

Go to your grocer today and order a package of delicious Grape-Nuts. You will find that it will digest more readily than most other cereals, and it will "stay by" you longer—because it's so richly nourishing.

**Grape-Nuts for Health**  
"There's a Reason"