

# CATARRHOZONE HEALTH MESSAGE



CATARRHIZINE  
CURES QUICKLY  
TOOTH ACHE  
HEADACHE  
CHOLERA  
DYSENTERY  
AND ALL PAIN  
PRODUCED BY  
POISONOUS  
SUBSTANCES  
PREPARED BY  
THE CATARRHOZONE CO.  
KINGSTON ONT.

# Are You Losing Looks or Strength?

## Let Ferrozone Strengthen and Help



ONCE you were robust, bright and happy. You worked hard and enjoyed doing so. It's different to-day,—you look faded, your color is murky, your eyes are dull. To work is an effort, and it tires you quickly. A night's sleep doesn't refresh and rest you as it used to. Little trifling things worry you, not infrequently you are depressed and nervous,—just when you should be at your best you are fagged out. It's a bracing, vitalizing blood-renewing tonic you want—something to put redness and new life into the blood.

Take Ferrozone at mealtime,—it's truly a wonderful medicine. It searches out disease, sharpens the appetite, strengthens digestion, puts new vigor into worn-out nerves, makes you feel vigorous, and able to work hard all day long.

You'll feel the beneficial effect of Ferrozone quickly. It contains properties that energize a worn-out system as no other remedy has ever done.

### MARVELOUS BLOOD TONIC

"Ferrozone is the kind of medicine that thousands of people need—(most of them don't know it)", writes J. E. Percival from Milton, P.O. "My blood was weak and thin. I was nervous, run down and sleepless. I lacked snap of vitality and found it hard to put in a day's work. Ferrozone changed it all—built me up—added to my weight, took years off my apparent age. It is a wonderful blood medicine and tonic."

### BRINGS BACK LOST STRENGTH

"I can tell any person whose strength is low, whose spirit are depressed, whose blood is weak—I can positively assure them that Ferrozone will do worlds for them in a short time. No tonic could have brought me to my present robust good health unless it were especially good. I got a grand appetite, gained several pounds, and found excellent health from Ferrozone."

W. P. NICHOLSON,  
Albert Corners, P.O.

**REFUSE ALL SUBSTITUTES**

**GET GENUINE FERROZONE**

AB \$10.00  
DN

# Have You Pain Anywhere?

## Use Nerviline---It Cures

**CHILBLAINS**—In the earlier stages of this troublesome complaint, at night bathe the feet in salt water as hot as can be borne, and apply Nerviline over the affected parts, rubbing it briskly. In more severe cases, after blisters have formed, poultice with bread and water, or bind with cloths, saturated with solution of Sugar of Lead, half an ounce to a pint of water. Keep feet dry with frequent change of stockings.

**FROST BITES**—Apply after removal of frost in the usual way.

**EARACHE**—Saturate some cotton batting with Nerviline, and insert it in the ear. Rub the parts of the head and neck near the ear with Nerviline, and if possible wrap up the head with a soft flannel cloth.

**NAUSEA, SICK STOMACH**—Fifteen to thirty drops of Nerviline, one-half teaspoonful of sugar, a wine glassful of hot water, sip slowly; this may be repeated in an hour or two, if necessary.

**FLATULENCE, GAS ON THE STOMACH**—Take fifteen to thirty drops of Nerviline in a little sweetened water, relief will be almost immediate, if not, the dose may be repeated in fifteen minutes or half an hour with certainty of success.

**DYSPEPSIA**—**DYSPEPTIC PAINS**—Fermentation of food in the stomach and bowels gives rise to gas with a consequent distension and pain. Take fifteen drops of Nerviline in sweetened water. Repeat in fifteen minutes if relief is not obtained.

**CRAMPS, CHOLERA, DYSENTERY, DIARRHOEA**—In the acute stages of these maladies, while Nerviline will at once relieve pain, it would be advisable, if relief is not immediate, and Cramps and Nausea persist, in spite of a second dose of Nerviline, to clear out the digestive tract by a dose of Castor Oil, which should be supplemented by thirty drops of Nerviline in sweetened water, every three hours until relieved.

**COLDS, CHILLS**—Thirty drops of Nerviline, a teaspoonful of sugar and a cup of hot water as hot as can be conveniently taken, will speedily break up a cold, and where there is soreness of throat or tightness of chest, follow instructions given above.

**ANY LAMENESS IN THE BACK, JOINTS OR LIMBS**—Just the thing, a good rub with Nerviline, and then apply a Nerviline Porous Plaster. If the ailment should be but of recent origin, the difficulties attending a radical cure will be greatly obviated; but if of old standing, the case is widely different. Under the circumstances, however, these great rubefacients will prove of undoubted advantage to the sufferer; and if not capable of restoring his limbs to their wonted vigor, will, at least, facilitate their action in a marked degree and render them more pliant. There is no mystery about this. These plasters are counter irritants, and great helpers.

(Continued on page 2)

**GET THE GENUINE**

**REFUSE SUBSTITUTES**

# No Pain Resists Nerviline

## A Sure Remedy for Young and Old

**INSECT STINGS**—Apply at once pure Nerviline and in a few minutes repeat if necessary. Pain and discomfort will quickly subside, and swelling will be prevented.

**NERVOUS HEADACHE**—Take fifteen to twenty drops of Nerviline in a little sweetened water, sipping slowly, and at the same time applying the Nerviline to the region of pain. Frequently sick headaches are recurrent, in which case they are an evidence of an unbalanced condition of the nervous system, and perhaps more serious symptoms may arise. To aid the system in overcoming the depressed condition nothing equals Ferrozone in rapidity of action and permanent results. It at once gives tone to the whole system. Through its aid to the process of digestion and assimilation, Ferrozone quickly makes red blood and thus supplies the nerves and brain with nutritive matter, essential to the maintenance of health and vigor.

**STIFFNESS IN THE NECK OR SHOULDERS**—First thing is to apply Nerviline, then put on a Nerviline Porous Plaster. No more certain or speedy remedy can be adopted. When once it is applied the muscles begin to resume their wonted vigor, flexibility and smoothness of action, and all inflammatory symptoms begin to disappear. These Plasters can be worn with great advantage by even the most delicate child or grown person. They are invaluable, as all the world knows. Try them and judge for yourself.

**RHEUMATISM**—In the very acute stages of Rheumatism, rub pure Nerviline on the affected parts, and continue rubbing for fifteen or twenty minutes, so that it may penetrate through the tissues to the source of the disease. In the more chronic form, mix an equal quantity of Nerviline with Olive, Goose or Hen Oils, and rub into the affected parts vigorously. Continuous rubbing aids very much the effect of Nerviline and hastens a cure. If there is a lowered condition of the system, appetite poor, blood less rich than is necessary to maintain the balance of nutrition, nothing so quickly cures the cause of Rheumatism as Ferrozone, which is a most wonderful blood-maker, nerve strengthener and brain invigorator. Take Ferrozone after each meal. Nerviline should be applied three times a day.

**SPRAINS, STRAINS**—There are two distinct stages in the condition known as sprains, and it must be carefully borne in mind that in the acute or inflammatory stages cooling applications such as Sugar of Lead with Laudanum should be freely applied until the inflammation subsides, after which mix equal parts of Nerviline with Olive, Goose or Hen Oils, rub in gently at first, then gradually increase in firmness until vigorous rubbing, if it can be borne, is practiced for at least half an hour, and as often as three times a day. It will not, however, be necessary to apply Nerviline all this time—a good rubbing with a teaspoonful of Nerviline at the outset of each treatment is all that will be necessary until strength is regained, and all soreness has ceased.

(Continued on page 3)

TAKE NO SUBSTITUTE

NOTHING ELSE SO GOOD AS THE ORIGINAL

# Nerviline Cures All Pain

## Applied This Way, It Can't Fail

**PAIN IN THE JOINTS**—These pains are excited by the deposition of concretionary matter, in and around the synochal surfaces, irritating and inflaming the parts and rendering very painful the least movement. Heat is of the greatest value in aiding the solution of the concretionary matter. Mix Nerviline with equal quantities of oil, and rub vigorously and persistently, the longer the better. Nerviline should be used at least twice a day—see the remarks under the heading "Rheumatism and Neuralgia."

**NEURALGIA**—Neuralgia is an indication of Nerve Starvation, and lowered vitality. Though nothing so quickly relieves the paroxysms as Nerviline, nevertheless to cure chronic Neuralgia it is absolutely necessary to tone up the system, make rich blood, strengthen the nerves, and impart to the body a degree of vigor that will prevent a recurrence of the malady. This is best accomplished by taking Ferrozone after each meal, and as a result your appetite will grow stronger, you will enjoy perfect digestion and unbroken sleep, and the Neuralgia will quickly disappear. Druggists have Ferrozone, or we will mail it to you on receipt of 50 cents in coin or stamps.

**USE OF NERVILINE IN NEURALGIA.**—Rub Nerviline vigorously into affected parts; repeat the application hourly if the pain is very severe. A very effective method of use is to saturate common wrapping paper with Nerviline, apply to the seat of pain, cover instantly with the palm of hand so as to prevent evaporation, and drive the Nerviline into the tissue. It will act in this way very quickly, and while it imparts a sense of great heat, it will not burn, and will quickly relieve.

## LUMBAGO, SORE BACK, SCIATICA, SPINAL TROUBLE

Rub Nerviline vigorously into the affected parts. It may be mixed with equal quantities of Olive, Goose of Hen Oils, applied in the same way morning and night. The more rubbing that is done, especially if the operator be strong and vigorous, the quicker will these painful maladies be relieved. It ought to be borne in mind that Lumbago, Sciatica, and Spinal Pains, have their origin in a run-down condition of the system. The blood is probably thin, and poor in color, digestion weak, strength sadly lacking. The most efficient remedy to cure these conditions and build up the system is Ferrozone, which quickly makes blood and increases the appetite. Both digestion and nerves are made strong, rendering impossible the continuance of the disease, and preventing the other maladies developing over the part affected.

In severe cases we strongly recommend the use of Nerviline Porous Plasters, which sustain the sore parts and assist in a quick cure.

**TOOTHACHE**—Apply Nerviline externally on common brown paper, as directed in Neuralgia, saturate cotton batting with Nerviline, plug the cavity, and repeat occasionally, if the pain be not immediately removed.

GET THE GENUINE

REFUSE SUBSTITUTES

## Rosy Cheeks, The Ambition of Every Woman



OLLOW cheeks with dark lines, sallow complexion—how a woman hates them.

But rosy cheeks, clear skin, bright eyes—give them to a woman and she is happy. In the blood is found the first sign of trouble.

It grows thin and watery, its color fades, and increasing pallor and sallowness give the outward evidence of the change within.

Soon the nerves weaken, the heart easily tires and palpitates, strength declines.

The delicate mechanism of the womanly functions is interfered with, and pleasures, activities and even duties are loaded down with the burden of declining health.

Why is it that women neglect the first warnings?

Usually she waits till she is ready to drop—often then it's too late.

These conditions are easily checked, easily cured at the beginning,—but even when long established, Ferrozone will remove the cause and cure the trouble.

Ferrozone's action aids the three principal functions of the body—digestion, assimilation, elimination.

By strengthening digestion it forms an abundance of rich, red blood—this gives good color.

By perfecting assimilation, Ferrozone supplies nutrition—this gives strength, vim, stability.

Elimination is assured because Ferrozone quickens the actions of the liver, kidneys and bowels—this guarantees the maintenance of vigorous health.

Ferrozone puts you on the right road—the one that leads to health.

Not a man, woman or child needing blood, vigor, endurance—not a person who is weak, nervous or sickly, not a person in ill-health who won't receive immediate help from Ferrozone.

As a tonic and restorative, as a health-bringer and body-builder, Ferrozone is unrivalled. It cures because it feeds and nourishes, because it contains the elements that build up and strengthen. Try it yourself—sold everywhere in 50 cent boxes.

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LET NO MAN FOOL YOU WITH THE CLAIM "JUST AS GOOD." THE BEST IS NOT  
TOO GOOD FOR YOUR HARD EARNED MONEY TO BUY

## Hints To Housekeepers

Nail stains may be removed from wood by scrubbing the wood with a solution of oxalic acid—half a pint of acid to one quart of boiling water,

On a sunny day hang all the clothing from the closet in the open air, giving each article a good brushing before returning it to its place.

In dusting bric-a-brac and statuary a small, soft camel's hair brush comes in handy when cleaning out the crevices where a dustcloth cannot reach.

Japanese trays may be cleaned by rubbing with clear olive oil applied with a flannel cloth. Glue can be removed and enamel cloth cleaned by soaking and rubbing in oil.

Leather picture frames, portfolios, etc., can be cleaned with benzine. Apply with a cloth, and if the benzine should take off the polish, apply the well-beaten white of an egg.

Lamp burners should be boiled in water containing vinegar and ammonia. New wicks should be soaked twenty-four hours in vinegar before using; it prevents the unpleasant odor peculiar to new wicks.

A spot on polished wood made by placing a hot dish on it, will disappear if a little salt and salad oil is poured on it and allowed to remain for an hour or two and then rubbed off with a soft cloth.

For removing spots from wallpaper and window shades, fill small cheesecloth bags with cornmeal and rub the soiled surface as you would with a plain cloth. Sometimes a large grease stain on the wall can best be removed by the application of a hot iron over blotting paper.

The average wife looks askance at washing soda. It ruins both colors and hands; yet it is very useful. Very dirty or soiled linen may be cleaned by boiling in fairly strong soda water. A little soda dissolved and added to the blueing water prevents streaking. A good bleacher is made by boiling one pound of soda in a quart of water. Add a packet of chloride of lime, strain and bottle, and discolored doorsteps and tables that are a bad color may be cleaned with the fluid. Brush over well and leave for the night, then wash thoroughly in the morning.

# Girls of To-day Often Not Strong

Few Possess the Vitality and Girlish Beauty of the Olden Times



EVER before was physical health and vigor so highly esteemed and so eagerly sought for as to-day.

No man finds happiness in a sickly wife, and the woman who wishes to enjoy the pleasures of life should spare no effort to maintain perfect health.

Is your daughter growing up strong and ruddy? Has she strength to drink in greedily all the pleasures that youth so zealously seeks—or is she compelled to use the street car instead of enjoying the delightful exercise of walking—does she after the ball arise refreshed and vigorous, or is she exhausted, indifferent, and perhaps irritable?

When strength and vigor can be so easily maintained by Ferrozone, when the glow of health is so quickly brought to the cheeks, and elasticity to the step, it is plainly a mother's duty to see that Ferrozone is on hand to assist her daughter back to health.

Upon the wake of Ferrozone quickly follows a stream of rich, nourishing blood which imparts that power and surplus energy so earnestly desired by those in ill-health.

Stop and think what this means for your daughter—certainly a great deal, and it can be accomplished by Ferrozone.

Every growing girl and young woman derives enormous benefit in many ways from this nutritive, vitalizing tonic.

It is especially suited for young women and is a guarantee of health and regularity as long as it is used.

Ferrozone is free from alcohol and perfectly safe to use. Prepared in the form of a chocolate-coated tablet and sold in 50 cent boxes or six for \$2.50 at all dealers. By mail from the Catarrh-ozone Co., Kingston, Ont.

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**IT'S MORE PROFIT, NOT YOUR BENEFIT THAT PROMPTS SUBSTITUTION  
GO WHERE YOUR MONEY WILL BUY WHAT YOU WANT TO BUY**

# Weights and Measures

## APOTHECARIES' WEIGHT

20 grains . . . 1 scruple    8 drams . . . 1 ounce  
3 scruples . . . 1 dram    12 ounces . . . 1 pound

The ounce and pound in this are the same as in Troy Weight.

## AVOIRDUPOIS WEIGHT

27 $\frac{1}{8}$  grains . . . 1 dram  
16 drams . . . 1 ounce  
16 ounces . . . 1 pound  
25 pounds . . . 1 quarter  
4 quarters . . . 1 cwt.  
2,000 pounds . . . 1 short ton  
2,240 pounds . . . 1 long ton

## CIRCULAR MEASURE

60 seconds . . . 1 minute  
60 minutes . . . 1 degree  
30 degrees . . . 1 sign  
90 degrees . . . 1 quadran  
4 quadrants, 12 signs, or  
360 degrees . . . 1 circle

## CLOTH MEASURE

2 $\frac{1}{2}$  inches . . . 1 nail  
4 nails . . . 1 quarter  
4 quarters . . . 1 yard

## CUBIC MEASURE

1,728 cubic inches . . . 1 cubic foot  
27 cubic feet . . . 1 cubic yard  
128 cubic feet . . . 1 cord (wood)  
40 cubic feet . . . 1 ton (shipping)  
2,150.42 cubic inches . . . 1 standard bushel  
268.8 cubic inches . . . 1 standard gallon  
1 cubic foot . . . about 4-5 of a bushel

## DRY MEASURE

2 pints . . . 1 quart    4 pecks . . . 1 bushel  
8 quarts . . . 1 peck    36 bushels . 1 chaldron

## LIQUID MEASURE

4 gills . . . 1 pint  
2 pints . . . 1 quart  
4 quarts . . . 1 gallon  
31 $\frac{1}{2}$  gallons . . . 1 barrel  
2 barrels . . . 1 hogshead

## LONG MEASURE

12 inches . . . 1 foot  
3 feet . . . 1 yard  
5 $\frac{1}{2}$  yards . . . 1 rod  
40 rods . . . 1 furlong  
8 furlongs . . . 1 statute mile  
3 miles . . . 1 league

# Stamp Out Your Catarrh



ATARRH is bound to come with this weather. Scarcely anyone will escape. Slight colds become more offensive and sickening every day. The inflammation extends further into the head, soon the ears begin to buzz and ring, the head aches, the eyes pain dreadfully, the nose gets plugged up and this forces the patient to breathe through the mouth. Vile, filthy secretions are forced back into the throat, requiring a great deal of coughing to keep the air passages free. Finally, this foul matter finds its way into the stomach, causing dyspepsia and general ill-health. By this time the patient has **SYSTEMIC CATARRH**, which saps strength, depletes the vital energies till Consumption is the unhappy result.

## BREATHE CATARRHOZONE

There isn't the slightest use in trying to cure this condition with tablets, snuffs or sprays. Such treatments are wholly inadequate. You must employ Catarrhozone, the only remedy that possesses power to kill the germs of Catarrh. The healing vapor of Catarrhozone is carried by the air you breathe to the most minute cells of the nose, throat, bronchial tubes and lungs. Its antiseptic medication goes everywhere that air can go. No case is too chronic, no person too old—everybody that has Catarrh of any kind can be permanently cured by this grand treatment which is endorsed by thousands of physicians throughout America, who say: The only way to permanently get rid of Catarrh is to use Catarrhozone.

### CURED AFTER TWENTY YEARS

Mrs. Mary J. Whitney, of Clay Street, Topeka, Kansas, was cured of Nasal Catarrh after twenty years' suffering by Catarrhozone. She says:—

"I owe to Catarrhozone an immense debt of gratitude. It cured me of Catarrh of the most disagreeable kind after doctors without number had pronounced my case incurable. My breath is pure and my respiration regular, and I do not cough any more since using Catarrhozone. It has cured me perfectly."

Two months' treatment guaranteed to cure, price, \$1.00; trial size 25 cents—all dealers or by mail from Catarrhozone Co., 23 Carroll Street, Buffalo, N.Y., or Kingston, Ont.

### A CHRONIC CASE CURED

Another case of Chronic Catarrh that was cured quickly by Catarrhozone is that of Mr. G. I. Luce, of 1,700 Navasota Street, Austin, Texas. Mr. Luce says:

"I tried for four years to get rid of Nasal Catarrh, used salt douches, atomizers, tablets, stomach medicines, etc., but they didn't do me much good.

"Then I tried Catarrhozone, and received relief in a few hours. It cured in a week, so that I never had a recurrence of my former trouble."

## WEIGHTS AND MEASURES—Continued

## MARINER'S MEASURE

6 feet.....	1 fathom
120 fathoms.....	1 cable length
7½ cable lengths.....	1 mile
5,280 feet.....	1 statute mile
6,085 feet.....	1 nautical mile

## MISCELLANEOUS

3 inches.....	1 palm
4 inches.....	1 hand
6 inches.....	1 span
18 inches.....	1 cubit
21.8 inches.....	1 Bible cubit
2.5 feet.....	1 military pace

## SQUARE MEASURE

144 square inches.....	1 square foot
9 square feet.....	1 square yard
30½ square yards.....	1 square rod
40 square rods.....	1 rood
4 roods.....	1 acre
640 acres.....	1 square mile

## SURVEYOR'S MEASURE

7.92 inches.....	1 link
25 links.....	1 rod
4 square rods.....	1 chain

10 square chains or 160 square rods.....	1 acre
640 acres.....	1 square mile
36 square miles (6 miles square).....	1 township

## TROY WEIGHT

24 grains.....	1 pwt.
20 pwt.....	1 ounce
12 ounces.....	1 pound
Used for weighing gold, silver and jewels.	

## PAPER MEASURE

24 sheets.....	1 quire.
20 quires.....	1 ream (480 sheets)
2 reams.....	1 bundle
5 bundles.....	1 bale

## TIME MEASURE

60 seconds.....	1 minute
60 minutes.....	1 hour
24 hours.....	1 day
7 days.....	1 week
28, 29, 30, or 31 days.....	1 calendar month
(30 days.....)	1 month in computing interest)
365 days.....	1 year
366 days.....	1 leap year

# Inactive Kidneys Cause Weak Back

When Associated With a Dragging Weariness is a Sure Symptom of Kidney Trouble



READFUL perils luke in Kidney Weakness.

Insidiously it develops into Bright's Disease and Uræmic Poisoning. Right through the system it sweeps, often with fatal effect, causing Gout, Gravel, Dropsy and Jaundice, but Kidney Disease is by no means fatal; in fact it is quite curable with proper medicine.

**CAUSE OF KIDNEY TROUBLE.**—From every corner of the body direct to the kidneys comes the blood filled with poisonous substances more deadly than the most vicious poisons known to man. If the kidneys are healthy every iota of these poisons is removed from the blood, passed on to the bladder, and finally carried out of the body through the urine.

If the kidneys are inactive or over-burdened, sufficient filtration is impossible, and back through the blood race these poisonous substances. You notice the result immediately in poor digestion. There is a bad taste, a furry tongue, lack of appetite, and feeling of "Don't Care." Further proof of kidney disease you can easily recognize by watching the urine. See if it is high-colored, pink, reddish-brown, or bright yellow, and look for a deposit of dust left in the chamber. There is almost sure to be a slight throbbing headache, often accompanied with pain in the back, below the ribs. Complexion turns pasty and muddy, redness leaves the cheeks, you look tired, sick and worn out.

**HOW TO CURE KIDNEY COMPLAINT.**—Years of experience prove that Dr. Hamilton's Pills of Mandrake and Butternut are **THE BEST KIDNEY CURE.**—their action is just perfect. They first stir up the liver, then put new life into the bowels, clear away constipation, remove the clogs that are stopping up the kidneys, make the kidneys porous, start the process of filtration again. The result is easy to see—pure rich red, wholesome blood. No more backache, but a normal stomach and healthy appetite, and the best of digestion. Good color returns, you brighten up, gain in weight, feel as if you were made anew. Let every sufferer from weak kidneys, bad liver and disordered stomach turn to Dr. Hamilton's Pills—they do cure.

**REFUSE SUBSTITUTES**

**"JUST AS GOOD," REMEMBER, IS "NO GOOD"**

## WEIGHTS AND MEASURES—Continued

## CONVENIENT LAND MEASURES

10 rods by 16 rods	1 acre
8 " " 20 "	1 "
5 " " 32 "	1 "
4 " " 40 "	1 "
5 yards " 968 yards	1 "
10 " " 484 "	1 "
20 " " 242 "	1 "
40 " " 121 "	1 "
220 feet " 198 feet	1 "
110 " " 396 "	1 "
60 " " 776 "	1 "
120 " " 363 "	1 "
300 " " 145.2 "	1 "
400 " " 108.9 "	1 "

## WEIGHTS OF EVERYDAY THINGS

A barrel flour weighs	196 lbs
A barrel salt weighs	280 "
A barrel beef weighs	200 "
A barrel pork weighs	200 "

A barrel fish weighs	200 lbs.
A keg of powder equals	25 "
A stone of lead or iron equals	14 "
A pig of lead or iron equals	21½ stone
Anthracite coal, broken—cubic foot averages	54 lbs.
A ton loose occupes	40-43 cubic feet
Bituminous coal, broken—cubic foot averages	49 lbs.
A ton loose occupes	40-48 cubic feet
Cement (hydraulic) Rosendale, weight per bushel	70 lbs.
Cement (hydraulic) Louisville, weight per bushel	62 "
Cement (hydraulic) Portland, weight per bushel	96 "
Gypsum, ground, weight per bushel	70 "
Lime, loose, weight per bushel	70 "
Lime, well shaken, weight per bushel	80 "
Sand at 98 lbs. per cu. ft. per bushel	122½ "
18.29 bushels equal a ton.	1.181 tons cubic yd.

# Evils of Constipation Explained

Destroys Mental and Physical Vigor—Invites Disease and Aggravates Every Malady



If you knew what evil tendencies are always associated with constipation, you would give more heed to the regularity of the system. It is safe to say that more disease and suffering is directly due to constipation than to any other cause.

It is impossible to assign any one cause, but irregularity of diet, change of climate, indiscretion in drinking and eating, almost any change of one's fixed habits of life is apt to bring on constipation. Unless promptly taken in hand the condition is bound to become steadily worse, and as a result the system is completely clogged up.

**TREATMENT.**—The old-fashioned idea of harsh purgatives such as salts, aloes, rhubarb, and senna, has long since been abandoned. Their effect upon the bowels is like a lash on a tired-out horse. By irritation they whip up the bowels for the time being, but rapidly exhaust natural muscular action. Larger doses are then necessary, and it soon becomes practically impossible to move the bowels without the most heroic doses. The result is permanent constipation.

The only rational and effective mode of curing (not relieving) this bothersome complaint is by the frequent use of **DR. HAMILTON'S PILLS OF MANDRAKE AND BUTTERNUT.**

Why, asks the patient, is this the case?

Because Dr. Hamilton's Pills tone up the muscular coating of the bowels—make them strong—stimulate the liver, increasing the flow of bile, which is nature's best agent in producing healthy bowel action, enabling them to move naturally and without any gripe or pain whatever.

## "MY HEALTH NOW PERFECT"

"Before using Dr. Hamilton's Pills I suffered all the torture of constipation. Such blinding headaches, such stomach disorders, such spells of despondency as I hope never again to experience. Now I am perfectly well, and feel twenty years younger."

(Signed) W. B. D. CONNORS,  
Bowling Green, O.

## NEVER FELT SO WELL BEFORE

"Such a wonderful improvement I have undergone since using Dr. Hamilton's Pills. I have no more dizzy spells, or specks before the eyes. I enjoy my meals, sleep well and am in better health than I ever knew before."

HUNTINGDON P. DREW,  
Garfield P.O., S.C.

**REFUSE SUBSTITUTES**

**REMEMBER "JUST AS GOOD" IS "NO GOOD"**

# Time Table For The Cook

## ROASTING

- Beef. 15 minutes to every pound.  
 Mutton. 15 minutes to every pound. (Use a very hot oven.)  
 Veal. 15 minutes to every pound  
 Sucking pig, 2 hours and a half.  
 Spare ribs. 20 minutes to every pound.  
 Leg of pork. 25 minutes to every pound.

NOTE—Much of the success in roasting depends upon the basting.

Meat loses, while cooking, a certain amount of its weight. It is estimated that moderately fat beef and mutton will lose about as follows:

4 pounds of beef will lose 1 pound 5 ounces, roasting; 1 pound 3 ounces, baking; 1 pound, boiling. 4 pounds mutton will lose 1 pound 6 ounces, roasting; 1 pound 4 ounces, baking; 14 ounces, boiling

## BAKING

- Beans, 8 to 10 hours. Graham gems, 30 mins.  
 Bread, 40 to 60 mins. Pie crust 30 to 40 mins.  
 Biscuits, 10 to 20 mins. Potatoes, 30 to 45 mins.  
 Custards, 15 to 20 minutes.  
 Cake, plain, 20 to 40 minutes.  
 Gingerbread, 20 to 30 minutes.

- Cake, sponge, 45 to 60 minutes.  
 Chicken, 3 to 4 lbs., 1 to 1½ hours.

## PUDDINGS

- Rice, 1 hour. Bread, 1 hour. Tapioca, 1 hour.

## BOILING

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| Lamb, 1 hour.                       | Ham, 5 hours.                     |
| Turnips, 2 hours.                   | Parsnips, 1 hour.                 |
| Cabbage, 3 hours.                   | Veal, 2 to 3 hours.               |
| Fowl, 2 to 3 hours.                 | Oysters, 3 min.                   |
| Wheat, 1 to 2 hours.                | Peas, green, ½ hour.              |
| Hominy, 1 to 2 hours.               | Turkey, 2 to 3 hours.             |
| Oatmeal, 1 to 2 hrs.                | Beans, string, 2 hrs.             |
| Coffee, 3 to 5 min.                 | Celery, 30 to 45 min.             |
| Rice, 15 to 20 min.                 | Squash, 20 to 30 min.             |
| Onions, 30 to 45 min.               | Carrots, 45 to 60 min.            |
| Corned beef, 4 to 5 hrs.            | Spinach, 20 to 30 min.            |
| Beans, shell, 1 to 2 hrs.           | Macaroni, 20 to 30 min.           |
| Chickens, 45 to 60 min.             | Tomatoes, 15 to 20 min.           |
| Baked sweet potatoes, 1 hour.       | Cauliflower, 30 to 45 minutes.    |
| Haddock, 6 minutes per pound.       | Beets, young, 45 to 60 minutes.   |
| Salmon, cubical, 15 minutes per lb. | Cabbage, young, 30 to 45 minutes. |

# What Does a Headache Signify? You Ought To Know



HAT does a headache mean? Simply nature's signal of something wrong—something out of harmony within the body. The causes are many, among which might be cited: First, auto-intoxication, which in plain language means self-poisoning, caused by the retention in the system of wastes that should be excreted by the kidneys, bowels and skin.

Second, impoverishment of the blood and the consequent starvation of the nerve supply of the body.

It is clearly necessary to point out that your sick headache is due to sluggishness of the system. It is just as easy for the system to do things wrongly when started that way as it is to get it to do its work in the right way, if a little aid is given by Dr. Hamilton's Pills when the wheels clog a little. Your liver has slowed up, so have your kidneys. Sluggishness has seized upon the bowels and the entire system is impeded. Your blood stores up disease-producing materials that kidneys, liver and bowels should have expelled long ago. Don't let your dislike to stirring things up delay your taking Dr. Hamilton's Pills. Drastic Pills play the mischief with the bowels. They exert no remedial action as Dr. Hamilton's Pills do, and make you feel both sick and mean. Take one dose of Dr. Hamilton's Pills and find the difference for yourself. You get relief at once—no nausea, no griping, no excessive action, just mildness such as Dr. Hamilton's Pills alone can give you, and removal of diseased conditions follow.

To radically cure and permanently prevent neadaches there is no remedy so universally popular, so sure to do just what is expected as Dr. Hamilton's Pills of Mandrake and Butternut. Try them and see if this is not so.

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**GET THE GENUINE**

**REFUSE ALL SUBSTITUTES**

**COFFEE CREAM CAMELS**—2 pounds sugar, 2 ounces butter, 1 cup cream,  $\frac{1}{2}$  cup coffee. Cook all together until it strings from a fork; beat and pour into buttered pans.

**CANDIED ORANGE PEEL**—Peel of 1 orange,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  cup water, in which orange has been cooked. Remove peel from orange and cut into narrow strips, removing all the white. Cook in boiling water until tender. Drain. Make Syrup of sugar and  $\frac{1}{4}$  cup water. When sugar dissolves, add peel and cook slowly until most of the water has evaporated. Drain and dip in granulated sugar. Place in oven for a few minutes to make it crisp.

**SEA FOAM**—2 cups brown sugar,  $\frac{2}{3}$  cup hot water, white of 1 egg. Boil sugar and water until a little dropped in cold water will harden. Beat a little at a time into the stiffly beaten white of egg. Beat until a little dropped on a plate will stand up in shape. Then drop by spoonfuls on oiled paper.

**BUTTER TAFFY**—2 cups brown sugar, 2 tablespoons water,  $\frac{1}{4}$  cup molasses,  $\frac{1}{8}$  teaspoon salt, 2 tablespoons vinegar,  $\frac{1}{2}$  cup butter, 2 teaspoons vanilla. Boil together all but vanilla and butter, until, when tried in cold water, it

will form a soft ball. Then add the butter. Cook until brittle when tried in cold water. Add vanilla and turn into buttered pans.

**CHOCOLATE CAMELS**—9 large spoons of granulated sugar, 4 large spoons molasses, 2 large spoons of butter, 1 large spoon of water, 2 squares of chocolate. Boil until it hardens in cold water; put into a buttered pan and cut in squares.

**POPCORN CANDY**—1 tablespoon butter, 1 cup white sugar, 3 tablespoons water, 3 quarts popcorn. Boil sugar, water and butter until it candies; then add the popped corn, stirring vigorously until the sugar covers all the corn. Remove from fire and stir until it begins to cool.

**FRENCH CREAMS**—1 white of egg, 1 teaspoon vanilla,  $\frac{1}{2}$  tablespoon cold water, 1 pound confectioner's sugar. Beat white of the egg, cold water and vanilla until thoroughly mixed. Add gradually the sifted sugar to the liquid until mixture is stiff enough to knead. This may be used instead of fondant for cream candies.

**BUTTER SCOTCH**—1 cup sugar, 1 teaspoon vinegar,  $\frac{1}{2}$  cup water, 1 teaspoon butter. Lemon juice may be substituted for vinegar.

*(Continued on page 17)*

# The Cause and Cure of Biliousness



ONE escape bilious attacks. The child even experiences this trying condition, and old folks have their bilious fits too. The usual cause is an error in eating. Food may be improperly cooked, or may be of an indigestible kind. The system is usually constipated.

To be bilious is to feel heavy, to be torpid and out of sorts. Even thought or smell of food disgusts, nauseates, and fairly turns the stomach. Pains shoot through and around the right shoulder, over the liver and through the chest is a disagreeable sense of fullness and oppression. Specks float before the eyes, and breath is foul and the tongue is thickly coated. At this stage there is almost sure to be constipation or diarrhoea. A burning sensation affects the stomach. Sour risings and heartburn cause additional distress and if relief is not secured, you must vomit.

If an attack comes on take three of **DR. HAMILTON'S PILLS**, and the next day reduce the dose to two pills. No milder, surer cure is known, because by their soothing, healing, tonic action upon the liver, kidneys, bowels and stomach, all traces of biliousness are banished from the system by the use of **DR. HAMILTON'S PILLS** of Mandrake and Butternut. Just try this remedy; it never fails.

## A REMARKABLE REMEDY

"It certainly is my duty," writes Edward E. Tremaine, from his home in Astoria, "to write you about the enormous good I derived from Dr. Hamilton's Pills. I was for years subject to bilious attacks—had vomiting spells—awful nausea—couldn't look at food for two or three days at a time. A short treatment with Dr. Hamilton's Pills cured me and I will never be without them."

## CURED BAD ATTACK QUICKLY

Writing from his home town, Bristol, a well-known citizen, Mr. Clinton E. Duryea, says: "Now that I have proved the merit of Dr. Hamilton's Pills, and know

how quickly they will rid the system of biliousness, I never dread an attack—in fact I avoid it by taking a stiff dose of Dr. Hamilton's Pills when I begin to feel poorly. They are fine for the stomach, aid digestion, and cure bilious attacks in one night."

## CURED OVER NIGHT

"I suffered for weeks from a bilious attack that came and went spasmodically. My head ached continually and my digestion was all knocked out. I was advised to use Dr. Hamilton's Pills. I took three before retiring—next morning I felt better; by night I was well. I always use them occasionally."

James E. Cumberland,  
Ashland, P.O.

**GET THE GENUINE**

**TAKE NO SUBSTITUTE**

**BUTTER SCOTCH**—*Continued*

Boil these 20 minutes or until a little of the syrup dropped into cold water hardens immediately. Pour into buttered pans and mark into squares.

**MARSHMALLOW FUDGE**—Put in a granite pot 1 cup of grated chocolate, 2 cups granulated sugar, 1 cup of milk, 1 tablespoon butter and 4 marshmallows. Cook until it forms a soft ball in cold water, then flavor with a teaspoon of vanilla. Beat until stiff. Pour half of the contents on a buttered pie plate or marble slab. Put a layer of marshmallows, then the rest of the contents on the top. Cut into little squares. They are delicious and quite a novelty.

**COCOANUT CREAMS**— $1\frac{1}{2}$  cups sugar, 2 teaspoons butter,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  teaspoon vanilla,  $\frac{1}{2}$  cup shredded cocoanut. Boil sugar, milk and water until a soft ball can be formed in cold water. Remove from fire, add cocoanut and vanilla, and beat until creamy. Pour into buttered pans to cool.

**MAPLE FUDGE**—1 pound sugar, 1 cup nut meats, 1 cup milk. Boil sugar and milk until it hardens when dropped in cold water. Add nut meats of any kind, stir in lightly and pour into greased pans to cool.

**CHOCOLATE FUDGE**— $1\frac{1}{2}$  cups sugar, 2 tablespoons butter,  $\frac{3}{4}$  cup milk,  $\frac{1}{2}$  teaspoon vanilla,  $1\frac{1}{2}$  squares Baker's chocolate. Boil the ingredients except vanilla until a soft ball can be formed when tried in cold water. Remove from the fire and let stand 3 minutes; add the vanilla and beat until the mixture thickens. Pour into a buttered pan. Cool and cut in squares.

**DATE KISSES**—1 cup dates (cut up),  $\frac{1}{2}$  cup powdered sugar carefully sifted, 1 cup chopped walnut meats, whites of 2 eggs. Beat the whites of eggs to a stiff froth, and beat in sugar slowly. Add dates and nuts, Drop on buttered pans and bake 20 minutes, or until brown, in a moderate oven.

**MEXICAN KISSES**— $\frac{1}{2}$  cup milk, 2 cups light brown sugar, 1 tablespoonful butter,  $\frac{1}{2}$  cup maple syrup, 1 cup nut meats. Mix all but nuts and boil over a slow fire until a soft ball forms in cold water. Remove from fire, add nuts cut up fine, and beat until creamy. Drop from spoon on to sheet of buttered paper and allow to get perfectly cold and hard.

**PINOCHÉ**—2 cups brown sugar, 4 tablespoons butter,  $\frac{1}{2}$  cup milk, 1 cup nut meats, 15

*(Continued on page 19)*

# Indigestion, The Mother of Many Diseases

Frequently Accompanied With Violent Heart Attacks, and Often Associated With Constipation, Headache, Pain in the Stomach, Nervousness, Depression and Melancholia



INDIGESTION is that process in the stomach and intestines by which the food we eat is liquified and chemically changed, so that upon entering the blood it may be readily assimilated—that is, made part of the blood and thereby nourish the body.

Very often newly taken food is not digested, and does not leave the stomach until it has been corrupted by stagnation. Food allowed to remain in the stomach when it is ready to be taken into the bowels, at once ferments, and gases and painful distress are the results. The blood absorbs many poisons from the acid mass of undigested food, and many diseases are in this way scattered through the system.

**THE CURE OF INDIGESTION.**—The rational cure of all such diseases is simply clearing the system of its surplus load of waste products. Dr. Hamilton's Pills are invaluable in every type of stomach trouble. They strengthen the walls and muscles of the stomach, give this organ aid that enables it to do its work thoroughly. You feel improved in one day. The blood is made rich, red, nourishing. Surplus vigor is instilled into every organ. Appetite returns and you enjoy your meals. You gain in weight. Your worries banish, you enjoy the pleasure of eating, sleeping and living. For stomach trouble of any kind use Dr. Hamilton's Pills.

## " I LAUGH AT INDIGESTION "

"Once I tried Dr. Hamilton's Pills all digestive troubles quickly passed away. I am so well now and enjoy such perfect health that I simply laugh at the thought of indigestion. Dr. Hamilton's Pills are a wonder.

(Signed) FRANK G. HUDSON,  
Weymouth.

## NO MORE DYSPEPSIA FOR ME

"You would scarcely credit what wonderful benefit I have derived from Dr. Hamilton's Pills. They have made me feel like new, I used to have frightful stomach disorders, but no more dyspepsia for me since I commenced to take Dr. Hamilton's Pills."

(Signed) EMALINE WEBSTER,  
Watertown.

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THE "JUST AS GOOD" IS "NO GOOD"

REFUSE ALL SUBSTITUTES

**PINOCHÉ**—*Continued*

drops vanilla. Boil sugar, milk and butter until a soft ball can be formed in cold water. Remove from fire, add nut meats and vanilla, and beat until creamy. Pour into buttered pans to cool. Cut in squares. Butter may be omitted and one cup of milk used instead.

**TURKISK DELIGHT**—Soak 1 ounce of gelatine (sheet) in  $\frac{1}{2}$  cup of cold water 2 hours. Put 1 pound of sugar on to boil with  $\frac{1}{2}$  cup of water, and when at boiling point add soaked gelatine. Let it simmer 20 minutes slowly, then add grated rind and juice of 1 orange and juice of 1 lemon. Pour into pans; when cold, cut into squares and roll in pulverized sugar.

**PEPPERMINT DROPS**—1 cup sugar,  $\frac{1}{2}$  teaspoon essence of peppermint, cream of tartar, boiling water. Just moisten the sugar with boiling water and boil 5 minutes; take from fire and add cream tartar the size of a pea; mix well and add the essence of peppermint; beat briskly until mixture whitens; then drop quickly upon white paper. If it sugars before it is all dropped add a little water and boil a minute or two.

**DIVINITY FUDGE**—2 cups sugar, whites of 2 eggs,  $\frac{1}{2}$  cup water, 1 teaspoon vanilla,  $\frac{1}{2}$  cup Karo syrup (red label). Cook the sugar, water

and syrup until brittle. Have ready the stiffly beaten whites of eggs. Pour former mixture over the eggs, beating continually. Beat until firm to the touch. Pour into buttered pan and form in squares. Nuts meat, raisins, or candied cherries may be added to mixture while beating.

**PEANUT CANDY**—2 cups sugar,  $\frac{1}{4}$  teaspoon salt, 1 quart peanuts. Shell, remove skins and finely chop the peanuts. Sprinkle with salt. Put sugar into perfectly smooth granite pan. Place it on the range and stir until the sugar is melted, taking care to keep the sugar from the sides. Add the nuts and pour at once into buttered pans.

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### Sore Throat, Hoarseness, Tight Chest, Pleurisy

These maladies are primarily local congestion. If acute, rub Nerviline in pure, repeating the rubbing occasionally until relieved. For less severe conditions, mix Nerviline with equal quantities of oil and rub into the affected parts with vigor. A flannel bandage should be bound around the neck, and an extra fold placed across the chest, which will aid in retaining the revulsive action of Nerviline. Especially in tight chest and pleurisy will the use of Nerviline Plaster be found beneficial; it should unquestionably be used in addition to the treatment above described.

## Avoid Harsh Pills---Doctors Condemn Them

**D**ON'T make the mistake of thinking that every or any bowel-opening medicine will restore the liver. It requires a special sort of medication to do the necessary work thoroughly.

Physicians and druggists are agreed that nothing can act more beneficially than **DR. HAMILTON'S PILLS OF MANDRAKE AND BUTTERNUT**, which are not harsh, but mild, soothing and healing. Being composed of the juices of extracts, of herbs and roots that are renowned for their liver stimulating qualities, nothing but the best results can follow Dr. Hamilton's Pills.

When taken, two or three just before retiring, Dr. Hamilton's Pills are quickly dissolved and then carried direct to the liver. Instantly they come into contact with every liver cell—make a thorough house-cleaning of the cells—expel all diseased, effete and poisonous matter. The liver is cleansed, purified, sweetened and made wholesome by Dr. Hamilton's Pills, just as soda and water will outwardly cleanse the surface of the body.

The effect of Dr. Hamilton's Pills is wonderful. That dull, aching pain in the side disappears. Bad taste, headache, specks before the eyes, are forgotten, you feel like eating again, and what's better, you digest thoroughly. Your spirits rise, color returns, you look your old self again, and feel like new.

Thousands to-day rejoice in the health-bringing powers of Dr. Hamilton's Pills, which for the liver, stomach and bowels have no equal.

### USED TO LOOK JAUNDICED

"I am glad to tell what Dr. Hamilton's Pills have done for me," writes Mrs. M. P. Reynard from Kansas City. "I suffered everything from liver complaint, was bilious frequently and used to look jaundiced. To-day I am well, and to Dr. Hamilton's Pills are due all the credit."

### FEEL LIKE A NEW MAN

"Since treating my liver with Dr. Hamilton's Pills I feel like a new man," writes J. P. Evanston from Louisville, Ky. "I was a despondent sufferer and seemed to get no pleasure from life. Now I look well, feel well, and am well, due to Dr. Hamilton's Pills."

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**GET THE GENUINE**

**REFUSE ALL SUBSTITUTES**

**ACCIDENTS**—First thing, do not become excited. Call a physician at once. Do not allow people to crowd around the patient. Handle the patient quietly and gently. Loosen the collar at once, waist band or belt and place him in a comfortable position. If he should vomit turn him on one side with the head placed low.

**BLEEDING FROM SLIGHT WOUNDS**—Cover with clean cotton or old linen. Bind firmly. Large wounds always dangerous. Send for surgeon quickly. Lay the patient down, cut away clothing. Press with thumb or finger and crowd clean cotton or linen and bandage tightly. If bleeding does not cease press more tightly. When bleeding has stopped give hot coffee, milk or tea.

**BLEEDING FROM LUNGS**—Elevate head and shoulders. Insist upon absolute quietness in a darkened room, the coolest room available. If available give small pieces of ice.

**BLEEDING FROM TOOTH SOCKET**—Apply fine ice to the cavity or plug with absorbent cotton and ask patient to hold tightly by closing the jaws, or saturate the cotton with

a strong solution of alum, even a strong solution of salt water may be used with success.

Never use warm water to stop bleeding. It increases it. Use either ice, ice cold water or very hot water. Never give whisky or brandy to bleeding patients. Never touch the wound with your finger, there may be some infection and create serious conditions. Remove bandages just as soon as strong clot has been formed and the blood stopped thereby. Never apply cotton, linen not perfectly clean. Otherwise wound might be dangerously infected.

**BITES OF DOGS AND CATS**—First wash with castile soap or carbolic soap and apply spirits of ammonia or peroxide of hydrogen. Call in a physician.

**INSECTS BITE AND STINGS**—Centipedes, scorpions and tarantula and often spiders inflict bites of a very serious character and demand immediate and skillful treatment. Apply ammonia or peroxide of hydrogen or carbolic acid diluted with four times the quantity of water to the wound. The sting of a bee is usually left in the wound and should be removed. Then apply peroxide of hydrogen or Nerviline. Nerviline is an affective application to mosquito bites.

# Medicated Air Cures Catarrh and Bronchitis

## No Drugs To Take---Results Guaranteed



OR the past century physicians have been sending patients suffering with bronchitis, catarrh and weak throat to Colorado, Australia, Southern France, and other regions where pure pine air is abundant. But of the thousands who were sick only a few could undertake such expensive treatment and many have had to stay at home and suffer in misery. But as "all the world loves a lover" so all the world sympathizes with a sufferer, and science spurred on with a desire to stamp out respiratory diseases and thereby conquer consumption, has worked unceasingly to discover the magic potion that would forever cure catarrh. Stomach dosing was found ineffective, and the principle of inhalation was finally perfected. Even the Romans and ancient Greeks used it, but not in the scientific manner that the physician prescribes to-day. The most wonderful results have been secured with this new treatment known as "Catarrhozone" which sends germ-destroying vapors directly into the air passages of the nose, throat, bronchial tubes and lungs. When the patient inhales the balsamic vapor of Catarrhozone, active curative properties are given off, and immediate relief follows. Catarrhozone proves especially good in those chronic cases where mucous drops down the throat, sickens the stomach and pollutes the breath. When the nostrils are stuffed, only a few breaths through the inhaler are needed to clear the passages, and where there is coughing and sore bronchial tubes, the soothing, healing properties of Catarrhozone act almost as magic.

Once you stop taking medicine into the stomach and get the healing oils and pure balsams of Catarrhozone at work you can be sure of quick and lasting cure for nose colds, catarrh, weak lungs, bronchitis, and speakers' sore throat. Those who use Catarrhozone swear by it, thousands of physicians that prescribe it say nothing could more effectually prevent and cure winter ills than Catarrhozone.

**BURNS**—If severe send for a physician. Remove at once clothing from the part affected. Puncture blisters by piercing them in the lower edge with point of a needle it being passed through a lamp flame or washed in a strong solution of carbolic acid or peroxide of hydrogen. Cover quickly to exclude air.

**SLIGHT BURNS**—Apply baking soda made into a thin paste or solution containing as much soda as the water will take up. Cover with clean cotton or linen so as to exclude air.

**SEVERE BURNS**—Remove patient to a cool place. Apply carbolic oil, petrolatum lard, or a preparation of equal parts of linseed oil and lime water, or beat quickly the whites of eggs which forms an affective covering. If you have none of the above, dust with corn starch or flour or moistened earth or clay. Be sure and cover burns as quickly as possible. Be sure your hands are clean. Saturate clothes with oil before you put them on.

**BURNS FROM CAUSTIC LYE, SOAP MAKER'S LYE OR STRONG AMMONIA**—Pour water freely, then a strong solution of vinegar and dress as ordinary burn.

**SUNBURN**—Apply strong solution of baking soda or vaseline, sweet oil.

**FOREIGN BODIES IN EYE**—Do not rub the eye but keep it closed. Tears will gather and wash the substance to the corner. Wipe out the substance from the eye with perfectly clean cotton or linen. Blowing the nose on the same side is frequently effective.

**FOREIGN BODIES IN THE NOSE**—Hold the opposite nostril. Sneezing is good. Let the patient take a full breath, give a sharp blow on the back across the shoulders.

#### HOME TREATMENT FOR SIMPLE MALADIES

**EARACHE**—Drop into the ear ten drops of a mixture of equal parts of laudanum and sweet oil. Apply Nerviline externally.

**NEURALGIA**—Pour Nerviline on wrapping paper the size of the part affected. Apply quickly to the seat of the pain. Cover quickly with a handkerchief and apply the pressure of the hand until it has evaporated, and repeat if necessary.

**CROUP**—Rub the chest with equal parts of Nerviline and olive or castor oil. Make a

*(Continued on page 25)*

# Pale, Weak, Tired Young Girls

Easily Noticed by Blanched Cheeks, Bloodless Lips, and Dull Eyes



PERHAPS she is sixteen. Suddenly she seems to lose strength. Her beauty fades because her vitality is steadily decreasing. Dark circles appear under the eyes which become lustreless and dull. Her spirits droop, for no girl can be contented and happy in such a condition.

This may be quickly corrected by taking Ferrozone. It supplies what is lacking in the blood, purifies and strengthens it, and keeps it in perfect order. Ferrozone makes plenty of red blood corpuscles that manifest themselves in a healthy ruddy complexion. It aids the stomach to do its work, and creates a natural healthy relish for food.

Every organ of the body is benefitted by Ferrozone. It rebuilds the entire system, makes new tissue, strengthens weak flabby muscles, makes thin people fat and sick people well.

No case of thin blood is too chronic for Ferrozone. It may take time, but if persistently used will cure in the end. It will give you a well developed form, clear complexion, pure breath and will restore the bloom to faded cheeks and color to the lips more quickly than any other remedy.

Every woman who desires a vigorous constitution, and the good looks that come with good health, should take Ferrozone after each meal regularly. It is a wonderful tonic for the brain, the nerves and the blood, and acts also as an efficient but harmless regulator. In fact for all diseases peculiar to women and growing girls, Ferrozone has no equal as your druggist can tell you.

Three weeks' treatment costs 50 cents, or three boxes for \$1.25. Sold by druggists and dealers in medicine everywhere, or sent by mail if price is forwarded to Catarrhzone Co., Kingston, Ont.

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**"JUST AS GOOD"—MAY BE, BUT DON'T GAMBLE ON THE CHANCE. LET YOUR MONEY BUY THE KNOWN GOOD**

**CROUP, Treatment of—Continued**

mixture of one teaspoonful of ground alum with two tablespoonfuls of honey or syrup and give a teaspoonful until vomiting is induced or give fifteen drops Wine Epicac until vomiting is induced.

**CARBOLIC ACID POISONING**—Give oil or milk of Emetic or Epicac or large doses of Epsom Salts, and by using the fingers vomiting may often be quickly induced. Salt and water taken in large quantities will also induce vomiting. Give the white of eggs and if stimulants are necessary be sure and dilute well.

**INFECTIOUS DISEASES**

**SCARLET FEVER**—This is one of the most contagious diseases. The contagion is conveyed by the discharges from the body or almost anything touched by the patient and is particularly active during the time scaling or peeling of the skin is going on. Look for high fever, sore throat and tonsils and patches in the throat. Keep the other children away for the disease often grows more prevalent by transmission. Use carbolic acid or other disinfectant for all the discharges from the body. Contagion is especially dangerous at period of convalescence

and for two weeks after. Be sure and disinfect the room after the patient has recovered.

**MEASLES**—Look for fever, running of the nose and eyes and rash. Measles are very infectious. The germs of measles are carried in clothing or by currents of air; the sputum and all the discharges of the body are dangerous. The period of recovery is the most infectious period. Rash lasts four or five days and the peeling of the skin from a week to ten days. The room should be thoroughly disinfected.

**GERMAN MEASLES**—Are thought to be less dangerous than either measles or scarlet fever, but generally speaking the fever is less and running of the eyes and nose also very much less. Better call in a physician in these infectious diseases of childhood.

**DIPHTHERIA**—also is a very infectious disease. The tonsils will almost at once show patches of grey or dirty-brown membrane. Sore throat among children should be looked after immediately by a physician as prompt treatment is absolutely necessary and the average person is not confident to distinguish between scarlet fever, measles and diphtheria at the

*(Continued on page 27)*

# Pimples, Skin Disorders, Positively Go

When Ferrozone is Used Every Kind of Face Blemish, Blood Disorder, and Eruption  
Fades Away—Quickly and for Good

**Y**OU may have an ugly face, a pimply one, without a spark of color in your lips or cheeks. Your skin may be uneven, rough, wrinkled, and long before your time you may be looking old and faded. Don't worry, and cheer up. Your troubles have a cure. Remove the cause and you get well. Lotions and salves and face creams do no good. The trouble is in the blood. It must be set right. It's far too thin—too watery,—contains no vitality or redness. Your circulation is too slow, consequently your skin is dry, hard, and probably marked with humor spots, pimples or black heads. A quick cure always comes from Ferrozone. The very minute Ferrozone gets into the blood its good work begins. Poison and foul matter are expelled. Every trace of humor is driven out and kept out. Every drop of blood is renewed, vitalized, reddened. In consequence the blush of youth, that healthful looking tint, comes back to the skin. There comes a clear snappy look to the eyes that tells you are feeling better already. Under the influence of Ferrozone you will look like new in less than a month's time—think of it—a clear skin—not a blotch, not a pimple—every drop of blood tingling with life and health—your appetite better—your digestion the best ever—a gain in weight—more endurance and a greater ambition and ability to work.

To know how quickly Ferrozone cures, to see how it rebuilds and restores, you have only to read the following letter:—

Miss Evelyn M. Gaetz, of Kingston, writes: "I have had an attack of blood disorder which broke out in horrid looking pimples. They were ugly red disfiguring blotches and ruined the appearance of my face. I tried all sorts of medicine, but the pimples didn't leave. I was recom-

mended Ferrozone and gave it a trial. I noticed an improvement after the second box and kept up the treatment which finally cleared my skin. As a result of Ferrozone I have a clear, healthy complexion and can recommend it to all other young women similarly affected."

## **REFUSE SUBSTITUTES**

## **"JUST AS GOOD" IS NO GOOD**

*Corns are quickly removed by Putnam's Painless Corn Extractor*

**DIPHTHERIA, Treatment of—Continued**

beginning stages. Period of recovery of diphtheria is a dangerous time. Dishes, toys, wearing apparel, everything within the area of infection should be thoroughly disinfected and other members of the family secluded from contact with the patient or anything the patient handles. Do not let a child go where diphtheria is known to be present. Do not allow a dog or cat to enter the sick room. When diphtheria is epidemic all persons having sore throat should receive the immediate attention of a physician.

**Reasons Why Nerviline Cures  
Rheumatism Quickly**

There is a marvellous healing power in Nerviline which it derives from the extracts and juices of certain rare herbs and roots. It allays almost magically the awful pain that only rheumatics can describe.

Congestion is drawn out of the muscles, stiffened joints are eased and limbered up, the old time feeling of depression is cast off, and once again Nerviline brings the sufferer to buoyant, vigorous lasting good health.

**Gnawing Stomach Pains  
Permanently Cured****Sure Relief in One Hour**

Dr. Hamilton's Pills work wonders. They have brought good health, robust looks, splendid appetite to thousands.

There is no excuse for chronic stomach pains or distress after eating. If you feel miserable, have headaches, dyspeptic disturbance and bilious turns, you can get well quickly by using Dr. Hamilton's Pills. They will set you up in no time, wonderful the appetite they give, splendid the way you eat and sleep. All feeling of misery and depression goes. Hamilton's Pills cleanse, purify and restore the system to permanent good health.

Try a 25c. box of Dr. Hamilton's Pills, the finest family medicine ever devised.

# Ferrozone Will Increase Your Weight, Restore Lost Strength

Ferrozone Fills the Blood With Snap and Energy, Instills a Reserve of Power Into the Body that Defies Weariness, Sleeplessness, or Worry



WAY with all weariness! Brace up, get strong, grow fat—all this you can do with Ferrozone.

You may be nervous, your appetite poor, sleep hard to get, and still worse you are all fagged out. You have work to do but no strength to sustain you.

Ferrozone will make your blood nutritious and you'll soon have lots of strength.

Ferrozone is a remarkable blood-forming and tissue-building remedy. In thousands of cases it has added five pounds in a single week. It is the rich warm blood Ferrozone makes that does so much good. Blood that is full of vitality soon nourishes the muscles and nerves, and it's small wonder that the body fattens when supplied three times daily with such concentrated nourishment as Ferrozone. Under its tonic effect new life and energy is imparted to the whole system, you feel the result quickly, feel it in sound sleep, strong digestion and hardy nerves.

If you are earnest in wishing to get strong, to get back in your cheeks the roses of early youth, to acquire steady nerves and lost of strength and vital energy, if you would sleep well, eat well, look and feel well and enjoy the best that health can bring you, then commence Ferrozone to-day.—A new era will dawn—life will mean a thousand-fold more, your usefulness will increase and the joys and happiness of life will multiply. Others have done it, any reason why you shouldn't?

Try it and watch the result.

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**JUST AS GOOD IS "NO GOOD"**

**GET THE GENUINE**

## Hair Washes

### An Astringent

Borax, 1 drachm; glycerine, 2 drachms; tincture of cantharides, 4 drachms; liquor of ammonia, 1 ounce; oil of almonds, 2 drachms; water to six ounces. Mix, rub this into the scalp with the fingers every morning, and it will improve the condition of the hair.

### A Famous Hair Tonic

Sir Erasmus Wilson, the noted dermatologist, prescribed the following hair tonic:—Tincture of cantharides, 3 ounces; oil of rosemary, 1 ounce; bay rum, 6 ounces; olive oil, 1 ounce. It is claimed that 1 ounce of rock sulphur, broken into small pieces (not powdered), added to this lotion will retard the coming of grey hairs.

### A Good Preparation

Any chemist will make up the following hair wash, which nourishes the hair and keeps it in good condition:—6 ounces bay rum, 1½ drachms milk of sulphur. Apply this to the roots of the hair every second night, and in the morning brush the hair with a long bristled brush. The lotion must be thoroughly shaken before being used.

### For Fair Hair

The following is said to be an excellent wash for fair hair:—½ ounce of sesquicarbonate of ammonia, ½ pint of rose water, ¼ pint spirits of rosemary; mix by shaking. Apply to the hair before brushing.

### A Simple Hair Tonic

Four ounces Jamaica rum, 1 ounce rose water, 2 ounces sweet oil, 1 drachm of tincture of cantharides. This preparation, which stimulates the growth of hair and delays its turning grey, should be applied two or three times a week.

### Greasy, Moist Hair

According to an eminent authority, the following formula produces a crispy condition and an auburn shade:—

- 1 ounce bichlorate of soda (powdered).
- 1 ounce bicarbonate of soda (powdered).
- 1 ounce (fluid) eau-de-cologne.

### For Oily Hair

This preparation should be rubbed into the scalp every other night or so:—  
2 ounces witch hazel extract; 2 ounces alcohol;  
1 ounce distilled water; 40 grains resorcin.

# Sleepless? Nerves are Racked; Vitality is Lowered, Brain is Congested: Health Undermined

Opiates, Sedatives, Narcotics, Worse Than Useless. Produce No Permanent Good



WORRY, overwork, over-study and indigestion cause Insomnia.

Healthy, natural sleep can't be produced by drugs.

First, the blood circulation must be improved.

Congestion of blood in the head must be removed.

Irritation in the brain must be relieved.

It's because Ferrozone equalizes circulation, because it soothes the irritation, because it removes congestion that it does cure insomnia.

For building blood and nerve, for instilling force and life into overworked organs, for establishing strength and vitality, where can you find anything so sure as Ferrozone.

Remember, sleep is just as important as food.

You must sleep, or break down.

You can if you'll use Ferrozone and thereby remove the conditions which now keep you from sleep.

Ferrozone is not a narcotic, not a dope; it is a health-giving tonic that any child or delicate woman can use.

Absolutely safe is Ferrozone.

Take it for a month, take it for a year—no harm, but immeasurable good will result.

To sleep well, look well, feel well, to be free from depression, nervousness or blues—use Ferrozone.

It's a food tonic, a healer to the weak and wretched, a boon to the sleepless—sold everywhere in 50 cent boxes, and by mail from Catarrhzone Co., Kingston, Ont.

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**DON'T BE A FOOL, GET WHAT YOU ASK FOR. "JUST AS GOOD," OFTEN NO GOOD. GET THE GENUINE**

# Thin Blood, Pallor, Weakness, Palpitation, Shortness of Breath

Successfully Healed. Ferrozone a Fine Remedy.

**I**F you are pale, your blood is pale—that is to say, it is watery, thin and weak. Your blood should be thick, red and full of vitality. With anæmic blood you can't hope to feel strong or look well. Ferrozone acts quickly. It cures anæmia. It changes a thin, sickly, pale person into one of vigorous health—makes that rosy glow stand out in the cheeks, reddens the lips to a ruby color, makes the eyes look snappy and bright. Ferrozone reconstructs the vital forces of the body because it supplies the sort of nourishment that builds up, that strengthens, that keeps away sickness, tiredness, and depression.

You will look better—you will feel like new, life will be happier, everything will seem more attractive once Ferrozone gets its good work started. Just two tablets with your meals—surely an easy way to regain the health you want.

## BLOODLESS CHEEKS MADE ROSY

"I can recommend Ferrozone to everyone who suffers from anæmic blood. I found it not only a bracing tonic that helped immediately but a certain cure for chronic anæmia," writes Mrs. Mary E. Maloney, from Bridgetown. "I didn't have any color in my lips or cheeks for three years prior to using Ferrozone, and today I don't even resemble my former self. My health is perfect and I continue to take two Ferrozone tablets with every meal."

## CURED 4 YEARS OF ANÆMIA

"Ferrozone proved a boon to me. I suffered from watery blood and extreme debility for four years, and during that time never knew what it was to feel well. Ferrozone increased my appetite—it simply made me eat, and from that time on I gained steadily. There is no trace of anæmia about me to-day and I continue to employ Ferrozone because I find it contains just something my blood lacks."

M. W. LEARIE,  
Georgetown.

JUST AS GOOD OFTEN MEANS NO GOOD

GET GENUINE FERROZONE

# Makes Nervous People Well Gives Vim, Vigor, Endurance

Ferrozone is the Tonic You Doubtless Need



HE general term "Nervous" covers what thousands of ailing people feel who don't exactly know what is wrong with them. Nervousness affects people differently. Many live under tension, feel keyed up to high pitch, and start at trifles. Others are irritable and cross, don't get along with other people. Another type is sleepless, nervously exhausted and depressed. Frequently there is hysteria, tears flow all too readily, self-control is almost entirely lacking and headaches are almost a chronic condition. To enter a dark place alone is often a torture. Nervous people should not be scolded—they are to be pitied. The nerves are the great controlling force of the body, and upon their condition hangs your power to even think or act. Poor nerves and poor blood go hand in hand. Cure is not possible unless the blood is fortified with nourishing qualities that will enrich, redden and warm it back to a healthy condition. No remedy ever devised will compare with Ferrozone in nervous maladies. Ferrozone does not affect the nerves as hypnotics or sedatives which only have a deadening effect. Ferrozone contains the constituents that are necessary to make nerve strength. Its method of work is simple and effective. First, Ferrozone creates a vigorous appetite, and thereby assures more nourishment for the rebuilding of tired, worn-out organs.

With more food being consumed, additional weight is soon added. The system is toned throughout.

Reconstructive forces acting directly upon the blood and the nerve centres quickly change things for the better.

Ferrozone gives you "grip," "courage," "sand." Ferrozone makes you strong. Ferrozone makes healthy blood tingle in your veins. It is the road to health.

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**PUTNAM'S PAINLESS CORN EXTRACTOR REMOVES CORNS**

## Brief Points of Business Law

Ignorance of the law excuses no one.

The act of one partner binds all the others.

A contract made on a Sunday is void.

A principal is liable for the acts of his agents.

An agent is liable to his principal for errors.

A receipt for money paid is not legally conclusive.

A signature made with a lead pencil is good in law.

An agreement without consideration, expressed or implied, is void.

A contract made with a minor cannot be enforced. A note made with a minor is voidable.

Each partner is liable for the whole amount of the debts of his firm.

A partial payment of an outlawed debt revives the obligation.

Notes obtained by fraud, or made by an intoxicated person, are not collectible.

If no time of payment is specified in a note it is payable on demand.

A note which does not state upon its face that it bears interest will bear interest after maturity.

An indorser may avoid liability by writing "without recourse" under his signature.

Don't accept a note until you are certain that it is dated correctly; specifies the amount of money to be paid; names the person to whom it is to be paid; includes the words "or order" after the name of payee, if it is intended to make the note negotiable; states a place where payment is to be made; states that the note is "for value received"; and is signed by the maker or his duly authorized representative.

Don't accept a deed to property until all the following conditions are complied with: 1. It must be signed, sealed and witnessed. 2. Interlineations should be mentioned in the certificate of acknowledgement. 3. All the partners must join in a deed from a partnership. 4. A deed from a corporation should bear the corporate seal and be signed by officers designated in the resolution of the directors authorizing it. 5. A deed from a married woman should be joined in by her husband. 6. A deed from an executor should recite his power of sale. 7. The consideration must be expressed. In some States a deed from a married man must be joined in by his wife. See that a deed is recorded without unnecessary delay.



**DR. HAMILTON'S PILLS OF MARIORAE AND BUTTERNUT**

AN INSTANT RELIEF AND INFALLIBLE CURE FOR ALL DISORDERS OF THE STOMACH, BOWELS, KIDNEYS, LIVER AND BLADDER.

PREPARED BY DR. HAMILTON, 101 N. BROAD ST., PHILADELPHIA, PA.

PRICE 25 CENTS

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A BLOOD BUILDER NERVE TONIC BRAIN TONIC

FOR ALL DISORDERS OF THE BLOOD, BRAIN AND NERVES. ANEMIA, CHLOROSIS, POOR APPETITE, FEMALE COMPLAINTS, HEART DISEASE, NERVOUS PROSTRATION, LOSS OF POWER, NEURALGIC PAINS, BRIGHT'S DISEASE, KIDNEY DYSFUNCTION AND CATARRHAL TROUBLES AND ALL WEAKNESSES.

PRICE 50 CENTS

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**COUGH BALSAM**

A pleasant and effective remedy for COUGHS, COLDS, BRONCHITIS, CROUP, TICKLING IN THROAT, CATARRHAL COUGH, SORE THROAT, WHOOPING COUGH, ETC.

Contains neither Opium or Morphine. Safe and prompt in action.

PRICE 25¢

PREPARED BY

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FOR CATARRH, COLDS, COUGHS, BRONCHITIS, ASTHMA, HAY FEVER, DEPRESSION, LA GRIFFE, THROAT TROUBLE, CONSUMPTION.

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CURES QUICKLY NEURALGIA, TOOTH ACHE, RHEUMATISM, GOLD, HEADACHE, CHOLERA, DYSENTERY AND ALL PAIN EXTERNAL OR INTERNAL.

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