

# Dainty Dishes

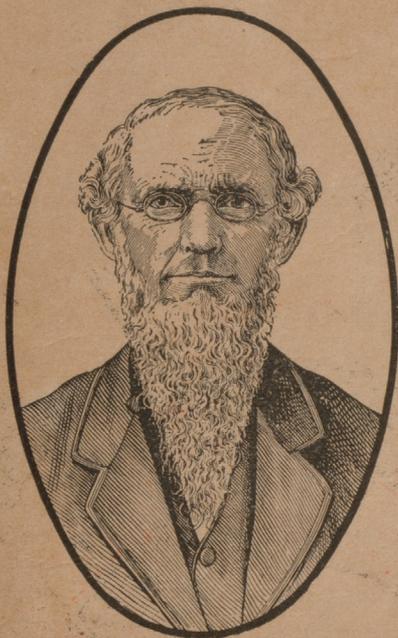
For the Invalid



## Life of Dr. A. W. Chase

The famous author of Dr. Chase's Receipt Book and the discoverer of Dr. Chase's Family Medicines.

In 1860 Dr. A. W. Chase was a practising physician at Ann Arbor, Mich., and was acquiring an enviable reputation as a remarkably successful and conscientious physician. Gifted with unusual mental capacity, he had made the best of his time and



Respectfully  
A. W. Chase, M.D.

opportunities by graduating from the two leading medical schools of America, the Eclectic College of Medicine, at Cincinnati, Ohio, and the University of Michigan, at Ann Arbor.

"The greatest good to the greatest number," is a motto which the doctor kept before him throughout life, and in spite of strenuous opposition from fellow practitioners who desired for the sake of greater financial gain, to keep the practice of medicine shrouded in mystery, he introduced his favorite prescriptions to the general public and published his now world famous Receipt Book in order that all might read and learn the nature and cause of their ailments and apply the most effective treatment.

The success which has crowned the efforts of Dr. Chase to alleviate the sufferings of humanity has been most extraordinary. His name is now spoken with reverence in hundreds and thousands of homes. His Receipt Book remains to-day the most useful household work that was ever published and has a circulation second only to that of the Bible. His great Family Medicines have won the confidence of the people the world over, and have established a record of cures that is unparalleled in the history of medicine. It would be difficult to imagine a more useful life than that of Dr. Chase.

# Dr. Chase's Symptom Book

This book is put into your hands with the object of aiding you to become familiar with the symptoms of the more common ills and thereby enabling you to prevent and cure disease before it obtains the upper hand and refuses to yield to medical treatment.

It is well known that if coughs and colds are promptly checked, the bowels kept regular and the liver and kidneys active there will be little danger from chronic, infectious or contagious diseases.

By looking up the symptoms which manifest themselves in your particular case you can readily ascertain the nature of your ailment and we have also suggested in many cases the most suitable and effective treatment. On page 32 you will find the index which will enable you to find at once the information you desire.

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## Dainty Dishes For the Invalid

In acute diseases such as typhoid fever, pneumonia, etc., nursing becomes of the greatest importance and one of the chief duties of the nurse is the preparation of dishes which will at the same time tempt the appetite and nourish the body of the invalid.

Strength must be kept up and wasting prevented, but the delicate state of the patient's digestive organs must be considered, and since liquids are more easily digested than solids the diet must consist largely of milk, beef tea and broths.

Scrupulous cleanliness is indispensable; tact and perseverance in order to ensure that enough nourishment be taken, is important and variety in preparation is necessary.

With the object of assisting the nurse in this invaluable part of her duties we are including in this little book a number of recipes for the preparation of delicacies for the invalid and believe that mothers, who are the nurses in the great majority of homes, will find them worthy of preservation.

## ANAEMIA OR BLOODLESSNESS

Anaemia prevails to an alarming extent among young women who show the presence of this disease by their pale, wan faces and tired worn-out appearance. The symptoms are:

Paleness of the gums, tongue and eyelids.

Muscular weakness.

Deficient appetite.

Impaired digestion.

Attacks of vomiting.

Fatigue on slightest exertion.

Shortness of breath and irritable temper.

Fainting spells and dizziness.

Deficient menses in females.

## NECESSITY OF IRON TO CURE ANAEMIA

Anaemia is due to the lack of red corpuscles in the blood and so far as medical science has been able to find out nothing but iron will supply to the blood the necessary nutritive qualities.

In Dr. Chase's Nerve Food iron is found in a predigested form and is combined with a number of other nerve and blood restoratives of well known value, in such a way as to be readily assimilated by the most delicate stomach. For this reason Dr. Chase's Nerve Food is wonderfully successful in the cure of anaemia or bloodlessness as it is sometimes called.

Naturally and gradually this great food cure brings back the

## DAINTY DISHES FOR THE INVALID

### EGG BROTH.

Yolk 1 egg. Speck salt.  
1 tablespoon sugar 1 cup hot milk.  
Brandy or some other stimulant if required.

Beat egg, add sugar and salt. Pour on carefully the hot milk. Flavor as desired, if with brandy or wine, use about one tablespoon.

### EGG-NOG.

1 egg.  $\frac{3}{4}$  cup of milk.  
Speck salt.  $1\frac{1}{2}$  tablespoon wine  
1 tablespoon sugar or less of brandy.

Beat the egg, add the sugar and salt; blend thoroughly, add the milk and liquor. Serve immediately.

### MILK PUNCH.

1 egg. 1 wineglass sherry.  
 $\frac{1}{2}$  cup cold water. Nutmeg.  
Sugar.

Beat the egg. Heat the water and wine together but not boiling; pour onto the egg, stirring constantly; flavor with sugar and nutmeg.

### TEA PUNCH.

Few beverages find readier favor during the hot weather than tea punch. To make it, pour boiling lemonade, sweetened to taste, over the tea leaves, and allow the liquid to stand until cold. Then strain and serve in tall glasses, with shaved ice and slices of lemon.

### EGG LEMONADE.

1 egg. 2 tablespoons  
2 tablespoons lemon juice.  
sugar. 1 cup cold water.

Beat the egg thoroughly, add the sugar and lemon juice; pour in gradually the water, stirring until smooth and well mixed. Strain and serve.

(Continued on page 6.)

glow of health to the pale, wan cheek and muscular strength to the weakened body of the unfortunate sufferer from anaemia and replaces weakness and despondency with new vigor and new hope.

## **APOPLEXY AND PARALYSIS**

The attack may come suddenly as a stroke or be preceded by such warning symptoms as headache, vertigo, transient deafness or blindness, sensations of numbness and constant dread of an attack.

The patient becomes pale and sick, usually vomits, and frequently falls down as in a faint and is sometimes seized with convulsions. He may recover in a few minutes but continues to suffer from intense headache and gradually sinks into deep sleep from which he never recovers.

In other cases the patient may recover only to find that part of his body is paralyzed and he is deprived of the power of one side or of speech. Under these circumstances it requires patient and persistent treatment to restore to the nerves the power of motion.

When apoplexy results from Bright's disease of the kidneys it almost invariably proves fatal, for if it is temporarily relieved it returns again and again in the form of repeated strokes.

While apoplexy and paralysis cannot always be cured by Dr.

Chase's Nerve Food, we believe there is no treatment that has brought about such wonderful results in this connection.

Prudence suggests the wisdom of using Dr. Chase's Nerve Food at the first indication of nervous exhaustion and preventing such terrible diseases as apoplexy and paralysis.

## **SCIATICA**

Sciatica is denoted by sharp, tearing, shooting pains along the sciatic nerve which passes along the inner side of the thigh. This ailment which is of a neuralgic nature indicates an exhausted condition of the nervous system and the need of Dr. Chase's Nerve Food. Relief is obtained by the application of Dr. Chase's Backache Plaster immediately over the seat of pain.

## **LOCOMOTOR ATAXIA**

Locomotor ataxia is that form of paralysis which interferes with the movement of the legs and is usually indicated by a peculiar shuffling gait in walking.

The warning symptoms are largely the same as those already stated for paralysis but you can distinguish locomotor ataxia by the following test:—

Stand with feet close together and eyes shut. If you are a victim of locomotor ataxia your body will sway from side to side and you may fall over.

You will also be unable to

walk in a straight line with your eyes shut and only with difficulty with them open.

Dr. Chase's Nerve Food is the most effective treatment ever devised as a preventive and cure for locomotor ataxia and other diseases of the nerves, because it is composed of the ingredients which the foremost physicians assert are the most certain nerve restoratives.

## **NERVOUS PROSTRATION**

Tired, weak, worn out, lacking in energy and ambition, nervous and easily irritated, inability to concentrate the thoughts, headache, dizziness, cold hands and feet, sleeplessness, and heart palpitation, dizziness, fear and depression are among the symptoms of nervous exhaustion and prostration.

Nerve force is lacking and in order to increase the supply you must rest and use Dr. Chase's Nerve Food. As the wasted nerve cells are restored by this treatment you will feel the thrill of new life and vigor throughout the entire body. It will take time and persistent treatment to bring about complete restoration, but Dr. Chase's Nerve Food works in accord with Nature's laws and you can be certain that each dose is of some benefit to you.

Mrs. John Myles, South Woodilee, Ont., used 40 boxes of Dr. Chase's Nerve Food before she was completely cured, but hers was a most severe case.

## **NERVOUS EXHAUSTION AND PARALYSIS**

Every symptom which tells of an exhausted condition of the nerves is a warning to you to take active means of restoring the vitality of the nerves lest at some unexpected moment you fall a victim to paralysis. Among such symptoms are:—

Twitching of the nerves and muscles.

Sudden starting from sleep.

Brain fag and headache.

Numbness of any part of the body.

Nervousness and irritability.

Tendency to worry and anxiety.

Wakefulness at night.

Nervous dyspepsia.

Difficulty in controlling the movement of arms or legs.

Sensitiveness to light, sound or motion.

Discouragement, despondency and dread of the future.

Weakness of any of the bodily organs.

Neuralgic and sciatic pains.

Rest and the use of Dr. Chase's Nerve Food is the most successful treatment ever devised for the prevention and cure of paralysis and locomotor ataxia.

Dr. Chase's Nerve Food is composed of the most powerful nerve restoratives known to science. It affects its cures in the only natural way by forming new, rich blood and creating new nerve force.

# Dr. Chase's Nerve Food

## THE GREAT BLOOD BUILDER AND NERVE RESTORATIVE

You may stop a headache by the use of powerful drugs, produce artificial sleep by means of morphine or whip up the action of the heart by means of stimulants but by so doing you are merely consuming your remaining vitality at an enormous rate and hastening complete breakdown.

The only natural and rational way to overcome derangements and diseases arising from weak blood and an exhausted nervous system is to enrich the blood and increase the nerve force by use of such a preparation as Dr. Chase's Nerve Food.

Each and every part of the body is traversed by the nerve fibres and hence it follows that the whole system is benefitted by this treatment.

Dr. Chase's Nerve Food contains in condensed pill form the most powerful restoratives known to medical science. Naturally and gradually it instils new vigor and energy into every organ of the body and rounds out the form to healthful and graceful proportions.

Because of its splendid restorative influence on the nervous system Dr. Chase's Nerve Food

is especially effective in the cure of ailments and derangements peculiar to the feminine system. It is not in any sense a mere relief but thoroughly restores the pale, weak and run down system to health, strength and vigor.



Note your increase in weight while using  
Dr. Chase's Nerve Food.

In men an exhausted nervous system is usually indicated by headache, brain fag, nervous dyspepsia, irritability and sleeplessness. Because of the utter helplessness of mind and body to which nervous diseases often lead no one can afford to neglect the use of this great nerve restorative.

**HEADACHE**

Is never a disease in itself but rather a symptom. When it is not an accompaniment of fever or some acute disease, it is usually associated with indigestion and may be described as nervous or bilious headache.

*Nervous headache* is the result of a run-down nervous system and is usually most severe after some excitement or strain of the nerves. No amount of headache powders or "quick cures" will ever bring more than temporary relief and even that is with an enormous waste of nervous energy. Because Dr. Chase's Nerve Food forms new, rich blood and creates new nerve force it is the most certain and most satisfactory treatment for nervous headache that was ever discovered.

It is not intended as a relief but as a thorough and lasting cure.

*Bilious or Sick Headache* results from sluggish action of the liver and bowels and is quickly overcome by the use of Dr. Chase's Kidney-Liver Pills.

**NEURALGIA**

Is a disease of the nervous system manifesting itself by sudden pains of a sharp darting character. While sometimes directly caused by exposure to cold and dampness it really results from anaemia, a watery condition of the blood, and can be entirely overcome by the persistent use of Dr. Chase's Nerve Food.

**DAINTY DISHES  
FOR THE INVALID****KUMYSS.**

$\frac{1}{2}$ cake yeast.	1 tablespoon
$1\frac{1}{2}$ tablespoons	water.
sugar.	1 quart milk.

Make a thin syrup of the sugar and water and cook one minute. Soften the yeast in two tablespoons of lukewarm milk. Heat the milk until lukewarm, add other ingredients and shake. Bottle and place in upright position for twelve hours, and keep in cool place. Ready for use after the first twenty-four hours, but the longer it is kept the less palatable it is. It should look like thick, foamy cream. Kumyss is especially suited for many forms of indigestion, nausea, fever and gastric trouble, pulmonary consumption and other wasting diseases.

**FLAXSEED TEA.**

1 tablespoon	Juice 1 lemon.
whole flaxseed.	Sugar.
2 cups cold water.	

Wash flaxseed thoroughly, put it with the cold water in a saucepan, simmer one hour, add lemon juice and sugar to taste and strain. If too thick, add hot water. Valuable in case of inflammation of the mucous membrane.

**BEEF TEA.**

$\frac{1}{2}$ pound steak.	Salt.
1 cup cold water.	

Wipe steak, remove all fat and cut in small pieces. Add cold water and soak fifteen minutes. Put in a jar and cover; place on trivet in kettle and surround with cold water. Allow water to heat slowly; do not have it reach a temperature higher than 150 degrees Fahrenheit. Cook two hours. Strain and season.

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## WOMAN'S ILLS

When the nervous system is out of tune and when there is lack of nerve force or nervous energy there is inability on the part of every organ of the body to properly perform its functions; there is no regularity in action; sometimes too little and at other times too much.

In women this irregularity is most evident in the monthly uterine action. The menses are irregular, insufficient, profuse or painful. The cause of trouble rests with the weak and exhausted condition of the blood and nerves.

The dull aching pain in the back, the bearing down feelings, the distressing headaches, the irritability and utter weariness will disappear when Dr. Chase's Nerve Food is used to put the blood and nerves in healthful condition.

It is impossible to obtain a more effective treatment for the weaknesses and irregularities peculiar to women for there is no other medicine which so thoroughly removes the cause of such ailments. Naturally and gradually it instills new vigor into the wasted nerve cells and restores to healthful action all the vital organs of the body.

The healthful appearance and rosy complexions of women who have used Dr. Chase's Nerve Food is the best proof that their systems have been fully restored to health and vigor.

## CHLOROSIS

Chlorosis or Green Sickness is a disease of girlhood very similar to anaemia. Blondes become pallid, waxy and puffy. Brunettes muddy and grayish in color, with blue-black rings under the eyes. Weariness, shortness of breath, poor appetite and digestion and irritable heart are the symptoms.

There is no treatment so well suited to this ailment as Dr. Chase's Nerve Food. See anaemia for the reasons. Page 2.

## EPILEPSY OR FALLING SICKNESS

The attack is sudden, the subject usually falling down with a peculiar cry. Loss of consciousness, pallor of the face and rigidity of the body are the marked symptoms. Convulsions are followed by a stupor of several hours' duration from which the victim slowly awakens.

In many cases epilepsy cannot be cured, but the most rational treatment is the use of such a restorative as Dr. Chase's Nerve Food which slowly but certainly instills new vigor into the depleted nerve cells.

**MILK AS A MEDICINE**—Milk given warm is declared to be almost a specific for diarrhoea, stomach-ache, incipient cholera and dysentery and invaluable as a treatment for typhoid fever, scarlet fever and debilitating diseases. The milk should never be boiled but only heated sufficient to be agreeably warm.

## Rich, Red Blood Secret of Health

Red blood means health, strength, courage, cheerfulness, power of endurance and a well-nourished brain that likes to accomplish things.

The secret of health is, after all, in the blood, for with an abundance of rich, red blood the nervous system is nourished and sustained, the lungs, heart, stomach, liver and kidneys are filled with the vigor and energy necessary to accomplish their work and there is no room for weakness and disease.

Dr. Chase's Nerve Food builds up, strengthens and invigorates the whole human body because it actually forms rich, red blood.

Indigestion, sleeplessness, nervous headache, irritability, nervousness, lack of energy and strength and failure of the bodily organs to perform their functions are almost invariably the result of poor, weak, watery blood.

The use of Dr. Chase's Nerve Food completely overcomes these symptoms and by filling the whole system with new vigor gives new hope and confidence and replaces weakness and disease with health and strength.

### What you may expect

Good digestion, ruddy complexion, splendid circulation, clear brain, steady nerves, sound,

restful sleep, better health and greater strength of mind and body is what you may expect from the use of Dr. Chase's Nerve Food.

Not in any mysterious way but from the hard fact that Dr. Chase's Nerve Food is composed of the elements of nature which go to form new, red corpuscles in the blood, or, in other words, make the blood rich in the nutritive principle which creates nerve force—the power which runs the machinery of the body.

### STRENGTH FOR OLD AGE

Mr. Geo. W. Lawson, farmer, Con-secon, Prince Edward County, Ont., writes:—"I was taken sick and felt myself failing every day. I consulted and doctored with several eminent physicians, but received no permanent benefit. They told me they could do nothing for me except to afford temporary relief, as it was a general breaking up of old age. My nerves were exhausted, and my whole system completely broken up.

"I was just at death's door, and, thinking my time to die had come, I gave up hope and resigned myself to fate. At this time my wife read in the papers about some of the wonderful cures being brought about by Dr. Chase's Nerve Food, and I began using it."

"This treatment helped me from the first, and I continued to keep it up for six months, when I was fully restored to health. To-day I am a well man, and though in my seventy-fifth year, I feel as well as I did at twenty, and can walk as smartly as any of the boys."

## Diseases of Blood and Nerves

Which have been positively cured by the restorative influence of  
**DR CHASE'S NERVE FOOD.**

### Nerves Unstrung

Mr. Wm. Branton, Strathroy, Ont., writes:—"My nervous system was all unstrung. I could not sleep, had no appetite, my digestion was poor and my nerves twitched. Twenty-four boxes of Dr. Chase's Nerve Food completely restored my health."

### Stomach Paralyzed

Mr. Ferdinand Buteau, Lower Berthier, Que., writes:—"My doctors told me that my stomach was partially paralyzed and they could do nothing for me. Fifteen boxes of Dr. Chase's Nerve Food have done wonders for me and I have every reason to believe that the benefits will be lasting."

### School Girl's Nerves

Mrs. John Boutilier, 163 Morris St., Halifax, N.S., writes:—"My daughter was very weak and nervous and had severe headaches as a result of confinement at school. Dr. Chase's Nerve Food has fully restored her health."

### Sleeplessness

Mr. James W. Weaver, Pt. Dalhousie, Ont., writes:—"For three years I never knew what a full hour's sleep meant. Heart pains and headaches almost drove me wild. Eight boxes of Dr. Chase's Nerve Food have entirely cured me."

### Was Paralyzed

Mrs. W. R. Sutherland, St. Andrew's, Man., writes:—"I had a stroke and my tongue and left leg were paralyzed for six months. Doctors said my case was a bad one. Dr. Chase's Nerve Food has entirely cured me and I am grateful for so wonderful a medicine."

### Weak and Helpless

Mrs. M. A. Clock, Meaford, Ont., writes:—"I was so weak and helpless that I required help to move in bed. Indigestion and rheumatism caused great suffering. By the use of eleven boxes of Dr. Chase's Nerve Food I have been made strong and well."

### Nervous Headache

Mrs. Geo. Fuller, Lakeland, Man., writes:—"Dr. Chase's Nerve Food cured me of nervous headache, from which I was a great sufferer, and I am no longer troubled with twitching of the nerves in the arms and legs."

### General Debility

Mrs. Robert Darrach, Chipman, Queen's Co., N.B., writes:—"My daughter suffered from nervousness and general debility brought on by grippe. When the doctors failed to help her Dr. Chase's Nerve Food built her up wonderfully and cured her."

### Nervous Dyspepsia

Mr. A. Sutherland, school teacher, Sydney, N.S., writes:—"Several doctors treated me for nervous dyspepsia but it remained for Dr. Chase's Nerve Food to cure me and the cure is thorough and complete."

### Gained Ten Pounds

Mrs. H. A. Loynes, nurse, Philipsburg, Que., writes:—"In nursing others I had seen the benefits of Dr. Chase's Nerve Food and when I became run down and sick began to use it. I have gained ten pounds and feel strong and well again."

## NERVOUS DYSPEPSIA

ONE OF THE FIRST INDICATIONS OF A NERVOUS BREAKDOWN.

When an excessive amount of nerve force is consumed by worry, disease or mental effort there is bound to be a deficient supply for the work of digestion and this is what leads to nervous indigestion and dyspepsia—one of the first indications many people have of nervous break-down.

Nervous dyspepsia can only be cured by increasing the supply of nerve force and this is best accomplished by the use of Dr. Chase's Nerve Food. The best advice the dyspeptic can have is to stop worrying and over-work and use Dr. Chase's Nerve Food, one pill after each meal. The result of a few weeks of this treatment will surprise you.

## HEART DISEASE

Such symptoms as palpitation, irregular beating and weak action of the heart usually arise from a weak, watery condition of the blood and gradually disappear as the blood is enriched by the use of Dr. Chase's Nerve Food. Heart disease is most dreaded because of the suddenness with which the victim is overtaken by death but the majority of people who believe they have heart disease will find that the regular and healthful action of the heart will be fully restored by the use of this great blood builder.

## DAINTY DISHES FOR THE INVALID WHEY.

1 cup fresh milk. 1 teaspoon cold  
 $\frac{1}{2}$  Junket Tablet. water.

Heat the milk until lukewarm; add the tablet dissolved in the cold water. Allow it to jelly in a warm place. Break up the curd and strain through two thicknesses of cheese cloth, being careful to remove all the casein. Serve cold, with or without sweetening, and flavor as desired.

### OATMEAL GRUEL.

$\frac{1}{4}$  cup coarse oat-  $\frac{1}{2}$  cup boiling  
meal. water.

$\frac{1}{2}$  teaspoon salt. Milk or cream.

Add oatmeal and salt to the boiling water, and cook four to five hours in a double boiler, adding more water if necessary. Strain and dilute with hot milk to make it of the right consistency. Reheat and serve.

### LEMON MILK SHERBET.

1 cup milk. 2 drops lemon ex-  
 $1\frac{1}{2}$  cup sugar. tract.

Juice  $\frac{1}{2}$  lemon.

Blend all ingredients and freeze as you would ice cream.

(Continued on page 14).

## INSOMNIA

Insomnia or sleeplessness is one of the most pronounced and persistent symptoms of a weak and run down nervous system. Opiates and narcotics only bring temporary relief at a tremendous waste of nerve force. Dr. Chase's Nerve Food naturally and gradually rebuilds the wasted nerve cells and by fully restoring the nervous system removes the cause of sleeplessness.

## CONTAGIOUS DISEASES.

The following points will help to determine the nature of a suspicious illness:

DISEASE.	Rash or Eruption.	Appearance.	Duration in days.	Observations.
CHICKEN-POX . . . .	Small rose pimples changing to vesicles . . . . .	2nd day of fever or after 24 hrs. illness . . . . .	6-7	Scabs from about fourth day of fever.
ERYSIPELAS . . . . .	Diffuse redness and swelling . . . . .	2nd or 3rd day of illness . . . . .		Most common in face and head and after surgical operations or injuries.
MEASLES . . . . .	Small red dots, like flea bites . . . . .	4th day of fever, or after 72 hrs. illness.	6-10	Accompanied with running at eyes and nose, rash fades on 7th day. Relapse common.
SCARLET FEVER..	Bright scarlet, diffused . . . . .	2nd day of fever, or after 24 hrs. illness.	8-10	Very infectious. Often accompanied by sore throat and falling off of skin. Rash fades on 5th day.
SMALLPOX . . . . .	Small red pimples, changing to vesicles, then pustules	3rd day of fever, or after 48 hrs. illness.	14-21	Great pain in back and intense headache. Scabs from 9th to 10th day, fall off about 14th.
TYPHOID FEVER..	Rose-colored spots scattered.	11th to 14th day.	22-30	Accompanied by diarrhoea. Seldom infectious. Usually from bad drainage.

**SMALLPOX.**—"I am willing," says Edward Hines, "to stake my reputation if the worst case of Smallpox cannot be cured in three days by Cream of Tartar." Cream of Tartar, 1 oz., dissolved in boiling water, 1 pint to be drunk when cold at short intervals. It is known to have cured thousands of cases without fail. I have myself restored hundreds by this means. It can be taken any time and is preventative as well as curative. Dr. Chase in his Receipt Book adds that this treatment is used with great success by Mexican doctors.

### TABLE AND KITCHEN WEIGHTS AND MEASURES.

- Four teaspoonfuls liquid—one tablespoonful.
- Four tablespoonfuls liquid—one wine-glassful, or half a gill.
- Eight tablespoonfuls, or two wine-glassfuls liquid—one cupful or one tumblerful.
- One cupful liquid—two gills, or half a pint.
- Two cupfuls, or four gills—one pint.
- Two pints—one quart.      Four quarts—one gallon.
- One tablespoonful butter—one ounce.
- One lightly rounded tablespoonful Cottolene—one ounce.
- One rounded tablespoonful flour—half an ounce.
- One cupful butter—half a pound.
- One rounded cupful Cottolene—half a pound.
- One rounded cupful flour—one quarter pound.
- Four cupfuls flour—one quart or one pound.
- Three cupfuls corn-meal—one pound.
- Butter the size of an egg—two ounces.
- Butter the size of walnut—one ounce.
- Two cupfuls granulated sugar—one pound.
- Two and one-half cupfuls pulverized sugar—one pound.
- Two cupfuls brown sugar—thirteen ounces.

## DIPHTHERIA

Sore throat is not always a marked feature of diphtheria in the early stages. Especially in the cases of children the throat should be carefully examined when the following symptoms manifest themselves:—

Chills followed by fever.

Headache.

Loss of appetite.

Coated tongue.

Stiffness and swelling of the neck.

Tenderness about the jaws.

Aching of the limbs.

Desire to clear the throat.

As the disease advances the throat is covered by a dirty white membrane and the tonsils and palate are usually greatly swollen. High fever and bodily weakness are the most unfavorable symptoms.

### TREATMENT.

A doctor should be summoned immediately there is any suspicion of the presence of this deadly disease. Should you be out of reach of a doctor remember that the patient's strength must be kept up by nutritious food such as milk, eggs, broth and oysters. This is very important.

As a local treatment cloths wet with hot water or spirits of turpentine should be applied to the throat.

The inhalation of steam often brings relief, as does also the sucking of small bits of ice.

## PNEUMONIA

Cold in the head, fever and chills, a cough which gradually becomes dry and more painful in the chest, rapid, difficult breathing, feelings of exhaustion and depression—these are symptoms of pneumonia.

Good nursing is of the utmost importance in the treatment of pneumonia and we would suggest the wisdom of calling in your physician lest complications may arise. In the meantime relief may be obtained by the use of the mustard plaster and the patient should be well nourished.

You can prevent pneumonia by the use of Dr. Chase's Syrup of Linseed and Turpentine, the greatest of all treatments for the throat and lungs.

The only safe way is to regard every cold as serious. Remember that pneumonia and consumption are the frequent outcome, and cure the cold before it gets beyond your control.

## LOSS OF WEIGHT

Persistent loss of weight is one of the most discouraging symptoms of general decline in health because it denotes a gradual wasting away of the tissues of the body. It is largely due to its tissue forming qualities that Dr. Chase's Nerve Food owes its great success and we invite you to test this preparation noting your increase in weight as the form is being rounded out to healthful proportions.

## LIVER COMPLAINT AND BILIOUSNESS

May be described as "too much bile in the blood" on account of the sluggish action of the liver. It is indicated by:—

Headache.

Aching of the limbs.

Coated tongue.

Disgust for food.

Nausea and sometimes vomiting.

Constipation of the bowels.

Depression of spirits.

Scanty, high-colored urine.

Feeling of fulness, weight and soreness about the liver.

Muddy complexion and a jaundiced eye.

The most disagreeable symptoms of biliousness, such as stomach sickness and vomiting can be almost entirely avoided by using Dr. Chase's Kidney-Liver Pills at the first indications of trouble.

Dr. Chase's Kidney-Liver Pills act promptly and directly on the liver, at once enliven this organ in its work of filtering bile from the blood, and cause the natural and healthful action of the bowels.

Instead of enduring the full course of this ailment which lasts about one week you can confine it to a day or two and if you have become a chronic sufferer from attacks of biliousness and sick headache you can entirely overcome your trouble by the use of Dr. Chase's Kidney-Liver Pills.

## CONSTIPATION OF THE BOWELS

One of the first questions asked by the doctor who is summoned to the bed of sickness is in reference to the regularity of the bowels. He knows too well that cure is out of the question until the healthful action of the bowels has been established.

Not only is constipation the cause of an infinite amount of suffering from indigestion, kidney and liver troubles but it makes the body a regular hot-bed for the breeding of disease germs and invites attack from colds and contagious disease.

Dr. Chase's Kidney-Liver Pills are of incomparable value as a treatment for constipation, first, because they effect a prompt movement of the bowels and a thorough cleansing of the whole excretory system, and secondly, because through their influence on the liver they ensure a healthful flow of bile and permanently cure constipation.

## INDIGESTION

Slow passage of the food through the intestines, where the most difficult part of digestion takes place, is the usual cause of indigestion.

As a result of this delay the food ferments and the digestive organs are filled with gas, giving rise to such symptoms as belching of wind, rising of sour taste in the mouth, smothering sen-

sations in the chest, pains about the heart, heart palpitation, headaches and dizziness.

To overcome these distressing symptoms of intestinal indigestion the liver must be awakened to action by the use of such a medicine as Dr. Chase's Kidney-Liver Pills.

Once the liver is active there is a good flow of bile, which, as nature's own cathartic, quickens the pace of the food through the intestines, removes the foul impurities and restores good digestion and the regular action of the bowels.

Stomach medicines are of no avail in this, the most serious form of indigestion. Dr. Chase's Kidney-Liver Pills bring prompt relief and cure thoroughly because of their direct and specific action on the liver.

## DIABETES

Nature has provided the liver as a storehouse in which to retain for future use the excess of sugar which is derived from the food. Failure of the liver in this mission throws the surplus quantity of sugar into the blood and urine and brings about diabetes, the characteristics of which are hunger, wasting, constipation and an excessive flow of pale, sugary urine.

By the use of Dr. Chase's Kidney-Liver Pills you restore the liver to healthful activity, remove the cause of diabetes and consequently effect a thor-

ough cure. In order to hasten the cure discontinue the use of sugary and starchy foods such as bread, pastry, fruits, and potatoes and restrict the diet to animal foods.

## DAINTY DISHES FOR THE INVALID

### CHICKEN BROTH.

Remove skin and fat; separate at the joints and wipe with a wet cloth. Cover with two quarts of cold water. Heat very slowly and simmer until meat is tender. When the meat has been cooking two hours add two ounces rice and an onion, if desired. Remove meat when tender, season and serve.

### PEACH GELATIN.

- |                                |                           |
|--------------------------------|---------------------------|
| 1 teaspoon granulated gelatin. | 1 teaspoon lemon juice.   |
| 1 teaspoon cold water.         | 1 tablespoon cherry wine. |
| 1 tablespoon boiling water.    | 1½ tablespoons sugar.     |
| 3 tablespoons peach juice.     |                           |

Soften the gelatin in the cold water and dissolve in the boiling water. Add fruit juice, wine and sugar, strain and pour into a cold, wet mould.

### CREAM TOAST.

- |                      |                           |
|----------------------|---------------------------|
| 1 tablespoon butter. | 2 tablespoons cold water. |
| 1 tablespoon flour.  | 1 cup milk.               |
| 1 saltspoon salt.    | 3 slices toast.           |

Scald milk. Mix flour and salt and add the cold water gradually, making a smooth, thin paste. Add to scalded milk; cook in double boiler twenty minutes; stirring constantly until it thickens. Add butter. Pour over toast and serve hot.

(Continued on page 18).

## Dr. Chase's Kidney - Liver Pills

When a medicine achieves such success and becomes so generally used as Dr. Chase's Kidney-Liver Pills it is interesting to enquire into the way in which they bring about cures.

Most of the common ills of life arise from a torpid, sluggish condition of the liver, kidneys or bowels and because they act on each of these organs in a direct and specific way Dr. Chase's Kidney-Liver Pills overcome serious and painful diseases over which ordinary medicines have no control.

In the first place they bring about the healthful action of *the bowels*—removing poisonous waste matter and thoroughly cleansing the system.

Then by awakening *the liver* they cause a healthful flow of bile which is positively necessary for good digestion and regular action of the bowels.

Again by acting directly on *the kidneys* they invigorate the filtering functions of these organs and ensure pure, healthy blood.

This combined action on the kidneys, liver and bowels is, so far as we know, not to be found in any other medicine and it is, we believe, to this unique feature that Dr. Chase's Kidney-Liver Pills owe their extraordinary success.

## What They Cure

While not in any sense a cure-all it will be readily seen by the nature of their action on the kidneys, liver and bowels that Dr. Chase's Kidney-Liver Pills are most effective in the treatment of such symptoms and ailments as:—

**Liver Complaint**

**Biliousness**

**Headache**

**Indigestion**

**Stomach Troubles**

**Constipation**

**Diabetes**

**Impure Blood**

**Backache**

**Kidney Disease**

**Bright's Disease**

**Lumbago**

**Rheumatism**

**Stone or Gravel**

**Dropsy**

**Urinary Disorders**

## KIDNEY DISEASE

Because the kidneys when diseased undergo a degeneration of the tissues which is not unlike that caused by consumption in the lungs, it is of the utmost importance that the disease be detected at the earliest possible moment. Any one who is at all troubled with backache, urinary disorders or any of the symptoms of kidney disease should make the following test to find out if the kidneys are diseased.



### THE TEST

Put some urine in a bottle or tumbler and let it stand for twenty-four hours; if there is a sediment in the bottom at the end of that time, or if it is discolored, milky, cloudy or stringy your kidneys are out of order and are not doing their work properly.

By their direct and wonderfully prompt action on the kidneys, Dr. Chase's Kidney-Liver Pills call a quick halt to the advance of kidney disease.

By their combined action on kidneys, liver and bowels, they prove effective in complicated cases, in which ordinary kidney medicines bring little or no relief.

Dr. Chase's Kidney-Liver Pills have thoroughly proven their genuine and indisputable merit, and you can use them knowing of a certainty that you will receive all the benefit that would be derived from the attention of the most skillful physician.

### SYMPTOMS

Headache. Fickle Appetite.

Gradual Loss of Flesh.

Frequent desire to urinate, especially at night.

Deposits in the Urine.

Aching pains and burning in the small of the back.

Neuralgic and Sciatic Pains.

Chronic Rheumatism.

Extreme Wakefulness.

Cramps in calf of legs.

Dropsical Swelling.

Constipation and fitful diarrhoea.

Scanty, dark colored urine.

Gradual failure of strength and extreme pallor of the face.

Persistent swelling of the ankles and legs.

Failure of perspiration and frequent chills and fevers.

Shortness of breath caused by lungs filling with water which kidneys failed to pass off.

## Here is the Proof

Of the grand work that is being done by

# Dr. Chase's Kidney-Liver Pills

### Indigestion

Mr. Duncan McPherson, Content, Alta., writes:—"Four boxes of Dr. Chase's Kidney-Liver Pills cured me of indigestion and headache from which I suffered for many years."

### Lame Back

Mr. Geo. W. Laird, Augustine Cove, P.E.I., writes:—"Six boxes of Dr. Chase's Kidney-Liver Pills entirely cured me of lame back and weak kidneys and cured my wife of constipation."

### Headache

Mr. P. B. Reimer, Steinbach, Man., writes:—"I was subject to headaches, but Dr. Chase's Kidney-Liver Pills have entirely cured me."

### Could not Walk

Mr. Geo. Tryon, Westport, Ont., writes:—"I was completely laid up with lame back, could neither walk nor ride, but Dr. Chase's Kidney-Liver Pills permanently cured me."

### Biliousness

Miss Julie Langlois, Manor, Assa., writes:—"For years I suffered from liver complaint and biliousness and could get nothing to help me until I used Dr. Chase's Kidney-Liver Pills and was cured."

### Cure Endorsed

Capt. Wm. Smith, Revelstoke, B.C., writes:—"My doctor examined my urine and told me I had chronic disease of the kidneys. Dr. Chase's Kidney-Liver Pills perfectly cured me, as my doctor now states after a second examination."

### Rheumatism

Mr. Seth Crooks, Spanish Ship Bay, N.S., writes:—"For fifteen years I suffered from rheumatism and was unable to walk. I can walk all day now without a stick and without pain; thanks to Dr. Chase's Kidney-Liver Pills."

### Backache

Mrs. H. Trollope, 850 Water Street, Peterboro, Ont., writes:—"I suffered with very severe pains across the back, resulting from kidney disease and have been cured by Dr. Chase's Kidney-Liver Pills."

### Torpid Liver

Mrs. L. Phillips, Virgil, Ont., writes:—"I have used a number of boxes of Dr. Chase's Kidney-Liver Pills and consider them excellent for torpid liver."

### Kidney Disease

Mr. Robt. P. Miller, farmer, St. Mary's, Ont., writes:—"I had all the symptoms of chronic kidney disease, but have been fully restored by Dr. Chase's Kidney-Liver Pills."

### Constipation

Mr. Peter McIntosh, postmaster Pleasant Bay, N.S., writes:—"I have used Dr. Chase's Kidney-Liver Pills for constipation with most satisfactory results."

### Kidney Disease

Mrs. T. Niles, Cobourg, Ont., writes:—"Dr. Chase's Kidney-Liver Pills cured me of kidney disease when other medicines had failed."

## RHEUMATISM

When the kidneys imperfectly perform their work as filters, uric acid is left in the blood and passes in the circulation through the body forming mineral deposits in the muscles and at the joints. Interfering with the nerves these uric acid deposits cause excruciating pains and in time bring about the deformities of chronic rheumatism.

By the use of Dr. Chase's Kidney-Liver Pills, the kidneys are made healthy and active, the uric acid is eliminated from the system and the cause of rheumatism removed. While thorough cure is being brought about by this treatment we would suggest the use of Dr. Chase's Backache Plasters as the best means of obtaining relief from pain.

## GRAVEL OR STONE IN THE BLADDER

Of all the suffering known to mankind probably no pains are so excruciating as those caused by the passage of uric acid stones from the kidneys through the ureter to the bladder.

The stones or crystals are formed from the uric acid which is left in the system by the sluggish action of the kidneys. It can hence be readily seen that by acting on the kidneys and ensuring their healthful working, Dr. Chase's Kidney-Liver Pills prevent and remove the cause of this dreadfully painful disease.

## DAINTY DISHES FOR THE INVALID

### BARLEY WATER.

1½ tablespoon pearl barley.  
1 quart cold water. Salt.

Wash barley, add cold water and let soak several hour or over night. Drain and add the fresh cold water, boil gently over direct heat two hours, or in a double boiler steadily four hours, down to one pint, adding water from time to time; season with salt. Strain through muslin. Cream or milk may be added or lemon juice and sugar.

### RICE WATER.

2 tablespoons rice. Salt.  
1 pint cold water. Milk.

Wash and pick over the rice; add cold water and cook until rice is tender. Strain and dilute with boiling water or hot milk to desired consistency. Season with salt. Sugar may be added if desired, and cinnamon, if allowed, may be cooked with it, and will assist in reducing a laxative condition.

### OATMEAL WATER.

1 tablespoon oat-meal. Speck salt.  
1 quart boiling water.  
1 tablespoon cold water.

Mix oatmeal and cold water, add salt and stir into the boiling water. Boil three hours; replenish the water as it boils away. Strain through cheese cloth. Season, serve cold.

### JUNKET.

1 cup fresh milk. 1 teaspoon cold  
½ Junket Tablet. water.

Heat the milk until lukewarm; add the tablet dissolved in the cold water; allow it to jelly in a warm place; chill in cool place.

(Continued on page 22).

## APPENDICITIS

Begins with a feeling of weight and soreness developing into severe pain in the lower right abdomen.

Nausea and vomiting.

Abdomen becomes tender.

Hard swelling develops.

May be preceded by chills.

Colicky pains in addition to the persistent localized pain.

The tongue is coated with red tips and the bowels are costive.

### PREVENTION BETTER THAN CURE.

In the great majority of cases a surgical operation seems to be the only lasting cure, but this is an ailment in which prevention is by far the better policy.

Doctors now agree that appendicitis is the result of torpid action of the kidneys and liver and a constipated condition of the bowels. By keeping these filtering and excretory organs in healthful working condition by the use of Dr. Chase's Kidney-Liver Pills, appendicitis, as well as other painful and dangerous diseases, can be entirely prevented.

There is no medicine as well suited for this purpose as Dr. Chase's Kidney-Liver Pills because of their direct and combined action on the kidneys, liver and bowels, a feature in which they are unique.

Relief from appendicitis is obtained by the application of hot linseed poultices and the painting of the abdomen with iodine.

## DROPSY

Dropsy is usually denoted by puffiness under the eyes and swelling of the limbs and is an indication of inflammation of the kidneys. To obtain cure the kidneys must be restored to health and activity by the use of Dr. Chase's Kidney-Liver Pills.

## FLOATING KIDNEY

Floating or Moveable Kidney is more common to women than men and is often the result of accident or strain. At times the patient experiences heavy, dragging pains in the abdomen, aggravated by walking or standing. Though there are not usually any serious results it is well to have the opinion of a first-class physician.

## IMPURE BLOOD

Impure Blood is the result of defective action of the liver and kidneys—the filters of the blood—and the blood can only be made pure and healthful by the proper working of these organs, a condition which is most promptly brought about by the use of Dr. Chase's Kidney-Liver Pills.

## LUMBAGO

Lumbago is marked by rheumatic pains in the muscles of the back, tenderness, stiffness and difficulty of movement. The most rapidly successful treatment is the application of Dr. Chase's Backache Plaster.

## ECZEMA OR SALT RHEUM

The two features of Eczema which make it the despair of the doctors are the intense itching and the difficulty of healing the sores.

Because Dr. Chase's Ointment positively controls these two symptoms, it not only brings relief after the first few applications, but thoroughly cures the disease and leaves the skin in a smooth, natural and healthful condition.

The stages of eczema are marked by redness and irritation of the skin, heat and inflammation, swelling, discharge of watery matter and the formation of a yellow or brown crust.

And while there are many varieties of eczema the one constant and ever present symptom is intense, annoying and at times, torturing and unbearable itching, giving rise to a desire to scratch or even tear the skin.

While much washing is to be avoided it is absolutely necessary to keep the affected parts clean, this should be accomplished by

the use of tepid water and Packer's Tar Soap and careful drying (not rubbing) with a soft towel.

Dr. Chase's Ointment should be used twice each day, and when found advisable, may be spread on a thin piece of linen or cotton and applied to the sore so as to prevent irritation from the clothing. In cases where the itching is very bad it may be necessary to use the Ointment more frequent on account of the relief which it affords.

### PROVE IT AT OUR EXPENSE

It is little wonder that some people find it difficult to believe that there is an actual cure for piles, eczema, and other torturing skin diseases. Many have spent small fortunes in salves and lotions and undergone expensive, painful and dangerous operations, all to no avail, and consider it incredible that an ointment will effect a cure.

To overcome this skepticism we offer you a trial free as per coupon below. We want every unbeliever to take advantage of this opportunity.

### COUPON FOR FREE SAMPLE

We have such confidence in Dr. Chase's Ointment that we want you to try it at our expense and will mail you a sample box on receipt of this coupon and a two cent stamp to pay postage.

Address: EDMANSON, BATES & Co., Toronto, Ont.

Name .....

6 Address .....

## Dr. Chase's Ointment

Is invaluable wherever there is itching skin or a sore that will not heal.

There are scores of ways in which DR. CHASE'S OINTMENT is useful in every home, and especially where there are children, it soon comes to be considered a household necessity. While this great ointment became famous because of its extraordinary success in the cure of the most torturing, itching skin diseases, such as eczema and salt rheum, it must not be forgotten, that there are many less serious ailments and frequent injuries in which just such help is required as is best supplied by DR. CHASE'S OINTMENT.

Among the troubles for which DR. CHASE'S OINTMENT is used with splendid results are:

Eczema and Salt Rheum.

Shingles, Tetter and Ringworm.

Scald Head and Baby Eczema.

Pimples and Blackheads.

Chafing and Skin Irritation.

Sore Feet and Toes.

Ingrowing Toe Nails.

Rough, Red Skin. Erysipelas.

Chilblains and Frost Bites.

Poisoned Skin. Poison Ivy.

Itch, Barber's Itch, Prairie Itch.

Hives and Insect Bites.

Scalds and Burns.

Sore or Cracked Nipples.

Chapped Hands and Face.

Sore and Inflamed Eyelids.

Old Sores and Bed Sores.

Itching peculiar to Women.



DR. CHASE'S OINTMENT is the only absolute and guaranteed cure for every form of itching, bleeding and protruding piles, pin worms and fistula.

The success and popularity of DR. CHASE'S OINTMENT are attributed to its soothing, healing and antiseptic powers. For proof see extracts from letters on page 23.

## PILES OR HEMORRHOIDS

Piles are small tumors which form in and about the rectum. The itching, stinging sensations to which they give rise are, at times excruciating and almost beyond human endurance. Piles are described as *itching*, *bleeding* and *protruding*, according as to which symptoms are most pronounced.

That Dr. Chase's Ointment is the most effective and satisfactory treatment that was ever recommended for piles is now generally conceded and the proof of this statement is added to almost every day of the year by unsolicited letters received from persons who have been cured of piles after suffering for periods extending over ten, twenty or thirty years.

The day of the surgical operation for piles is about over, though some physicians still resort to this cruel, expensive and risky method only to find the tumors develop anew.

### RELIEVED AT ONCE.

Usually from the first application Dr. Chase's Ointment brings relief and it is sold under a positive guarantee to give satisfaction as a treatment for each and every form of piles.

Along with each box of Dr. Chase's Ointment is enclosed a circular giving full particulars as to its use and we would only caution you not to discontinue

the treatment as soon as relief is obtained but to cleanse the parts and continue the application of the ointment until the tumors entirely disappear.

## DAINTY DISHES FOR THE INVALID

### BEEF BROTH.

3 pounds solid meat from the shoulder or shin.	4 quarts cold water.	2 teaspoons salt.
3 pounds bone from same.		

Take off the dried skin and any soft or bloody portion. Cut the meat into small pieces and put it with the cracked bone into an earthen jar. Cover with the cold water. Set in slow oven and cook from eight to twelve hours. Strain through a colander. Add salt to taste; cool quickly. When cold remove the fat. Serve cold or hot, but do not allow it to boil.

### RICE MILK.

1 ounce rice.	1 saltspoon salt.
1 pint scalded milk.	1 teaspoon sugar.

Soak rice twelve hours, strain and add the scalded milk, salt and sugar. Stir well and cook slowly one hour. Rub through a fine sieve and season to taste. Sago or tapioca may be used in the same way.

### EGG BROTH.

1 cup hot beef broth.	1 teaspoon salt.
	1 egg.

Beat the white and yolk of egg separately. To the yolk add gradually the hot broth, stirring continually. Add the salt and fold in the well-beaten white. Reheat and serve very hot.

(Continued on page 26).

## Torturing Skin Diseases

Which have defied other treatments and been positively cured by

### DR. CHASE'S OINTMENT

#### Helpless with Salt Rheum

Mr. Ludger Duguay, Pidgeon Hill, Que., writes:—"The experience which my wife has had with Dr. Chase's Ointment for eczema and salt rheum is of very great importance because for many months she was not able to serve herself with her hands. Since having used Dr. Chase's Ointment she has been entirely cured."

#### Baby Had Eczema

Mrs. Wallace Mingon, River John Road, Colchester Co., N.S., writes:—"My little girl took eczema when she was five weeks old. Though we doctor-ed until she was nearly a year old she got no better. I was advised to use Dr. Chase's Ointment and this treatment completely cured her."

#### Violent Eczema

Mr. Oakley W. Beamer, Boyle, Ont., writes:—"For two years I suffered from eczema in violent form and was perfectly disfigured about the head and face. I tried doctors in vain, but five boxes of Dr. Chase's Ointment completely cured me."

#### Eczema for 20 Years

Mr. John Pratt, Blyth, Ont., writes:—"I was troubled with eczema for twenty years and was treated by three doctors to no avail. Dr. Chase's Ointment has cured me completely and I have not had the slightest return of the disease."

#### Itching Piles

Mr. J. McDonald, McLean, Kent Co., N.B., writes:—"Less than two boxes of Dr. Chase's Ointment cured me of itching piles. Anyone who has suffered from this wretched disease can imagine what this means."

#### Escaped an Operation

Mr. J. Mawer, Roden, Man., writes:—"I had itching piles for five years and the doctor told me there was no cure for me and that I would have to undergo an operation. Dr. Chase's Ointment completely cured me in one week. As this was six months ago and there has been no return of the old trouble I believe that the cure is a permanent one."

#### Protruding Piles

Mr. G. W. Cornell, with the Shaw Milling Co., St. Catharines, Ont., writes:—"For six years I was the victim of itching, protruding piles and was in dreadful agony day and night. Doctors were unable to help me. My druggist recommended Dr. Chase's Ointment, two boxes of which completely cured me."

#### Bleeding Piles

Mr. D. MacVicar, Caledonia Mines, N.S., writes:—"For years I was troubled ed with bleeding, protruding piles and could not obtain cure. I would be laid off work for weeks. Two boxes of Dr. Chase's Ointment completely cured me."

## BRONCHITIS

Bronchitis is commonly known as "a cold on the chest" and is marked by tightness in the chest and a dry, harsh cough. It usually begins with a cold in the head or catarrh, and the inflammation gradually extends to the membranous lining of the bronchial tubes.

The painful sensation under the breast bone is aggravated by coughing or by drawing a long breath. As the disease progresses expectoration becomes easier and the matter is of a frothy nature, sometimes streaked with blood.

In young children and aged or weak people the disease is of a most serious nature not infrequently ending in death from suffocation. Another bad feature of bronchitis is the persistency with which it returns again and again to torment and wear out its victim.

Hard coughing is the cause of the greatest suffering from bronchitis and because Dr. Chase's Syrup of Linseed and Turpentine loosens the cough and relieves the dreadful tightness in the chest it is a most acceptable treatment.

Not only acute cases but also those of long standing usually yield to the persistent use of Dr. Chase's Syrup of Linseed and Turpentine, which seems to act as a specific in this ailment and the immense popularity of this

great medicine was built up largely on its reputation as a cure for bronchitis.

WHEN WEAKNESS IS A FEATURE of bronchitis Dr. Chase's Nerve Food should be used along with Dr. Chase's Syrup of Linseed and Turpentine, in order that the general strength of the body may be built up and Nature assisted in throwing off disease.

## ASTHMA

The strong characteristic of asthma is the terrible struggle for breath which occurs at irregular intervals. These paroxysms are usually sudden though the patient learns to foresee them by certain conditions of himself or of the atmosphere.

The paroxysm usually comes on at night, the patient being awakened with a feeling of suffocation. He is unable to lie down but finds relief in sitting with the head thrown back and the mouth open. The breath is obtained only with effort and the air is expelled from the lungs with a wheezing sound.

The face is pale, perspiration profuse and the skin cool. The countenance exhibits anxiety and distress which is most alarming to the onlooker.

## RELIEF AND CURE.

As a relief from this dreadful gasping for breath we can with the utmost confidence recom-

(Continued on page 26).

## Dr. Chase's Syrup of Linseed and Turpentine

Consumption is always the result of neglect—the neglect of the victim himself or of his parents when he was too young to understand the danger of a neglected cold.

Once people fully realize that consumption always begins with a cold there will be little need of Sanitariums for Consumptives, for colds will then not be neglected as they are now.



No treatment has done so much towards preventing serious lung diseases as DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE. No treatment has so thoroughly proven its power as a cure for affections of the throat, lungs and bronchial tubes.

The usual course of a cold is from head to throat and thence by way of the bronchial tubes to the lungs. At the various stages it is known by different names, but

you can be certain of DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE soothing and healing the raw and inflamed membranes, allaying inflammation, aiding expectoration and positively overcoming the cold.

Far from being a mere cough remedy this great prescription has a thorough and far-reaching effect on the whole system and while it keeps the cough loose and free it positively cures colds and affections of the throat and lungs.

### WHAT IT CURES

Croup, Bronchitis, Whooping Cough, Asthma, Sore Throat and Throat Irritation, Coughs and Colds, Tightness of the Chest and all Throat and Bronchia! affections.

mend Dr. Chase's Syrup of Linseed and Turpentine which by its soothing and quieting effect on the nerves of the throat and bronchial tubes overcomes the irritation which brings on the attack.

While there are many cases in which Dr. Chase's Syrup of Linseed and Turpentine bring about the complete cure of this disease, we find that the best results are obtained when Dr. Chase's Nerve Food is used along with this medicine, in order to restore vigor to the nervous system.

Asthma is a disease of the nerves as well as of the respiratory organs and it is with a view of entirely removing the cause of trouble that we recommend the combined use of Dr. Chase's Syrup of Linseed and Turpentine and Dr. Chase's Nerve Food.

Dr. Chase's Nerve Food is slightly laxative and is usually effective in keeping the bowels regular but in cases of asthma in which constipation is an obstinate symptom, Dr. Chase's Kidney-Liver Pills should be used occasionally. See constipation on page 13.

### PLEURISY

Pleurisy begins with chill and sharp pain or stitch in the side. It is aggravated by coughing and breathing and associated with slight tenderness on pres-

sure. The severe pain is promptly relieved by the application of Dr. Chase's Backache Plaster.

### DAINTY DISHES FOR THE INVALID

#### ORANGE ICE.

$\frac{1}{2}$ cup water.	1 tablespoon lem-
Juice $1\frac{1}{2}$ oranges.	on juice.
	$\frac{1}{2}$ cup sugar.

Mix together all the ingredients and freeze as you would ice cream.

#### OYSTER STEW

1 cup oysters.	$\frac{1}{2}$ teaspoon salt.
$1\frac{1}{2}$ cups milk.	Speck pepper.
$1\frac{1}{2}$ tablespoons water.	1 tablespoon butter.

Scald the milk. Put oysters in a strainer placed over a bowl, and add water. Carefully pick over oysters to remove particles of shell. Heat the liquor which has drained from the oysters to the boiling point, and strain through a fine strainer or cheese cloth. Put in the oysters and simmer, but do not boil, until they begin to grow plump and the edges curl and separate. Strain the liquor into the scalded milk, season, add oysters and serve immediately.

#### LIME WATER.

Directions.—Slake one ounce of lime by the gradual addition of one-half cup distilled water, and shake occasionally during one-half hour. Allow the mixture to settle; pour off the liquid and throw it away. Add one gallon more of distilled water to the lime, shake thoroughly and wait a short time for the coarse particles to subside, then pour the liquid into a glass stoppered bottle. Pour off the clear liquid when it is wanted to use.

(Continued on page 30).

## WHOOPING COUGH

Chiefly a disease of childhood. The cough comes in paroxysms of short, rapid efforts to clear the air passages. The face becomes red, the eyes swollen, the body bending forward and when the breath becomes exhausted there is a deep loud drawing in of breath—the whoop.

The greatest care must be taken in order to prevent congestion of the lungs or pneumonia. Fresh air and nutritious diet are important, and the use of Dr. Chase's Syrup of Linseed and Turpentine affords almost immediate relief from the hard coughing. By the continuation of this treatment thorough cure will be brought about and the risk of complications avoided.

## CROUP

The first indication of croup usually comes about midnight, when the child is suddenly awakened by a paroxysm of suffocation and a dry, harsh, ringing cough.

There is no time to call a doctor and to prevent suffocation the spasm must be broken up at once and the false mucous removed. This can best be accomplished by use of an emetic, such as a teaspoonful of powdered alum in sugar or syrup, mustard in warm water or a teaspoonful of warm lard. In the absence of these remedies vomiting may be caused by tickling the throat with the finger.

Then Dr. Chase's Syrup of Linseed and Turpentine should be given every hour or two in doses varying from 10 drops to a teaspoonful, according to age; for otherwise, even though the child may appear well during the day, croup will return with equal or greater severity during the second night, or develop into what is known as true croup, a very fatal disease.

By using Dr. Chase's Syrup of Linseed and Turpentine, the cough is kept loose, the inflammation is reduced and the croup is entirely cured in two or three days.

## CONSUMPTION

This most formidable enemy of the human family is so insidious in its approach and the symptoms differ so largely that it is impossible to describe them in this small book. Cough and general decline of health are early indications, and about the only cure seems to be life out-of-doors in a dry atmosphere, though many have obtained great relief from coughing by the use of Dr. Chase's Syrup of Linseed and Turpentine.

Since consumption usually has its beginning in a cold it serves as a warning to all who neglect to promptly overcome coughs and colds.

Mr. John Clark, Port Hope, Ont., writes:—"When I was so bad with cold on the lungs that I feared consumption I used Dr. Chase's Syrup of Linseed and Turpentine and was promptly cured."

# Dr. Chase's Liver Cure

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## A Specific Especially Prepared for Diseases of the Liver.

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Dr. Chase's Liver Cure is not recommended as a cure for any disease that is not the direct result of a disordered liver. If, however, your liver is sluggish or defective, if you have a yellow complexion, pain in the shoulder, oppression about the stomach, bitter taste in the mouth, sick headache, liver spots, cold hands or feet, irregular bowels, or depressed spirits, Dr. Chase's Liver Cure will perfectly regulate the liver and thoroughly cure you.

The bile which the healthy liver filters from the blood is nature's cathartic and ensures regular and natural action of the bowels. By setting the liver right, Dr. Chase's Liver Cure affords a lasting cure for constipation, which is the cause of probably nine-tenths of the disorders of the digestive system. You can therefore readily understand that while this treatment is recommended particularly for liver derangements it is far reaching in its effects and by setting the liver right, removes the cause of many symptoms.

Dr. Chase's Liver Cure is sold in a large bottle, containing 100 doses for fifty cents. Owing to the large size of this bottle, Dr. Chase's Liver Cure cannot be sent by mail. It will be sent by express, at your expense, or your dealer will get it for you if you insist.

## Biliousness and Torpid Liver

"For about eighteen years I suffered with torpid liver, which resulted in general debility and extreme weakness. My doctor said I could not live for six months. I was advised to try Dr. Chase's Liver Cure, and did so because it is one of the few medicines which is advertised that is not claimed to be a cure for everything. Several bottles taken during the last few months have restored me to health and strength, and I take great pleasure in testifying to its sterling character. People around here consider my case a miracle, as when I took bad, I would lie like a corpse for days at a time."—Miss Mary D. Tapley, Lakefield, N.B.

# Dr. Chase's Catarrh Cure

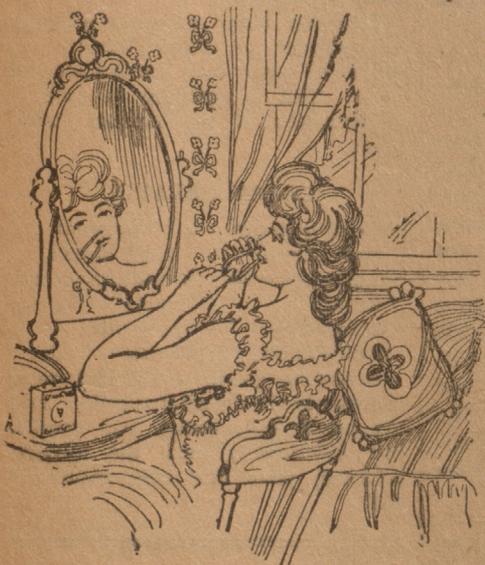
## PREVENTS CONSUMPTION BY CURING CATARRH

Catarrh is most dreaded because of its unclean and loathsome nature, and from the fact, that if neglected, it slowly, but certainly develops into consumption.

Foul breath and deafness are the symptoms which make one most ashamed of this disease and prevent him from mixing with society to any extent.

Fortunately there is at hand a prompt and thorough cure for catarrh—known as Dr. Chase's Catarrh Cure, on which you can depend absolutely to cleanse and clear the air passages of the head, cure catarrhal headache and deafness, counteract foul breath and entirely eradicate this insidious disease.

The illustration shows how the blower, which is given free with each box, is used to send the powder direct to the diseased parts, where it comes in contact with the disease and overcomes it.



### SAVED FROM AN OPERATION

Mrs. James Campbell, Samson, Ont., writes:—"I feel it my duty to write to you in regard to Dr. Chase's Catarrh Cure. I have had terrible spells of sneezing. So bad that my friends thought that I would never get over them. On consultation different doctors told me that it resulted from a growth in the head and that an operation was necessary. I started using Dr. Chase's Catarrh Cure and it has entirely cured me. Please accept this as a token of gratitude."

### WAS DEAF FROM CATARRH

Miss Cinthia Hutchinson, Hanceville, B.C., writes:—"I had chronic catarrh for many years and was so deaf I could not hear a watch tick. I am glad to state that three boxes of Dr. Chase's Catarrh Cure cured me and I believe that it is the only actual cure for catarrh that is on the market to-day."

## CURE CATARRH AND REBUILD THE SYSTEM

By the Combined Use of Dr. Chase's Catarrh Cure and Dr. Chase's Nerve Food.

Though we firmly believe that there is no preparation extant which affords such prompt relief and cure for the distressing symptoms of catarrh as DR. CHASE'S CATARRH CURE, we recognize the necessity in the majority of cases of a general treatment to rebuild the wasted tissues, and consequently desire to emphasize the importance of using DR. CHASE'S NERVE FOOD along with DR. CHASE'S CATARRH CURE. This is the ideal treatment for catarrh because while the Catarrh Cure clears and purifies the choked up air passages, relieves the pressure which causes headache, and heals the catarrhal ulcers on the membranous linings, the Nerve Food enriches the blood, tones up the system, and enables the constitution to entirely throw off the disease.

### Combined Treatment

"We have used DR. CHASE'S medicines in our family and always with the most satisfactory results. My son was entirely cured of catarrh of five years' standing by the combined use of DR. CHASE'S CATARRH CURE and DR. CHASE'S NERVE FOOD.

"His system had become greatly run down from the ravages of catarrh, his blood weak, he had spells of dizziness, was easily fatigued, melancholy and discouraged. The use of these two medicines entirely cured him."—MR. NEREE THEBERGE, Marceauville, Bellechasse Co., Que.

## DAINTY DISHES FOR THE INVALID

### SLIPPERY ELM TEA.

- 2 teaspoons slip- Sugar.  
pery elm powd- Lemon juice.  
er or piece of  
the bark.  
1 cup boiling water

Pour the water upon the slippery elm powder or bark. When cool, strain and flavor with lemon juice and sugar. This is soothing in case of inflammation of the mucuos membrane.

### CREAM GELATIN.

- 1 teaspoon granu- 4 tablespoons  
lated gelatin. thick cream.  
1 tablespoon cold 1 tablespoon su-  
water. gar.  
3 tablespoons Speck salt.  
scalded milk. Vanilla to taste.

Soften the gelatin in the cold water and dissolve in the scalded milk. Add the sugar, salt, cream and vanilla. Stir occasionally until the mixture thickens; pour into cold cups and chill.

## HEAD CHOKED WITH CATARRH

"DR. CHASE'S CATARRH CURE has proved a great benefit to me. I had bad breath and my head was choked and frequently ached. These distressing symptoms of Catarrh have entirely disappeared and I can fully recommend DR. CHASE'S CATARRH CURE as an excellent remedy."—MISS ANGE-LINE BAUFFARD, teacher, St. Joseph de Beauce, Que.

## GUARANTEE OF PURITY

DR. CHASE'S CATARRH CURE is the most successful remedy for catarrh ever offered for sale, but it does not contain a single grain of cocaine or any injurious drug as is evidenced by the following certificate of purity from Dominion Analyst Heys:—

"I have made an examination of DR. A. W. CHASE'S CATARRH CURE for Cocaine and any of its compounds, from samples purchased in the open market, and find none present."

(Signed) THOMAS HEYS,  
Analytical Chemist, 114 Bay St.,  
Toronto.

This certificate is about the strongest proof you can have of the purity of Dr. Chase's Catarrh Cure and a test will soon convince you of its exceptional merits.

## HOW TO ORDER BY MAIL

**When you Cannot Procure  
Dr. Chase's Remedies from  
your Dealer.**

DR. CHASE'S REMEDIES are so thoroughly well known in every district of Canada and the United States, that nearly every dealer keeps them in stock. If you cannot get them from your dealer, or live at a distance from town, write direct to these offices, enclosing the price for the remedies you want, and they will be forwarded postpaid to your address.

If on account of exposure to dampness, or other causes not under our control, any of Dr. Chase's remedies reach you in a damaged condition, you will confer a favor by returning same to our offices, when we shall gladly replace them at our expense with similar goods in proper condition.

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## DR. CHASE'S FAMILY MEDICINES

Some people seem to think by increasing the dose they will be cured more quickly. This is a mistake. Whether you are using a doctor's prescription or other medicines you will obtain the best results by following the directions closely. It is not large doses, but persistent and regular use which brings about the desired results.

**Dr. A. W. Chase's Kidney-Liver Pills**, one pill a dose, 25 cents a box, 5 boxes for \$1.00.

**Dr. A. W. Chase's Ointment**, 60 cents a box.

**Dr. A. W. Chase's Nerve Food**, (Pills), 50 cents a box, 6 boxes for \$2.50.

**Dr. A. W. Chase's Catarrh Cure**, 25 cents a box, blower free.

**Dr. A. W. Chase's Syrup of Linseed and Turpentine**, 25 cents a bottle. Family size, three times as much, 60 cents. *Can only be sent by express at buyer's cost.*

**Dr. A. W. Chase's Liver Cure**, 50 cents a large bottle. *Can only be sent by express at buyer's cost.*

**Dr. A. W. Chase's Backaché Plaster**, 25 cents each, 5 for \$1.00.

**EDMANSON, BATES & CO.,**

**Toronto, Ont.**

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# DR. CHASE'S BACKACHE PLASTER

It is the quickest and safest means of driving out pains and aches in whatever part of the body they may be situated. In this plaster the most powerful drugs are so combined as to promptly eradicate pain and at the same time not injure the most delicate skin.

Dr. Chase's Backache Plaster relieves and cures, backache, lumbago, weak, lame back, sciatica, rheumatism, stiffness and soreness of joints and muscles, stomach pains and cramps, pleurisy, sore throat, chest pains and pains and aches wherever located.

Mrs. Victoria Gravelle, Box 439, Brockville, Ont., writes: "For three years I suffered from a bad pain in my side and could get no relief. Dr. Chase's Backache Plaster took the pain away entirely and though I have waited to see if the cure is permanent, it has never returned."

Mrs. Allen M. Saunders, South Farmington, N.S., writes:—"I cannot recommend Dr. Chase's Backache Plaster too highly for lumbago. It benefitted me very much."

**Dr. Chase's Backache Plaster, 25 cents each, 5 for \$1.00. At all dealers or Edmanson, Bates & Co., Toronto.**



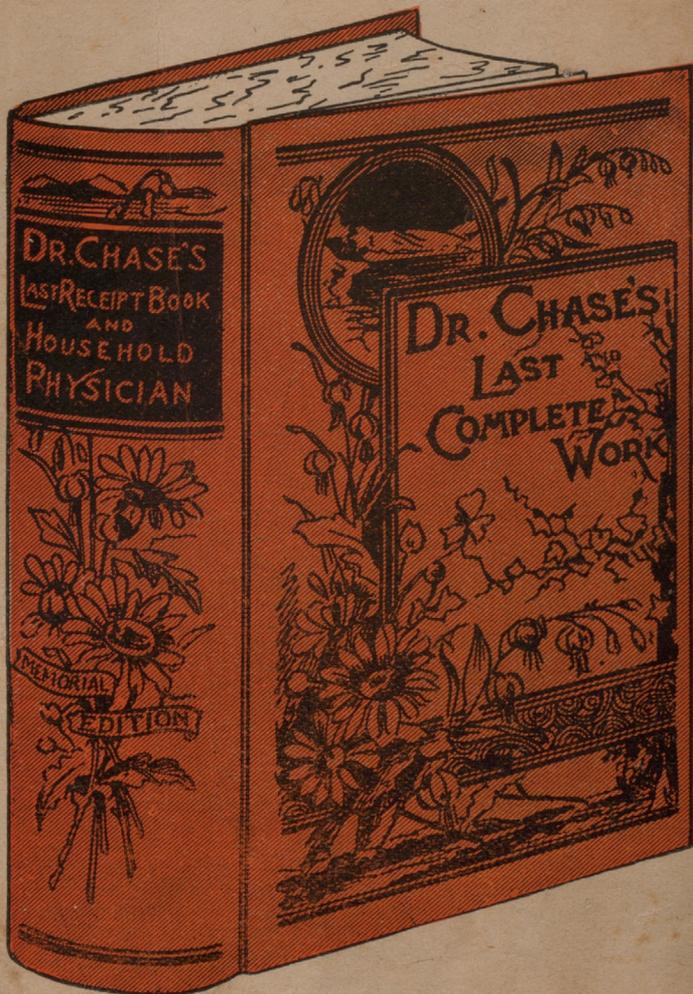
Showing the Plaster as used for Pleurisy.

## COUPON FOR FREE TRIAL

On receipt of this coupon along with five cents to pay postage and packing we will mail a full sized 25 cent plaster for free trial.

NAME.....

ADDRESS.....(6)



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