

# *Secrets of Health* *and Long Life*

BY

*"Fruit-a-tives"*  
OTTAWA, CANADA



## **I M P O R T A N T**

In this book are given valuable secrets of Health, Knowledge and Long Life which you cannot obtain from any other one source. For your own sake and your family's—read every word. . . .

# Here's Health to You!

THE most wonderful message of all is the "Message of Health", and it is with great pleasure that we bring you this message in the "Secrets of Health and Long Life".

In the following pages you will find described the nature and causes of the common diseases that afflict mankind, and which, if neglected, not only bring great misery and suffering, but may lead to highly dangerous complications. Constipation, Indigestion and other Stomach Disorders, fierce Headaches, Dizzy Spells, Nervousness, Sleeplessness, Kidney Trouble, Liver Complaint, Rheumatism, Bad Complexion, are some of the diseases and symptoms fully explained in this book. Also the proper remedies. (See Index below).

So, for your own health and happiness, we earnestly urge you to read every word that follows, and to preserve the book carefully, so that you can quickly turn to it for advice in time of need.

This little book also contains exceedingly useful general information which makes it well worth your while to read and keep. Read the index below and note the valuable and interesting contents.

Here's health to you, not only in 1931, but in all the years to come!

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# The Story of "Fruit-a-tives"

## The Amazing Health Discovery of a Famous Canadian Doctor



**M**ORE than 40 years ago, one of Canada's leading physicians, a member of the Royal College of Physicians and Surgeons of London and Edinburgh, one time President of the College of Physicians and Surgeons of Ontario, and a medical practitioner for a quarter of a century in Canada, began a series of studies and experiments concerning the medicinal properties of Nature's own fruits and herbs.

His final discovery of "Fruit-a-tives" has brought health and happiness to millions of ailing, suffering men and women, after other remedies had failed.

### NATURE'S REMEDIES IN MODERN FORM

Everybody knows that fruits and herbs possess natural medicinal qualities. But like all true scientists, this great physician was interested in knowing exactly what and why. Furthermore, he knew that these natural products were at least 90% water and he wondered whether the actual medicinal ingredients could not be extracted from the mass of un-

necessary pulp, and if scientifically compounded, do more good than bushels of market fruit and herbs.

Therefore, for 15 years he experimented and tested, noting the exact effect of this or that juice or extract on various diseases and symptoms. The final result, after many discouragements and disappointments, was the formula of "Fruit-a-tives", which concentrates into one little tablet the medicinal and health-giving benefits of ten of Nature's greatest remedies.

The unique ingredient in "Fruit-a-tives" from which it takes its name is a special intensified extract of apples, oranges, prunes and figs concentrated by a special secret process discovered by this famous physician, and which he demonstrated to have unique natural medicinal powers.

### AMAZING AND UNUSUAL RESULTS

The results which the doctor obtained in his own practice and which were reported by many other physicians who used his new discovery, were truly astonishing.

It was found that the little "Fruit-a-tives" tablets quickly tonicized and strengthened the stomach and digestion. In hospital tests, they proved far superior to other medicines as a liver stimulant and as a mild but thorough aperient that creates absolutely no griping, nausea or squeamishness. In persons who showed the symptoms of kidney trouble, such as backache, white furred tongue, frequency of urination, "Fruit-a-tives" quickly relieved the apparent condition of the kidneys.

Remarkable action on the skin was noted, eruptions disappearing and the skin becoming clear, smooth, soft and beautiful. Cases of rheumatic affection, both articular and muscular rheumatism, were completely relieved. Nervousness was often overcome in a remarkably short time. Headaches, especially bilious headaches, were conquered completely.

## For 25 Years "Fruit-a-tives" Has Proved Itself the Best Remedy Money Can Buy

AS soon as "Fruit-a-tives" was made available to the general public, its use, due to its truly remarkable medicinal powers, spread like wild fire. For more than a quarter of a century it has been a family medicine in hundreds of thousands of homes throughout Canada, the United States, England and even the far away New Zealand.

Why? Because it has a merit that nothing else has—because it may be used with immediate and lasting benefits in numerous diseases and disorders that are constantly arising in every family—because it is truly "the doctor in tablet form."

Remember "Fruit-a-tives" is not the ordinary patent medicine "cure all" but the formula of a famous physician, prescribed and recommended

## "Fruit-a-tives" to Make and Keep You Well

No other medicine or remedy that we know of possesses the unique properties of "Fruit-a-tives" to make and keep the entire family well. This is not a wild claim. It is logical when you remember that "Fruit-a-tives" is compounded to strike at the actual sources of the disorders and diseases common to human kind.

Modern science now traces most of these ills to malfunctioning of a few important organs. From this mal-

functioning poisons arise which cause disease in the muscles, nerves and organs all over the body.

There is good reason for all this and the reason lies in the compounding and combining of the different ingredients of "Fruit-a-tives" to act at one and the same time on five of the vital organs of the body, and to purify the blood in a natural way of those poisons and acids which are the real cause of disorder, pain and irritation in organs, muscles and nerves all over the body.

by other physicians for many years.

In other words, "Fruit-a-tives" is a scientific remedy which should be in every household ready for emergency and other uses, especially when no doctor is easily available. It acts quickly, yet naturally—no narcotics or habit-forming drugs. We have no hesitancy in saying that it is the best family remedy that money can buy.



functioning poisons arise which cause disease in the muscles, nerves and organs all over the body.

"Fruit-a-tives" is especially designed to restore the vital organs to proper functioning in a natural way and to quickly remove the disease-breeding poisons. Little wonder, then, that this remarkable discovery makes and keeps you well by removing the real causes of disease.

# What Your Dreams Mean!



**Accident**—To dream of having an accident is a sign of success. But if it occurs to someone else it indicates that you have false friends.

**Animals**—Wild animals mean enemies. Gentle or peaceful animals signify reconciliation and happy reunions.

**Baby**—To dream of a baby is a sign of happiness and joy. To see more than one baby foretells wealth. A crying baby foretells sorrow. To nurse one means wealth.

**Burglar**—If stealing from you, it signifies that your good character is being stolen. If stealing from your clothing, it indicates a temporary loss.

**Death**—To dream of dying foretells good luck and a long life.

**Drowning**—To dream of drowning or seeing another drown is good luck and a happy marriage.

**Earthquake**—If many houses are wrecked the dreamer will profit in business; if little damage is done, the dreamer will lose in business.

**Elopement**—This means an unprofitable offer of marriage.

**Embrace**—Good fortune and a journey the dreamer will profit in business; if unknown; not so good, if known to the dreamer.

**Fall**—If unable to get up again, it means loss of a property; if dreamer alights safely, it denotes honor and change in work.

**Fire**—A sparkling clear fire means wealth and happiness. To be burnt foretells an accident to the dreamer.

**Floods**—To dream of a flood, a rich enemy; to be drowned in one, a fortune made in a foreign land.

**Flying**—To dream of flying promises honor and advancement; also success in love and a prosperous journey.

**Forest**—This is a sign of coming trouble.

**Funeral**—An unexpected legacy or a wedding.

**Husband**—To dream of your husband will bring good fortune and an illustrious son.

**Letters**—To receive them, good news, a new lover; to write them success in business; to receive and not read them, disappointment in love.

**Marriage**—To be married, news of a death or illness; to attend a wedding, good luck.

**Money**—To receive it means success in love; to find it, tears; to lose it, a disappointment; to pay it out, an illustrious child.

**Mother**—Unexpected happiness.

**Railroad**—To dream of one means change of residence.

**Run**—To run for pleasure, good luck; to run from fear means trouble; to run nude means unfaithfulness.

**Sailing**—To sail over clear water, prosperity; to see a ship sailing, wealth.

**Snakes**—Secret enemies, danger, illness; to kill them is to beat your enemies.

**Storm**—Danger warning to be brave and steadfast.

**Strange Place**—To be in a beautiful place, a coming fortune; if an unpleasant one, fickleness and illness.

**Wedding**—News of a death; if wedded to a handsome partner, happiness; if to a hideous one, dissatisfaction.

**Wife**—to dream of your wife will bring you good luck.

# Constipation The Cause of Many Ills

**W**HY is it that when you call in the doctor almost his first question is "How are your bowels?" And why is it that when he is leaving his parting advice is "Keep your bowels open."

Because he knows, and physicians agree, that constipation is the real source of more diseases and disorders than any other single cause. A famous physician once called it "The mother of diseases."

Therefore constipation is a real danger to your health which must be corrected if you are to live a long, happy life, free of the tortures and misery of illness and pain.

## X-RAY TELLS TERRIBLE TALES

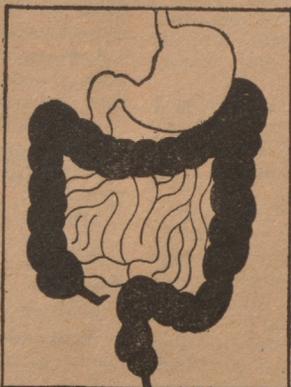
By means of the modern X-ray, it is easy to actually SEE how and why constipation can cause so many different troubles and diseases in different parts of the body.

Study the picture on this page which shows an X-ray view of the stomach and intestines. Note the dark mass of waste and poisonous material in the large bowel (colon) when the bowels do not empty. Remember, the walls of the intestines contain a maze of blood vessels which absorb our digested food and other material and carry it to all parts of the body. Think what happens when, instead of passing out in the regular way, the poisons of this putrifying waste matter get into the blood and are carried from head to foot, poisoning and crippling various parts,

causing pain, aches, irritations and disorders at a dozen different points.

## GUARD AGAINST THESE DISEASES

No wonder you feel tired, dragged out and run-down, with auto-intoxication or self-poisoning. No wonder the stomach is often disordered and you suffer with indigestion, gas, heartburn, bloating and perhaps lack of appetite. Or you may suffer with nervousness, headaches, sleeplessness all due to these poisons over-exciting the delicate nerves. As the kidneys try to help out by eliminating more than their share of these poisons, they become overworked and begin to give you severe backache, frequency of urination and other troubles.



The poisons going to the joints and muscles, are often the real cause of so-called rheumatic affections, and neuritis. The skin becomes covered with pimples, blackheads and other blemishes due to impure blood. And as a further result, you become much more subject to frequent colds and similar troubles.

Now you see clearly why constipation, even when temporary, MUST be overcome. It may be the remote cause of dangerous and perhaps fatal disease.

## CAUSES OF CONSTIPATION

There are two main causes of constipation. First, the muscles in the walls of the intestines may have be-

## Constipation (continued)

come weakened and partially paralyzed. This condition is often caused by the use of ordinary purgatives and laxatives, whose action is simply to sting or irritate the muscles into action. After such harsh treatment, the bowels are exhausted and again lie idle until another purgative is taken. Then the time comes when

only the most violent purgatives have any action on the bowels at all.

The second main cause of constipation is lack of sufficient bile from the liver, which is Nature's own purgative. Without sufficient bile to soften the mass of waste matter and lubricate the passage, action is naturally difficult.

### How to Overcome Constipation and Bring Natural Action

As stated, ordinary purgatives and laxatives usually weaken the intestinal muscles still further and practically none of them touches the liver. What is needed is something that will, in a natural way, stimulate and tonic the weakened intestinal muscles and renew the flow of bile, so that natural action may once more be restored.

Nature's own remedies in "Fruit-a-tives" do these two things at once in a perfectly natural way. In thousands of cases, they have overcome and corrected serious constipation of years' standing. "Fruit-a-tives" are designed to build up and revitalize the eliminative functions until they can act naturally again, without the continual use of medicine.

#### PROPER DOSAGE

"Fruit-a-tives" are not habit-forming; do not cause nausea or griping, and the dose tends to be reduced rather than increased. In ordinary cases take 1, 2 or 3 tablets (usually 2 are sufficient) at bedtime with a glass of cold water. Then gradually regulate the dosage yourself until one good action of the bowels is secured each day.

In very severe cases take "Fruit-a-tives" for three days, one tablet three times a day, before meals, and 2 or 3 upon going to bed. Always drink at least a half glass of water each time the medicine is taken. In three or four days stop the tablets during the day and take them only at bedtime. Continue to take, gradually reducing the dose, until the disease is relieved.

As aid to the treatment, drink plenty of water, eat simple foods, including lots of vegetables, and go to the lavatory regularly whether you have a call or not. Under this treatment you should see constipation and all its attendant ills disappear in quick time.

#### If You Were Born in January—

You are ambitious, a great worker, honest and dependable. You will succeed in business; also as a milliner or designer if you are a woman. Your best months are March and November; your lucky days are Tuesday and Saturday. Your birthstone is the Garnet.

# Thousands Praise "Fruit-a-tives" for Ending Constipation Quickly

**"Poisoned from Constipation,  
Indigestion. Feel Great Now."**



"I had suffered for 5 years with chronic constipation and was in a very dangerous condition," writes Mr. James Page of Cabano, P.Q. "My whole system was undermined and my blood poisoned.

Severe headaches, gnawing, sharp pains in my back and side were frequent. Was afraid to eat because of burning pain in stomach, gas and bloating. Felt drowsy and dragged down. Often dizzy, nervous, irritable. Thin, pale.

"I tried all kinds of treatments but without results. Finally was advised to try "Fruit-a-tives. One box gave me complete relief. I never felt better in my life than now."

**Constipation Gave Me Awful  
Headaches for Years. Well Now.**



"After my operation five years ago, my life was a burden of torture from terrible Headaches caused by Constipation. My suffering was so great at times that I could hardly endure it. Nothing helped till I tried 'Fruit-a-tives'. My constipation is gone and I haven't had a Headache since. Also ended Stomach Trouble and Nervousness."

—MISS BLANCHE LADOUCEUR,  
Buckingham, P.Q.

**Miserable Years with  
Constipation, Bilioussness,  
Indigestion. Now Gone.**



"I was miserable with Headaches, Indigestion, Bilioussness, Sallow Complexion for 4 years, caused by constipation. Friend told me to try 'Fruit-a-tives'. I took one box. Constipation and other troubles disappeared quickly. My Complexion cleared. Now I feel wonderful."—IRENE BRUNETTE,  
Alexandria, Ont.

**Constipation Had Tortured Me  
with Headaches, Indigestion.  
Free Today.**



"I had been tortured 2 years with Constipation, Splitting Headaches, Indigestion and Nervousness. Nothing seemed to do me any good. Finally a friend recommended 'Fruit-a-tives'. I took several boxes and now am entirely free from Constipation, Nervousness and Headache torture."—LAURA CAMPBELL, Bobcaygeon, Ont.

**Life a Misery from Constipation.**

"For a number of years my life was daily misery from Constipation, sick headaches, and sudden dizzy spells. I tried everything. I never have Constipation now, and my other troubles disappeared, thanks to 'Fruit-a-tives'."

—MRS. ODILON MARTEL,  
Lac Megantic, P.Q.



**Had Chronic Constipation 20 Yrs.  
"Fruit-a-tives" Ended It Quickly.**

"For 20 years I suffered constantly from chronic constipation, which shattered my health," says MRS. ADELARD FORTIER, Victoria-ville, P.Q. "I was also very thin. After trying everything else, without relief, I started taking 'Fruit-a-tives'. I noticed a big improvement at once. In a short time the constipation disappeared and I made a big gain in weight. Now I feel so well I can hardly believe it. I always keep 'Fruit-a-tives' in the house for my children."



**Constipation Ruined Health,  
Couldn't Sleep.  
All Trouble Has Gone.**



MR. ARTHUR TURNER of Aylmer, Ont. writes: "I cannot speak too highly of your wonderful medicine 'Fruit-a-tives'. I suffered from constipation, dizziness and heart trouble. I never knew what it was to have a good night's sleep until a friend recommended your famous 'Fruit-a-tives' to me. I am now on my third box and I am feeling like a new person. I sleep soundly every night, and constipation and all my other troubles have disappeared."

**If You Were Born in February—**

You are artistic; would succeed in writing, painting or acting. You should also succeed in educational work. Men born in February are great lovers and women born in Feb'y make wonderful wives. Both like to talk much and love the limelight. May and June are your best months; Saturday your lucky day. Your birthstone is the Amethyst.

**Constipation, Indigestion,  
Terrible Headaches  
Joint Pains Vanished.**

"I was poisoned from Constipation and could hardly walk. Tortured with indigestion, terrible Headaches, Dizziness and pains in joints and muscles. I had no appetite. Was about ready to give up my work, I felt so wretched and crippled.



"Then I read about 'Fruit-a-tives', tried them and got wonderful relief almost immediately. Today I feel fine. My bowels are regular, no Stomach Trouble, Headaches or Dizzy Spells, no Rheumatic-like Twinges. I certainly recommend 'Fruit-a-tives' to all sufferers."—W. R. STEELE, Westport, Ont.

**Constipation So Bad Had to Quit  
Work. Today as Healthy as Ever.**

MR. CHARLES VAN HORNE of Arcadia, Nova Scotia, writes: "For a long time I was troubled with constipation. I also had terrible headaches and a touch of rheumatism. One day a friend told me to try 'Fruit-a-tives'. I did so and saw a change after the very first dose. Today I can work and get around as well as ever. I shall always keep 'Fruit-a-tives' on hand and tell the good news to every one."



**Was Constipated, Bilious, Tired.  
Now Well, New Woman.**



"Was always constipated, bilious, tired, out of sorts. Since taking 'Fruit-a-tives' feel like new woman, perfect health. Constipation all gone."—MURIEL MCHENDRY, Montreal.

# Home Medical Guide

## for The Treatment of Common Ailments

**Anemia**—A condition of the blood in which there is a deficiency of red blood corpuscles. Symptoms: Unnatural pallor of the skin (yellowish green), loss of strength, shortness of breath, headache, nervousness, coldness of the limbs, heart palpitation. Treatment: Plenty of fresh air, good nourishing food. Keep bowels open by taking "Fruit-a-tives" daily. Ask your druggist for Nou-Vie tablets, and take as directed. These tablets are described on page 47 of this booklet. The finest blood and nerve food and iron tonic that we know of.

**Asthma or Difficulty in Breathing**—In this disease the sufferer has spasms of suffocation, unable to get a good breath, coughing and wheezing. The immediate causes of the attack may be dust from feather pillows, animal dandruff, plant pollens or similar fine particles in the air, but the real basic cause is usually a so-called protein poisoning of the system, which makes it susceptible to these protein dusts. This poisoning is brought on by eating foods rich in protein, such as beef, ham, salmon, beans, cheese, nuts; also rich sweets. The first step to avoid asthma attacks is to clear the system of these poisons by taking "Fruit-a-tives" as directed for Constipation. Eat a lighter diet, cutting down on the foods mentioned, and keeping the bowels regular at all times. Eat plenty of fruits and vegetables, drink milk and plenty of water. If you do this you should seldom suffer from asthma. For the immediate relief of an attack, have the following mixture made up by your druggist: Nitrate of Soda, 60 grains; Sweet Spirits of Nitre, 3 drachms; Pure Glycerine, 1 ounce; Syrup of Orange, 1 ounce; water sufficient to make 6 ounces. Take a tablespoonful every hour if necessary.

**Boils**—Treatment: Apply Tincture of Iodine and hot flaxseed poultices. If pus is present, an incision is necessary, followed by a thorough cleansing with Hydrogen Peroxide. To prevent infection of the surrounding parts, wash carefully with a solution of Bichloride of Mercury 1 to 4,000, or any good antiseptic.



**Bronchitis, Cough or Cold on the Chest**—The cough is incessant; at first dry, but in a day or two it becomes loose, with abundant mucous or phlegm. There is fever and a soreness and pain across the upper part of the chest. The patient should be put to bed and kept warm. Every 6 or 8 hours apply a full strength mustard poultice for 10 minutes across upper part of chest. During entire sickness keep a large thick pad of cotton batting or absorbent cotton across chest, changing every day. Perspiration should be promoted by hot drinks. Give only liquid food. Get and keep bowels open with "Fruit-a-tives".

Home-made cough mixture: Get 4 lemons, 2 teaspoonfuls of flaxseed and half an ounce of paregoric. Squeeze juice from lemons, cut peels and pulp, put in a quart of water, add the flaxseed and boil hard for an hour, in a tightly closed vessel. Then strain and to the water add the lemon juice, previously strained, the paregoric and 4 heaping tablespoonfuls of white sugar. Put on fire for 20 minutes and stir until sugar is melted. Dose is a tablespoonful every 2 hours.

*(continued on page 9)*

## Home Medical Guide (continued)

**Burns and Scalds**—In case of severe, dangerous burns, call the doctor immediately. Meantime, place the patient in bed at once and surround him with hot water bottles. Cover with blankets and give aromatic spirits of ammonia, half a teaspoonful in water at once; repeat every hour or two. \* Regulate the bowels by giving "Fruit-a-tives". Local treatment: Bicarbonate of Soda (baking soda) made into a thick paste should be applied to the burned or scalded area with clean gauze or cotton. The exclusion of air from the burn is important, to reduce pain and prevent infection. After the pain subsides, wash with a weak solution of Hydrogen Peroxide, and apply Ichthyol ointment by spreading on gauze and wrapping around the injured parts; cover with cotton and keep in place by bandaging. If the burns are not kept scrupulously clean, erysipelas or blood poisoning may follow. Burns from carbolic acid may be speedily relieved by immediate washing with pure grain alcohol. For burns of the mouth or throat, caused by swallowing hot fluids or strong chemicals, use oil or the white of eggs.

**Cold or Fever Blister**—Cold sores are due to cold, typhoid fever, pneumonia, or disturbances of the stomach. If there is much burning and itching, apply Zinc Oxide ointment or cold cream.

**Colic**—Occurs mostly in bottle-fed infants. Symptoms: the abdomen is distended and hard; the baby cries sharply and suddenly, drawing up its knees toward abdomen; hands and feet are cold; vomiting frequent and always violent. Treatment: Warm hands and feet; rub abdomen gently. Give a few drops of Aromatic Spirits of Ammonia internally, and follow this at once with an enema of a few ounces of warm water. A little weak

sweetened peppermint water, with a tiny pinch of baking soda, sometimes helps.

**Croup**—Occurs in children 2 to 5 years of age. May be caused by taking cold or overeating just before retiring. Symptoms: Difficult breathing, "croupy" cough, shortness of breath and, in bad attacks, paroxysms of suffocation. Treatment: Apply hot poultices to throat to relieve spasms. Give 1 teaspoonful of Wine of Ipecac (or Syrup of Ipecac) every 5 minutes until vomiting occurs. After vomiting empty bowels and give Potassium Bromide, 3 grains every 3 or 4 hours. Repeat the treatment if the attack returns.

**Earache**—Treatment: Apply hot-water bag, hot brick or hot plate. If not relieved, hot irrigations should be used every 2 or 3 hours. Hang a fountain syringe two feet above the patient's head; put into it 1 quart of hot water in which a teaspoon of Boric Acid has been dissolved; use smallest tip and allow fluid to pass into ear-canal. Catch the returning fluid in a vessel placed under the ear. Wipe the ear dry with cotton.

**Heart Palpitation**—Palpitation (or fluttering action) of the heart may be due to mental excitement, fright, excessive use of tobacco, alcohol, coffee or tea; often to gas or acid in stomach. Treatment: Put patient to bed and assure him there is no danger. Apply cold compresses or ice bag over the heart; teaspoonful of Aromatic Spirits of Ammonia in water is useful.

**Hives**—A general skin eruption resembling mosquito bites; stings and itches. May be due to indigestion, or to eating strawberries, shell fish or oysters. Treatment: Regulate the diet. Take "Fruit-a-tives" every night. Take Sodium Salicylate, 10 grains every 2 hours for 3 doses. Apply carbolyzed vaseline.

*(continued on Page 37)*

# Dizzy Spells Nature's Warning

---Take Heed Before it is Too Late

**D**IZZY Spells vary both in frequency and intensity, depending on the cause. But whatever the cause, or however often the attacks come, Dizzy Spells are Nature's warnings of serious trouble ahead, and the victim who is wise will heed these warnings before it is too late.

In attacks of Dizziness, the person is suddenly seized with a sense of swimming in the head; everything appears to whirl around. If the attack is severe, he staggers and is in danger of falling down.

## DIZZY HEADACHES DUE TO DEEPER CAUSES

The most frequent causes of Dizziness are chronic dyspepsia, constipation, anemia, biliousness, high blood pressure and uterine congestion. If accompanied by headache, the cause will be found, not in the head, but in the stomach, kidneys, liver, uterus or bowels.

If the ache seems back of the eyes, the trouble is almost invariably due to constipation. If the headache is accompanied by nausea (sick stomach), the cause can be traced to Biliousness (congested liver). Headache at the top of the head is a sign of bladder trouble, and improper functioning of the kidneys. Uterine congestion, caused by menstruation troubles and constipation brings on a peculiar headache at the base of the brain.

Whatever the cause, Dizzy Spells and Dizzy Headaches are danger signals of disorders and diseases beginning elsewhere. They call for instant attention if disaster is to be avoided.

## HOW TO OVERCOME THE TROUBLE

The first rule is to eat lightly, avoiding coffee, alcohol, sugars, starches and toast or toasted foods. Eat only 3 meals a day—never anything between meals. Drink plenty of water. Fresh fruits and figs should be an important part of the diet. Keep the feet warm. Take all the exercise possible in the open air, even if it is no more than walking, but do not exercise to the point of fatigue.

Above all keep the bowels regular. But avoid strong, drastic purgative pills or common salts, since such medicines only inflame the stomach and bowels and are likely to make the condition worse. They rarely act on the liver or kidneys at all, or cleanse the blood.

## THE QUICKEST METHOD

The quickest and most thorough way to conquer dizziness and dizzy headaches is through the use of the convenient little "Fruit-a-tives" tablets. They go right to the sources of the trouble in stomach, liver, kidneys and bowels, at the same time tending to purify the blood. They do not simply empty the intestines, but they are designed to tonic and restore the sluggish organs to perfect health and natural action. In thousands of cases they have conquered dizziness and headaches of long standing, where other remedies were unsuccessful.



# "Fruit-a-tives" End Dizziness, Dizzy Headaches in Quick Time

**Dizzy, Run-down. Couldn't Do Work. Now Well. Thanks "Fruit-a-tives."**



MRS. W. E. BATES, Harrison, Ont. writes: "After my operation I was so run-down I couldn't do my own work and I felt weak and dizzy.

'Fruit-a-tives' was recommended to me by a neighbor and after taking several boxes, I found I could get around and do my work without difficulty."

**Dizziness and Bladder Trouble Nearly Killed Her. Now Feels Fine.**

MRS. SIMON C. JOHNSTON, Harris, Sask. writes: "I have been a user of 'Fruit-a-tives' for some time and I think they are wonderful. I was so dizzy at times and had bladder trouble so bad that I did not know what to do. At last, I tried 'Fruit-a-tives' and now I feel fine. I do not think I could do without them. I nearly fell into the well one time when I had an awful dizzy spell and it seemed so long before I could see. After taking 'Fruit-a-tives,' I never have those spells now."



## If You Were Born in March

You are impatient and lose your temper easily; you resent criticism; you insist on having your own way. But, if a man, you should succeed in politics or business; or a woman, you should go in for music and the fine arts. Both should select mates with care. June and July are your best months; Tuesday is your lucky day. Your birthstone is the Bloodstone.

**Pain, Headache, Backache, Dizziness from Kidney Trouble Quickly Go.**

MRS. H. ROBITAILLE of Quebec, writes: "For months I suffered with terrible pains caused by kidney trouble; also headache and backache; dizziness. I

tried many remedies but all without result. I then decided to try 'Fruit-a-tives'. After two boxes I felt completely relieved. I recommend 'Fruit-a-tives' to any person suffering with these troubles."



**Dizzy Spells Terrible. Awful Headaches. Ended Them Quick.**



MRS. H. DUNLAP, Harris, Sask., writes: "For nearly a year I was almost dead with terrible headaches and dizzy spells. My mother advised me to use 'Fruit-a-tives' and after a few doses, I noticed my dizzy spells had left me, and now I feel like a new person. I also find 'Fruit-a-tives' very good for the kidneys and I have always had sluggish kidneys."

**Terrible Dizziness, Stomach, Nerve Troubles 2 Years.**

"For 2 years I suffered with terrible dizziness, headaches, weak heart, stomach and nerve troubles. Nothing did me any good, until I took 'Fruit-a-tives' and I am now entirely well.—MRS. OLIVER LARONDO, E. Windsor, Ont.



# Interesting Rules of Etiquette



## Raising Your Hat

—A man raises his hat when he meets a woman he knows; when he is with another man who bows to a woman acquaintance; when he is walking with a woman who speaks to some one they pass; when he is introduced to another woman by the one he is accompanying; when he has performed a small service for a woman, such as picking up something, or giving her his seat in a street car; when he leaves a woman or party of women with whom he has been talking.

**Who Goes First**—The woman always enters a public conveyance first, the man following to assist her. When they leave, the order is reversed, the man going first and offering his hand to assist the woman.

When going upstairs, the woman goes first, but coming down the man goes first.

Arriving at the theater, the man hands the tickets to the doorman, then stands aside for the woman to enter first.

**Little Courtesies**—A man rises when a woman enters the room, whether she is his own age or older, and when he receives a woman caller in his office.

A woman does not rise when a man is introduced to her.



At the theater the man assists the girl to remove her wrap and arrange it over her chair. Next he opens a program at the proper page and hands it to her. When leaving their seats during the intermis-

sion, or any other time, both men and women apologize to those whom they pass in getting out. "Pardon me" or "Sorry" is sufficient.

**When Dining Out**—The man orders for the woman after asking her what she will have, and for the entire party if he is host. The hostess orders for her guests. Guests in a restaurant do not ask the waiter for service, but suggest that the host or hostess call the waiter.

A man rises if a woman leaves the table during the meal; also if a woman friend stops at the table to converse. The woman does not rise.

The knife is used for cutting food and that is all. It must never be put into the mouth. Hold knife in right hand, fork in left. When foods are soft enough to be cut with a fork, or do not need to be cut at all, the knife is placed on the plate and the fork is in the right hand. When you have finished eating, always place your knife and fork side by side on the plate.

Keep your mouth closed while chewing. When your mouth is filled with food, do not try to talk. Chew and swallow before talking.

**Things to Avoid**—A man never takes the arm of a woman unless it is necessary to protect or assist her.

A gentleman will not smoke in a taxicab with a lady without asking her permission.

Good manners forbid chattering and whispering during a play or concert, or reading the captions at a movie.

Do not pick your teeth or clean your fingernails in a public place.

Never brag about anything. People learn to dodge the braggart.

A gentleman never boasts of his love affairs to other men.

# Indigestion - Its Serious Dangers, Causes, Treatment

**E**VEN those who have the slightest trouble with their stomach, are warned to attend to the disorder at once before it becomes chronic. The stomach has very few nerves and often gives little pain until something serious is happening.

For other important reasons, do not neglect indigestion. Remember, if your food does not digest properly, your entire body may suffer from lack of nourishment and become weak and thin. Furthermore, the undigested food ferments and manufactures acid

poisons which are then carried all through the body, causing nervousness, sleeplessness, headaches, rheumatic pains, kidney weakness and other serious affections.

So immediately take measures to stop gas, heartburn, bloating, acidity, stomach pain, coated tongue, all signals that something is wrong. But don't take the ordinary powders and pills that merely stop the discomfort temporarily, and do nothing to end the trouble.

## The Best and Quickest Treatment for Indigestion

Of course the only way to end indigestion is to get at the real causes and remove them. What are these causes?

Remember, our stomach has to do two things at once. Its strong, muscular walls have to churn and mix the food, while at the same time the gastric juice, poured out by the lining of the stomach, dissolves out the nourishing parts, so that they can pass in liquid form into the blood. If the muscles are weak, or if the gastric juice is deficient in quantity, the food lies in the stomach like lead, causing pain and discomfort, and the poisons from fermentation, as explained above, often cause pain and disease in other parts of the body.

### TO FIGHT THE CAUSES SCIENTIFICALLY

You cannot strengthen weak stomach muscles and renew the proper flow of the gastric juice with antacid powders and ordinary stomach pills. On the other hand, Nature herself provides the substances which stimu-



late and tonic the stomach's muscular and digestive powers in a perfectly natural way. These substances are now highly concentrated in the little "Fruit-a-tives" tablets.

It is a fact that thousands have "Fruit-a-tives" to thank for what they call an entirely "new" stomach. The fruit extracts and herbal tonics in "Fruit-a-tives" immediately stimulate and tonic the stomach muscles and start a natural flow of gastric juice to dissolve and liquefy the heavy lumpy mass that is causing stomach distress. Other ingredients stop the fermentation and the formation of acids. Furthermore, the flow of bile, which also helps the digestion, is stimulated. Finally, by relieving constipation, the way is cleared for the food to quickly leave the stomach.

When you understand the thorough way in which "Fruit-a-tives" go after the causes of indigestion, it is easy to see why they have conquered many cases of long standing where other remedies had failed.

# Indigestion Torture Banished

## Let These Former Sufferers Tell You How

**Indigestion, Headache Torture For Years. Now Feels Like New.**



"For years I was tortured with terrible Indigestion and Headaches. Then I saw 'Fruit-a-tives' advertised and thought I'd try them. Today I feel like a new person. My

stomach trouble has gone entirely, bowels are regular, no headaches. I enjoy my meals, can sleep all night long and work all day, and never feel tired. I recommend 'Fruit-a-tives' highly." — Mrs. M. MCKINLAY, Peterboro, Ont.

**Stomach Pains, Gas, Nerves Made Life a Torment. All Gone Now.**



"I suffered the awfullest torment from Indigestion and Constipation. The gas pains in my stomach were torture, especially after eating. I also had terrible

headaches, and was fast becoming a nervous wreck.

"Then I read about 'Fruit-a-tives' and tried them. Now I can eat everything—gas pains all gone, bowels regular, headaches and nervous spells disappeared."—Mrs. D. TREPANIER, Quebec, P.Q.

**Indigestion Pains Made Me a Wreck. No Trouble Now. Can Eat Everything.**

"For years I suffered terribly with knife-like pains from Indigestion. Was badly constipated, too. No medicine helped. I was a nervous wreck. After reading about 'Fruit-a-tives' I decided to try them. Almost at once my stomach stopped troubling me. I could eat everything I wanted. My nerves calmed down and Constipation disappeared."—Mrs. H. DAURAY, Pointe Gatineau, Que.



**I Had Awful Gas, Burning Stomach, Sick Headaches. No Trouble Now.**

"For years I suffered with Indigestion and Sick Headaches. I could hardly eat because of Burning Stomach and terrible Gas. I was also badly constipated, very nervous, couldn't sleep. Then I began taking 'Fruit-a-tives' and soon I was entirely well. Eat anything; headaches, constipation gone, sleep fine."—Mrs. G. SEGÜIN, Alexandria, Ont.



# "Suffered Terribly from Indigestion"

**Suffered Years with Stomach, Headaches, Nervousness, Gets Rid of All.**

MRS. A. LAMONTE, Sorel, P.Q. writes: "For several years I was



badly run-down. I had severe morning headaches. I would get up tired, all worn out.

"Then my stomach went back on me. Every time I ate anything, I would be in

pain and distress for several hours afterwards. These attacks often brought on faintness and dizziness.

"Every day the headaches and stomach pains grew worse. My joints became stiff and swollen, and pained me terribly. I grew very nervous.

"Then I read in the paper about 'Fruit-a-tives' and decided to try them. In a week my headaches were gone, stomach trouble and other aches and pains had disappeared. Now I eat everything and enjoy perfect health."

**Indigestion, Headaches, Dizzy Spells for Years. All Disappeared.**



"Tortured with Indigestion, Headaches, Dizzy Spells and Constipation for years and no relief. Finally I took 'Fruit-a-tives' and all my troubles disappeared.

I feel 10 years younger."—MRS. A. LAPOINTE, E. Cornwall, Ont.

**If You Were Born in April—**

As a friend you are loyal, as an enemy you are dangerous. You are naturally gentle, but fearless. You will succeed in painting or writing. You should avoid alcohol. Your marriage may fail unless you choose mate carefully. May and July are your best months. Friday your lucky day. Your birthstone is the Diamond.

**Gas Pains, Headaches, Awful. Took "Fruit-a-tives." Entirely Well Now.**

MISS LIZETTA BISHOP, Dartmouth, N.S., writes: "Had always been in good

health until I began having trouble with my stomach. Everything I ate made me sick, the gas pains were awful, I had splitting headaches, lost all appetite, and felt so miserable all the



time I didn't know what to do. Then I read about 'Fruit-a-tives' and started taking them. Today I can eat anything, all stomach trouble, gas pains and headaches gone. Am entirely well, thanks to 'Fruit-a-tives'."

**Stomach Gas, Pain, Headaches, Dizziness, Sleeplessness All Vanished.**

MR. HENRI TRUDEL, Quebec, P.Q. says: "About three years ago, I began to have trouble with my stomach. No



matter what I ate, I suffered from gas and sharp, shooting pains after every meal. I tried all kinds of remedies, but the condition got worse. I was

tortured by splitting headaches. I had dizzy spells. My back pained me, especially at night. I couldn't sleep. I became extremely nervous.

"Finally I tried 'Fruit-a-tives'. My aches and pains vanished. I can sleep soundly and eat anything I want"

# Popular Recipes for 1931



## CORN MEAL GNOCCHI

*(An Italian dish used as an alternate for macaroni)*

$\frac{1}{2}$  cup yellow corn meal; 1 tablespoon white flour; 2 cups cold water; 1 teaspoon salt; 1 pint white sauce; grated cheese to taste; little nutmeg; crumbs for top. Stir flour with corn meal. Add water making it scant, and the salt. Cook one-half hour in double boiler. Stir, and pour in inch-thick layer in shallow cake tin, which has been rinsed with cold water. When set, turn out and cut in small squares. Put a layer of these into a buttered baking dish and cover with white sauce. Strew with a little grated cheese; add another layer of the squares, white sauce and grate over it a little nutmeg. Strew with crumbs, add tiny bits of butter, bake in hot oven until it puffs.

## SOUR CREAM WAFFLES

1 cup sour cream; 1 cup flour; 1 teaspoon baking powder;  $\frac{1}{2}$  teaspoon soda;  $\frac{1}{2}$  teaspoon salt;  $\frac{3}{4}$  cup sweet milk; 2 eggs. Beat egg yolks well and put in sour cream. Add flour a little at a time sifted with the other dry ingredients, using an egg beater all the time. When batter gets too thick add a little of the sweet milk at a time, alternating with sifted flour. Finally fold in beaten whites of eggs and bake on a slowly heated waffle iron, filling from the center. Close iron gently, turning immediately. Cook three minutes to a side.

## STUFFED CELERY

Pimento cheese is used alone. Or use 1 tablespoon of chopped capers to 2 or 3 tablespoons of cream cheese, add a dash or two of paprika to make it pink. This may be softened with

cream. A man's recipe for a celery stuffing calls for Roquefort cheese mixed with one-half as much butter as cheese, creamed together and seasoned with a little Worcestershire sauce and paprika.

## CANNED SALMON HASH

Take fish from can, pick over carefully, shred, add to it an equal measure of mashed potato, a little salt and pepper and enough cream or ich milk to make the whole of a creamy consistency. Bake in a thin cake and serve in squares. Can be varied with crumbs, etc.

## POTATO OMELET

1 cup mashed potato; 4 tablespoons cream; 1 tablespoon chopped parsley; 3 eggs; 2 tablespoons cooked bacon; 1 teaspoon salt; 1 grind white pepper; bit of garlic; tablespoon butter. Separate whites and yolks of eggs, beat yolks and add to potato, and beat them together until blended without lumps. Add all other ingredients except egg whites. Then fold in beaten whites last and as lightly as possible. Heat butter in frying pan till it bubbles, pour in omelet which ought to be nearly two inches thick and fluffy. Prick so as to let the uncooked part run under. Brown gently and when set fold like any omelet and serve very hot. It may be browned on bottom and finished in hot oven. When cold it is tasty. For potato fritters, add a little flour to this mixture and fry in small portions in deep fat.

## RASPBERRY MOUSSE

$\frac{1}{2}$  cup raspberry juice; 2 beaten egg whites; 2 cups sugar, whipped cream. Stir the sugar and raspberry juice together until the sugar is dissolved and cook to 238 degrees. Pour over 2 beaten egg whites with constant beating. Fold in some whipped cream, a half cup will do. Pack and freeze.

# CANADIAN BROADCASTING STATIONS

Call Letters		Wave Length	Kilo-cycles
CFAO	The Calgary Herald, Calgary, Alta.	434.5	690
CFAO	C. A. Munro, Ltd., St. John, N.B.	336.9	890
CFCF	Star Publishing & Printing Co., Toronto, Ont.	356.9	840
CFCF	Canadian Marconi Co., Montreal, Que.	291.1	1030
CFCF	Abitibi Power & Paper Co., Ltd., Iroquois Falls, Ont.	499.7	600
CFCN	Western Broadcasting Co., Calgary, Alta.	434.5	690
CFCO	Western Ontario "Better Radio" Club, Chatham, Ont.	247.0	1210
CFCV	Victoria Broadcasting Ass'n, Victoria, B.C.	475.9	630
CFCY	The Island Radio Co., Charlottetown, P.E.I.	312.3	960
CFLC	Radio Association of Prescott, Prescott, Ont.	296.9	1010
CFNB	James S. Neill & Sons, Ltd., Fredericton, N.B.	247.8	1210
CFQC	The Electric Shop, Ltd., Saskatoon, Sask.	329.5	910
CFRB	Rogers Majestic Corp., Ltd., King, York County, Ont.	312.3	960
CFRC	Queen's University (Dept. of Elec. Eng.) Kingston, Ont.	322.4	930
CHCA	The Western Farmer (Uses Sta. CJCJ), Calgary, Alta.	434.5	690
CHCT	Messrs. G. F. Tull & Arden, Ltd. (Uses Station CKLC) Red Deer, Alta.	356.9	840
CHCS	R. T. Holman, Ltd., Summerside, P.E.I.	267.7	1120
CHLS	W. G. Hassell (Uses Station CKCD), Vancouver, B.C.	410.7	730
CHMA	Christian & Missionary Alliance, Edmonton, Alta.	516.9	580
CHML	Maple Leaf Radio Co., Ltd., Hamilton, Ont.	340.7	880
CHNS	Halifax Herald, Ltd., Halifax, N.S.	322.4	930
CHRC	E. Fontaine, Quebec, Que.	340.7	880
CHWC	R. H. Williams & Sons, Ltd., Regina, Sask.	312.3	960
CHYC	Nor. Elec. Co., Ltd., Montreal, Que. (Uses Sta. CKAC)	410.7	730
CJBC	Jarvis St. Baptist Church, Toronto, Ont. (Uses Sta. CKGW)	434.5	690
CJBR	Sask. Co-operative Wheat Producers, Ltd. (Uses Sta. CKCK), Regina, Sask.	312.3	960
CJCA	The Edmonton Journal, Ltd., Edmonton, Alta.	322.4	930
CJCB	N. Nathanson, Sydney, N.S.	340.7	880
CJCL	The Alberta Pub. Co., Ltd., Calgary, Alta.	434.5	690
CJCG	London Free Press & Printing Co., Ltd., London, Ont.	329.5	910
CJGX	The Winnipeg Grain Exchange, Yorkton, Sask.	475.9	630
CJOC	Harold R. Carson, Lethbridge, Alta.	267.7	1120
CJOR	G. C. Chandler, Sea Island, B.C.	247.0	1210
CJRM	Jas. Richardson & Sons, Ltd., Moose Jaw, Sask.	409.7	600
CJRW	Jas. Richardson & Sons, Ltd., Fleming, Sask.	409.7	600
CJRX	J. Richardson & Sons, Ltd., Winnipeg, Man.	25.6	11720
CJSC	The Evening Telegram (Uses Sta. CKGW), Toronto, Ont.	434.5	690
CKAC	LaPresse Publishing Co., Ltd., Montreal, Que.	410.7	730
CKCD	Vancouver Daily Province, Vancouver, B.C.	410.7	730
CKCK	Leader Publishing Co., Ltd., Regina, Sask.	312.3	960
CKCL	The Dominion Battery Co., Toronto, Ont.	516.9	580
CKCO	Dr. G. M. Geldert, Ottawa, Ont.	336.9	890
CKCR	John Patterson, Waterloo, Ont.	296.9	1010
CKCV	United Church of Canada, Vancouver, B.C.	340.7	880
CKGW	Goderham & Worts, Ltd., Bowmanville, Ont.	410.7	730
CKLC	Arcadia University, Wolfville, N.S.	434.5	690
CKLE	Alberta Pacific Grain Co., Ltd., Red Deer, Alta.	322.4	930
CKMO	Sprott-Shaw Radio, Vancouver, B.C.	356.9	840
CKNC	Canadian National Carbon Co., Ltd., Toronto, Ont.	410.7	730
CKOC	Wentworth Radio & Auto Supply Co., Ltd., Hamilton, Ont.	516.9	580
CKPR	Midland Broadcasting Corp., Midland, Ont.	340.7	880
CKUA	University of Alberta, Edmonton, Alta.	322.4	930
CKWX	A. Holstead & Wm. Hanlon, Vancouver, B.C.	516.9	580
CKXV	Manitoba Telephone System, Brandon, Man.	410.7	730
CKY	Manitoba Telephone System, Winnipeg, Man.	555.6	540
CNRA	Canadian National Railways, Moncton, N.B.	384.4	780
CNRC	Canadian National Railways, (Uses Sta. CFAO), Calgary, Alta.	475.9	630
CNRD	Canadian National Railways, (Uses Sta. CKLC) Red Deer, Alta.	434.5	690
CNRE	Canadian National Railways, (Uses Sta. CJCA) Edmonton, Alta.	356.9	840
CNRH	Canadian National Railways, (Uses Sta. CHNS) Halifax, N.S.	322.4	930
CNRI	Canadian National Railways, (Uses Sta. CJGC) London, Ont.	329.5	910
CNRM	Canadian National Railways, (Uses Sta. CKAC) Montreal, Que.	410.7	730
CNRO	Canadian National Railways, Ottawa, Ont.	499.7	600
CNRQ	Canadian National Railways, (Uses Sta. CKCV) Quebec, Que.	340.7	880
CNRR	Canadian National Railways, (Uses Sta. CKCK) Regina, Sask.	312.3	960
CNRS	Canadian National Railways, (Uses Sta. CPOC) Saskatoon, Sask.	329.5	910
CNRT	Canadian National Railways, (Uses Sta. CFCF) Toronto, Ont.	356.9	840
CNRV	Canadian National Railways, Vancouver, B.C.	291.1	1030
CNRW	Canadian National Railways, (Uses Sta. CFRB) Bowmanville, Ont.	384.4	780
CNRX	Canadian National Railways, (Uses Sta. CFBW) Bowmanville, Ont.	312.3	960
CPRY	Canadian Pacific Railway, Co. (Uses Sta. CKGW) Bowmanville, Ont.	434.5	690

# UNITED STATES BROADCASTING STATIONS

(OVER 1000 WATTS)

Call Letters		Wave Length	Kilo-cycles
WABC-WBOQ	Atlantic Brdctg. Corp., New York, N.Y. (C.P. 50M)	348.6	870
WAPI	Alabama Polytechnic Inst. Uni. of Ala. & Ala. Coll., Birmingham, Ala.	263.0	1140
WBAL	Cons. Gas. Elect. Light & Power Co., Baltimore, Md.	282.8	1060
WBAP	Carter Publications, Inc., Ft. Worth, Tex.	374.8	800
WBBM-WJET	Atlas Co., Inc., Chicago, Ill.	389.4	770
WBT	Station WBT, Charlotte, N.C.	277.6	1080
WBZ	Westinghouse E. & M. Co., Springfield, Mass.	302.8	990
WCAU	Universal Brdctg. Co., Philadelphia, Pa.	256.2	1170
WCBF	Wilbur Glenn Voliva, Zion, Ill.	277.6	1080
WCCO	Northwestern Brdctg., Inc., Minneapolis, Minn.	370.2	810
WCFL	Chicago Federation of Labor, Chicago, Ill.	309.1	970
WCKY	L. B. Wilson, Inc., Covington, Ky.	201.2	1490
WEAF	National Brdctg. Co., Inc., New York, N.Y.	454.3	660
WENR-WBCN	Great Lakes Brdctg. Co., Chicago, Ill.	344.6	870
WFAA	Dallas News & Journal, Dallas, Tex.	374.8	800
WGN-WLIB	The Tribune Co., Chicago, Ill.	416.4	720
WG Y	General Electric Co., Schenectady, N.Y.	379.5	790
WHAM	Stromberg Carlson Tel. Mfg. Co., Rochester, N.Y.	260.7	1150
WHAS	The Courier Journal Co. and The Louisville Times Co., Louisville, Ky.	365.6	820
WHO	Central Brdctg. Co., Des Moines, Iowa	299.8	1000
WJAZ	Zenith Radio Corp., Chicago, Ill.	201.2	1490
WJJD	Sup. Lodge of the World, L.O. of M., Moosehart, Ill.	265.3	1130
WJSV	WJR Goodwill Station, Inc., Detroit, Mich.	399.8	750
WJZ	Independent Pub. Co., Alexandria, Va.	205.4	1460
WKBW	WKBW, Inc., Buffalo, N.Y.	394.5	760
WLAC	Life & Casualty Ins. Co., Nashville, Tenn.	202.6	1480
WLBL	St. of Wis. Dept. of Agriculture and Markets, Stevens Pt., Wis.	333.1	900
WLS	Agricultural Brdctg. Co., Chicago, Ill. (C.P. 50M)	344.6	870
WLW	Crosley Radio Corp., Cincinnati, Ohio	428.3	700
WLWL	Missionary Soc. of St. Paul the Apostle, New York, N.Y.	272.6	1100
WMAQ	WMAQ, Inc., Chicago, Ill.	447.5	670
WMBI	Mood Bible Inst. Radio Station, Chicago, Ill.	277.6	1080
WOAI	Southern Equipment Co., San Antonio, Texas (C.P. 50000)	252.0	1190
WOC	Central Brdctg. Co., Davenport, Iowa	299.8	1000
WOR	Iowa State College of Agri. & Mech. Arts, Ames, Iowa	468.5	640
WORD	Missionary Soc. of St. Paul, Newark, N.J.	422.3	710
WOWO	People's Pulpit Ass'n, Chicago, Ill.	201.2	1490
WPG	WPG Brdctg. Corp., Atlantic City, N.J.	272.6	1100
WRUF	University of Florida, Gainesville, Fla.	361.2	830
WRVA	Larus & Bros. Co., Inc., Richmond, Va.	270.1	1110
WSB	Atlanta Journal Co., Atlanta, Ga.	405.2	740
WSM	National Life & Accident Ins. Co., Nashville, Tenn.	461.3	650
WTAM	WTAM, Inc., Cleveland, Ohio	280.2	1070
WTIC	Travelers' Brdctg. Service, Hartford, Conn.	282.8	1060
WTNT	Tennessee Pub. Co., Nashville, Tenn.	204.0	1470
WWL	Loyola University, New Orleans, La.	352.7	850
WVVA	W. Va. Brdctg. Corp., Wheeling, W. Va.	258.5	1160
KDKA	Westinghouse E. & M. Co., Pittsburgh, Pa.	305.9	980
KEX	Western Broadcasting Co., Portland, Ore.	389.4	770
KFAB	KFAB Brdctg. Co., Lincoln, Neb.	440.1	680
KFEQ	Scroggin & Co. Bank, St. Joseph, Mo.	468.5	640
KFI	Earl C. Anthony, Inc., Los Angeles, Calif. (C.P. 50000)	202.6	1480
KFJF	National Radio Mfg. Co., Inc., Milford, Kans.	285.5	1050
KFKB	KFKB Brdctg. Ass'n, Inc., Spokane, Wash.	204.0	1470
KGA	Northwest Broadcasting System, Inc., San Francisco, Calif.	379.5	790
KGO	National Brdctg. Co., Inc., San Francisco, Calif.	309.1	970
KJR	Northwest Brdctg. System, Inc., Seattle, Wash.	275.1	1090
KMOX	Voice of St. Louis, Inc., St. Louis, Mo. (C.P. 50000)	285.5	1050
KNX	Western Brdctg. Co., Hollywood, Calif. (C.P. 50 M.)	361.2	830
KOA	National Brdctg. Co., Inc., Denver, Colo.	254.1	1180
KOB	N.M. Coll. of Agr. & Mech. Arts, State College, N.M.	440.9	680
KPO	Hale Bros. Stores, Inc. & The Chronicle Pub. Co., San Francisco, Calif.	201.2	1490
KPWF	Pacific Western Brdctg. Fed., Los Angeles, Calif. (C.P. only)	288.3	1040
KRLD	KRLD Radio Corp., Dallas, Texas	265.3	1130
KSL	Radio Serv. Corp. of Utah, Salt Lake City	270.1	1110
KSOO	Sioux Falls Brdctg. Ass'n, Inc., Sioux Falls, S.D.	205.4	1460
KSTP	National Battery Brdctg. Co., St. Paul, Minn.	254.1	1040
KTHS	Hot Springs Ch. of Com., Hot Springs, Ark.	256.3	1170
KTNT	Norman Baker, Miscatine, Iowa	263.0	1140
KVOO	Southern Sales Corp., Tulsa, Okla.	352.7	850
KWKH	Helio World Brdctg. Corp., Shreveport, La.	293.9	1020
KYW-KFKX	Westinghouse E. & M. Co., Chicago, Ill.		

# First Aid in Emergencies



## Prompt Use of these Methods May Save a Life

**Fainting Fits**—Place patient with head low; loosen clothing; open windows if indoors, or fan; if outdoors, keep crowd back; ammonia on handkerchief to nostrils; do not try to hold patient down. Place rolled-up handkerchief, led pencil, spoon or similar object between teeth. Let patient sleep after revival.

**Frost Bite**—Put patient in closed room without fire; undress him carefully. Rub frozen parts or whole body with snow or ice, or put patient in cold bath, vigorously rubbing surface affected. Give warm coffee or tea. If breathing has ceased, use artificial respiration. Carry patient when revived to slightly warmer room; cover loosely with blanket. Afterward rub patient with cloth wet in warm water. Give tea or beef tea.

**Carbolic Acid Poisoning**—Symptoms: Great pain and vomiting; unconsciousness soon. Easy to tell by odor of acid and burn, which with pure acid is white, and with impure acid, black. Treatment: NEVER GIVE AN EMETIC. Rinse mouth with pure alcohol. If grown person, should swallow 3 or 4 tablespoonfuls of alcohol mixed with equal quantity of water. Follow in 5 minutes with 2 tablespoonfuls of Epsom Salts dissolved in a little water.

**Carbon Monoxide Poisoning**—Caused by leaky furnaces or chimneys; gas stoves without flue connec-

tions; and gasoline exhaust from automobiles. NEVER RUN ENGINE OR AUTOMOBILE IN CLOSED GARAGE. Treatment: Remove patient from place containing carbon monoxide gas. Administer pure oxygen as quickly as possible, preferably from a cylinder of oxygen through an inhaler mask. If breathing is feeble, at once start artificial respiration by the prone method. Keep victim flat, quiet, warm. Give plenty of rest.

**Strychnine Poisoning**—Symptoms: Convulsions, cramps affecting all muscles of body. Jaws locked. Spasm of muscles so great it prevents breathing; face becomes dusky. Treatment: Give emetic (or thrust finger down throat) to produce vomiting. Powdered charcoal, if possible, in large quantity, followed by another emetic.

**Mad Dog or Snake Bite**—Tie cord around arm or leg short distance above bite. Enlarge tooth punctures by cutting into them as deep as tooth goes. Make two cuts over each, crossing one another. Suck out blood, providing there are no cuts on your own lips or mouth. Wash wounds in solution of permanganate of potash crystals. Dose with whiskey or brandy. Give double dose of "Fruit-a-tives." Keep wound clean, dress it with antiseptic gauze. In case of bite by mad dog, Pasteur serum should be administered as soon as possible by physician.

# Nervousness - A Menace to Health, Life and Happiness

**N**ERVOUSNESS, no matter how slight, always presents elements of danger. Because it gradually saps manhood and womanhood, ruins happiness and joy of life, and finally often shatters both mind and body.

At first, the victim is simply jumpy, irritable, worried over little things. He has difficulty in getting to sleep and his sleep is restless. He is also often gloomy and blue.

The appetite becomes poor and the person is tortured with indigestion, gas, bloating, stomach pains, constipation. There are spells of dizziness, trembling, shortness of breath and palpitation of the heart.

As the nerves become worse, there is loss of memory and great fatigue. Splitting nervous headaches set in. There may be loss of sexual power, nervous prostration and still worse.

## Causes of Nervousness and How They May Be Overcome

Nervousness is a condition in which mind and body react upon one another very closely. In many cases the beginning is in the mind from worry, grief or shock, but the first result is to upset stomach and bowels.

On the other hand, thousands of cases of nervousness actually BEGIN with poor digestion and faulty elimination (constipation). When the food is not properly digested, it ferments and forms acid poisons. These are absorbed into the blood and travel

all over the body, irritating delicate nerves from head to foot, creating headaches, muscular irritability and pain, organic disorder and mental and physical weakness and shakiness.

Whether the source is in the mind or in the body, the effects of these acid poisons are exactly the same. In order to drive nervousness from your system entirely, the only really effective measure is to stop and prevent the formation of these poisons.

## Simple Treatment Gets at Real Cause and Conquers It

What is needed then is something that will actually settle the stomach and restore the digestive and eliminative organs to their old-time health. There is no better way to do this than to take the wonderful little "Fruit-a-tives" tablets for a short while.

Remember, they are entirely different from dangerous, habit-forming drugs that merely deaden the nerves temporarily and do not touch the real cause. They are Nature's own remedies to get the body working naturally

and regularly. They are especially compounded to restore perfect digestion and regular elimination in a perfectly natural way. When this has been done, and the formation of the irritating acid poisons is stopped, the recovery from nervousness seems almost magical. Shaky, irritable nerves become strong and firm. Sound sleep comes almost as soon as you touch the pillow. Nervous headaches cease. Nervous exhaustion disappears and you become a new person both in mind and body.

## "Nervous Wreck, Constipated, Bad Headaches"

**Nerve Breakdown, Bad Stomach Laid Me Low. Now a New Man.**

"I had a nervous breakdown caused by Stomach Trouble and Constipation. I suffered from blinding headaches, too, could hardly do my work. At last I tried 'Fruit-a-tives' and they made me a new man quick. No more 'Nerves', headaches are gone; no more trouble with Constipation and my stomach is fine." —GEORGE E. PATRICK, Frankford, Ont.



**Nerves So Bad No Sleep. Heart Pained. No More Trouble Now.**

"I am a telephone operator," writes Miss DOROTHY BROOKS, Sherbrooke, Quebec, "and some months ago had a very bad nervous breakdown. My heart pained me a great deal and my nerves were so bad I could not sleep at night. I tried many medicines but did not get much relief until lately when I started to take 'Fruit-a-tives'. I am now able to sleep soundly and haven't any horrible pains."



### **If You Were Born In May—**

You are inclined to be restless and dissatisfied and full of longing to travel, be "on the go." But you are tender hearted, sympathetic, and should take up nursing or practice medicine. Watch your tendency to be always finding fault; fight against it. April and August are your best months and Friday is your lucky day. Your birthstone is the Emerald.

**Thought She'd Go Crazy. Years of Torture Ended by "Fruit-a-tives."**

"For years I was a nervous wreck and suffered tortures with constipation," writes Mrs. J. F. RUTKOWSKA, Tolstoi, Man., "I had such terrible headaches I thought I'd go crazy. I had no appetite, could scarcely eat anything without stomach distress. Nothing seemed to help me.

"Finally I read about 'Fruit-a-tives' and bought some. In a very short time I was entirely free of all nervousness, distress and pain, no longer constipated. I truly think 'Fruit-a-tives' saved my life."

### **Terribly Nervous 6 Months Couldn't Sleep.**

**All Trouble Gone. Sleeps Fine.**

"My nerves were so bad for 6 months I was on verge of a breakdown. I was tortured with awful Headaches, Backaches, Constipation and Nervousness. I couldn't sleep. I then tried 'Fruit-a-tives'. No more 'Nerves', Headaches or Constipation, sleep fine." —MRS. O. SCOTT, Kingston, Ont.



**Nervous Disorder Frightened Me.**

**Quick Recovery with "Fruit-a-tives."**



"Seven years ago I was so ill I didn't expect to recover. My nerves were in a terrible state, my hands and feet always cold, and I could not eat because of awful stomach Pains and Constipation. Nothing helped me until I tried 'Fruit-a-tives'. The first day I was better, soon recovery was complete." —MRS. F. MARCIL, Bedford, P.Q.

# Backaches—

*one Sign of*

## Kidney Trouble



**I**F you have frequent pains or aches in the small of the back—if you are a victim of continual headaches, dizziness, drowsiness, loss of appetite, sleeplessness, muddy complexion, passing water too frequently, coated tongue—you should not delay a single moment in going after the trouble. For these are the usual

symptoms of congestion of the kidneys.

And kidney trouble means not only suffering and ill health, but torture which may end in serious organic disease, unless prompt measures are taken to remove the cause.

### Causes of Kidney Congestion

To understand the cause of kidney congestion and backache, it must be remembered that in good health the waste matter and poisons of the body are eliminated through four different organs—the bowels, the skin, the kidneys and the lungs. When the bowels are constipated and the skin is inactive, the blood fills up with poisons and this throws an extra heavy load on the kidneys. Therefore, they are very likely to become congested and overworked, which not only causes

kidney pain, but further slows up the elimination of body poisons and makes you feel miserable in a dozen different ways.

You can now see why ordinary kidney pills and other kidney remedies are not very effective in overcoming the condition, because they do nothing to remove the real causes. What you need is something that will relieve, stimulate and strengthen ALL the eliminative organs, and restore them to healthful functioning.

### The Quickest, Most Effective Treatment

Because they at one and the same time stimulate and tonic bowels, skin and kidneys, and also help to purify the blood, "Fruit-a-tives" provide the most effective kidney medicine we know of. Remember, they combine ten of Nature's own remedies to regulate and restore the system. The action on the kidneys themselves is prompt and efficacious, immediately helping to relieve congestion and pain. Then, by at the same time regulating

bowel and skin action, the tremendous overload is taken off the weakened kidneys and they have a chance to operate in a normal healthy way.

Thousands of former sufferers have expressed their amazement and delight at how quickly backaches and headaches disappeared, appetite returned, sound sleep was restored and there was a general toning up of health and strength over the entire body.

# "In Agony with Kidney Trouble"

**Health Shattered by Kidney Trouble, Backaches, Headaches. New Man Now.**

"For a long time I suffered terribly with Kidney Trouble. My back pained day and night, often had splitting Headaches, very Nervous, always tired. Health was shattered. Then friends advised 'Fruit-a-tives'. Today I'm a new man—Backache, Headache, Nervousness gone." — MR. EMILE BLANCHETTE, Windsor Mills, P.Q.



**Backache, Headaches, Dizziness Disappeared Quick with "Fruit-a-tives."**

"I suffered with agonizing Kidney Trouble for years, as well as Constipation. Had awful Headaches, frequent Dizzy Spells; and terrible burning Back Pains. After trying everything, I finally used 'Fruit-a-tives'. Soon felt like a new woman. The Headaches, Back Pains, Dizziness and Constipation were gone." —MRS. EMILY WATSON, Belleville, Ont.



**Kidney Trouble, Backaches, Indigestion Made Me a Wreck. Now Fine.**

"I had terrible trouble with my Kidneys, frightful Backaches. After bending down, the pain was awful when I tried to straighten up. Also Indigestion and Sick Headaches. I was a wreck. Friend advised 'Fruit-a-tives'. Soon I was entirely well, no more Kidney Trouble, no Backaches. I feel fine." —MRS. S. E. SHERMAN, Cardinal, Ont.



**Was Weak from Kidney Trouble, Headache, Backache. Now Well.**

"I was very weak because of kidney trouble," writes Mrs. R. TESSIER of St. Jean de Matha, P.Q. "I suffered with terrible headaches and pains in the back that dragged me down. I was dizzy, nervous, short of breath and went through tortures with indigestion, gas, constipation. I was just about discouraged when I learned of 'Fruit-a-tives'. Soon all my kidney trouble, pains, constipation, indigestion, headaches and weakness were gone. I am a new woman today."



**If You Were Born in June —**

You are a home-lover, but you insist on being the boss. You are also very upright and honest. If a woman you should seek success as a writer or platform speaker; if a man, engineering or architecture will be your best fields. February and September are your best months and Monday your lucky day. Your birthstone is the Agate.

# "Kidney Trouble, Backache 2 Years"

Constipation, Indigestion,  
Violent Headaches Also.  
Feels Fine Now.

"For two years I was in misery from Kidney Trouble. My head throbbed like it would burst, my back ached, everything I ate distressed me, and I suffered awfully from constipation. I tried all kinds of medicines without relief, until friends advised 'Fruit-



a-tives'. The results were almost unbelievable. Headaches, Kidney Pains, Constipation disappeared. I found I could eat anything I wanted, and today I feel fine."—MISS JEANETTE LAMONTAGNE, Hull, P.Q.

## Suffered Agonies with Kidney Trouble. Disappeared Quick.

"For years I suffered agonies with kidney trouble," says MISS I. PARADIS, Sherbrooke, Que. "Nothing gave me any relief. A friend called on me and advised me to try 'Fruit-a-tives'. I did so, and noted an immediate improvement. Feel fine."

Forced to Bed by Kidney Pains. Sore Back and Side. Well in a Week.

MRS. S. S. STEWART, Admiral, Sask., writes: "This fall I caught cold in my kidneys and had such a sore back and pains in my side that I was forced to go to bed for a week. My mother advised me to try 'Fruit-a-tives' and as soon as I started the first box I began to feel better and inside of a week I was able to be up and do my own work. I have taken two more boxes since and I feel fine."



## Backache Gave Me Terrible Torture. Tired, Dizzy. Not a Sign Now.

"For years I was tortured with terrible Backache caused from my Kidneys. I had to bend to work, and in straightening up the pain was awful. I was always tired, dizzy. I tried everything, but got no relief until I took 'Fruit-a-tives'. The change was almost unbelievable. The pain is gone. I feel wonderful."—BESSIE BAKER, Morrisburg, Ont.



## COMMON STAINS AND HOW TO REMOVE THEM

**Blood**—Use cold water; soap and cold water; or starch paste.  
**Chocolate or Cocoa**—Use borax and cold water.  
**Coffee and Tea**—(Clear)—Use boiling water. (With cream) Use cold water, then boiling water.  
**Cream and Milk**—Use cold water, soap.  
**Fruit and Fruit Juices**—Use boiling water; bleach.  
**Grass**—Use soap and cold water; alcohol; bleaching agent.  
**Grease and Oils**—Use French chalk, blotting paper; or warm water and soap; or gasoline or benzine.  
**Ink**—Try cold water; then use an acid or bleach.  
**Kerosene**—Warm water and soap.

**Lampblack and Soot**—Use kerosene, benzine, chloroform, ether, or gasoline.  
**Mildew**—If fresh, use cold water; otherwise try to bleach with potassium permanganate.  
**Paint and Varnish**—Use alcohol, chloroform or turpentine.  
**Perspiration**—Use soap and warm water; bleach in the sun.  
**Pitch, Tar and Wheel Grease**—Rub with fat, then use soap and warm water; or benzine; gasoline.  
**Shoe Polish (Black)**—Use soap and water, or turpentine. (Tan) Use alcohol.  
**Stove Polish**—Use kerosene or benzine.  
**Vaseline**—Use kerosene or turpentine.

# The Story Your Hand Tells

A **reddish palm** indicates fiery temper, energy, vitality; a **colorless palm** belongs to a cold-hearted, conceited, selfish person; a **blotchy, flesh and white palm** indicates all good traits.

**Firm, smooth skin** indicates love of the finer, higher, more beautiful things of life; **coarse skin** belongs to one who would rather fight than work for their heart's desire.

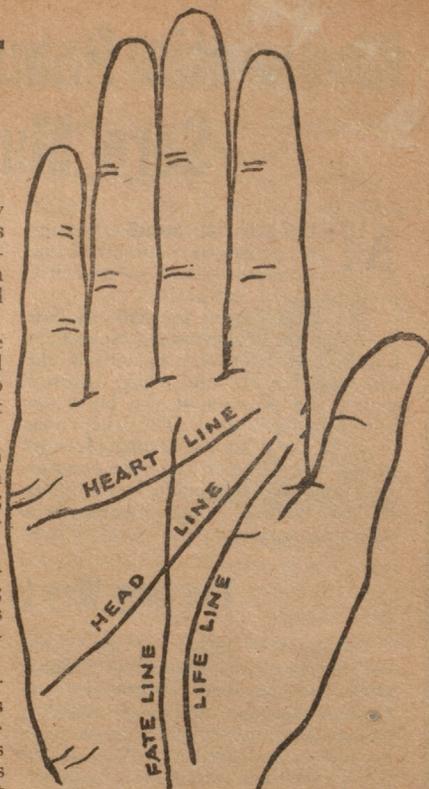
**Flabby hands** belong to a selfish person who craves luxuries; **firm hands** denote vitality and ambition; **stiff, clumsy hands** indicate a narrow mind.

The owner of a **thin palm** is considerate, sensitive, generous, talented; a **thick palm** denotes one who has no respect for authority or the opinions of others.

**Long fingers** show fondness for detail; the person with **short fingers** cares only for results; **straight fingers** belong to emotional creatures who plunge headlong into business and affairs of the heart; **prominent joints** indicate deep mental powers; **knotted fingers** are never found wanting when put to a severe test.

**Long, well-molded thumbs** indicate brilliance and power of will; **short, thick thumbs** denote physical brutality and an obstinate disposition; **small, poorly developed thumbs** stand for weak will power, and listlessness. When the **first joint** is long, the owner's will rules him; when the first joint is short, fat and heavy, it indicates a dangerous temper.

When the **Life Line** is deep, clear and strongly marked it indicates fine



vitality and health; when faint and wavering, with slight breaks, it indicates a frail or sickly constitution.

**The Head Line**, when long, deep and straight tells of a powerful intellect; when it curves downward it denotes a creative imagination.

**The Heart Line**, if faint, belongs to one who is cold and devoid of affection; a deep heart line means a strong emotional life with many love affairs; a broken heart line means disappointment in love.

**The Fate Line**, if long, means long life; the absence of a fate line means a colorless, uneventful life.

# Rheumatic Pains, Stiff Joints, Sore Muscles---

**M**EDICAL authorities assign two causes to rheumatism and its related diseases—arthritis, joint troubles, lumbago.

One cause is the presence of Uric Acid and other poisonous acids in the blood, due to faulty action of the kidneys, bowels and skin, through which the poisons of the body are normally discharged. The other cause is said to be a kind of ferment formed in the bowels when they are constipated and do not regularly eliminate the food wastes. This ferment and the uric acid, carried by the blood all over

the body, inflame and swell the joints and muscles, causing excruciating pain.

Exposure to cold and dampness often excites rheumatic troubles, but only because the cold stops the natural secretions of the skin, so that it no longer throws off its share of the acids and poisons above mentioned.

Now you can see why the ordinary rheumatic remedies, the liniments and balms, can never overcome the trouble. They merely give a temporary relief by exciting a false feeling of warmth on the surface.

## The Only Way to End the Torture

Purify the blood of the acid poisons and ferments that inflame your muscles and joints—get the bowels, kidneys and skin working properly again so the poisons have no chance to form and collect—and you strike rheumatism and rheumatic pains at their very source. That is the modern way to treat the disease, and probably the most successful medicine used has been "Fruit-a-tives".

Because perhaps no medicine in the world will purify the blood so promptly and thoroughly as "Fruit-a-tives". Also they act directly on the bowels, kidneys and skin. By cleansing and regulating the bowels, "Fruit-a-tives" at once remove the substances which ferment and attack the joints and muscles with their poisons. At the same time, the kidneys and skin are stimulated to healthy activity, so that they can eliminate waste and body

poisons in the normal way. Uric Acid cannot form and get into the blood if bowels, kidneys and skin are working properly. "Fruit-a-tives" also contains a natural disinfectant that quickly destroys germs and ferments in stomach and bowels.

The result is that the **causes** of rheumatism are stopped or driven out of the body, and all the terrible pain, stiffness and soreness in joints and muscles tends to entirely disappear. In thousands of cases, "Fruit-a-tives" have relieved rheumatic troubles when other treatments had failed.



# "Tortured Years with Rheumatism"

**Crippled with Rheumatic Pains,  
Couldn't Sleep.  
Now Entirely Well.**



"For months I was so crippled with rheumatic pains I couldn't do my house work, and could not sleep. Was also bothered with severe headaches and dizzy spells caused by constipation. Nothing helped me until I took 'Fruit-a-tives'. Now I am entirely well."—MRS. H. KEPPLIN, Riverhurst, Sask.

**Ends Rheumatism for Himself  
and Friend  
Recommends "Fruit-a-tives"  
Highly. Puts Man on Feet Who  
Couldn't Walk a Step.**

"I know the value of 'Fruit-a-tives, to be without a doubt unquestionable for all ailments arising from constipation, also for all disorders from clogged liver and kidneys, such as



rheumatism and rheumatic pains," writes Mr. E. HAMBLETON, Prince Albert, Sask. "I recommended them to a friend who was crippled with rheumatism in both feet so bad he could not work, being unable to walk. It only took 5 or 6 days to give him satisfaction. He is out working on a farm now. I will never be without 'Fruit-a-tives.' They are my best friend."

**Rheumatism Confined Her to Bed  
Now Can Work and No More Pain.**

"Had rheumatism for 23 years. Thought I'd never get well. Was in bed when I took 'Fruit-a-tives'. They have done wonders. Can do my work and no more pain."—MRS. A. N. FIELD, Wynyard, Sask.



**Couldn't Walk from Rheumatism  
"Fruit-a-tives"  
Ends It in Short Time.**



MISS MABEL MARTIN, Asbestos, P.Q., writes: "I was troubled with rheumatism last winter in my feet and arms, so crippled I couldn't walk. Nothing did me any good till I took 'Fruit-a-tives'. In a short time my rheumatism was entirely gone."

## **If You Were Born in July—**

You have a magnetic personality and can be a real force for good, but you tend to be lazy. If you develop you will manage your affairs, and the affairs of others, successfully. Women born in this month should train for the stage or concert platform. January and October are your best months and Sunday your lucky day. Your birthstone is the Ruby.

# "Rheumatism, Stiff Joints 5 Years"

## Torture of Swollen Joints and Muscles Vanished with "Fruit-a-tives."

"I had been tortured with rheumatism, stiff, swollen, painful joints for 5 years. Nothing helped much until I took 'Fruit-a-tives'. Now I feel like a new person. All rheumatic trouble has gone, they gave me a new appetite, cleansing the blood and entire system. They also gave me a lovely new complexion."—MRS. GEORGE WYLLYCHUK, Calder, Sask.



## Rheumatism, Kidney Trouble Were Ruining Life. Overcome Quickly.

MR. JOSEPHATE LABELLE of Lachute Mills, P.Q., writes: "Rheumatism, kidney trouble and catarrh made my life a misery for 6 years. I used practically every medicine, but all without result. Then I tried 'Fruitatives' and now I am in perfect health and feel fine. I also recommend 'Fruit-a-tives' for constipation and nervousness."



## Excruciating Rheumatic Pains, Weak Heart, Acidosis, All Disappeared.

MISS JULIETTE TRAMBLAY, Bagotville, P.Q., writes: "I had been tortured with excruciating rheumatic pains in different joints and muscles for years. Also had a weak heart and troubles caused by acidity—indigestion, liver trouble, constipation. After



trying nearly everything I read about 'Fruit-a-tives' and bought a box. Now I am entirely well and feel like a new person. I certainly recommend 'Fruit-a-tives'."

## Couldn't Move Arms Because of Painful Rheumatism. Now fine, Can Work.

MR. J. B. DREU, Digby, Nova Scotia, writes: "For a long time I had rheumatism so bad I couldn't move my arms, and the pain and fever and sweating sometimes nearly set me crazy. I tried everything, but only temporary relief. At last I got hold of 'Fruit-a-tives' and after taking just a few boxes I am able to be at work again. They have done me so much good I don't know how to thank you."



## Bad Headaches, Rheumatism, Weak Stomach Have Vanished Completely.

"I was almost completely knocked out by painful rheumatism, stiffness, bad headaches and also bad stomach. Could scarcely do my work, and sometimes every move was a torture. Finally I was recommended to take 'Fruit-a-tives' and tried them. In a short time all my troubles vanished completely, never an ache or pain. 'Fruit-a-tives' also cleared my complexion. I really call myself a new man."—D. JOYCE, Beeton, Ont.



# Hints for the Housewife

**Cleaning Furniture:** Do not use soap or washing powders on furniture. The woodwork should be rubbed occasionally with furniture polish, wax or oil, according to its finish. In washing furniture, use a chamois, or a large sponge and wipe as dry as possible. Wipe in one direction, with the grain of the wood. Carved wood may be washed with a hair brush dipped in clear water. Painted and enameled furniture may be washed. For upholstery, either a vacuum cleaner or a brush is best. Leather furniture lasts longer if it is rubbed occasionally with castor oil. Wicker furniture can be cleaned by dusting. White marks on furniture may be removed by turpentine or kerosene.

**Cleaning Windows and Mirrors:** For windows use water and washing soda, ammonia, borax, kerosene, or alcohol. Soap should never be used on windows as it leaves a film. Wring the cloths as dry as possible for the final polish. To clean mirrors, mix a little powdered bluing, whiting or pumice stone with alcohol to form a thin paste. Smear the surface of the mirror with this with a small rag or sponge, and before the alcohol evaporates rub the mixtures off. Afterward polish with a silk, or soft cloth.

**Cleaning Window Shades:** White window shades may be cleaned with magnesia. Spread a sheet on the floor, unroll the shade and with a soft cloth scrub the shade with magnesia and water. After treating one side, turn the shade over and clean it in the same way. This method removes the dirt very satisfactorily and renews the shade at a cost of about ten cents.

**Cleaning Chimneys and Stovepipes:** A piece of zinc put on the live coals in the stove will clean the stove pipe.

**Washing China:** Dishes and ornaments are usually cleaned by washing in hot water and soap. They should not be quickly heated or cooled, for sudden changes of temperature are likely to crack china. Cut glass may be scrubbed with a small brush and soapy water containing a little ammonia.

**Table Linen:** Linens should last a lifetime if they are given the proper care. They should be laundered with great care, ironed on the right side and then on the wrong. If white linen is put away for a time, it should be rolled in blue paper, which prevents it from becoming yellow.

**Baking Apples:** Prick the skin of the apples and they will cook without bursting.

**Cooking Pancakes:** Dip the spoon in milk or water and the batter will drop off the spoon easily.

**Egg Whites:** Never beat eggs in an aluminum pan, as it is sure to darken them.

**Slicing Potatoes:** When slicing potatoes, hold the paring knife over a gas flame or in boiling water and the potatoes will slice easily.

**To Make Meat Tender:** Put it in a strong vinegar water for a few minutes.

**To Sweeten New Milk:** Milk which has been slightly changed may be sweetened by stirring in a little soda.

**Poaching Eggs:** A teaspoonful of vinegar in water in which eggs are poached keeps the whites from spreading and makes the whites cook over the yolk.

**To Prevent Odor of Boiling Ham or Cabbage:** Add a little vinegar.

**Making Mayonnaise:** The white of the egg added to the mayonnaise on the verge of curdling will often prevent this.

# SKIN DISEASES

## Pimples, Blackheads, Blotches, Eczema, Etc.

IT is a well known fact that in the great majority of cases, skin eruptions and a bad complexion are not mere surface diseases, but are due to impurity of the blood or to a general disturbed condition of certain vital organs, as at the age of puberty.

Especially when the liver, kidneys, bowels and skin are not working properly, the blood becomes filled with poisonous wastes. The skin tries to throw them off but is not able to. Therefore they gather on the surface and cause all kinds of eruptions and irritations. The same thing happens when certain other organs are in a disturbed state and throw poisons into the blood.

Mere surface remedies—creams, lotions, and powders—help a little on the surface, but do nothing to

remove the real cause of the condition. What is needed is something that will not only purify the blood but also tonic all the organs, especially those of elimination. "Fruit-a-tives" has been amazingly successful in conquering skin eruptions, because it always tends to quickly purify the blood and also stimulates, tonics and regulates the liver, bowels, kidneys and skin, at the same time strengthening the nerves and the entire system.

Get at the real cause of your skin troubles and conquer them entirely. Start "Fruit-a-tives" today.

For especially quick results, and particularly in the case of eczema, ask your druggist for "Sootha-Salva", a marvelous skin ointment perfected by the same physician who discovered "Fruit-a-tives." (See page 47.)

### My Sallow, Blotchy Complexion Has Cleared Up Beautifully.



"I have found 'Fruit-a-tives' wonderful for clearing my complexion," which was always rough, sallow, pimply, blotchy, due to Bad Liver. They also completely re-

lieved my terrible Headaches, caused by Constipation.

"Then I heard of 'Fruit-a-tives' and started taking them. The result was like a miracle. My Liver disorder vanished; pimples disappeared; my Complexion cleared up beautifully;

Headaches stopped at once, and I haven't been troubled with Constipation since. 'Fruit-a-tives' have made a new person out of me."—MISS IDA SILVER, Guelph, Ont.

### I Ended Pimples and Constipation of 9 Years Quickly. New Man Now.

"I was bothered with ugly pimples for 9 years. My system was run-down. I was badly Constipated and suffered from Indigestion. I tried a lot of medicines



without effect. 'Fruit-a-tives' quickly drove away Pimples and ended Stomach Distress and Constipation. I feel like a new man."—WILLIAM FALLWOOD, Pembroke, Ont.

# "Pimples Ruined Looks 6 Years"

**Pimples, Blackheads, Yellow Tint All Gone. Skin Smooth as Baby's.**

MR. PAUL L. LEBEDOFF, Perdue, Sask. writes: "I suffered with bad complexion, pimples, blackheads and my face was not fresh. It was always yellow since I was 15 years old. Finally I bought a box of 'Fruit-a-tives' and before I was through with the box my complexion had cleared like a baby's, nice and fresh and free of pimples. 'Fruit-a-tives' are certainly wonderful for bad complexion."



**Complexion Now Clear, Smooth. Feels Peppy, Constipation Gone.**

"My face had been covered with pimples and rash for 6 years. I was ashamed to go out in company, felt lazy, run-down. Nothing helped much until I tried 'Fruit-a-tives'. In 2 months my complexion cleared entirely; pimples disappeared. My face is smooth as a girl's now. Feel peppy; no more constipation."—ALFRED GROULX, Windsor, Ont.



**Skin Eruptions Made Her Ashamed. Mean Headaches. All Gone Now.**

MISS A. P. DIAKUW, Buchannon, Sask. writes: "For two years I had skin eruptions that made me ashamed to be seen, and I suffered with mean headaches that nearly prostrated me. Then I heard of 'Fruit-a-tives' and started to take them. My skin soon became clear and lovely, the headaches vanished and a new happy life has started for me."



**Got Lovely New Complexion in Short Time. Feels Like New Girl.**

"'Fruit-a-tives' gave me a lovely new complexion," writes MISS GERMAINE MARIN, Joliette, P.Q. "My face was covered with pimples for two months. After the use of 'Fruit-a-tives', for a few short weeks, however, the pimples have vanished and my complexion is now better than ever. No more headaches or constipation either. Feel like a new girl."



**Pimples, Blotches, Black heads Have Vanished, Thanks to "Fruit-a-tives."**

MR. HENRY SCHULTZ, Weyburn, Sask. writes: "I have been troubled with pimples, blotches and blackheads on my face for about 8 years. I tried different kinds of medicines but found no relief. One day I saw 'Fruit-a-tives' advertised and tried them. I used them for about a month and a half and now am completely relieved of skin troubles. My best thanks to 'Fruit-a-tives'."



**Ugly Complexion, Poor Appetite, Underweight. Now Looks, Feels Fine.**

MRS. HEDWICE GRANDBOIS of Martinville, P.Q. writes: "For two months I suffered with ugly skin eruptions and my complexion was very bad. Also I had no appetite and was listless and underweight. I used 'Fruit-a-tives' tablets and my skin and complexion are greatly improved. I also gained weight nicely. Feel fine."



# Liver Trouble--Biliousness

**M**ANY people are aware that they are subject to biliousness, or congestion of the liver. But thousands of others actually have liver trouble, although they think it is only indigestion or a weak, sick stomach.

The truth is, that indigestion is just **one** of the symptoms of liver complaint, and since liver trouble may result in a very serious condition, it is well to know how to recognize it early and take steps to conquer it.

## WATCH THESE SYMPTOMS

If you often feel sick at the stomach and nauseated—if you have sick headaches, a coated tongue, a nasty taste in your mouth, sticky saliva—if you have gas pains and indigestion after eating, if you are badly constipated, alternating with attacks of diarrhea—if your skin and eyes are yellow—if you have pain or soreness in the back or right side, occasional chilliness or fever—then your liver needs immediate attention.

## CAUSES OF LIVER TROUBLE

Liver trouble is usually caused by overeating, or eating too rich food, too little exercise, too frequent use of strong, irritating purgatives, late suppers, and excessive use of tea or coffee, dissipation of all kinds. Constant and excessive use of alcohol is another prominent cause.

Due to one or another of these causes, the liver becomes congested and clogged and fails to discharge the proper amount of bile into the intestines. The seriousness of this situation will be clear when you understand that a good part of the digestion of fats and proteins takes place in the intestines, and that the bile fluid is

absolutely essential to this intestinal digestion. That is why liver trouble gives you many of the same discomforts as indigestion of the stomach.

Furthermore, the bile from the liver helps lubricate the waste material in the intestines—it is Nature's own purgative. Therefore, when it is insufficient in quantity, you have a serious form of constipation.

## THE BEST TREATMENT

From what has just been said, it is easy to understand why ordinary indigestion remedies and purgatives can do little to help biliousness and liver trouble. They do not touch the liver, and because strong purgatives irritate the intestinal lining, they simply make the intestinal indigestion worse.

In numerous tests, and in thousands of other cases, "Fruit-a-tives" have been proved to be a true stimulant and tonic, acting directly on the liver cells, increasing the secretion of bile, ending liver congestion and its whole train of miseries. The further action of "Fruit-a-tives" in strengthening the stomach, ending constipation and purifying the blood, makes them the ideal remedy for overcoming the condition of biliousness in the quickest possible time.

### If You Were Born in August—

You are big-hearted and kind and have a fine mind. You learn easily, and would succeed as a teacher or doctor. You are also proud, and ambitious to make a great deal of money, but are apt to worry a good deal—an unnecessary weakness. February and November are your best months, and Wednesday your lucky day. Your birthstone is the Sardonyx.

# "Bad Liver Caused Many Miseries"

**Liver, Kidney Troubles,  
Backache, Shattered Health.  
Now Feels Great.**



"I had been in a very bad condition for over three months," writes Mr. A. DENEAULT of Lachine, Que. My liver went back on me, my kidneys got out of order and made my back ache so that I could hardly sit up. I spent a lot of money trying to remedy these troubles, but I got no good results. Then I read about 'Fruit-a-tives' and decided to try them. I took them as directed before meals and at bedtime, and now feel great. The pains in my back have left me, my appetite and digestion are fine, my liver trouble has disappeared and I am much stronger."

**Suffered Terribly From Liver  
Trouble, Bilioussness. Now Fine.**

MISS MARIE ANGE PLANTE of Quebec, P.Q., says: "For many months I suffered terribly with liver trouble, bilioussness and constipation. I tried all kinds of



medicines, but none of them seemed to do me any good. Having heard that so many people had been made well with 'Fruit-a-tives' I decided to give them a trial. I noticed a big improvement almost at once, and today I enjoy excellent health. Words can't express what I think of 'Fruit-a-tives' for the marvelous results I have obtained, and I recommend them to every person who is suffering poor health."

**Sick Headaches, Indigestion, Poor  
Sleep Prostrated Her. Gone Now.**

MRS. P. BERNIER of St. Pascal, P.Q., writes:

"My liver was out of order. I was very sick, continual headaches and could not sleep night or day. Severe pain in my side. I suffered with indigestion, could hardly eat and what I did eat caused burning stomach and terrible gas. My nerves were on the ragged edge. I tried everything I ever heard of. I had a maid and rested as much as possible, but grew steadily worse. At last I read of 'Fruit-a-tives' and tried them. The first box helped me. I slept fine. Liver trouble, headaches, nervousness, indigestion, constipation and pain disappeared and now I am very well. Doing all my own work, caring for my 6 children."



**My Terrible Liver Spells  
Scared Me.**

**All Trouble Disappeared Quick.**



"For 3 years my liver and stomach tortured me. I could scarcely eat anything; the pains were terrible. I was afraid I wouldn't get over them. Was constipated, too, and had awful headaches. Then I began taking 'Fruit-a-tives'. Liver and stomach trouble disappeared and I haven't had constipation or headaches since."—MRS. PETER HOOD, Stratford, Ont.

# Headaches —

## *Their Causes and Treatment*

**H**EADACHES are very seldom caused by any trouble in the head itself. They are really Nature's danger signals of disorder and the formation of body poisons in other parts of the body. Your headaches may really be due to one of a dozen different causes, and it is necessary for you to get at the cause, if you are to get rid of headaches entirely.

Of course, there are plenty of headache tablets and pills in the drug store, and many of these will stop the pain temporarily. But they often contain dangerous drugs, which affect the heart and circulation, and many of them are habit-forming. They do nothing to remove the real cause of the headache, which comes back again as soon as their influence has worn off.



### **HOW TO TELL WHAT CAUSES YOUR HEADACHES**

If your headaches are accompanied by a severe, heavy pain in the temples, a sense of fullness and tenderness in one eye, and extending across the forehead, and you feel sick and nauseated, the trouble very likely comes from your stomach and liver. Get these two organs working properly and the headaches will quickly disappear.

If the ache seems back of the eyes the trouble is almost invariably due to constipation, and you must get rid of the constipation.

Headache at the top of the head is a sign of bladder and kidney trouble and may develop into a very serious matter. In this case, the kidneys must immediately be looked after.

Nervous headaches often come from nothing but a disordered stomach, which may in turn have been caused by worry or shock.

In women, a peculiar headache at the base of the brain is caused by uterine congestion and menstruation troubles.

Every one of these disorders throws acid poisons into the blood, which being carried to the head, cause congestion and fullness, and irritate delicate nerves, bringing about the ache and pain you feel.

### **HOW TO CONQUER HEADACHES AT THEIR SOURCE**

Although it is not always possible for a person who is not a doctor to diagnose the exact cause of his or her headaches, fortunately there is now an easily available means of striking at most of the causes in a very simple way. For the formula of "Fruit-a-tives" is especially designed to tonic, regulate and restore the very organs and functions whose disorder usually causes headaches.

"Fruit-a-tives" tonics and helps strengthen a weak, sick stomach. "Fruit-a-tives" helps strengthen the nervous system. "Fruit-a-tives" overcomes and relieves liver congestion, biliousness and constipation. "Fruit-a-tives" acts naturally on the kidney and bladder. Thus you see that "Fruit-a-tives" is like a shot gun loaded with little slugs which spread over a considerable distance, and one or two of which is bound to hit the bull's eye.

Thousands who had suffered with headaches for years, and who had never been able to get more than temporary relief, have been entirely freed of their headaches, by simply taking the little "Fruit-a-tives" tablets.

# "Nearly Wild with Blinding Headaches"

**Fierce Headaches Were Agony. Severe Backaches Broke Sleep.**

"I was in agony with fierce Headaches, run-down and sickly. I had such severe Backaches I couldn't sleep at night. Stubborn Constipation also made me miserable.



"Then a friend recommended 'Fruit-a-tives'. I took just one box and they

helped me at once. No more Headaches or Backaches. I sleep fine, my bowels are regular, and I feel like a new person. Able to do all my work. I would not be without 'Fruit-a-tives'."—MRS. ROSS STATA, Chester-ville, Ont.

**Awful Headaches, Couldn't Work, Eat or Sleep. Now Entirely Gone.**

"For a long time I was tortured with terrible Headaches, Constipation, Indigestion. Also so nervous I could hardly work, eat or sleep. Since taking 'Fruit-a-tives', Headaches, Constipation are gone."—JOSEPHINE DUPLANTE, Cornwall Ont.



## **If You Were Born in September**

You are brave and hopeful even when things look blackest, but you are careless in money matters and are apt to be a spendthrift. Yet you are apt to be extremely talented, and should succeed in writing or music. August and December are your best months, and Friday your lucky day. Your birthstone is the Sapphire.

**How She Stopped Them and Also Got Rid of Nerves, Constipation.**

"I used to go nearly wild with blinding Headaches, sometimes lasting hours. The attacks left me Nervous, Worn-out. I became badly Rundown. Also bothered with Constipation and Kidney Weakness. And my complexion was awful.



"After all other remedies failed, some one told me about 'Fruit-a-tives'. I started taking them and headaches stopped at once, constipation disappeared, kidney troubles and nervousness vanished. My skin also cleared up. I owe perfect health to Fruit-a-tives—MISS IRENE GAULET, Hull, P.Q.

**Miserable with Headaches, Constipation for Years.**

"I always felt miserable and tired, as I was troubled with constant headaches and constipation for five or six years," writes Mrs. A. MCCARTNEY, Wiarton, Ont. "A lady recommended 'Fruit-a-tives' to me and finally I decided to give them a trial and



in less than a week I was feeling like a new person. I would never be without them in the house.

"I have also had your 'Sootha-Salva' in the house for over a year and find it just wonderful for burns and sores of all kinds, also chapped hands after wash day. I wish to recommend them to any one who suffers with any of these troubles."

# Are You Too Fat, Too Thin?

**N**O one wants to be fat; neither does any one want to be "skinny." The ideal figure has just enough firm flesh to cover the angles of the body to an attractive roundness.



**If You Are Too Fat**, strenuous exercise taken regularly is the first step in reducing. Turkish baths help. If accustomed to 8 or 10 hours' sleep, try to get along on 6 hours. Eliminate all sweets and fats from the diet, such as cereals, milk, cheeses, eggs, butter,

apples, bananas, nuts, white bread, bacon, ham, potatoes, beans, macaroni, honey, syrups, sugar. Acid fruits, like oranges and grapefruit, may be eaten. Regulate the bowels daily with "Fruit-a-tives."

**If You Are Too Thin**—Confine exercise to mild setting-up exercises; get 10 hours' sleep, if possible; stop worrying; take mildly warm baths, never hot or cold. Eliminate acid fruits and pickles from diet. Drink plenty of water, milk and cream. Eat cereals of all kinds, eggs (especially raw), cheeses, white bread, crackers, pie, cake, jelly, potatoes, beans, apples, bananas, honey, chocolate. Regulate the bowels daily with "Fruit-a-tives."

## Games that are Lots of Fun

**CRACKER CONTEST**—Each contestant places the corner of a large soda cracker in his mouth and he must eat the cracker without touching it with his hands.

**BLOW RACE**—Stretch two wires or strong strings running through paper cones across the entire width of the room, parallel to each other and some distance apart. Divide the group into teams. The object is to blow the cones from one end of the string to the other. The team that accomplishes the feat first wins.

**PEANUT RELAY RACE**—Boys are lined up in two columns, as in the ordinary relay races. For each column, two chairs are placed a convenient distance apart, facing one another, with a knife and a bowl half full of peanuts on one and an empty bowl on the other. At the word of command, the first boy on each side takes a knife, picks up a peanut with it, carries the peanut on the knife to the farther bowl. Upon his return, the second boy does the same, and so on. The second boy cannot leave until the first has deposited his peanut in the empty bowl, and has returned with the knife. Fingers must not be used either in putting the peanut

on the knife or holding it there. The side which first makes the round wins.

**NEWSPAPER RACE**—Each contestant is given two newspapers, one for each foot. He places one forward and steps on it with the right foot. Then he picks up the other for his left foot and so on, being allowed to step only on newspaper. They race to a given mark and back.

**STEADY NERVE TEST**—Take twelve beans and quite a narrow necked bottle. The boy or girl who can hold one at a time at arms length and drop it into the bottle in the shortest time from a distance of a foot above will show the steadiest nerve.

**BLIND HURDLES**—Four ribbons of crepe paper are held about two feet apart and one foot from the floor. The contestants are led up to the first one and given paper plates to balance on their heads. They are then blindfolded and told to step over the crepe streamers with their feet. Nothing funnier can be imagined than the sight of blindfolded players walking stiffly in order to balance the paper plates and at the same time stepping high over hurdles that as a matter of fact have been dropped. The most graceful win prizes.

# Home Medical Guide (CONTINUED FROM PAGE 9)

**Lice**—For head lice, apply equal parts of kerosene and olive oil to the scalp. For nits, use vinegar. Where the hair is long it should be clipped.

**Neuralgia**—Occurs during middle life and is generally hereditary. Symptoms: Pain, with sensation of heat or burning. Any nerve in body is liable to be attacked. Treatment: Take "Fruit-a-tives" regularly every night to open bowels. Apply heat to seat of pain. Take 2 tablets of Salol and Phenacetin every 4 hours.

**Piles**—The most common cause of piles is constipation. A hot compress will relieve pain and reduce inflammation. Sitting over a vessel of very hot water is soothing. Apply "Sootha-Salva". Your druggist can supply you. Regular bowel movements are very essential. Take "Fruit-a-tives" daily.

**Ringworm**—A contagious disease of the skin, caused by a vegetable parasite. Symptoms: Circular patches on the skin (reddened rings) with clear centers; some itching; slight scaling. Treatment: Paint the rings with Tincture of Iodine once a day.



**Sore Throat** — May be due to various causes. If caused by common cold, symptoms are pain on swallowing; constant desire to clear throat; hoarseness; slight cough and stiff-

ness of muscles of neck; pain over the whole body, with slight fever. Throat and tonsils red and swollen. Treatment: Rest in bed; hot foot bath and Dover's powder, 10 grains, with addition of quinine, 3 grains, at night. Gargle with weak solution of Hydrogen Peroxide, or even common salt; put cold compress around throat.

Extremely important to open bowels and keep them open. For this, take "Fruit-a-tives" regularly every night.

**Toothache**—Treatment: A small piece of cotton dipped in toothache drops (or oil of cloves, peppermint, etc.) should be put in cavity. Relief may sometimes be had by holding in the mouth a solution of Bicarbonate of Soda as hot as can be borne. If a gum abscess forms, it should be lanced without delay with a previously sterilized knife. If decay is extensive the tooth should be extracted.

## Whooping Cough

—Highly contagious, often fatal to infants. Quarantine should be rigidly enforced. Symptoms: Frequent spasmodic attacks of coughing; paroxysms are sudden and violent; patient seems on verge of suffocation. Often produces vomiting, sometimes rupture. A quantity of mucus may be coughed up, giving relief. May last from 1 to 6 months. Treatment: Give food in small quantities at frequent intervals for sake of nourishment. To diminish severity of paroxysms, give 5 grains of Bromide of Potash with 5 drops of Tincture Opium camphorated, 3 or 4 times a day.



## If You Were Born in October

You want the best things life has to offer; you influence others easily; but you yourself are apt to be influenced by praise and flattery. Procrastination is your greatest fault, but you can accomplish great things when you get yourself started. January and July are your best months and Tuesday your lucky day. Your birthstone is the Opal.

# Home Medical Guide (CONTINUED FROM PAGE 37)

## Treatment of Wounds--First Aid

**P**HYSICIANS emphasize the importance of promptly taking care of even the slightest scratches and scrapes to prevent infection, which may quickly result in blood poisoning or lockjaw. The wound should be cleaned of all dirt and foreign matter by scrubbing with soap and water, or by wiping out with clean cotton or a clean cloth dipped in gasoline. After cleaning, apply iodine or mercurochrome and then cover or bandage with sterile gauze or with clean cloth.

### SEVERELY BLEEDING WOUNDS

The first thing to do if blood is flowing very fast from a wound is to stop the bleeding. If the blood is dark colored and does not flow in spurts but in a steady stream, it can generally be checked by applying cold water, or by cloth or cotton compress applied directly to the wound. With an arm wound or leg wound, holding the limb up high helps stop the flow. The cloth or cotton compress may be held tightly to the wound either by the fingers or by binding with a bandage.

### WHEN AN ARTERY IS CUT



*Pressure by hand to stop flow of blood.*

If the blood is a bright red and flows in jets, it shows an artery has been wounded and there is danger of serious bleeding. If the artery is small, just pressing it firmly with a finger for a few moments will often stop the bleeding. When the artery is larger, after pressing it with the finger if it can be seen, try to get hold of a small pair of forceps and then twist the end of the artery once

or twice, or draw it out and tie it with a piece of string or thread. Always be sure that your hands and anything you may use in touching the wound are perfectly clean.

After compressing the artery with the fingers, the final and most effective way to stop the bleeding is to make what the doctors call a tourniquet. To make this, take a piece of clean cloth or a clean handkerchief and tie a hard knot in the middle of it or twist a small potato or onion into the middle of it. Place the knot just above the wound, that is between the wound and the heart, and then tie the handkerchief or cloth around the limb loosely, then take a stick 5 or 6 inches long, stick it between the cloth and the limb and then twist the stick until the bandage is tight enough to stop the flow of blood.

### DRESSING A WOUND

After the flow of blood has been pretty well stopped, the wound must be thoroughly cleaned of all dirt and other substances. The wound may be



*Home made tourniquet with handkerchief and stick.*

washed with lukewarm water or gasoline, using clean cloths or sterile gauze. If the wound is still oozing blood, cold water may be used instead of hot water, after which paint the wound with iodine or mercurochrome.

If the wound is comparatively small, it may be possible to draw the edges of it together and hold them together with adhesive plaster. If the wound is large, stitches may be required. These should be taken by a surgeon.

The wound may finally be bandaged with a few folds of cotton and then its up to nature to heal it.

# Home Medical Guide (continued)

## Food for the Sick

**T**HE food for the sick should be prepared from fresh milk and beef, where obtainable. Liquid food is always preferable, as it is



easily assimilated by the system and is less irritating to the stomach. Always add a small amount of lime water (two teaspoonfuls to each glass) to condensed milk and cream, which should be previously diluted with water,

according to directions on the can.

For convalescents, use the most nourishing food that you can obtain, give in small amounts; consult the preference of the patient.

In all cases where the patient has fever, give water freely. If possible, add to the water a small amount of lemon or lime juice. If not obtainable, use citric acid—crystallized lemon juice—which keeps for an indefinite period and can be obtained from any drug store.

All drinks in eruptive fevers (fevers accompanied by skin rash) should be given warm, as this helps to bring out the eruption. In cases of fever without eruption, use ice-cold drinks. Where vomiting occurs, the drinks ought to be cold and given in small amounts.

For infant patients, follow the rule of feeding which you will find in the section on infant feeding (see p. 40). In vomiting of children, it is better to depend on barley water and meat juice than on milk.

**Barley Water** may be prepared as follows: Take 2 ounces of barley, wash thoroughly, add 2 pints of water, and boil gently till half the liquid

remains; strain and cool, and it is ready for use. A small amount of salt or sugar may be added; if the barley is not obtainable, use rice or oatmeal instead.

**Meat Juice** may be prepared as follows: Take a piece of reindeer steak, moose meat, or beef, broil slightly, and with a lemon squeezer extract the juice. Give meat juice in small amounts frequently.

**Fish Soup.** (Very useful in all diseases where diarrhea exists.) Take 2 pounds of well-cleaned fish, put into a kettle, cover with 2 pints of cold water, add salt, pepper and a little onion; boil for one hour and strain through cheesecloth.

1. Do not eat unless you are really hungry. It will not hurt you to miss as many meals as necessary until normal hunger returns. If this rule were followed, there would be considerably less sickness in the world. Cut down on rich, greasy foods and eat the simplest, plainest foods.

2. Make sure you have at least one bowel movement daily. You can help cause this by eating more fruit and vegetables. The little "Fruit-a-tives" tablets give you Nature's fruit juices in very concentrated form and are highly recommended to regulate the bowels in a natural way. If you are inclined to be constipated, start a course of "Fruit-a-tives" and gradually reduce the dose until you do not need them any longer.

3. Try to drink at least eight glasses of water a day. Drink at least a glass and perhaps two glasses upon arising and upon going to bed. Do not drink much liquid at meal time.

4. Cut down on alcoholic beverages. If you want a cocktail that is a real appetizer, take a fruit cocktail or a tomato juice cocktail.

(continued on page 40)

# Home Medical Guide (continued)

## INFANT FEEDING

**T**HE mother's breast supplies the best article of food for newly-born babies, as it contains all the necessary ingredients in proper proportions. At the same time, if the mother's health is impaired by tuberculosis or other wasting disease, lactation becomes injurious not only to the baby, but to the mother



herself, as it is a great drain on the system.

Breast-fed children should be given a small amount of previously boiled water (1 or 2 teaspoonfuls) several times a day, to assist assimilation.

The infant should be trained to nurse at regular intervals, of from 2 to 3 hours at first, lengthening the intervals as the child grows older. The nursing should average about 20 minutes. The baby may be gradually weaned when 9 or 10 months old.

### WHEN MOTHER CANNOT NURSE

Cow's milk, or fresh reindeer milk, where obtainable, is the best substitute for the mother's milk, provided that the animals from which the milk is obtained are healthy. The milk should be diluted with water in the following proportions, and a small quantity of sugar and lime water added:

For infants from—

1 to 2 months old—one-fourth milk, three-fourths water;

2 to 4 months old—one-half milk, one-half water;

4 to 6 months old—three-fourths milk, one-fourth water;

6 to 12 months old—pure milk.

If the baby is troubled with gas, a tiny pinch of baking soda may be added from time to time.

The feeding bottle and nipple must be scrupulously clean. After each feeding the milk which remains in the bottle should be thrown away and the bottle thoroughly cleansed with hot water, to which may be added 2 tablespoonfuls of sand.

The best form of nipple is the simple rubber nipple, without the glass tube.

The nipple should be kept in a solution of Boric acid when not in use. Do not allow the bottle to stand unwashed after feeding, as the milk attracts flies, which carry on their legs germs of all diseases.



Next to cow's milk, the Eagle Brand condensed milk seems to be the best food for infants in Canada; at least that is the opinion of the physicians. It should be diluted according to directions on the can. Sometimes this may be modified by the addition of a little malted milk. Always add a little lime water (1 or 2 tablespoonfuls), as you do to cow's milk. As condensed milk is only a partial substitute for the mother's milk, if used alone it predisposes to scrofula, rickets, etc.

### CARE IN FEEDING

Overfeeding of infants should be avoided, but at the same time a proper amount of nourishment must be given, as it builds up the constitution for after life. By careful observation the mother herself can usually decide the proper amount of food. If food of proper quality and quantity is given to an infant, there should be no vomiting, no colic, no constipation, and no undigested milk in the stools, and there should be a gradual increase in weight and strength.

# Home Medical Guide (CONTINUED FROM PAGE 40)

## Poultices and Hot Fomentations

**P**OULTICES are widely used. They must always be applied as hot as can be borne, care being taken not to scald the patient. Poultices must be changed at least every 2 or 3 hours, great care being taken not to chill the exposed surface. They should be covered with oiled silk or flannel to retain the heat.

Poultices are used to allay pain and relieve inflammation. If applied over an inflamed area for a long period, suppuration (formation of pus) may result.

**Flaxseed poultice** is made as follows: Put into a vessel the necessary amount of water, stir flaxseed meal into it until of the consistency of very thick cake batter, then spread smoothly on a piece of muslin or cheesecloth, which should be large enough to fold over the surface of the poultice. Apply, and cover with oiled silk, muslin, or rubber cloth, and bandage firmly to keep in proper position. If more stimulation is required, add to the flaxseed poultice a small amount of mustard (1 to 2 teaspoonfuls to a large poultice).

**Mustard Paste:** Take 1 part of mustard and 6 parts of flour and make into a paste with tepid water; spread the mixture on a piece of cloth, cover with cheesecloth, and apply over the seat of pain; let it remain for 5 or 10 minutes, taking care not to blister the skin. The skin of children is very tender; so be careful in applying mustard plasters to infants.

**Turpentine stupes:** Into a gallon of boiling water add 1 tablespoonful of turpentine, and stir. Soak a piece of flannel of the proper size in this solution and wring out the excess. Apply over the seat of pain and cover with towels or rubber sheeting. Change every 10 or 15 minutes.



**Hot fomentations** are made by dipping into boiling water several layers of flannel; wring out and apply quickly; change every 10 or 15 minutes.

Fomentations and stupes must be kept warm; where it is impossible to change them so often, apply a hot-water bottle over them.

**Dry heat** is an excellent remedy for pain and may be applied by means of hot-water bottles, hot bricks, hot stove lids, hot sand bags, and hot plates. Always wrap the heated object in a heavy flannel cloth, several newspapers, or bath towels before placing it on the skin. In every case where you use hot applications test the heat on your cheek before applying to the patient, in order to prevent burning him.

### If You Were Born in November—

You are inclined to be deeply religious; you have great energy; you do things quickly and expect quick action from others. If a man, you will make money in business; if a woman, you will excel as a housewife and mother. February and June are your best months; Thursday your lucky day. Your birthstone is the Topaz.

# Home Medical Guide (CONTINUED FROM PAGE 41)

## VENTILATION

**A**IR for the lungs is just as essential as food for the stomach; we cannot live without either. Foul or insufficient air, like bad or insufficient food, interferes with the functions of the human mechanism and predisposes one to disease.



The amount of oxygen used varies with age and other conditions. During work we consume more oxygen than when at rest or during sleep; more in cold weather than when it is hot, etc. Oxygen is fuel for the body just as food is. On the average, an adult requires 3,000 cubic feet of air an hour

### ARE YOU STARVING FOR AIR?

There are few who suffer for want of food, but there are many who do suffer with air starvation and its deleterious effects. Ventilation is the necessity that is most neglected, but still the most vital. It is a matter of prime importance, and should receive the immediate and most careful attention of all.

Ideal ventilation consists of supplying the proper quantity of air without creating a draft in the room. In the summer, ventilation is a very simple problem; it is readily accomplished by opening windows and doors. Still, few take advantage of the opportunity. Even during the hottest days of the year it is not uncommon to find homes practically sealed, the windows and doors closed, and the rooms hot and unbearable because of the foul air. This fault should be remedied, and free ventilation urged in every home.

### VENTILATION DURING WINTER

During the winter months the ventilation problem is more difficult. It is often out of the question to allow the doors to remain open, but a window may usually be opened partially without discomfort to the occupants, and without material loss of heat. Open the window from the top. Foul and hot air rises and collects at the ceiling. The window opened at the top will let it out.

Another suggestion for those who live in very cold, sparsely settled communities: Even with doors and windows closed, if two or three 2-inch holes are bored in the walls just beneath the eaves, a quantity of the foul air and the accompanying odor will escape without any draft, and conditions within will be greatly improved.

A few homes are provided with a special air escape in the roof, in the form of a flume about 5 inches square. The outlet is covered to prevent the rain and snow from entering the room, but openings are left to permit the free passage of air. This is an excellent plan of ventilation, inexpensive and simple in construction, and it should be introduced into every house.

#### If You Were Born in December—

Persons born in December are loyal, self-reliant, hard workers, and cautious about discussing their affairs with others. You should own your own business rather than work for others. Marry only after long acquaintance. March and July are your best months; Saturday your lucky day. Your birthstone is the Turquoise.

# Home Medical Guide (continued)

## Hints on Doctoring

**I**F you are not sure what disease your patient has, treat the symptoms, such as cough, vomiting, fever, etc.

**Begin all treatments by causing a thorough evacuation of the bowels.** Cathartics are beneficial and essential even in some cases of diarrhea. This applies to the diarrheas produced by irritation of the bowels caused by decomposition of undigested or contaminated foods. In cases of this kind, the administration of a cathartic removes mechanically the cause of the irritation, and the diarrhea ceases.

When the bowels are thoroughly evacuated, the body is rid of a quantity of waste poisons which clog the machinery, make it more difficult for the body to fight the disease and may actually be the real cause of the entire trouble.

Give the patient "Fruit-a-tives" immediately, because in "Fruit-a-tives" you have a purge that acts not only on the bowels, but also on the kidneys and skin. The entire system is thus cleansed and purified and put in good trim to fight trouble.

### WHEN THERE IS FEVER

Always put your fever patient to bed at once. Do not forget that all diseases having fever accompanied by skin eruption are contagious; so quarantine your patient without delay.

The majority of sore throats are also contagious; therefore, be careful to destroy the discharges from the nose and throat. Use common sense where your knowledge is not sufficient, and do not change your remedies too often. Be cheerful with the sick, and do not forget that kindness often cures, especially with children.

"Just where sickness begins is a difficult matter to decide, but one of the most constant signs of a departure from the normal standard of health is fever."—Bryce.

### CLEANLINESS NECESSARY

In dressing wounds, ulcers, etc., cleanliness is of the first importance. Always wash your hands thoroughly before touching an abraded (or broken) skin. Avoid touching pus, as it is infectious, and be certain to wash your hands after touching or dressing any case.

Be careful in the use of antiseptic tablets containing mercury, as it is often absorbed by the broken skin, and not only salivates, but may cause death. Never use a stronger solution of Bichloride of Mercury than 1 to 1,000. It is easily absorbed by the mucous membrane, and its use as a vaginal douche should be avoided.

Do not forget to inquire of the patient whether he passes urine regularly; if not, give sweet spirits of nitre and plenty of water.

### HOW TO TREAT CONVULSIONS

In all cases of convulsions, do not wait to ascertain the cause, but place the patient in a hot bath. Be sure that the water is not so hot as to scald the patient. If a bath is not obtainable, wrap the patient in sheets wrung out of hot water, cover with blankets and place hot water bottles around him to keep him warm. Give to children in convulsions, besides the hot bath or pack, 2 grains of Bromide of Potassium.

As many cough medicines depend for their action on some form of opium, which is a habit-forming drug, discontinue them as soon as the cough stops. The dose of the majority of cough mixtures is a teaspoonful for adults; to children give in proportion.

# Health---Life's Greatest Gift

## How to Win It and Keep It

**H**EALTH! The most priceless gift that life can bestow! It is the last thing in the world we wish to lose—the one thing we **must** preserve against all odds, if we are to be successful and happy—if we are to enjoy living to the fullest.

Yet how many of us neglect our bodies, and refuse to heed the warnings that Nature is constantly bringing to our attention in countless ways. Headaches, indigestion, constipation, backache, rheumatic twinges, spells of nervousness—these are only a few of the danger signals that cry out to us to proceed with care. If neglected they often lead to serious and chronic disease.

### **DON'T NEGLECT NATURE'S DANGER SIGNALS**

At first these disorders in the system are of short duration and seem of no importance. Nature is strong and loyal, and will ever struggle valiantly to put us in good shape again.

But there comes a time when Nature becomes worn out, and can no longer keep up the fight. Then it is that serious diseases gradually get a grip upon us. Then it is that the outraged organs of the body demand their penalty of us. Always this penalty is pain, misery, suffering. All too often the outcome is death.

What a pity that is! For with reasonable care, and proper attention to the body when something goes wrong, the lives of men and women could be greatly prolonged. And think of the agony, the torture, the terrible suffering, the unhappiness that could be wholly avoided!

### **HOW TO GUARD YOUR HEALTH AND INCREASE YOUR JOY OF LIVING**

It is to help you guard your health and increase your joy of living that

this book has been published. And that it will help you, there is no question, if you read and heed its every word. For it brings to you one of the most wonderful messages that has ever been given to humanity—the Message of "FRUIT-A-TIVES"—Nature's own remedies to make and keep you well.

Headaches, dizziness, neuralgia, nervousness, sleeplessness, rheumatic pains, palpitation, high blood pressure, kidney trouble and other dangerous ailments that take all the joy out of life and often lead to premature death are caused in thousands of cases by nothing but the poisons from digestive and eliminative disorders.

### **TO GET WELL AND KEEP WELL**

As you now know, "Fruit-a-tives", the discovery of an eminent Canadian physician, are a special intensified extract of Nature's fruits and medicinal herbs. They are designed to give you Nature's own remedies in concentrated, easy-to-take form. Thousands say that "Fruit-a-tives" put an end to their illness, pain and misery after all other remedies tried had failed.

If you would enjoy the rich flavor of living—if you would escape the ravages of disease—if you would be well and happy, keep "Fruit-a-tives" near at hand always. At the first sign of trouble, look up the symptoms in this book—follow the directions carefully—take "Fruit-a-tives" according to the instructions—and may your reward be perfect health and a long and useful life.

# Sleight-of-Hand Tricks Any One Can Do

## The Disappearing Matches—

Take 2 boxes of safety matches—the small wooden boxes. Empty both and half fill one with tacks or pebbles or peas, or anything that will rattle. Place this box up your sleeve so that it will not easily drop out. Then show the company the other box and shake it which, of course, makes the box up your sleeve rattle, while the company thinks it is the box in your hand. Then tell the company that if anybody will guess what is in the box, they can have it. When somebody has guessed, give them the box, which of course is empty. Then take the box back and shake it again, and the rattling sound is heard again. It is a great mystery.

**The Magic Dime**—Place a dime in your ear before you start this trick. Take another dime, show it to the company, and then start to rub it on your elbow. As you rub it, quickly flip it back into your sleeve. And then show the company it has disappeared. While the company is still mystified, take the dime out of your ear. They will not be able to understand how it got there.

**The Egg in the Bottle**—Have an empty quart milk bottle and a hard-boiled egg, already shelled. Place one end of the egg in the neck of the bottle and ask if any body can get it into the bottle without breaking it. When they give up, strike a match, put it into the bottle and again rest the egg in the neck of the bottle. In about a minute the egg slips into the bottle. If it doesn't do it with the first match, use two matches. After the egg is in the bottle, then ask if anybody can get it out again. Then hold the bottle upside down, balancing it so that the egg rests in the neck from the inside. Then blow hard into the bottle. The egg is blown

back and then suddenly it flies back to the neck and out.

## The Suspended Egg—

Previous to performing this trick, take about a pint of water and dissolve in it as much common salt as it will take up. With this brine half fill a tall glass. Then fill up the remaining space with plain water, pouring it very carefully down the side of the glass to break its fall. The pure water will then float on top of the brine, but in appearance, the two liquids will seem as one. Have another glass filled with plain water. In doing the trick show the two glasses, both apparently filled with water. Drop the egg into the glass of plain water and it will instantly sink to the bottom. Then perform some sort of foolery with a magic wand, as you drop the egg into the other glass, pretending you are holding the egg with your wand, and it will stop half way, floating upon the brine in the bottom half of the glass.



## To Change Wine into Water—

Have 2 bottles exactly the same size, one filled with wine and the other with water. Place the wine bottle on the table, and then place the water bottle on top of it so that the two necks meet. Cover both with a napkin or handkerchief and make a few passes over them. After sufficient time has elapsed, you remove the napkin and show the company that the water is now in the bottom bottle and the wine in the top bottle.

# The Care of Poultry

**Breeds**—The four most popular breeds, when the production of both eggs and meat is desired, are the Plymouth Rock, Wyandotte, Orpington, and Rhode Island Red. They all lay brown-shelled eggs.

The breeds best suited for the production of eggs (white-shelled) are Leghorn, Minorca, Ancona and Andalusian. As a rule, the hens of these breeds do not become broody and hatch their own eggs. When fowls of this class are kept, artificial incubation and brooding are usually employed.

**Feed**—For the first three days chicks may be fed a mixture of equal parts of hard-boiled eggs and rolled oats or stale bread, or stale bread soaked in milk. When bread and milk are used, care should be taken to squeeze all the milk out of the bread. From the third or fourth day commercial chick feed may be fed until the chicks are old enough to eat wheat screenings or cracked corn. To insure rapid and uniform growth of the chicks, provide in addition to a grain feed a dry mash to which the chickens will have access all the time.

The following are good grain mixtures for the laying stock, the proportions being by weight:

**Ration 1**—Equal parts of cracked corn, wheat, oats.

**Ration 2**—3 parts cracked corn, 2 parts oats, 1 part wheat.

**Ration 3**—2 parts cracked corn, 1 part oats. A choice of any of these rations should be scattered in the litter twice daily, morning and evening.

Either of the following dry-mash mixtures should be fed in a dry-mash hopper, allowing the fowls to have access to it at all times:

**Mash 1**—2 parts corn meal, 1 part bran, 1 part middlings, 1 part beef scrap.

**Mash 2**—3 parts corn meal, 1 part beef scrap.

When fowls do not have access to natural green feed, sprouted oats, cabbage, mangels, cut clover, etc., should be fed.

When wet mashes are fed, be sure that they are crumbly and not sticky. Plenty of exercise increases the egg yield.

Fresh, clean, drinking water should always be provided. Charcoal, grit, and oyster shell should be placed before the fowls so that they can have access to them at all times.

**Fattening Poultry**—In pen fattening, the essentials are quiet surroundings and plenty of soft feed given at regular intervals, usually three times a day. Birds may be kept in flocks of 15 to 20 but the sexes should be separated. In crate fattening the chickens are confined in crates and fed from a trough. Fattening birds should always receive soft

feed. As they have no exercise they require a food that can be quickly and easily digested. The following mixture may be fed: 100 pounds finely ground barley, 100 pounds finely ground corn, 100 pounds finely ground oats (with hulls sifted out), to which mixture is added 10 per cent of beef scraps. Buttermilk or skim milk is used for mixing, the former being preferred. A little salt is sometimes added, which should be dissolved in the liquid before mixing with the dry feed. It is important that the intervals between feedings should be as nearly equal as possible.

**Lice and Mites**—The free use of an effective lice powder is always advisable. A dust bath consisting of road dust and wood ashes, is essential in ridding fowls of lice.

Sodium fluoride, a white powder which can be obtained from Druggists, is also effective. Apply a pinch of the powder at the base of the feathers on the head, neck, breast, back, below the vent, base of tail, both thighs, and on the underside of each wing. An effective remedy for lice on chicks is a small quantity of melted lard rubbed under the wings and on top of the chick's head. The free use of kerosene or crude oil on the roosts and in the cracks of the house will help to exterminate mites. Whitewash is effective against all vermin.

**Diseases**—All Diseased Birds should be isolated.

**Colds and Croup**—Disinfect the drinking water by adding to each gallon of water one tablespoonful of sodium sulphite or as much potassium permanganate as will remain on the surface of a dime.

**Chickenpox**—Put a touch of iodine on each sore and apply carbolated vaseline.

**Gapes**—Fresh ground and vigorous cultivation will often remedy this trouble, which is caused by small grapeworms that live in the soil and attach themselves to the inside of the throat.

**Diarrhea in hens**—Low-grade wheat flour or middlings is good for this trouble. A teaspoonful of castor oil containing 5 drops of oil of turpentine to each fowl is also good.

**Bumblefoot**—When the feet are badly swollen, a small cut should be made with a clean, sharp knife and the pus removed. Wash the wound out with equal parts of hydrogen peroxide and water, grease with vaseline, and bandage.

**Limberneck**—A teaspoonful of castor oil given to the fowl will sometimes effect a cure.

**Scaly legs**—Apply vaseline containing 2 per cent of creolin to the affected parts and after 24 hours soak in warm, soapy water. Repeat treatment until cured.

# NOU-VIE To Give You New Blood, New Strength, New Vitality

"BLOOD FOOD TABLETS"

**R**UN-DOWN, weak, pale, anemic persons usually need a good tonic containing iron to quickly build up blood and strength. Yet ordinary iron tonics often affect the teeth and may cause indigestion.

Recognizing the need of a blood tonic that would have no injurious effects, and would be quickly and easily assimilated by the body, the same eminent Canadian physician who originated "Fruit-a-tives" experimented for years with iron compounds. Finally, after hundreds of tests, he perfected a remarkable formula which he appropriately called "Nou-Vie", also known as "Blood Food Tablets."

"Nou-Vie" tablets are easy to take and absolutely non-injurious to teeth or stomach. Their special form of iron, similar to the iron in our own red blood corpuscles, is quickly and easily absorbed, acting at once to build up rich, red blood and strength. Other restoring tonics are also added,

the formula constituting, in our opinion, the finest blood-restoring, health and strength building remedy that can be produced. We recommend and positively guarantee it.



In all cases of simple anemia, or paleness or bloodlessness, take "Nou-Vie" tablets as directed for ruddy, healthy color and robust health. If you are thin, "Nou-Vie" tablets help to quickly build up weight. They are highly recommended for menstrual irregularities and similar female troubles. Use for extreme weakness, nervousness and exhaustion. There is no better all around building tonic.

Sold by druggists generally or sent postpaid on receipt of 50¢. Address Fruitatives, Limited, Ottawa, Ont.

# Sootha-Salva

"Soothing Salve"



**A**LWAYS keep this wonderful soothing, healing ointment in the house — because "Sootha-Salva" can be used with

the certainty of getting relief from almost every form of skin irritation, eruption or abrasion. For all forms of eczema, salt-rheum, pimples, rashes, sores and other eruptions, it is exceptionally soothing and quickly healing.

A Soothing, Healing, Anti-septic Ointment for Eczema, Piles, Burns, Cuts, etc., etc.

It is highly recommended for hemorrhoids or piles. It quickly takes the pain from scalds and burns, acting to heal them in the quickest time known. Wonderful for cuts, wounds, and bruises, destroying the germs of infection, soothing pain and healing quickly.

In all skin diseases and injuries, use "Sootha-Salva" and you will be surprised and delighted with its remarkable healing properties.

Sold by good druggists, or sent postpaid on receipt of 50¢. Address Fruitatives, Limited, Ottawa, Ont.

# SPECIAL OFFER

## SAVE \$1.50

SEND today on this Special Limited Offer and secure two valuable medicines in addition to "Fruit-a-tives" for less than half price, saving \$1.50. We will send you two 50¢ boxes of "Fruit-a-tives", two 50¢ boxes of "Nou-Vie" Blood Tablets and one 50¢ box of "Sootha-Salva" (described on page 47)—the whole of which sells regularly for \$2.50—for only \$1.00. You save \$1.50.

Simply fill in your name and address on the coupon below (write plainly). Tear out coupon and mail to us with \$1.00 (either Postal Note or P.O. Money Order, which may be procured at any Post Office, or by Express Money Order, obtainable at any Express Office).

We make this unusual Money-Saving Offer because we want to quickly introduce "Nou-Vie" Tablets and "Sootha-Salva" Ointment. Naturally, however, we cannot afford to hold such an offer open for a long time or to make it unlimited. We give this offer only once to each person and it **ONLY HOLDS GOOD FOR TWO MONTHS FROM DATE IT WAS MAILED TO YOU.**

So send today, to be sure you get it. Save \$1.50 and get medicines you need almost every day.

To  
FRUITATIVES, LIMITED  
386-390 Bank Street,  
Ottawa, Canada.

Sirs,

Enclosed find \$1.00, and as per your offer, send me two 50¢ boxes "Fruit-a-tives", two 50¢ boxes "Nou-Vie", and one 50¢ box "Sootha-Salva".

NAME.....  
(Mrs., Miss or Mr.)

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**SEND TODAY—SAVE \$1.50**

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## START "FRUIT-A-TIVES" TODAY GET 1932 HEALTH PAY

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Thousands have found Health, New Joy in Life with "Fruit-a-tives". You too may have it. Start today.

Fruit-a-tives may be purchased at any Drug Store for 25c. and 50c. a box, or will be sent postpaid on receipt of price by Fruitatives Ltd., Ottawa, Canada.



*"Fruit-a-tives"*  
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THE GREAT FRUIT-TONIC DISCOVERY  
OF A DISTINGUISHED PHYSICIAN  
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GREATEST REMEDIES

TO MAKE AND KEEP YOU WELL