

Influenza

Precautions

— Don't get excited when you catch cold and have symptoms of influenza.

Take things in easy. If you get sent for your doctor and take a dose

of a good vegetable laxative, such as Dr. Carter's K. & B. Tea or Cherry

King. It is most important that the bowels act freely.

While waiting for the doctor use Mustard on throat and chest. This

is good advice. It will not only tell you and besides stopping the ache and pains that may be present will

subside the internal inflammation.

Doctors prescribe Mustard for tonsillitis, sore throat, pleurisy, bronchitis

and other ailments. It is the best remedy for all these ailments.

It is also a good remedy for all the ailments of the chest and throat.