

## A Food with a Purpose

Time and time again, after much study and many tests, Oat Foods have been pronounced the most economical and nourishing of cereals.

Health Authorities recommend Oat Foods, particularly coarse oatmeal—a meal that tones up the digestive organs and exercises the teeth to do their proper function. It was these facts, coupled with many requests which prompted us to prepare

# “OATIENUTS”

A nutty granular food, in which every care is taken to ensure purity and flavour. So as to avoid destroying the vitamins, the oat has been treated with as little heat as possible.

We ask the co-operation of nursing staffs in bringing “Oatienuts” before the notice of their patients, feeling confident that people who hope for good health will not overlook a food which does so much for the body, and, at the same time is so economical; “Oatienuts” are large in grain and will not therefore lodge in the teeth.

We will gladly mail you a trial packet of “Oatienuts” free of charge, if you send us your name and address.

Address:

“OATIENUTS,” FLEMING & COMPANY, Ltd. - - GORE

**ERGOAPIOL**  
(Smith)

For  
**AMENORRHEA  
DYSMENORRHEA  
MENORRHAGIA  
METRORRHAGIA  
ETC.**

ERGOAPIOL (Smith) is supplied only in packages containing twenty capsules.

DOSE: One to two capsules three or four times a day. < < <

SAMPLES and LITERATURE SENT ON REQUEST.

MARTIN H. SMITH COMPANY, New York, N.Y., U.S.A.

**E**RGOAPIOL (Smith) is a singularly potent utero-ovarian anodyne, sedative and tonic. It exerts a direct influence on the generative system and proves unusually efficacious in the various anomalies of menstruation arising from constitutional disturbances, atonicity of the reproductive organs, inflammatory conditions of the uterus or its appendages, mental emotions or exposure to inclement weather.

As an analgesic in gynecological cases, Ergoapiol (Smith) is superior to opium or coal-tar derivatives in that, besides relieving pain without exposing the patient to the danger of drug addiction, it also offers a tonic and restorative action upon the pelvic viscera.

It is a uterine and ovarian sedative of unsurpassed value and is especially serviceable in the treatment of congestive and inflammatory conditions of these organs.

The anodyne action of the preparation on the reproductive organs is evidenced by the promptness with which it relieves pain attending the catamenial flow, and its anti-spasmodic influence is manifested by the uniformity with which it allays nervous excitement due to ovarian irritability or other local causes.

Ergoapiol (Smith) proves notably efficacious in amenorrhoea, dysmenorrhoea and menorrhagia.