

**A little medical guide : common sense cures a simple course of treatment for everyday ailments / [Hedges & Son].**

**Contributors**

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A Little Medical Guide.

*Common sense*  
*come*

**COMMON SENSE**

**CURES.**

A SIMPLE COURSE OF TREATMENT  
FOR EVERYDAY AILMENTS.

Coll. wellcome

Coll. pam

No. QV 26

191\*

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HERE are many wonderful medicines now advertised to cure all ills under the sun, generally they are old remedies disguised under new names. If they worked all the miracles that are claimed for them, there would be no need for doctors or chemists. In this little book there are no pictures, no stories, and no wonderful cure-alls—just plain truth—unvarnished. The remedies recommended, are, we believe, the best that can be devised for each particular ailment. They are no new thing, but old, reliable friends, made from well tried recipes, and will do what is claimed for them.



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# ASTHMA.

**A** NERVOUS spasm affecting the bronchial tubes and air passages. Among the symptoms are—a sudden fit of violent coughing, a feeling of suffocation, wheezing, and gasping for breath. The attacks are liable to come on at any time, but more especially after violent exercise, quick walking or running till out of breath, sometimes a hearty meal, frequently no cause can be found, and the fit may come on whilst lying in bed.

## Symptoms

Spasmodic Asthma is the commonest form. It may attack those living in the purest country air, and on the contrary, those living in close, smoky streets may escape.

The chief treatment is to relieve the “dyspnoea,” as it is called; *i.e.* the gasping choking sensation. No better remedy has been devised than Hedges’ Asthma Cure. When the fumes of this are inhaled the volatile matters given off have an immediate soothing effect on the irritated mucus membrane; they go direct to the **seat of the mischief** and at once open the congested air passages.

## Treatment

*A lady who has used this writes:—*

TO MESSRS. HEDGES & SON.

Spon House, Nov. 13th.

Dear Sirs,

I think it is due to the public and yourselves that the great remedial value of your **Asthma Cure** (by inhalation) should become more widely known. I have suffered greatly from Spasmodic Asthma for **more than twelve years** and during that time **have used most of the advertised remedies**. From none of these, however, have I derived so much immediate benefit as from yours, which I have only recently commenced with. In my case the fumes given off from your Cure seem to **reach the seat of the disease** and give me relief for a longer period than any other I have tried.

Yours truly,

(Signed) ANN ADAMS.

**HEDGES’ ASTHMA CURE**  
IS SOLD IN TINS, 1/- EACH (USUAL 4/6 SIZE).

FREE SAMPLE ON APPLICATION.

# Biliousness & Sick Headache.

**T**HE symptoms of a bilious attack are pretty well known—  
 Furred tongue, sickness, headache, constipation and a  
 feeling of depression and sleepiness. The cause is usually to be  
 found in a combination of circumstances, such as  
 too liberal diet of rich, fatty, and sweet food, too  
 little exercise, *i.e.*, not sufficient to work off  
 through the usual channels the waste matters.

## Symptoms

People frequently suffer from sick headache as a result of staying  
 indoors with closed windows and breathing air from which any  
 fresh supply of oxygen is excluded. Other causes are chills,  
 colds, mental excitement, worry, etc.

To those suffering from a bilious attack there is little  
 need to say "abstain from rich food, rest and keep quiet." The  
 advice we do give is, when the first signs of it  
 appear, take a good aperient antibilious pill on  
 going to bed at night, and the effect will be to  
 defeat the impending attack. A good old  
 fashioned Pill is the one recommended below. It is not one of  
 the "Little Liver" variety, of which one has to take perhaps  
 half-a-dozen to produce an effect, but it is small enough to be  
 easily swallowed by ladies, neither is it the lump of aloes dear  
 to the advertising quack. It is **aperient in the first place**,  
 but it **also tones and sets in order the Stomach and**  
**digestive functions.** It is not a drastic purge. Its action  
 is mild, but none the less certain.

YEOMAN'S FAMILY APERIENT AND PILLs,  
 ANTIBILIOUS

SOLD IN 7½d., 1/1½ & 2/9 BOXES.

# ECZEMA.

**T**HIS has been well described as a catarrh of the skin which, in the acute stages of the malady, burns and discharges a watery matter. The forms it takes are numerous and varied, and sometimes very difficult to cure. In its

**Symptoms** chronic state it is scaly, scabby, and intensely itching. It is a troublesome complaint that causes much suffering and broken rest, and can only be cured by a perseverance with remedial measures.

First, the diet should be regulated and especially the liquid portion of it. Spirits and Wines are highly injurious.

**Treatment** Plain nutritious food is best, varied with fresh fruit and vegetables. No pickles, vinegar or highly seasoned meats should be eaten. All forms of excitement should be avoided and plenty of open

air exercise taken. Some advise that the skin should not be washed at all—certainly the washing should not be frequent; use tepid water (never hot) and a good superfatted Soap, such as **Hedges' Specific Skin Soap**, this being emmollient and impregnated with balsams which are brought into contact with the skin in small quantities at every washing, greatly assists the cure.

The great thing is to keep the skin supple and allay the intolerable itching. To effect this, and at the same time to cure the disease, **Hedges' famous Eczema Ointment** is recommended to be lightly smeared over the affected part frequently. This is a preparation of which it is impossible to speak too highly. It has a wonderful curative value, and has completely cured many long standing cases. It at once allays the itching and burning, and from the first application works a gradual and certain cure.

"Please send me a 2/9 pot of your Eczema Ointment. I bought a small one to try last week, and *find it all you represent it.*" H. ROBBINS.

*A Bournemouth lady writes:—*

"Send me two pots of your Eczema Ointment—no other has the same effect."

HEDGES' SPECIFIC SKIN SOAP.

(MEDICATED.)

SINGLE TABLET, 6d. ; BOX OF 3 TABLETS, 1/4½

HEDGES' FAMOUS ECZEMA OINTMENT,

1/1½ POT 1/- ; 2/9 POT 2/3

# COUGHS.

(BRONCHIAL.)

## TESTIMONIALS.

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We have only room to quote a few of the innumerable testimonials received.

25, The Quadrant, New Street, Birmingham.

Gentlemen,

Having purchased several bottles of your **Glycerine and Horehound Cough Emulsion** for myself, and several dozens of bottles for my patients and friends, I can with confidence recommend it in all cases of Bronchitis, Coughs, Colds, or Lung troubles of any description.

I may say that my experience of it extends over a period of years, but I have not as yet seen anything to surpass or even equal it.

Yours truly,

F. JONES CHITTY, R.D.S.,

Surgeon Dentist.

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The Golf House, King's Norton.

To MESSRS. HEDGES & SON.

Dear Sirs,—I am very much indebted to you for recommending me to try **Hedges' Cough Linctus** (Glycerine and Horehound Cough Emulsion), at a time when I was suffering from an attack of acute Bronchitis. By careful attention to the directions on the bottle I am now very much better, and am confident that my rapid improvement is entirely due to the efficacy of your very excellent preparation, which is *pleasant to take*.

Yours very thankfully,

ALFRED H. DOWMAN.

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MESSRS HEDGES & SON,

Frances Road, Lifford.

Dear Sirs,

During last season I caught a severe cold and was advised to try **Hedges' Cough Emulsion**. I sent for one bottle, and after a few doses felt great relief. In three weeks time was quite restored to health again.

(Miss) E. MILES.

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“I derive great benefit from it whenever I feel a cough or any uneasiness in the throat.”

CARL H. WIRTZ.

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“Doctors and their prescriptions were without avail, but you have almost restored me to health.”

(MRS.) H. JONES.

# COUGHS.

(BRONCHIAL.)

**A** COUGH is merely the symptom, not the disease, but at the same time it may be a very troublesome symptom.

The commonest form of Cough, and the one we are dealing with now, is that which usually follows from a bad cold having settled in the bronchial tubes and the air passages, which if not treated properly, may develop into an attack of bronchitis or pneumonia.

## Symptoms

The Cough is nature's effort to throw off the phlegm, the continual effort of coughing caused by the irritability and tickling in the throat becomes very exhausting and prevents proper sleep and rest.

To allay excessive coughing and to loosen and expel the phlegm should be the objects aimed at. The first of these is easy enough, and there are many medicines containing dangerous narcotics that stop the cough, but at the same time if the phlegm is not loosened and expectorated, no permanent relief will follow.

The only sensible remedy is that one which gives relief to the Cough and also soothes and heals the inflamed mucus membrane of the bronchial tubes. Such a remedy is the one named below. It has the reputation of having cured thousands who have taken it, and is one of the best known Family Medicines in the Midlands.

**HEDGES' COUGH EMULSION,**  
(GLYCERINE AND HOREHOUND.)

1/1½ BOT. **9½d.** ; 2/9 BOT. **2/1** ; 4/6 BOT. **3/6**

# INDIGESTION.

DYSPEPSIA, FLATULENCE &c.

**A**NYTHING that interferes with the process of fermentation of food in the stomach causes dyspepsia,

The causes which upset the due performance of this necessary function are usually to be looked for in the kind and quality of food eaten, and the ways of taking it. Other and remoter causes are found in the state of the nervous system, and the general state of the health, mental worry and prolonged excitement will often cause it, improper mastication of food through bad teeth may be at the root of the trouble.

## Symptoms

The usual symptoms are—pain in the chest after eating, flatulence, heartburn, pain between the shoulders, acid eructations, vomiting.

Careful dieting and medicine will effect a cure in most cases. Food should be light and taken regularly, and allowed time to digest by resting the body for a short time directly after meals. Milk diet is necessary in severe cases. A course of Dr. Hatfield's Compound Pepsin Digestive and Liver Mixture will give quicker and more permanent relief than any medicine known.

## Treatment

DR. HATFIELD'S COMPOUND  
PEPSIN DIGESTIVE  
AND LIVER MIXTURE,

1/1½ BOTTLE 9½d; 2/9 BOTTLE 2/1

# INFLUENZA.

**A**N epidemic which usually becomes rife in the winter and spring. Its symptoms are—feverishness, discharges from the nose and eyes, intense frontal headache, sore throat and pains in the body and limbs, accompanied by great depression and prostration. The temperature rises very quickly, and the pulse becomes rapid.

## Symptoms

It is imperative that anyone attacked with Influenza should go to bed and stay there until the fever subsides. The temperature of the room being kept up to 60° F.

## Treatment

The strength of the patient must be maintained with such things as strong beef tea, chicken broth, milk, and later, Liebig's or Coca Wine.

For medicine, a bottle of Dr. Junker's Influenza Remedy will alleviate the worst symptoms, relieving the headache, reducing the temperature, and inducing a gentle perspiration.

Great care is necessary that a fresh chill be not taken by going out too soon, the system is in a weak and depressed state, and attacks of pneumonia are often brought on by imprudence at this stage.

To combat the great weakness and lassitude, we recommend a course of Vigor Tonic, (*See Page 13*) which is one of the best all round tonics and strengtheners.

DR. JUNKER'S SAFE REMEDY

FOR INFLUENZA.

1/1½ SIZE BOTTLE 10d.

# KIDNEY COMPLAINTS.

BACKACHE. PAINS IN THE LOINS.

**T**HE kidneys are the natural filters for the blood. All the blood passes through them, and as long as they are in working order they filter from it those waste products that are continually being formed by the assimilation of food and the repair of tissue waste. If the kidneys get too much work to do they become loaded up with the debris or waste matter, and this causes a state of congestion which, if unrelieved, sets up acute disease, known as Bright's Disease.

## Symptoms

A sure sign of kidney trouble is the dragging, persistent pain across the loins. Other symptoms are, excessive or scanty flow of urine, which may have a whitish or reddish deposit and offensive smell, with scalding sensation in passing, irritation of the bladder, lumbago, puffy appearance under the eyes, cramp in the legs, chilblains, etc.

Plain diet is indicated, and not much butchers meat. Alcohol is as a rule best avoided, but plenty of new milk should be drunk. This is bland and soothing, and gives the kidneys little work to do. Wear warm flannel clothing next the skin, and avoid getting overheated and chilled. Undoubtedly the best medicine is **Yeoman's Kidney and Backache Pills**, for those with any signs of kidney trouble. They contain no aperient or any dangerous drug.

Relief is at once secured on taking them, and a complete cure speedily follows.

YEOMAN'S BACKACHE & KIDNEY PILLS,

1/1½ BOX 9½d; 2/9 BOX 2/1

# The Liver & Constipation.

**I**F it were not for the liver, a costive person would not live long. Deadly poisons are generated in the body by retained waste matter, and these the liver neutralizes with its

juices. The liver secretes bile, which is a lubricant to the digesting food and the natural aperient

## Symptoms

of the body. When this secretion is disturbed, symptoms of trouble become manifest. The cause

in many cases can be traced to a severe chill on the liver ; the effect of rapid cooling of the body caused by standing for a long time in a draught. The blood is driven from the surface to the internals, and the liver becomes congested.

A dull pain under the right shoulder blade, a bitter taste in the mouth with a furred tongue, yellow appearance of the whites of the eyes and complexion, constipation, sleepiness, etc., are pretty sure signs that the liver has ceased for the time to secrete its usual quantity of bile. It requires rousing and stimulating.

A famous physician was in the habit of prescribing a liver pill on which he placed great reliance. From this recipe, for

## Treatment

which his patients paid many guineas, we have been preparing and selling for many years this same pill which bears its prescribers name. The

active ingredients are purely vegetable, no mercurials entering into it, and it is undoubtedly the safest, and at the same time the most effective pill ever prescribed for the purpose.

DR. JENNER'S LIVER PILLS,

7½d. BOX 6d ; 1/1½ BOX 10d ; 2/9 BOX 2/1

# NEURALGIA (Facial)

NERVE, TIC, OR TIC DOLOREUX.

**R**EURALGIA is a nerve pain. The most frequent and most obstinate form of it is felt in the nerves of the face (usually on one side only) and in the forehead, eye, and jaw,

particularly if there are any decayed teeth. Sometimes no direct cause can be found, but usually it arises from, or follows exposure to cold and fatigue, going a long time without food, bad teeth, worry, indigestion. The attacks come on periodically and are excruciating in their severity.

The treatment should be—first, to relieve the pain, and then to tone up the system generally. **Hedges' Neuralgia**

**Specific** has been found to be the most successful remedy in relieving the pain. Sometimes the first dose allays it—generally at the second or third it is gone. Rest and good food and a course of **Vigor-Tonic** will lessen the chance of another attack.

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MESSRS. HEDGES & SON.

Gents,—Kindly send, per return, two bottles of your **Neuralgia Specific**. It is the only remedy I have tried that **Cures Violent Neuralgic Pain**.

(Signed) H. BOWLER, 21, Northern Grove, Manchester.

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Please forward a large sized bottle of the "**Neuralgia Specific**" to MISS HEYNES, 48, Portland Place, Leamington. Both she and her friends have always found it an unfailing remedy for Neuralgia.

HEDGES' NEURALGIA SPECIFIC,  
SOLD IN BOTTLES 1/1½ SIZE 10d. ; 2/9 SIZE 2/1

VIGOR TONIC—See page 13

# RHEUMATISM, GOUT,

RHEUMATIC GOUT. LUMBAGO. SCIATICA.

**M**OST of these are caused by an excess in the system of the blood poison called uric acid. The predisposing cause is heredity, the tendency in the case of gout being to pass over a generation. As to the actual cause, in the case

## Symptoms

of Rheumatism, Sciatica and Lumbago, this may usually be traced to prolonged exposure to cold and wet—in Gout, to over indulgence in rich, sweet, and animal foods and sweet wines.

The symptoms of an impending attack are usually felt for some days. A chilly, out-of-sorts, irritable feeling, aching and shooting pains in the limbs, and deranged digestion.

The active cause being uric acid, which is generated by a meat diet, it follows that all meats, and especially pork, veal, and ~~lightly~~ <sup>highly</sup> seasoned dishes should be eaten sparingly. Pastry and sweet ~~dishes~~ create acidity, and should not be eaten. Spirits (if alcohol is taken,) should be diluted with mineral waters, and drunk with meals.

## Treatment

Hot fomentations to the affected parts give relief, and the patient should of course remain in the house or in bed.

Medicines which have a specific action, and which have been found to be of the greatest service in terminating attacks of these complaints are **Hedges' Gout and Rheumatic Pills**, and **Mixture**. These form an invaluable standby for sufferers, and a supply should always be kept at hand.

In letters continually received, occur such comments as:—  
 “Your valuable pills always relieve me.” “No relief until I tried your medicines.” “Two or three pills always remove the pain.” “One box quite cured me.” “A marvellous remedy.”

## HEDGES' GOUT & RHEUMATIC PILLS AND MIXTURE,

PILLS: 7½d. BOX **6d.** ; 1/1½ BOX **10d.** ; 2/9 BOX **2/1**

MIXTURE: 1/1½ BOT. **10d.** ; 2/9 BOT. **2/2**

# SKIN TROUBLES,

## BOILS, SORES, ERUPTIONS, ULCERS.

**T**HESE usually indicate an impure state of the blood, and the treatment should be mainly directed to purifying this.

The diet, as recommended for the treatment of Eczema, should have special attention. Avoid such things as pickles, vinegar, spiced meats, etc., and eat plenty of fresh fruit and vegetables.

For Medicine, take regularly **Hedges' Blood Elixir**, a perfectly safe remedy, containing no Arsenic. This in a few weeks will work wonders. It eliminates the gross

**Treatment** matter from the blood, and by its power of neutralising disease germs, soon restores it to a healthy state. If an aperient is needed, **Hedges' Ripe Fruit Saline** should be taken on rising in the morning.

There is no doubt that Sulphur (the old fashioned Brimstone) is a great purifier, and in the form of **Hedges' Compound Sulphur Tablets** is most convenient to take internally. Where unsightly Eruptions of the Face exist, **Hedges' Sulphur Skin Lotion** should be used, and will be found to be most cooling and soothing. It clears the complexion in a wonderful manner.

### HEDGES' BLOOD ELIXIR,

2/9 BOTTLE **1/6** ; 4/6 BOTTLE **2/9** ; 1/- BOTTLE **7/6**

#### HEDGES'

COMPOUND

#### SULPHUR TABLETS,

7½d. BOX **6d.** ; 1/1½ BOX **10d.**

#### HEDGES'

#### SULPHUR SKIN LOTION,

1/- BOTTLE **9d.**

# A Tonic of Great Value

in Convalescence, Nervous Breakdown, Neuralgia, Poor Appetite, Anæmia, and for persons who are "run down" through overwork.

**T**HERE are many occasions when the use of a medicine that will brace up the energies and restore a failing appetite is necessary, and will prove just that help which is needed to enable the system to shake off the lassitude following a past illness, or to recover from a temporary fall below normal, which lays it open to serious attacks of illness.

Nearly everyone at some time or other feels a "seediness,"—a drop in the health barometer for which overwork, worry, too close confinement, the exigencies of a busy life, and other like causes are responsible.

For these occasions a good tonic is usually all that is needed.

There are many medicines known to science which act as tonics.

They may be broadly classified into three kinds. There are Blood, Gastric, and Nerve Tonics, each having their separate and direct effect upon the particular organs for which they are intended.

The preparation known as Vigor Tonic is an ideal tonic containing the best of the three essentials in such just proportion as to have the maximum health giving and restorative effect on all the powers. It tones the whole system and does not strengthen one part at the expense of the others. It contains no poisons such as strychnine or nux vomica, and no bromides or other nerve sedatives so indiscriminately employed.

VIGOR-TONIC is sold in  $1/1\frac{1}{2}$  and  $2/9$  BOTTLES,  
CASH PRICES, **1/-** and **2/3**. BY POST, **1/3** and **2/8**

# TESTIMONIALS.



TO MESSRS. HEDGES.  
Dear Sirs,

27, Claremont Road,  
Leamington.

Please send me, per return of post, two bottles of Cod Liver Oil Cream as I am unable to get any so good elsewhere. It has been of great benefit to me, and I can strongly recommend it.

Yours truly,

F. S.

MESSRS. HEDGES & SON,  
Dear Sirs,

Norfolk House,  
31, Russell Road,  
Brighton.

Will you kindly forward me per return of post, two bottles of your Cod Liver Oil Emulsion. I was in the habit of sending for it from you when I was at Lichfield, but have removed here and have not been able to get anything like it. I like your Emulsion very much, it is so nice to take.

I remain, yours truly,

C. H. HUGHES.

*A Birmingham Mother writes:—*

TO MESSRS. HEDGES & SON.  
Dear Sirs,

I write to tell you the great benefit my little boy has received by taking "Three Crowns" Cod Liver Oil Cream on several occasions.

On one occasion he had pneumonia, and being brought down very weak, I started giving him the Emulsion, with marvellous results. He was then five years old, now he is nearly seven, and I have never been without it since as a dose or two does wonders for all kinds of Coughs and Colds.

It is **not** to be equalled, and I have gained great benefit also myself.

*The originals may be seen if desired.*

# WASTING DISEASES :

Consumption, Decline, Rickets in Children, Malnutrition, etc.

## THE GREAT VALUE OF COD LIVER OIL.

**T**HIS is what the most eminent Medical Authorities say :—

“Cod Liver Oil is a typical aliment for the growth and nutrition of the body.”

“Perhaps the most effective of all the many vaunted treatments for Consumption is that by Cod Liver Oil, which, if it can be borne, is the sheet anchor of the Physician.”

“Above all, Cod Liver Oil, which has been shown to be the most effective agent of all in counteracting Phthisical Disease.”

Cod Liver Oil is not a medicine, it is a most valuable food. The sole drawback to its more extended use in its simple form, is the difficulty people with delicate stomachs, have, of tolerating it, but this is now, happily, entirely overcome in the dainty preparation of it known as “**Three Crowns Cod Liver Oil Cream**,” a delicious creamlike liquid, containing the purest Norwegian Cod Liver Oil in an extremely fine state of division, which insures its speedy digestion. It contains also the Hypophosphites of Lime, Soda, and Potash, well known as bone forming and tonic agents.

It is nourishing, flesh forming, and a great protection against winter chills and is the very best food for all who have weak chests and easily take cold, for Rickety, Scrofulous and badly nourished children, and is especially valuable to Consumptives.

Being very sweet and palatable, the taste of the oil is hardly to be distinguished so perfectly is it masked, and this without making it sickly sweet, or unpleasantly strong in other flavours.

“THREE CROWNS”

COD LIVER OIL CREAM.

THE PRICES ARE : 2/9 SIZE 1/- ; 4/6 SIZE 1/9

For those who can take the Pure Oil,

“THREE CROWNS”

PURE NORWEGIAN COD LIVER OIL.

IN BOTTLES AT 8d., 1/3, 2/3

## SCURF, DANDRUFF, ALOPECIA.

**I**T has been shown that Scurf, Dandruff and Alopecia (bald patches on the head) are caused by a specific bacillus, which by causing the hair follicle to become blocked

**Symptoms** makes the hair dry, brittle, and finally fall out. The symptoms are pretty well known, *i.e.*, the white scurfy matter brushed from the head and the itching of the scalp.

The complaint is so common as to be frequently neglected, but as it is very easy to cure it should have proper attention.

**Treatment** A shampoo with warm water followed by an application of Hedges' Scurf Pomade rubbed well into the scalp, and repeated once or twice, will usually cause all signs of it to disappear.

HEDGES' SCURF POMADE,  
1/- PER POT.

**SORE THROAT** (from Cold),  
SPRAINS, STRAINS, LUMBAGO, MUSCULAR RHEUMATISM.

**R**OMENT with hot water and then apply Hedges Imperial Embrocation, rubbing it in with the hand until dry.

**Treatment** Repeat the treatment several times a day and wear flannel over the affected parts. In bad cases some of the Embrocation should be poured on flannel and the parts bandaged with this.

HEDGES' IMPERIAL EMBROCATION,  
1/1½d. BOTTLE 9d. ; 2/9 BOTTLE 2/-

All Preparations mentioned in this Booklet  
can be obtained from

# HEDGES & SON, CHEMISTS, BIRMINGHAM.



Main Shops and Warehouses :

10, 11, 12, DALE END,

or at any of their Branches—

TOWN—7, NORTH-WESTERN ARCADE.

SPARKHILL—375, STRATFORD ROAD.

SMALL HEATH—421, COVENTRY ROAD.

EDGBASTON—137, BROAD ST. (FIVE WAYS).

HANDSWORTH—111, SOHO ROAD.

KING'S HEATH—HIGH STREET.

(OPPOSITE THE CHURCH).

