HEART BEAT SO FAST COULD NOT SLEEP

HAD TO SIT UP IN BED

Heart trouble has of late years become very prevalent. Sometimes a pain catches you in the region of the heart, now and then your heart skips beats, paipitates, throbs, or beats with such rapidity and violence you think it will burst. You have weak and dizzy spells, are nervous, irritable and depressed, and if you attempt to walk upstairs or any distance you get all out of breath.

There is no other remedy will do you so much good, restore your heart to a natural condition, build up your strength, and give you back vigor and vitality, as Milburn's Heart and Nerve

Mrs. A. Russell, Niagara Falls, Ont., writes: "At nights I could not sleep, and had to sit up in bed, my heart would

and had to sit up in bed, my heart would beat so fast.

"When I went to walk very far I would get all out of breath, and would have to sit down and rest before I could so any farther. I was advised to get Milburn's Heart and Nerve Pills, and before I had used two boxes I could to the query places you in the position of agreement with the fallacy hidden in it."

Milburn's Heart and Nerve Pills are 50c per box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

LOOK AT CHILD'S TONGUE IF SICK, CROSS, FEVERISH

Hurry, Mother! Remove poisons from little stomach, liver, bowels.

Give 'California Syrup of Figs' at once if bilious or constipated.



Look at the tongue, mother! If coated it is a sure sign that your little one's tomach, liver and bowels need a gentle.

dictum, but there are a few simple rules which should be in the possession of every housekeeper, for they may at any time have an invalid to care for.

In the first place, food should be served daintily and attractively. A glass feeding tube is necessary, so that the patient can take liquid foods comfortably. Liquid foods should be strained, so that all lumps and scum are removed. The tray should be made as attractive as possible with a doily thorough cleansing at once.

When peevish, cross, listless, pale, doesn't sleep, doesn't eat or act naturdily, or is feverish, stomach sour, breath bad; has stomach-ache, sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, nstipated waste, undigested food and constipated waste, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful zhild again.

You needn't coax sick children to take this harmless "fruit lexative"; they love its delicious taste, and it always makes them feel splendid.

Ask your druggist for a bottle of "California Syrup of Figs," which has directions for bables, children of all ages and for grown-ups plainly on the ages and for grown-ups plainly on the

ages and for grown-ups plainly on the ottle. Beware of counterfeits sold here To be sure you get the genuine, ask to see that it is made by "California Fig kind with contempt.

HE COULDN'T RAISE HIS HANDS ABOVE HEAD, HE DECLARES

Rheumatism Disappearing Rapidly Since Taking Tanlac Says Ottoway.

"I was so badly crippled up with rheumatism that for two years I, could hardly put on my shoes, but Tanlac had helped me so much I can now bend over and touch the floor with the greatest ease" said Sidney Ottoway, an employee of the Massey-Harris Company, and living at 196 Emerson avenue, Toronto, the other day.

When I came to Canada about seven years ago," he continued, "I was in such an awful condition that I was just barely able to get around. My left knee would sometimes swell to twice its natural size, and be so sensitive that I couldn't even bear the weight of my clothes on it. My legs would get so couldn't even bear the weight of my clothes on it. My legs would get so stiff at times that I could hardly walk and I couldn't stoop over to pick up anything on the floor. I suffered such agonies from a steady throbbing pain and I gathered from what the nurse and and I gathered from what the nurse and and I gathered from what the nurse and are perfectly able to leave the hospital this minute."

would appear they the weight of my confined seam best three weight of my confined seam best from a straight from a straight from the straight of my confined seam best seam of the seam of

DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

Mother's Milk Is the Best Start in Lite for Every Baby

By DR. LEONARD KEENE HIRSHBERG. A. B., M. A., M. D. (Johns Hopkins University.)



it."

If infants are fed breast milk—human pabulum from their mothers' very life blood—they receive no dust, animal-cules or other strange, non-human stuff, which, despite the most rigid care surely enters the stomachs of those fed with nipple, bottle and bovine milk.

Real Life Insurance.

There you find part of the great answer, why some ill-kept, dirty children remain strong and healthy when fashionably nursed and guarded children fall victims to cholera, pneumonia, dysentery, bronchitis, infantile paralysis and other maladies.

Do mothers understand this? If most

tery, bronchitis, infantile paralysis and other maladies.

Do mothers understand this? If most of them do—and I doubt it—they make a sorry effort to put their knowledge into practice. The flimsiest excuses are allowed to pass muster to avoid nursing a baby at the breast. Yet nine artificially-fed little ones are invalids all their lives to one breast-nursed one; five die to one human-fed babe.

Perhaps the most common source of troubte is the lack of milk in the mother's breast, the establishment and maintenance of which depends largely upon suckling, massage, the breast pump, rubbing and similar treatments. On the other hand, babies born prematurely, or those weak or ill, are not strong enough to supply the physiologic sucking impression necessary to start and maintain the flow of human breast continuous demand upon the young nother's breast that makes and keeps the flow of this great life preserving elixir of baby life.

be high.

Manipulation Necessary.

sts of the mother should be enough and loud enough.

They don't care very much what you say so long as you say something, and say it often enough and loud enough. r should be six times a They are the sort of people who wear ro of the inmust do this throats, and it is always a woman like

What the invalid or convalescent, 30 i

may eat depends on the physician's

dictum, but there are a few simple

1 pint of boiling water. 1 tablespoonful of cornmea 1-4 cupful of cold water. 1-3 teaspoonful of salt.

1-3 teaspoonful of salt.
Mix the commeal with the coid
water, and add it to the boiling water.
Cook a in a double boiler for an hour.
Strain the gruel and serve it with
milk and sugar. It may also be cooled
entirely in milk if desired.

Rice Soup.

1 1-4 tablespoonfuls of brown rice.
1 cupful of milk.
3-4 tablespoonful of butter.
1-4 teaspoonful of onion juice.
1 stalk of celery.
1-4 bay leaf.
Selt peopler.

"Doctor, why do so many dirty, ill-fed, neglected infants live, and so many carefully attended little ones die?" asked a woman the other day "The answer to that," I smiled, "must be made without the admission that what your question implies is altogether true.

"What I mean is like, is altogether true.

"Anyone who has ever seen a cow knows that the nipples—teats—are milked and not the breasts. Yet we often massage the breast gland itself."

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sarlitation subjects that are of general interest letters will be answered personally, if a stamped and addressed envelope is inclosed. Address all inquiries to Dr. L. K. Hirshberg, in the fellacy hidden in worrying over a small business for about

a year I find myself in a rather strange condition. The worry is all over now, but I don't seem to be able to get my old spirit and ambition back, and feel afraid to meet people. Please advise me.

A.—You should take swimming and other gymnastic exercises; also forget yourself and mingle with more people. N. B. F.: Q.—What is good for peeling

A.—It is possible that some cosmetic or soap does this. A grain of thyroid gland after meals and the rubbing in of cottonseed oil and glycerine may improve it. Be sure it is not from sunburn.

WINIFRED BLACK

Writes About "A Strange Inquiry." Copyright, 1918, by Newspaper Feature Service, Inc.



KITCHEN ECONOMIES BY ISOBEL BRANDS OF THE APPLECROFT EXPERIMENT STATION

How to Make Delicious Nourishing Dishes for An Invalid.

ADELE GARRISON'S NEW

REVELATIONS

30 minutes. Melt the butter, add the onion juice, bay leaf and the celery cut into small pieces. Add this to the rice, season the whole with salt and pepper and strain it through a sieve. If rather thick thin it with a little milk. Serve

Orange Juice.

Squeeze out the orange juice, add the boiling water and sugar and set the whole aside to chill. Garnish the drink

Baked Egg.

with one-half slice of orange in

cupful of boiling water

1-3 teaspoonful of butter.

1 round slice of toast.

There you find part of the great answer why some ill-kept, dirty children remain strong and healthy when fashformally sursed and guarded children fall victims to cholora, pneumonia, dysenterry, bronchitis, infantile paralysis and other maladies.

Do mothers understand this? If most of them do—and I doubt it—they make a sorry effort to put their knowledge into practice. The filmsiest excuses are allowed to pass muster to avoid nursing a baby at the breast, Yet nine artificiallyfed little ones are invalids all their lives to one breast-nursed one; five die to one human-fed babe.

Perhaps the most common source of troubte is the lack of milk in the mother's breast, the establishment and maintenance of which depends largely upon sucking, massage, the breast pump, rubbing and similar treatments.

On the other hand, babies born prematurely, or those weak or ill, are not strong enough to supply tha physiologic sucking impression necessary to start and maintain the flow of human breast nik. It is the need of immediate and continuous demand upon the young nother woman who is the "cause" of another woman who is the "cause" of another woman's divorce? Well, that depends a good deal upon the woman abuse of another woman who is the "cause" of another woman's divorce? Well, that depends a good deal upon the woman busing the cause of another woman's divorce? That flepends, as I say, upon the woman who is the "cause" of another woman's divorce? Well, that depends a good deal upon the woman who is the "cause" of the woman who is the "cause" of another woman's divorce? Well, that depends a good deal upon the woman who is the "cause" of another woman's divorce? Well, that depends a good deal upon the woman who is the "cause" of another woman's divorce? Well, that depends a good deal upon the woman who is the "cause" of another woman's divorce? Well, that depends a good deal upon the woman who is the "cause" of another woman's divorce? Well, that depends a good deal upon the woman who is the "cause" of another woman's divorc

for it.

I have known several women who married the other woman's husband after the other woman got the divorce on account of the women I know. I have never seen one of them really happy—

for long.
Oh, they always think they are going to be happy, and sometimes they are for a little while, but such happiness never lasts. It can't any more than the dew can last when the sun gets up, or the rose can last when you pick it from its stem and throw it out into the mud to be trampled upon. trampled upon.

Love is not a caprice, not a flickering me of desire—not the love that lasts. is a sacred and a real thing, and I we never known it to fall that a wo-an who trifles with anything that is cred and true gets burned and badly rned in the process.

Do you believe a man who picks ander man's pocket is ever quite the

her own self-respect and her own sense of duty, and her own feeling of kind-ness and thought for others, and I don't believe that there is a man on earth who would accept it who is worth such sacrifice.
There now, my own correspondent-



Mustrated by Gruella THE RAIN SONG.

For days there had been no rain. In vain did Mamma Hen search for worms for her hungry children.

"What shall we do?" she cackled when she found Red Rooster rolling in the dust to cool himself. "If it doesn't rain soon we'll starve or burn up!"

"Let's go ask Rain Cloud to help us," suggested Red Rooster, and away they went, all the baby chicks at their heels. Soon they met Mr. Dog, who asked them where they were going.

"In search of Rain Cloud," replied Red Rooster, "Can you tell us where to find him?" vain did Mamma Hen search for worms

The Two Reasons Lillian Offered Madge to Remain in the

Hospital.

Another day and night at the hospita passed with no hint to me either from Lillian or the nurse that there was any immediate prospect of my going home.

"The two Reasons Lillian Offered Madge to Remain in the Hospital.

"I should be ashamed to be anything else but a good pure under your tutelage." I said. "Mercy!" she ejaculated, with a fetching Gallie shrug. "How the complements are flying around this mornhome.

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"I should be ashamed to be anything else but a good pure under your tutelage." I said. "Mercy!" she ejaculated, with a fetching Gallie shrug. "How the complements are flying around this mornhome.

"The two Reasons Lillian Offered Madge to Remain in the Hospital."

"Another day and night at the hospital."

"As a good pure under your tutelage." I said. "Where can we find Rain Cloud?" barked Mr. Dog, when Puss opened her door.

"The two Reasons Lillian Offered Madge to Remain in the Hospital."

"Another day and night at the hospital."

"Another day and night at the hospital.

"Mercy!" she ejaculated, with a fetching Gallie shrug. "How the complements are flying around this mornhome.

"The two Reasons Lillian Offered Madge to Remain in the Hospital School of the lag." I said. The power of the property of the propert

INCIDENTS IN THE LIVES OF FAMOUS WOMEN

- BY ELOISE FARRINGTON.

How a Necklace Helped to Dethrone Marie Antoinette.

How a Necklace Helped to

Marie Antoinette was only 15 years
of age when, in 1770, she was married
to the Dauphin of France. With every
prospect for happiness that a royal
princess could have in those days,
Marie Antoinette, nevertheless, feli
into unfortunate blunders from the
very beginning of her existence in
France until the unfortunate occurrence which ended her career as well
as precipitated the French revolution.

Marie Antoinette was the daughter
of the Austrian empress, Marie Theress, a worhan of considerable force of
tharacter. Perhaps Marie would have
displayed in more effective manner
traits she inherited from her able
mother had she been married to someone of stronger mind and character
than Louis XVI. As it was, the girlish
princess came into France with the conviction of the divine right of kings
firmly implanted in her mind, determined to live luxuriousiy at any cost to
the people.

Her entry into France was punctuated by extravagant displays, exorbitant
even for fhat luxurious court. Her road
to Paris was strewn with flowers, there
were magnificent fetes at Versailles and
Paris, at one of which was given a fireworks display costing \$5,000,000!

The populace of France was in dire
want, nevertheless the extravagances of
the French court increased with the advent of Marie Antoinette, and in consequence she became increasingly unpopular. Indeed, luxurious wastes for which
she wasn't even responsible were attributed to her, and she is said to have
of the Green was land in consequence as he became increasingly unpopular. Indeed, luxurious wastes for which
she wasn't even responsible were attributed to her, and she is said to have
of the french court increased with the advent of ward and inconsequence as he became increasingly unpopular. Indeed, luxurious wastes for which
she was not deep love of the first of the
she was to devent of the first of the
she was of the people were starving for
lack of bread: "If they have no bread,
why don't they eat cake?"

The climax ca

What Simple Care of Your Feet Will Do for Beauty and Comfort



have never known it to fall that a woman who trifles with anything that is sacred and true gets burned and badly burned in the process.

Do you believe a man who picks another man's pocket is ever quite the same man again as he was before he found out how weak and easily tempted he was? Can he ever look himself in the face with the same self-respect? I don't believe it. Do you?

When Self-Respect Departs.

That is the reason I don't believe that any woman who takes another woman's husband away from her and expects to be happy will ever have her expectations come true. She has thrown away her own self-respect and her own sense of duty and her own self-respect and her own sense of duty and her own self-respect and her own sense of duty and her own self-respect and her own sense of duty and her own self-respect and her own sense of duty and her own self-respect and her own sense of duty and her own self-respect and her own sense of duty and her own self-respect and her own sense of self-respect and her own sense of duty and her own self-respect and her own sense of sense when helped nature a Chance.

Of course, the greek women helped nature by giving their feet a chance to be comfortable footwear your feet should a talcum powder.

Your feet need freedom, and even it you do wear what you consider to be comfortable footwear your feet should a talcum powder.

Your feet need freedom, and even it you do wear what you consider to be comfortable footwear your feet should a talcum powder.

Your feet need freedom, and excent your self-set schould down whit

The Famous Spanish Prima Donna

One of the indicated values of the revival of classic dances is the interest it has inspired in improving the beauty of the feet I don't know why it is that although we give a great deal of attention to the care of the hands and the face and the hair that most wo me n sorely neglect what nature intended to be an object of real beauty.

Did you ever look with particular care at the well-shaped feet which the Greek sculptors gave to their creations? Do you know the Nike, which has become world-famous as the "Lady Fastening Her Sandal"? The street and light massage with the Greek sculptors gave to their creations? Do you know the Nike, which has become world-famous as the "Lady Fastening Her Sandal"? The street which the Greek sculptors gave to their creations? Do you know the Nike, which has become world-famous as the "Lady Fastening Her Sandal"? The "Lady Fastening Her Sandal"? The street which the Greek sculptors gave to their creations? Do you know the Nike, which has become world-famous as the "Lady Fastening Her Sandal"? The "Lady Fasteni

"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win. the War.

BY ALBERT BARRETT SAYRES!

Saving Meat in Warm Weather.
The saving of meat is not, at the present moment of writing, as patriotically necessary as is the saving of every grain of wheat, but the housewife who plans her menus for health as well as for money saving may well substitute other foods for ment during warm days. As meat-save'rs, peas, beans, peanuts and cereals are not only cheaper than meat, but when taken with milk and meat are as nourishing.

Here are several suggestions for main dishes that save meat:

Making Pea Souffle,
Take four tablespoonfuls of flour and sour tablespoonfuls of fat, and with a sauce. Now mash to a pulp one cupful of skim milk make a white sauce. Now mash to a pulp one cupful of salt one-fourth of a teaspoonful of pepper, a few drops of onion juice and the well-beaten whites of the three eggs, put in a greased baking dish and bake in a slow oven until firm. Preparing Creamed Peanuts and Rice.
Boil one cupful of uncooked rice until the grains are thoroughly cooked, but unbroken. Make a white sauce of three tablespoonfuls of fat and three cupfuls of either whole or skim milk. Sit the white sauce over the fire until it thickens. Now mix the white sauce, two teaspoon.

Throo Minute Journeys

Little Miss Muffet Sits on a tuffet Washing her hands and brow, The soap, there beside her. Her mother supplied

It's "Infants-Delight.

I trow.



INFANTS-DELIGHT

S OOTHES and cleanses the most delicate skin, because it is Borated. Its perfume is pleasing and refreshing, with a lasting fragrance reminiscent of full blown roses. [Send us three of these ads—all different—for beautiful

> JOHN TAYLOR & CO., Limited, Dept. 4 TORONTO.



BY USING BREAKFAST MANUFACTURED BY Western Canada Flour Mills C? Limited

To-morrows

By Genevieve Kemble

THURSDAY, JUNE 6.
e outlook for this day, based oreal portents, is not very encourage excepting for those in employmen e who are convinced they're dong may ask favors or seek prefer from those in authority. For other is a certain element of delay, it ment from those in authority. For others there is a certain element of delay, deception, disappointment and obstruction under an adverse Saturn, which may also bring losses and bereavement. Jupiter does not help any in a financial way, therefore beware investment, speculation and all money risks. An irascible Mars influence bids all to hold the tongue and temper, and avoid the law. Keep quiet and protect the health and property.

Those whose hirthday it is may at a contract the second of the contract of the second of the contract of the

Property.

Those whose birthday it is may expect a perplexed year, it not in employment. They should avoid disputes and law. A child born on this day should be grounded in amiability, restrained speech and in thrift.

The Origin of Famous Sayings

George W. Russell ("A. E.")
Oh, I am so old, messems
I am next of kin to Time.

—The Grey Eros.

Thomas Dibdin. 1771-1841.
Oh, it's a snug little island!
A right little, tight little island.
—The Snug Little Island.

John Ford. n Ford. 1586-1639.
Diamond cut diamond.
—The Lover's Melancholy. Ambrose Phillips. 1671-1749. Studious of ease, and fond of humble ings. From Holland to a Friend in

Words of Wise Men

The use of character is to be a shield One thorn of experience is worth a whole wilderness of warning —Shake-speare Once More.

'Tis heaven alone that is given away;
'Tis only God may be had for the asking.

—The Vision of Sir Launfal.

even one bird's egg—be it even of the woodpecker whom they fear—and she will admonish him strongly. For the Quichua believe that anyone robbing a bird's nest is certain soon to fall violently ill.

The tax of beards was confirmed by Catherine I. in 1726, by Peter II. in 1728, by Empress Anne in 1731.

TO SUFFER

HEADACHES MAKES LIFE MISERABLE

Headaches seem to be habitual with many people. Some are seldom, if ever, free from it, suffering continually with the dull throbbings, the intense pain varying in its severity by the caus

ous headache, headache from co pation, debility or indigestion and periodical and spasmodio headache, and indoubtedly the cause must be removed before permanent relief can be had. Burdock Blood Bitters, that has been on the market for over 40 years, re-moves the cause of the headache, and not only does this, but also restores the entire system to healthy action and

buoyant vigor.
Miss Emily Smith, 204 Bellwoods avenue, Toronto, Ont., writes: 'T cannot speak too highly of Burdock Blood Bitters. For two years I was greatly troubled with violent headaches, particularly in the morning. I tried every thing to cure me until a friend recom-mended B. B. B. I tried it, and now i am completely cured." Manufactured by The T. Milburn

Co., Limited, Toronto, Ont

Nuxsted iron increases strength of delicate, nerveus, run-down people in two weeks time, in meny the strength of the strength The Master gets his best soldiers out f the highlands of affliction.

plecroft Experiment Station, Green-lawn, N. Y., including a self-addressed