DAILY PAGE FOR EVERYBODY





Toronto Lady Makes Affidavit

RS. BURNETT has sent in this letter from a generous desire to serve others by giving them the benefit of her experience. Her sufferings resulted from a

a cure, she feels that she can now point others to the way of health. This letter came entirely unsolicited, and in order that strangers might fully realize the sincerity of

Mrs. Burnett's statement we had her verify her letter before a Commissioner.

Mrs. A. Burnett, 8031/4 Gerrard street east,

Toronto, writes: "I really feel it a public duty on my side to state, and without the slightest fear of contradiction, the wonderful benefits I have re-

ceived from your remedy, Dr. Chase's Nerve Food.

I am a woman now in the prime of life, and I

don't think any of my sex have suffered the

agony that I have. I can give proofs of doctors who have advised and given medicine to me, but

none have ever come near the relief that I have gained since taking your Nerve Food. Without

gained since taking your Nerve Food. Without doubt it is as represented, a sure cure. I am a younger woman by far since I have taken them. I always was dizzy, shaking and sick, with a shocking, splitting headache. Dr. Chase's Nerve Food has made me a different woman. I shall always tell any of my friends who are run down to get this Food cure, as I consider it is worth its weight in gold."

greatly rundown nervous system, and because she was a long time in finding

This statement will come as a message of hope to many thousands of women who are suffering somewhat as Mrs. Burnett did. There is every reason to expect

For this very reason a little patience is required in using this treatment. Do

equally good results in your own case, because Dr. Chase's Nerve Food cures in Nature's way by forming new tissues and building up the exhausted system.

not expect too much from the first box, but it will not be long before you will ex-

perience benefits that will encourage you to use the Nerve Food regularly until restoration is complete. Dr. Chase's Nerve Food, 50 cents a box, all dealers, or Edmantoration is complete. Look for the portrait and signature of A. W. Chase, and, Bates & Co., Ltd., Toronto. Look for the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, on the box you buy.

Province of Ontario, To Wit:

I, Alice Burnett of the City of Toronto, in the County of York, married woman, do solemnly

(1) That I am the Mrs. A. Burnett whose signature appears at the bottom of the within

letter.
(2) That the statements made by me in the

within letter are in every respect true.

And I make this declaration, conscientiously believing it to be true and knowing it to be of the same force and effect as if made under oath and under and by virtue of the Canada Evidence.

Declared before me at the City of Toronto, in the County of York, this \$th day of October, 1917.

Daniel J. O'Donoghue, a Commissioner, etc.

(Sgd.) ALICE BURNETT.



- BY GRACE THORNCLIFFE.

She Learns Some "Neatness Tricks" For Shirtwaist Costume.

In Benares there has been for many years a temple for the reception of monkeys, and it is one of the most costly buildings there. The followers of Brahma hold this animal sacred.

The Thrifty



then set it aside to rise over night. There are cake mixers, too, that are equally valuable in quickly mixing the batter to a smooth consistency.



By Generieve Kemble

THURSDAY, NOVEMBER 7.

The astrological forecast for this day indicates an eventful period, which may be turned to good account by mild and temperate handling. Of great significance is the Saturn position, both by Lunar and mutual aspect promising the "thawing out" through the trine of the flery Mars, of old crystallized conditions, possibly sorrows, disappointments and impediments of various natures. From

DIARY OF A FASHION MODEL



As a hunter, the native of Australia

As a hunter, the native of Australia is marvellously adjusted to the environments. His success lies in an intimate knowledge of the habits of animals on land, in the ground, in trees and under water, and his wonderfully developed powers of observation. He decoys pelicans by imitating their cries, catches ducks by diving below them, locates the opossum in a tree by marks on the bark or by the flight of mosquitoes, finds snakes by observing the action of birds, and follows a bee to its store for honey.

No fewer than 117 miles of steel wire are wound on a 12-inch guns that weighs 13½ tons. In appearance this wire, which is of the same quality as plano wire, resembles tape: it is one-quarter of an inch wide, and one-tenth of an inch thick. It is tested to a breaking strength of 110 tons.

The Parmous Spanish Prima Dona That the daily be the swell-growned is accorded woman is accepted woma

to help the Government not only during the war but immediately after. Household Economy Is One

Take the sugar subject for instance:

For a table drink select the one requiring the least sugar.

INSTANT POSTUM

Tastes like excellent coffee Postum Needs Less Sugar "There's a Reason"

vavavavavavata!

She Learns Some "Neatness Tricks" For Shirtwaist Costume.

There are many women who cannot wear the "shirtwaist and skirt costume, in spite of the fact that they admire its trimness and desire it. For, contrary to general opinion, the shirtwaist and skirt costume isn't becoming to everyone.

This is quite obvious when you consider the lines of this ever-popular combination. In the first place, the sharp finish of the shirtwaist throws the waistline into the limelight. Even in the days when the ancient horror of tight and tiny waists no longer exists, it is nevertheless necessary to have a "good" waistline if the shirtwaist is to be worn.

There are women who do not carry themselves well—who lean or lurch or are round-shouldered. Naturally, this affects the contour of the waist. If the waistline is too high or too low, if it hasn't the envied curve in the right place, then the shirtwaist contour waist. It gives them an air of aggressive masculinity which isn't intended.

But there are ways of meeting the difficulty, and wearing the shirtwaist costume with grace and charm. One method is to have the shirtwaist worn outside the skirt. In this way the waistline is not emphasized so strong-WASTE OF SUGAR THE following bulletin was among
the most forceful and effective
bits of conservation propaganda at
the New York Food Show last month.
It was put out by the National Sugar
Refining Company of New Jarger Refining Company of New Jersey:
"Save the wastel
"One hundred million caps coffee used daily in United States. "Seventy million cups tea used daily in United States.
"One hundred and seventy million cups tea and coffee.
'If even an average of half a teaspoonful of sugar per cur is left undis-solved at the bottom of cups of tea and coffee the waste would be 1,700,600 pounds of sugar daily.

"Stir your sugar until it dissolves.

It's estimated that one-third to one-half of all sugars used in homes is used in tea and coffee. Think it over—how is it in your home? Isn't there a chance for saving?" It's a great pity that belts aren't more often worn with the average shirtwaist; for the belt contributes a good waistline where there is none naturally. However, a belt can be worn with practically every kind of waist that is worn outside the skirt, and by trying out various heights—above or below the natural waistline—the belt sometimes does wonders toward improving the appearance of the figure. From New York Times Sunday, September 29, 1918.