Established 1864.

JOHN CATTO CO. LIMITED

The Modes of the Season, as Seen From Our Handsome Collection of Ladies' Ready-to-Wear Garments.

WINTER COATS

Portraying the latest styles for autumn and winter wear and displaying all the newest features in Fur Collars, Belts, Pockets, Button Trimming, etc. They are produced from all-wool fabrics, which include Silvertones, Bolivias, Kerseys, etc. We call special attention to our special line at $45.00 each.

LADIES' SUITS

Distinction in style and perfection of workmanship characterizes our display of Ladies' Autumn and Winter Models. The materials are, as usual, the best obtainable and can be had in Fine All-wool Serges, Tricotines, Poiret Twills, Cheviot Tweeds, etc., etc.

CLOTH DRESSES

We show a charming variety of distinctive styles in Ladies' and Misses' Cloth Dresses of Fine All-Wool Serge Tricotine, Poiret Twill and Jersey Cloths, in all fashionable shades, including black.

SILK DRESSES

Duchesse Satins, Charmeuse and Crepe de Chines, some combined with Georgette and possessing every feature demanded by present prevailing styles, feature our display of these garments, at prices that are extremely moderate.

JOHN CATTO CO. LIMITED
219-23 YONGE ST., COR. SHUTER ST., TORONTO.

BUSINESS BRISK AT RAILWAY'S LAYOUT

Over One Thousand Men Are Now Employed in All Departments.

Business is brisk at the Canadian National Railways' layout, Leaside, according to an official report. Fifty-five additional men were taken on at the various shops during last week, making a total of over one thousand employed in all departments.

During last month, 11 locomotives and 16 coaches were overhauled and repaired.

The question of a cafeteria for the workmen is at present being considered by the management, it is stated.

In aid of the church building fund, a well-patronized auction of useful articles was held in St. Cuthbert's Parish Hall, Leaside, last night. W. Webster officiated in the capacity of auctioneer, and good prices and spirited bidding was the order during the sale. A good sum was realized, and all articles were sold.

MINERAL WEALTH OF ALBERTA

Next to its agricultural resources, the greatest source of wealth in Alberta is its minerals, the most important of which is coal. The coal available in the province has been estimated at 1,059,975,000,000 tons.

FLOWERS FOR FUNERALS AND EVERY OTHER OCCASION

Simmons & Son
FLORISTS & DECORATORS
"Conservatories, Brampton, Ontario."
Yonge Street at Elm, Toronto.
Simmophones Main 3159 and 1704.

RATES FOR NOTICES

Notices of Births, Marriages and Deaths not over 50 words	$1.00
Additional words each 2c. No Lodge Notices to be included in Funeral Announcements.	
In Memoriam Notices	.50
Poetry and quotations up to 4 lines, additional	.50
For each additional 4 lines or fraction of 4 lines	.50
Cards of Thanks (Bereavement)	1.00

DEATHS.

ALEXANDER—At General Hospital, on Saturday evening, Oct. 16, 1920, Georgina Moran Alexander, in her 60th year, beloved wife of the late George Alexander.

Service Tuesday, Oct. 19, at 2 p.m., at her late residence, 1 Manning avenue. Interment Prospect Cemetery.

GOLDRING—On Oct. 16, 1920, at his late residence, 93 Pacific avenue, Thomas Goldring, age 76 years, beloved husband of Flora MacDonald.

Funeral from above address on Tuesday, Oct. 19, at 2 p.m., to St. James' Cemetery.

HACKETT—On Sunday, Oct. 17, 1920, at her late residence, 144 Morse street, Annie Grandfield, dearly beloved wife of Joseph Hackett.

Funeral private Tuesday.

JOHNSTON—At her late residence, 76 Rathnally avenue, Toronto, suddenly, on Sunday, Oct. 17, 1920, Elizabeth A., eldest daughter of the late James A. Johnston.

Funeral on Tuesday, Oct. 19, at 2 p.m. Interment at St. James' Cemetery.

MASON—On the morning of Oct. 18, at her late residence, 295 Russell Hill road, Elizabeth Campbell, widow of the late J. Herbert Mason, in her 75th year.

Funeral from the above residence on Tuesday, Oct. 19, at 4 o'clock.

McGRATTEN—At the Sick Children's Hospital, on Saturday, Oct. 16, Harold Edwin, only child of Mr. and Mrs. W. H. McGratten, aged 2 months.

Funeral from the residence of his parents, 122 Hamilton street, on Tuesday, Oct. 19, at 3.30 p.m., to Norway Cemetery.

FRED. W. MATTHEWS CO.
FUNERAL DIRECTORS
665 SPADINA AVENUE
Telephone College 791.

CONDEMN ACTION OF COMMERCE BOARD

British Imperial Association Scores Attitude on the Sugar Question.

That protection of the people against excess profits by corporations should be the sole aim of the board of commerce, was the opinion of the British Imperial Association at their executive committee meeting held at 9 Day avenue, Earlscourt, last night, George Wills, president, in the chair.

The following resolution was adopted: "The B.I.A. strongly condemns the action of the board of commerce in prohibiting the importation of sugar from the United States, and consider that its action is a restriction of trade and also tends to increase the price of sugar by the Canadian refiners. Definite action must be taken by the government to allay the discontent caused and the dismissed of te hboard of commerce is requested and a new board appointed, with Mr. Murdock or a man of his calibre, appointed as chairman."

A letter was read from Ald. Rist asking the association to give him permission to speak at one of their meetings on the milk question.

The committee recommended that he speak at their next regular meeting on Monday, October 25, at Earlscourt school.

INDEPENDENT LABOR WOULD LOWER DUTY

(Continued From Page 1).

Port Arthur session, J. A. Hussey said: "At the present time, it is admitted by all, the iron and steel are the basic industries of Canada. The Canadian iron and steel industry depends, one might as well say, almost wholly on ore imported from the United States and other countries. These importations naturally have helped to turn trade balances against us, and trade balances are a matter which affect everyone in the country.

Want Resources Developed.

"Canada has within her domain many deposits of low-grade iron ore, which, with a little treatment, would be of as high a quality for smelting and manufacturing purposes as the best American ore. But these processes of treatment are costly, and it is not just that private enterprise engaging upon the work of opening up this national storehouse should be left to do the work unaided. A temporary iron ore bounty, say for 15 years, would have the effect of developing ore properties in various parts of the country from coast to coast. It would put Canada forthwith on her own feet, as it were, and enable her to cope single-handed with all her great national industrial problems without being, as at present, at the mercy of a friendly neighbor in the matter of getting her raw material."

Cost of Roasting Ores.

The witness said that nearly all of the low-grade iron ore deposits known in the country require a costly treatment beneficiation before they can be mined and smelted at a profit. The Algoma Steel Corporation, he said, have experimented extensively with the vast quantities of siderite ores in the Michipicoten country north of the Sault. These ores, with an original iron content of 35 per cent. and sulphur content of 1 per cent. and higher, are roasted in rotary brick-lined kilns, raising the iron content to 50 per cent., and reducing the sulphur content to 16 per cent. The cost of roasting, which is done with powdered coal, was, in 1918, $1.35 per ton, and, in 1919, jumped to $2.64 per ton on account of the high price of coal, one ton of raw ore making .7 ton of finished ore.

Seek Bounty, Not Tariff.

He said that the bounty applicants did not seek any protective tariff, but were willing to invest their capital and develop the industry without a cent of tariff protection. The blast furnace man, for instance, could still purchase in a cheaper market, whether the United States, Newfoundland or elsewhere, and the Canadian product mined under this proposed policy must compete, and can be sold only where it is as good or better, and comparatively as cheap, as can be obtained elsewhere.

Labor Men Conflict.

Altho the official statement of the I.L.P., as read by J. H. Haining, favored the reduction of duty on food, clothing and machinery used in production, this was in a measure moderated by another prominent local labor man, J. J. Brothers, who declared that industrials which, by reason of their lack of natural resources, are unable to compete with those of other countries which have an abundance of such natural resources, must continue to be protected by the tariff. Particularly was this true in the steel industry in Canada at this time. "In order to compete with other countries, particularly with the United States, I do not deem it to the best interests of labor that we should adopt free trade in its entirety," he said.

Need Protection for Rails.

Tariff protection is necessary if the Algoma Steel Corporation is to continue its production of steel rails, said W. C. Franz, president of the company, which is capitalized at $25,000,000. "Our principal product is standard open hearth steel rails, on which there is a protective tariff of $7.84 per gross ton, and we submit that it is necessary to have this protection in order that we can operate during periods when there is a depression in the United States, at which times their product can be sold at far below our cost of production," he said.

WIARTON GIRL IS KILLED THRU RIFLE ACCIDENT

Wiarton, Oct. 18.—Christina McKay, aged 14, was instantly killed at her home near here today when the rifle which her brother Charles, aged 16, was carrying, discharged.

SHEEP IN ALBERTA

The province of Alberta is eminently suited for the production of mutton and wool. The climate is highly favorable for sheep raising. The sheep in the province last year numbered 364,500.

RECORD ATTENDANCE AT WOODBRIDGE FAIR

Twenty Thousand People Pass the Turnstiles — Exhibits Reach High Standard—Horses Evoke Special Admiration—Numerous Fine Cattle Entries—Improvements to Grounds—List of Prize-Winners.

Despite the dullness of the day crowds poured into the grounds at the second and last day of Woodbridge Fair yesterday. In fact, the officials of the fair are of the opinion that the crowd present yesterday far outdistanced any figures of previous years, and had the weather been at all propitious they felt confident that another five thousand would have passed the turnstiles. As it was they estimated that the crowd totaled close on 20,000, which is many thousands over the attendance of last year.

The fair, which is the largest rural fair held in Ontario, attracted a record number of competitors in the different sections. Some remarkably fine birds were exhibited in the poultry section, and the building where the birds were housed had a steady stream of poultry fanciers the day long. The showing in the horse section was of the finest, and the splendid muster of equines evoked much admiration, the agricultural class being amongst the favorites. The entries of cattle were numerous and some excellent beasts were in evidence, including Holsteins, Jerseys, Ayrshires and herd.

Race Track Lengthened.

Since the holding of the fair last year considerable alterations and improvements have been made in the grounds, the most noteworthy being the lengthening of the race track to half a mile from its previous length of one-third of a mile. The managers of the fair got busy amongst themselves and with the aid of their teams and help made the necessary construction early last summer, with gratifying results. On one part where the improvement has been made about 30 feet of earth had to be piled up to bring the new ground to the level of the old track. Some day soon the management might do well in making better provision for the entrance and exit of visitors.

Just before turning into the lane leading to the entrance the railway track has to be crossed, and the road is very narrow as well, which makes it difficult for motorists to negotiate the grade with comfort and at the same time with due safety to pedestrians. Yesterday, especially at the close of the fair, when the crowds were dispersing, motorists leaving the grounds and coming from fields beyond kept the air astir with the continuous tooting of their horns, and pedestrians had to do a quick scurry to either side of the narrow road to escape accident. Much credit is due to those responsible for the regulation of traffic as not one accident was reported, altho there were many hundreds of automobiles with their human freight which had to make their way thru dense crowds.

The Prize-Winners.

The following were amongst the prize-winners:

Shorthorns: J. Gardhouse & Son, Mr. Smith, and A. J. Williamson & Son.

Holsteins, heavy: Watson Brothers, Pinegrove; Willie Brothers, Pinegrove.

Jerseys: J. Bagg & Son, Edgeley; Alf. Bagg, Edgeley; H. Colton, Halton.

Herd: J. Bagg & Son, Edgeley.

Ayrshires: J. Sutton, Woodbridge.

Swine: Charles Boynton, Dollar; W. Thompson; Frank Teasdale, Concord; J. Colton, Woodbridge.

Grain—Orlan Young.

Agricultural horses—Brown Bros., F. F. Reeves, James Dandridge, Charles Plunkett.

Sheep—John Gardhouse & Son, Weston (Lincolns), William Clarkson (Leicesters), S. J. Robertson (Oxfords), J. Kehoe (Coxwolds), J. Baxter (Shropshires), Robert Stonehouse (Hampshires).

Light horses—Filly or gelding, three years—A. J. Witherspoon.

Mare, any age, sweepstake for draught horses—Howard Smith.

Agricultural class—Alf. Bagg.

Spring colt or filly—A. Hewson.

Draught team—A. Hewson.

Harness horses, single harness roadsters, 15 hands or under—W. K. Johnston.

Single harness roadster, 15 hands or over—Harvey Hastings.

Best lady driver, Eckhardt Trophy, limited class—Miss Quinn, Brampton.

Best lady driver, free for all—Miss Muriel Secord, Toronto.

Pony, 13 hands or under—H. C. Low, Toronto.

Pony tandem—Mrs. Charles Gilbert, Toronto.

Best standard bred filly in harness, four years and under, open to York county—R. K. Johnston.

Mare, any age, carriage sweepstake—G. Castator, Weston.

Robert Graham of Graham Brothers was judge of the light horses and Tom Graham judged the heavy draught horses.

The results of the races were:

Classified—Jack Canuck, 1, 1, 1; Stella Mack, 2, 2, 2; Jean Bingen, 3, 3, 3. Time, 2.25¼, 2.26¼, 2.24½.

2.30 trot—Miss Smith, 1, 1, 1; Bourblan, 3, 2, 2; Stella Mack, 3, 3, 3. Time, 2.22¼, 2.23½, 2.23¼.

2.14 trot—In this race a special purse of $25 was offered for new track record—James McCarron, 1, 1, 1; R. King, 2, 2, 2; Dr. Hal, 3, 3, 3. Time, 2.15¾, 2.16¾, 2.11½. The latter time is the record for the new track, the previous track record being 2.14¼.

CHOICE CABBAGES GIVEN TO HORSES

Beaches Resident Marvels at High Prices Charged for Vegetable in City.

E. H. Gourlie, a resident of the Beaches district, who visited the farming section in East York yesterday, was surprised to note the abundant crops of cabbage, turnips, potatoes and other vegetables in every direction, large quantities of which were apparently lying neglected on the ground, and in one instance choice cabbage being fed to horses.

Returning to Toronto, Mr. Gourlie found that cabbage was retailed in stores at 5c and 10c per head, and he would like to know thru the columns of The World the reason of the abundance in the country and the high prices in the city.

THE WEATHER

Meteorological Office, Toronto, Oct. 18.—(8 p.m.)—A depression is centred tonight in Colorado, and pressure is highest from New England to the middle Atlantic states. Snow and rain have occurred in the southern portions of Alberta and Saskatchewan; otherwise the weather in the Dominion has been fair, except that fog has occurred locally in the lake region.

Minimum and maximum temperatures: Calgary, 20, 38; Edmonton, 20, 42; Battleford, 24, 50; Prince Albert, 24, 50; Medicine Hat, 25, 50; Moose Jaw, 27, 46; Regina, 34, 51; Winnipeg, 46, 54; Port Arthur, 48, 56; White River, 48, 60; Parry Sound, 46, 60; London, 53, 69; Toronto, 50, 58; Kingston, 50, 60; Ottawa, 44, 58; Montreal, 44, 60; Quebec, 40, 62; St. John, 44, 64; Halifax, 44, 62.

—Probabilities.—

Lower Lakes and Georgian Bay—Moderate to fresh east and south winds; mostly fair; stationary or a little higher temperature.

Ottawa and St. Lawrence Valleys—Fair; stationary or a little higher temperature.

Gulf and North Shore—Light to moderate winds; fair; stationary or a little higher temperature.

Maritime Provinces—Light to moderate winds, mostly west and southwest; fair; not much change in temperature.

Lake Superior—East and southeast winds, gradually increasing; partly cloudy.

Manitoba and Saskatchewan—Mostly cloudy, with local falls of rain or snow.

Alberta—Fair; not much change in temperature.

THE BAROMETER.

Time.	Ther.	Bar.	Wind.
8 a.m.	52	29.91	9 E.
Noon	56	.....	.....
2 p.m.	57	29.85	2 N.E.
4 p.m.	55	.....	.....
8 p.m.	54	29.78	5 E.

Mean of day, 54; difference from average, 3 above; highest 58; lowest, 50; rain, .01.

STEAMSHIP ARRIVALS.

Steamer.	At	From
Canadian Raider	Montreal	London
Watuka	Halifax	Santiago
Bosworth	Montreal	Antwerp
Glenallah	Montreal	Newcastle
Bothwell	Montreal	London
Boyne	Montreal	Liverpool

Doctors Recommend Bon-Opto for the Eyes

Physicians and eye specialists prescribe Bon-Opto as a safe home remedy in the treatment of eye troubles and to strengthen eyesight. Sold under money refund guarantee by all druggists.

CHURCHES COMBINE IN THANKSGIVING

Baptists of the East End Unite in Services — Large Congregation.

A combined Thanksgiving service of the east end Baptist Churches was held in Calvary Baptist Church, East Toronto, yesterday morning. Rev. Dr. Graham, First avenue, spoke on the unspeakable gift of God, and showed that Christ was the gift referred to, and with the gift of Christ came all other gifts.

Rev. W. E. Hodgson, Jones avenue; Rev. O. C. Elliott, Danforth avenue; and Rev. Carl V. Farmer, B. A., assisted. Special music was rendered by the choir.

There was a large congregation.

Hope Methodist Epworth League held an enjoyable pie social in the Sunday schol rooms, Danforth ave., last night. Miss Newell, president, occupied the chair, and musical numbers were contributed by the members.

Ben Spoor, M.P. for Bishop Auckland, will be the special speaker at the Men's Brotherhood meeting in Hope Methodist Church on Friday evening. J. W. Mowbray, president, will be in the chair.

ORNAMENTAL BADGES FOR BRITISH WARSHIPS

London, Sept. 29.—(By mail.)—Since the days of the elaborately-carved figureheads, now only seen in naval museums, no British warship has carried an official badge, but now an admiralty committee, with an "heraldic adviser," has revived the ancient insignia in another form.

Each British man o' war has now been granted a duly authorized badge, to be fixed in wood or brass on the quarter-deck, and on either bow of its boats. Badges have been designed to represent the name of the vessel pictorially, or, when that was impossible, to embody some device connected with its history.

The Venturous sports a badge representing two dice; Sportive has a butting goat; Tactician, a chess knight; Tormentor, a flea; Spitfire, a cat with arched back; Inconstant, a butterfly; Sesame, a key; Sterling, the pound mark (£), and, Watchful, an eye.

Major Charles Ffoulkes of the Royal Marines acts as heraldic adviser.

WOODBINE AVENUE'S CONDITION.

"It is about time that the Woodbine avenue residents appeared before the city council and demanded attention to their thorofare," said Dr. Arthur Fleming, president Norway Ratepayers' Association, to The World yesterday. "Between Kingston road and East Gerrard street, Woodbine avenue is in a disgraceful condition and not fit for a rural municipality, the ruts and general condition of the surface present a positive menace to wheeled traffic, and drivers make a detour along Coxwell avenue when in the neighborhood. The matter of the grading and paving has been in the hands of the works department for the past five years and nothing has been done up to the present," said Dr. Fleming.

Harper, customs broker, 39 West Wellington street, corner Bay, Adelaide 4682.

SELL LAND SUITABLE FOR BUILDING SITES

Property North of St. Clair Now Available for Working Men's Homes.

A big land sale was held at Vaughan road and Eglinton yesterday by Pike & Sim, and quite a number of lots were disposed of. This land lies one and one-half miles north of St. Clair, and is suitable for workingmen's homes, as the lots are selling from $16 per foot up, at $5 per foot down and the balance on easy monthly terms. When the car tracks are laid here, connecting with the civic and city lines, the remainder of the land will not long remain unsold. Until the tracks are laid, it has been suggested that motor buses should operate between Keele street, Eglinton avenue and Yonge street, and south along Dufferin street to St. Clair avenue.

The expected flow of British immigrants will find this northwest section of Toronto a comfortable place to locate, and within easy access of the factories where they will find employment.

St. Clair District Business Men's Association's inaugural banquet will take place on Thursday evening, at Kenwood Hall, Dufferin street. A program of music will follow the banquet, and the plans of the association will be outlined at this meeting. All the tickets have been sold.

Thanksgiving dances were held in several halls in Earlscourt last night at Belmont Hall, and also at the new Kenwood Hall.

RESIDENTS COMPLAIN OF STREET LIGHTING

Residents of Ivy avenue are complaining of the lack of street lights and the consequent dangerous condition of the thorofare. More lights were promised some time ago by the property commissioner thru the application of the Riverdale Ratepayers' Association.

Roden branch, G.W.V.A., held a well attended euchre and dance last evening in Playter's Hall, Danforth avenue. Mr. Godfrey presided, and many valuable prizes were awarded to the successful euchre contestants. Dancing was indulged in by the young people to the strains of the Veterans' orchestra.

VETERANS ELECT OFFICERS.

At a meeting of the Todmorden branch of the G.W.V.A., held in the club rooms, Gowan avenue, the following officers were elected: R. J. Roberts, president; J. A. Macdonald, first vice-president; J. Davies, second vice-president; C. Redfern, 136 Gamble avenue, secretary-treasurer; executive committee, A. Crossley, A. Lowther Dove, A. C. Norley and H. A. Fleming.

MAYOR WILL OPEN EARLSCOURT PARK

Representative Gathering to Attend Official Ceremony on Saturday Next.

Mayor Church has consented to officially open the new Earlscourt Park next Saturday afternoon, and has written to Secretary Russell of the British Imperial Association to this effect. The mayor will be supported by Park Commissioner Chambers, members of the board of control, and Ald. George Birdsall, D. C. MacGregor and Brook Sykes, members and officers of the B.I.A., and the newly-organized St. Clair District Business Men's Association. The Fairbank and B.I.A. Boys' Brass Band will parade and play during the ceremony, and Earlscourt Boy Scouts, with their scoutmaster, B. Lindo, will form a guard of honor.

After the park is named and officially declared open, a torchlight procession will be formed, and will march along St. Clair avenue to Oakwood from Lansdowne. Among the speakers will be W. F. Maclean, M.P., and leading local men.

The Royce property was purchased by the city a few months ago, at a cost of over $300,000, and has since been graded and sodded. The completion of the layout will be finished next spring. Athletics, a swimming pool, baseball and cricket fields will be provided, and part of the park set aside for picnics.

A GREAT FAST.

The hunger strike of the lord mayor of Cork recalls many feats of voluntary abstinence from food, the most famous of which perhaps was that of Dr. Henry Samuel Tanner, who, in 1880, ate nothing for forty days. Doctor Tanner lived to be eighty-eight, dying December 30, 1918, 38 years after his remarkable performance. The fast began June 28, 1880, and lasted until August 7. Doctor Tanner broke it, in Koster & Bial's Hall, New Yoork, with a dinner that included a porterhouse steak, half a watermelon, two pies and three quarts of milk, or, perhaps, of coffee. That meal in itself was startling, for physicians all over the world telegraphed to Doctor Tanner that he must be careful when he started again to eat.

A TRIO OF "HOWLERS."

"Doomsday Book is another name for Paradise Lost."

"Rizzio was an Italian who invented ice-creams and got killed by them."

"A focus is a thing like a mushroom, but if you eat it you will feel different from a mushroom, for focuesses are fatal."

GOOD NATURE AND PUBLIC SPIRIT.

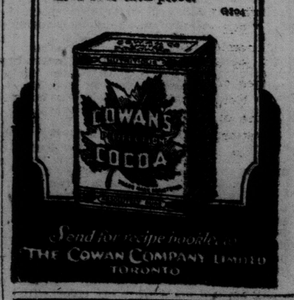
It is impossible that an ill-natured man can have a public spirit; for how should he love ten thousand men who has never loved one.—Pope.

COOKERY COLUMN

SEA FOAM

½ cup brown sugar
¼ cup water
1 egg white
1 tablespoon butter
1 teaspoon vanilla
3 tablespoons Cowan's Cocoa

Method:—Mix sugar, cocoa and water, stir over a gentle heat until sugar is dissolved. Boil until syrup will spin a thread, 217 degrees C, which is slightly below soft ball stage. Add butter and vanilla. Pour slowly, beating all the time into the egg white, which has been beaten until stiff and dry. Beat until mixture will stiffen. Drop from spoon on a buttered plate or greased paper and leave until hardened. Chopped nuts may be sprinkled over each piece.



Send for recipe booklet to THE COWAN COMPANY LIMITED TORONTO

OCEAN STEAMSHIP TRANSPORTATION

Tickets issued to all parts of the world.
Choice of lines and routes.

Melville Davis Co., Limited
24 Toronto St. Main 2109

CATTLE IN ALBERTA

In 1910 there were in Alberta 672,709 head of cattle. In 1919 there were 1,584,044. Many of the cattle are on ranches and are raised exclusively for beef, but dairying is making rapid and substantial progress, and both butter and cheese are now made in large quantities.

"I Am Having a Terrible Time, I Simply Cannot Sleep"

"PERHAPS it is something you have been eating?"

"No, it is not. I am always careful about what I eat, particularly in the evenings."

"Are you often that way?"

"Yes, two or three nights a week, and I am getting worse all the time."

"Is it your nerves?"

"Yes, I suppose it is, for after any little excitement I am sure to have a sleepless night, and I do not know anything much worse than tossing in bed, unable to sleep."

"Do you have headaches?"

"Yes, often, more especially after a restless night."

"Why don't you try Dr. Chase's Nerve Food? That is what nearly everybody uses for nervous troubles these days."

"I don't know just why, unless because I have a dread of taking any drug that is strong enough to produce sleep."

"But, my dear, Dr. Chase's Nerve Food will not produce sleep in that way. It is only after using it for a time and after the restorative influence is felt by the nerves that you will find yourself sleeping well and naturally.

"So many of my girl friends have told me about using Dr. Chase's Nerve Food for sleeplessness, headaches, nervousness and such troubles that I have the greatest confidence in it."

"How does it act?"

"It is a restorative, makes the blood rich, feeds the nerves and builds up your system in every way so that the benefits are lasting."

"How long will I have to use it?"

"Oh, I suppose two or three months. It takes time, you know, to get exhausted nerves fully restored. It will not be long, though, before you find yourself sleeping well, enjoying your meals and entirely free from headaches."

"Say, I believe I will try it, for I do suffer most terribly when I cannot sleep, and then I am so tired out next day."

Dr. Chase's Nerve Food, 50 cts. a box, all dealers, or Edmanson, Bates & Co., Ltd., Toronto. On every box of the genuine are the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.