My Limbs Would Twitch

And Waken Me-Unable to Rest or Sleep, I Walked the Floor in Nervous State - When Specialists Failed I Found a Cure.

This is the kind of cure that has set Windsor people thinking and talking about Dr. Chase's Nerve Food. The action of this food cure is so radically different to the usual treatments for the nerves that everybody wants to try it. Gradually and certainly it nourishes the starved nerves back to health and vigor and the benefits obtained are both thorough and lasting.

back to health and vigor and the benefits obtained are both thorough and lasting.

Mrs. M. Smithson, 27 Arthur street, Windsor, Ont., writes: "I was suffering from neryous breakdown, which was caused by a shock, when fire becke out in the adjoining house, My nerves were in such a state that, after going to bed I could not get my nerves quieted down sufficiently to go to steep. I used to get up and walk around the room, or go downstairs. Even when I would be dropping off to sleep my limbs would twitch and waken me. I used to have cold, nervess, night sweats, sometimes would become unconscious and lie that way for quite a little while. I was always for quite a little while. I was always for duite a little while. I was always for duite a little while. I was always for quite a little while. I was always for quite a little while. I was always for duite a little while. I had consulted specialists and tried many remedies during this time, but could not gain relief. At last I tried Dr. Chase's Nerve Food, and before long could see that this treatment was proving of benefit. I am now feeling so much better that I can go out on the street without any difficulty, can go across the river and go about the same as usual. I sleep well at night, and am feeling more like myself every day. I am pleased to be able to write you to tell you how much good the Nerve Food has done me. It has strengthened and built up my whole system. I am recommending it to everybody I find suffering from nervousness of any kind."

Dr. Chase's Nerve Food, 50 cents a box, a full treatment of 6 boxes for \$2.75, at all dealers, or Edmanson,

any kind."
Dr. Chase's Nerve Food, 50 cents a box, a full treatment of 6 boxes for \$2.15, at all deelers, or Edmanson, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imstations only disappoint.

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THE SAFEST MATCHES IN THE WORLD also THE CHEAPEST are

EDDYS "Silent 500's"

SAFEST because they are impregnated with a chemical solution which renders the stick "dead" nmediately the match is

extinguished.
Wher Time economy and your own good sense, will urge the secondly of buying none but that's MATCHES.

CHEAPEST because there are more perfect matches to the sized box than any other box on the market.

THE TWO BRASSEYS.

ucious Parallels In Careers Famous Men.

Famous Men.

The death of Lord Brassey recalls curious parallelism between the areers respectively of the two Brasseys and the two Stephensons, who were their forerunners. Born in 1781, George Stephenson had by 1830 solved the problem of the correlated railway track and locomotive mean engine by the construction and practical operation of the Livernool. fram engine by the construction and oractical operation of the Liverpool & Manchester Railway. His son, Robert Stephenson, born in 1803, became his father's effective assistant in the working out of this difficult undertaking, and between 1830 and 1859, the year of his death, he was by far the most noted railway engineer of his day, his activities having extended over most of the civilized countries of the world.

Thomas Brassey, Lord Brassey's father, born in 1805, received from George Stephenson in 1834 a contract for the construction of an important railway viaduct, and, taking full advantage of the new railway promotion activity, he was ceaseless-

portant railway viaduct, and, taking full advantage of the new railway promotion activity, he was ceaselessly engaged, till his untimely passing in 1870, in the work of railway construction. Like Robert Stephenson, he carried out successfully many undertakings abroad as well as at homeone of them being the Grand Trunk Railway of Canada, for which Robert Stephenson projected the tubular bridge across the St. Lawrence at Montreal.

Lord Brassey was born in 1836, and he became, in spite of an exceptionally strenuous life, an octogen arian. His inclination, however, was toward political life and naval administration. Entering the House of Commons, by way of Devonport, in 1865, he passed to the House of Commons, by way of Devonport, in 1865, he passed to the House of Commons, by way of Devonport, in 1865, he passed to the House of Commons, by way of Devonport, in 1865, he passed to the House of Commons, by way of Devonport, in the promotion of naval efficiency. He was a persistent voyager, and during his active career he sailed in his celebrated yacht, "Sunbeam," a total of more than four hundred thousand miles.

"A Bad Speculation."

It brought trelief from my troubles. It brought trelief from hy troubles. It brought trelief from hy troubles. It brought

"A Bad Speculation."

others regret the unpleasant conse-quences of their evil deeds. Governor Barbour of Virginia once defended a man charged with stealing a pair of shoes. The man was convicted. One We sailed together o'er the foam, day, years after, the governor was Not knowing if we'd reach land, a man approached and said he wished to speak with him. They walked off together, and the man asked: "Squire, do you represent

together, and the man asked:

"Squire, do you remember I once three young people to take the places of three will therefore be no Summer Vacation this year. One of the artherisals and other senior teachers always in attendance.

Stadents can enter at any time.

Send for Catalogue!

together, and the man asked:

"Squire, do you remember I once three you to defend me?"

"Yes."

"Well, squire, the taking of them shoes was the worst job I ever did. I didn't keep 'em a week. They put me in jail. I gave you the only horse I had to defend me. My crop was lost 'cause I couldn't see to it, and then, squire, they gave me thirty-nine lashes at last. I tell, you, squire, it was a bad speculation."—Youth's Companion.

And we'll shame the cold-foot

The Conductor's Revenge.

A well dressed man entered an Orange street car the other day, according to a story that is going the rounds of the street car men, and handed the conductor a ten dollar bill. The conductor was unable to change it, and he let the man ride free. The next day the man presented the same bill, and again the conductor was unable to change it, for the man had evidently found a time when he would be sure to catch the conductor without much change.

"I'll fix you," thought the conductor, and he obtained \$10 worth of nickels.

and he obtained \$10 worth of nickels and was ready for the man when next day he flashed the bill. The man took the matter good naturedly and soon family of Biackville have the sym-

The conductor was more than pleased with his coup until next day, when he learned that the bill was worthless.

Scots in American History.

It is a noteworthy fact in American history that of the four members of Washington's cabinet Knox of Massachusetts, the only New Englander, was a Scotch-Irishman, alexander Hampiton of New York was a Scotch-Brane Randoph, claimed among his meserotte Socich Garie of Massachusetts, and the fourth, Bdaired Randoph, claimed among his meserotte Socich Garie of Massachusetts, the only New Englander, was a Scotch-Brane Randoph, claimed among his meserotte Socich Garie of Massachusetts, and the fourth, Bdaired Randoph, claimed among his meserotte Socich Garie of Massachusetts, the only New Englander, was a scotch-Irish, as were the Socich Garie of Massachusetts, the only New Englander, was a Scotch-Irish, as were also Wilson and Iredell, two of the original associate justices; a third, Blair, was of Scottish origin. John Marshall, the great chief justice, was like Jefferson, of Scotch and Weish descent.—Charles R. Hanna's "Celt In America."

Seven months The services on Tues day afternoon was held at the house and then at the grave in St Andrews' Prepare seven pounds of rind by removing the green part and cutting off the pink melon until the rind is firm. Cut these pieces into uniform strips one inches wide aid two inches the sletter. The brothers are Victor, in France, and Chester, student estechis at Milbark, both of whom a restudying for the Prepare seven pounds of rind by removing the green part and cutting off the pink melon until the rind is firm. Cut these pieces into uniform strips one inches wide aid two inches the sletter. The brothers are Victor, in France, and Chester, student was a cold until tended in alum water Rinse again in cold water Place in pordelatinined kettle; pour in vinegar, sugar cin-namon, and slightly pounded ginger root and scald until tender in alum water Rinse again in cold water Place in pordelatinined kettle; pour in vinegar, sugar cin-namon, and slightly pounded ginger root was a Scotch-Irish, as were studying to the scotch of the pink melon that the house a

Air Warrior's Predicament.

An accident, without precedent in warfare, occurred to a French bembing plane, and death was averted by a feat of daring which will long be remembered. The airplane was about to descend after a raid, when the pilot discovered that two of his bosshe has easight in the rigging below the cars. It was impossible to had without on pioding them and blowing the frail cupit to framents. The asoline was already remains low and some character of the property of the part two seconds. While the property of the period of the property of the bosshe must be released the period of the property of the bosshe must be released that the plantager. Impossible as the feat seems of it was it list accessibilited and the plantager regained his beat at larger.

THE JOY OF **MOTHERHOOD**

Came to this Woman after Taking Lydia E. Pinkham's Vegetable Compound to Restore Her Health

Ellensburg, Wash.—"After I was married I was not well for a long time and a good deal of the time was not able to go about. Our greatest desire was to have a child in our home and one day my husband came back from town with a bottle



came back from town with a bottle of Lydia E. Pinkham's Vegetable Compound and wanted me to try it. It brought relief from my troubles. I improved in health so I could do my housework; we now have a little one, all of which I owe to Lydia E. Pinkham's Vegetable Compound."—Mrs. O. S. JOHNSON, R. No. 3, Ellensburg, Wash. There are women everywhere who

There are penitents and penitents, As ever shouldered a gun. Some are sorry that they did wrong: And enlisted from Newcastle Wireless.

For to go and fight the Hun.

standing conversing with several law-yers in front of the courthouse when home

For he died by the enemy's hand.

To those who are fighting for you

And we'll shame the cold-footed Who help the Germans by staying

DEATH OF LITTLE ONE

Mr and Mrs Benjamin Walls and pathy of a wide circle of friends in the death on Aug 18th of their youngest son, Donald, after a long illness and at the age of seven years and seven months The services on Tuesday afternoon was held at the house

CORNS LIFT OUT WITH FINGERS

You simply say to the drug store man, "Give me a quarter of an ounce of freezone." This will cost very little but is sufficient to remove every hard or soft corn from one's feet.

A few drops of this new other compound applied directly upon a tender, aching corn should relieve the sorences instantly, and soon the entire corn, root and all, dries up and can be lifted out with the fingers.

This new way to rid one's feet of corns was introduced by a Cheimait man, who says that, while freezene is sticky, it dries in a moment, and simply shrivels up the corn without insaning or even irritating the surrounding tissue or akin.

Align't let father die of infection or looklaw from whitting at his corns, but olds this sut and make him try 18.

Pickling

Pickle and Preserve all You Can Says Food Board

General Directions 1 Always use hot clean kettles 'id wooden spoons

2 Green vegetables should be oaked to remove the strong flavor 3 Spice carefully, so that all will blend and not one flavor predominate 4 Use the best cider vinegar Do not boil it, for boiling makes it lose

its strength 5 Nasturtium seeds or a small piece of horseradish root placed in each jar keeps the vinegar from molding

6 For sweet pickles, brown sukar should be used It makes a richer and better-flavored syrup than white sugar. The syrup should be rich enough to keep without sealing

Green-Cucumber Pickles

2 quarts boiling water 3 tablespoonfuls salt

Wash and dry the cucumbers, put stone jars and add brine made with salt and boiling water Allow to stand for three days Drain cucumbers, bring brine to boilingagain allow to stand for three days Repeat: drain a third time Scald in the following mixture: .

1 gallon vinegar

4 red peppers (chopped)

2 sticks cinnamon 2 tablespoonfuls allspice berries

2 tablespoonfuls whole cloves 4 cupfuls brown sugar Pack in stone jar and cover with

liquor

7 pounds fruit 10 cupfuls sugar (brown)

2 cupfuls vinegar

34 cupful mixed spices 1/2 cupful mace 1/2 cupful whole cioves

14 cupful whole cinnamon Mustard Pickles 1 gallon cider vinegar a pound ground mustard

3 tablespoonfuls corn-starch ½ pound brown sugar

½ oz turmeric 1/2 oz curry-powder

teaspoonful Cayenne

1/2 oz celery-seed Make, a dressing of the above ingredients One pint small cucumbers; or large ones cut in pieces may be used. Sook over night in brine, using one cupful salt to two quarts of water, one qine small white onions, one pint chopped green tometoes, three bell peppers chopped. leaving out sceas. and on mall cauliflower may be used, but hould be cooked in boiling salted water until tender Before adding to the mixture, put vegetables in jar in layers, and pour over them the oiling dressing Reheat dressing the following day and thicken if necessary, by making a paste of the corn starch and a small amount of the

vinegar Watermelon-Rind Sweet Pickle 7 pounds prepared

3 pints vinegar 4 pounds sugar (brown)

% ounce cloves (whole)

11/4 ounces gingerroot

For Infants and Children

In Use For Over 30 Years ys bears the ture of hat H. Hitcher

Children Cry for Fletcher's

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations, and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has

age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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