

### 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.

### Doing Our Bit

The most patriotic service we can render is to continue to fit young people to take the places of those who have enlisted.



### J.D. KENNEDY LADIES' and MEN'S Fine Tailoring

Embroiding Style, Workmanship, Service and Value. CLOTHING CLEANED AND PRESSED.

### Chas. Sargeant First Class Livery

Horses for Sale at all times. Public Wharf Phone 61

### 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" immediately the match is extinguished.

### THE TWO BRASSEYS.

Curious Parallels in Careers of Famous Men. The death of Lord Brassey recalls curious parallels between the careers respectively of the two Brasseys and the two Stephensons, who were their forerunners.

### A CANADIAN SOLDIER

His name was Stan-y Matchett. From the Little South West he came. To fight for his country and loved ones.

### "A Bad Speculation."

There are penitents and penitents. Some are sorry that they did wrong; others regret the unpleasant consequences of their evil deeds.

### 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.

### 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.

### Air Warrior's Predicament.

An accident, without precedent in warfare, occurred to a French fighting plane, and death was averted at the last moment.

### 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."

### Pickling

Pickle and Preserve all You Can Says Food Board

- General Directions: 1 Always use hot clean kettles and wooden spoons. 2 Green vegetables should be soaked to remove the strong flavor.

### Green-Cucumber Pickles

- 4 quarts small green cucumbers 2 quarts boiling water 2 tablespoonfuls salt

### Mustard Pickles

- 1 gallon cider vinegar 1 pound ground mustard 3 tablespoonfuls corn-starch

### Watermelon-Rind Sweet Pickle

- 7 pounds prepared watermelon rind 3 pints vinegar 4 pounds sugar (brown)

### Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of Dr. J. C. Fletcher and has been made under his personal supervision since its infancy.

### GENUINE CASTORIA ALWAYS

Bears the Signature of Dr. J. C. Fletcher. In Use For Over 30 Years

### APPLEFORD COUNTER . . . CHECK . . . BOOKS . . .

CAN BE SECURED AT MANUFACTURERS PRICES AT THE ADVOCATE OFFICE

### THE ROYAL BANK OF CANADA

Table with financial data: Capital Authorized \$25,000,000, Capital Paid-up 12,911,700, Reserve Fund and Undivided Profits 14,564,000, Total Assets 335,000,000.

### CASTORIA For Infants and Children

In Use For Over 30 Years Always bears the Signature of Dr. J. C. Fletcher

### YES! MAGICALLY! CORNS LIFT OUT WITH FINGERS

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

### Beveridge Paper Company Ltd., Wholesale Dealers

Wrapping Papers in Rolls and Sheets, Paper Bags, Twines, Writing Pads, Stationery and School Supplies. MILL SUPPLY DEPT.