SHARY NERVES.

Sufferers from Nervous Troubles Are In a State of Continuous Torture-Suggestions as to How the Trouble Can be Overcome.

When your nerves are shaky your belf-control is shattered—your will power is broken. Sudden sounds tartle you; your temper is irritable; your hands tremble: there is weakless in your knees; your skin is pale

of a new horse.

Thus early was the longing for spring changes implanted in the human breast. Civilization has never been able to cradicate them, and never will be. Just as long as we have the time of leaves and flowers will the spirit of our nomadic ancestors assert itself in spring, breeding discontent with our daily tasks and creating an irresistible longing for the open woods.

of his room just as the stairs began to creak under the comfortable step of Mrs. Wylic.

"Well, Theo," said the good lady cheerily. "Good-evening!"

Trist shook hands very gravely. He was at the moment deeply immersed in doubts as to whether his visitor should be shown to his bedroom with a view of removing her bonnet before his shaving glass, or whether she would prefer keeping her out-door apparel with her. As

In Peace and War

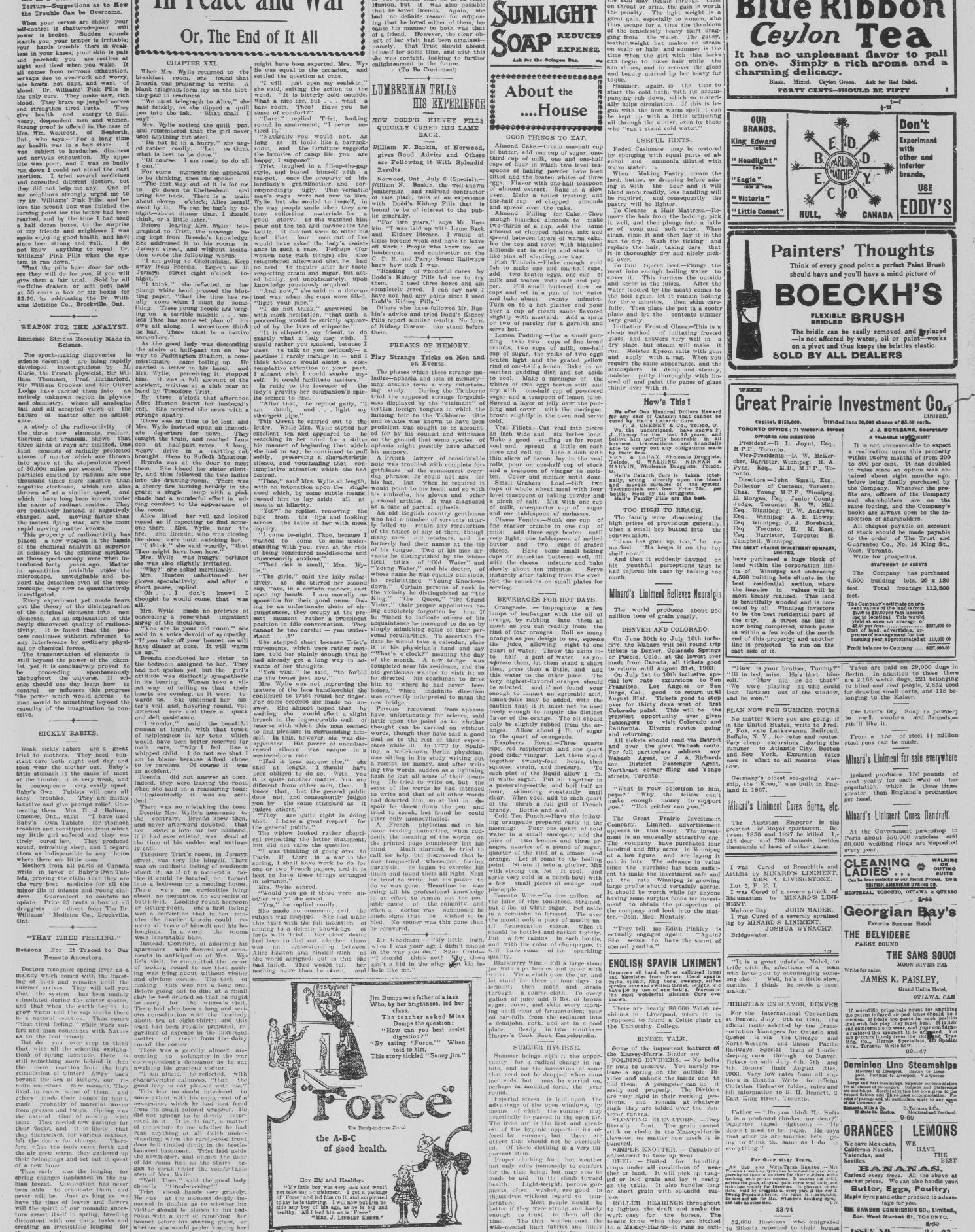
Or, The End of It All

But do you ever stop to think that, with all the scientific explanations of spring lassitude, there is still something more behind it than the mere reaction from the high stimulation of winter? Away back beyond the ken of history, our remote ancestors were nomads. They lived in caves, some of them, and others made their homes in tents, smade probably of material woven from grasses and twigs. Spring was the natural time of moving with them. They needed new pastures for their locks, and it is likely that they themselves, for various reasons, felt the desire for change. Therefore, when the buds came forth and the air grew warm, they gathered up their belongings and set out in quest of a new home.

Thus early was the longing for step of Mrs. While.

she recognized in him a match in the matter of social diplomacy. His What shrunk your woolens? to the skin, and permit it freely the matter of social diplomacy. His What shrunk your woolens? the matter of social diplomacy. His motives were a puzzle to her; she could not even come to a reasonable conclusion concerning his feelings. It was possible that he loved Alice Huston, but it was also possible that he loved Brenda. Again, she had no definite reason for supposing that he loved either of them, because his measurer to both was thet

se his manner to both was the cause his manner to both was that of a friend. However, the clear object of her visit had been attained-namely, that Trist should absent himself for some time, and with this she was content, looking to further allelt towners in the future.



she Why did holes wear so soon? You used common soap.

OAP REDUCES EXPENSE

practically be passed in the open air.
The fresh air is the first and greatportant item.

Proper clothing for hot weather not only adds immensely to comfort for the time being, but may also be made to aid in the climb toward health. Light-weight, porous garments, often washed, are good in themselves without regard to temperature. Most people would be better if they were strong and hardy enough to trust to them all the time. The thin woolen coat, the wide-meshed linen fabrics and filmly to a Massey-Harris—it runs so easi- to Siberia returned to their homes.

SIMPLE KNOTTER. — Capable of adjustment to take up wear.

REFI. — Suited for handling trops under all conditions of weather or land. It will pick up tanging and lay it neatly the table. It also handles long for short grain with splendid success.

ROLLER BEARINGS throughout to lighten the draft and make the work easy for the horses. The beasts know when they are hitched to Siberia returned to their homes.

in texture for women that although the skin may freckle through them on throat or arms, the gain is worth the penalty. The light weight is a great gain, especially to women, who thus escape for a time the thraldom of the spreakesty heavy skirt dragof the senselessly heavy skirt drag-ging from the waist. The gauzy, feather weight hat makes no strain on scalp or hair; and summer is the time when the girl with thin locks can begin to make hair while the

FLOATING ELEVATORS.—They literally float. The grain cannot stick or choke in the Massey-Harris doesn't need to be, papa. He say The fresh air is the first and greatest of the hygonic opportunities of fered by summer, but there are stoken in the Massey-Harris elevator, no matter how much it is others that should not be overlooked. Of these clothing is a very im
ed. Of these clothing is a very im
ed. SIMPLE KNOTTER. — Capable of the summer is the same as I do everything."

There is only one tea to people of discriminating taste and that is

Blue Ribbon Ceylon Tea

It has no unpleasant flavor to pall

Summer brings with it the opportunity for a radical change in habits, and for the formation of some that need not be dropped when summer ends, but may be carried on perhaps in modified form, the year round.

Especial stress is laid upon advantage of the open windows, by means of which the summer may practically be passed in the open air.

wide-meshed linen fabrics and filmly to a Massey-Harris—it runs so easimuslins all give the air free access ly.

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