

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.

Mrs. M. Smithson, 27 Arthur street, Windsor, Ont., writes: "I was suffering from nervous breakdown, which was caused by a shock when my brother died in the adjoining house. My nerves were in such a state that, after going to bed I could not get to sleep. 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 wake me. I used to have cold, nervous, night sweats, sometimes would become unconscious and lie that way for quite a little while. I was always cold and it seemed impossible for me to get warm or keep warm. When on the street I would see two or three objects at once, and did not want any person to speak to me or bother me. Any little noise irritated and annoyed me very much. 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 3 boxes for \$2.75, at all dealers, or Edmanston, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations only disappoint.

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There will therefore be no Summer Vacation this year. One of the principals and other senior teachers always in attendance.

Students can enter at any time. Send for Catalogue!

THE SUMMER COLLEGE
S. KERR
Principal

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.

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

War Time economy and your own good sense, will urge the necessity of buying none but EDDY'S MATCHES.

Remit by Dominion Express Money Order. If lost or stolen, you get your money back.

The Stowaway

By LOUIS TRACY.
Author of the "Pillar of Light," "The Wings of the Morning" and "The Captain of the Kansas."

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[CONTINUED.]

Hozier was deputed to obtain the girl's consent to the proposal he had already put before her. He feared that she would refuse compliance, for he understood her fine temper better than the others. He was a young man—one but little versed in the ways of women—but some instinct warned him that there was a nobility in Iris Yorke's nature that might set self at naught and urge her to share her companions' lot even though certain death were the outcome.

They passed together through the cavern. Watts, sound asleep, was lying there. The majority of the men were seated on the rocks without or lounging near the entrance. They were smoking now freely, the only stipulation being that matches were not to be struck in the open.

There was no hiding the desperate character of the coming adventure. The Andromeda's crew did not attempt to minimize it. The choice offered lay only in the manner of their death. As to the prospect of ultimate escape, they hardly gave it a thought. Some among them had served in the armies of Europe, and they at least were under no delusion concerning the issue of an attack on a fort by less than a score of unarmed men—seventeen, to be exact, since two of the ship's company were so maimed by the bursting of the shell on the fore-castle as to be practically helpless. It was by the rarest good fortune that they were able to walk.

Iris smiled at them in her frank way. "I hope you will all be spared to ship on a new Andromeda," she said.

No sooner had the words left her lips than the thought came unbidden, "If my uncle and Captain Coke wished the ship to be thrown away, nothing could have better suited their purposes than this tragic error."

For the instant the unforeseen outcome of that Sunday afternoon's plotting in the peaceful garden of Linden House held her imagination. She recalled each syllable of it, and there throbbled in her brain the hitherto undreamed of possibility that Coke had brought the Andromeda to Fernando Noronha in pursuance of his thievish project.

At once she whispered to Hozier: "Is there any one on the path below?"

"No," he said. "The Brazilians are with Coke at the top of the gully."

"Is it safe for us to go the other way?"

"I think so. But you must be careful not to slip."

She caught his arm, little knowing the thrill her grasp sent through his frame. This simple gesture of her confidence was bitter-sweet. He resolutely closed his eyes to the knowledge that this might be their last talk.

They climbed down. Neither spoke until they stood on the cutting ledge that had proved their salvation. They reached the place from which the Brazilians had thrown the rope. They could hear the quiet splash of the water in the cleft. Aligned against a low lying rock were the funnel and other debris of the Andromeda. The black mud was plainly visible beneath the surface.

"If we follow the others, will the soldiers throw our dead bodies into the sea?" she asked.

"I want you to believe that you will be absolutely safe if we escape being discovered during the crossing of the narrow strip of water that separates this rock from the island," he hastened to say. "That is your only risk, and it is a light one. Senhor de Syva is sure that the troops will not keep the keenest lookout tonight. They are still convinced that the insurgent steamer is sunk. Our chief danger will date from tomorrow's dawn. Marcel reports that a systematic search of the island was begun today. It will be continued tomorrow, but on new lines, because by that time they will have learned the truth. The Andros-y-Mela is not lying in pieces at the foot of this rock, the president has not escaped, and every practicable inch of Fernando Noronha and the adjacent islands will be scoured in the hope of finding him. At first sight that looks like being in our favor, in reality it means the end if we are discovered here. The soldiers will shoot first and inquire afterward. I have not the slightest doubt but that plenty of evidence will be forthcoming that we were a set of desperadoes who had unlawfully interfered in the affairs of a foreign state."

"I want to do that which is for the good of all," she said at length. "Do you ask me to go to this convict's house, Mr. Hozier?"

"I urge it on you with the utmost conviction. With you off our hands we can act freely. We must deliver an attack tonight. God in heaven, you cannot think that we would expose you to the perils of a desperate fight!"

His sudden outburst was unexpected, even by himself. He trembled in an agony of passion. Iris placed a timid hand on his shoulder.

"I will go," she whispered. "Please do not be distressed on my account. I brought you here not to discuss my own fate, but yours. Those Brazilians will not scruple to make use of you

and then throw you aside if it suits their purpose. That man De Syva does not care how he attains power, and I know that he and the officer entertain some plan which they have not revealed to you."

"You know!"

"Yes, I understand a little of their language. I have a mere glimpse of its sense, as one sees a landscape through a mist. When De Syva told you today that San Benavides was with you heart and soul, he was lying. There were things said about a ship and midnight and a boat. I watched the officer's face. He was wholly opposed to the landing tonight. My mind is not so vague now. I think I can grasp his meaning. Was it not tonight that the Andros-y-Mela was to appear?"

"Yes."

"Well, may they not hope secretly that she will keep to the fixed hour? Once you and I and the others are on the island and an alarm is given the Brazilians could slip away unnoticed. Yes, that is it. I do not trust them any more than I trusted Captain Coke. Don't you realize that he brought the Andromeda to this place in order to wreck her medley? It was to supply a pretext for the visit that he made undrinkable the water in the ship's tanks."

"That appalling had still rested on Philip's shoulder. His touch affected him profoundly. With a lightning dart of memory his thoughts flashed out to the moment when she lay, inert and half fainting, in his arms on the bridge, after he had taken her from the lazarette. But he controlled his voice sufficiently to say:

"You may be right. Indeed, I know you are right so far as Coke is concerned. When I went aft to find out if one of the boats could not be cleared I noticed that a steering gear box had been pried open again. I had time for only a second's glance, but I was sure the damage had not been done by a bullet. So the Andromeda was doomed to be lost, no matter what happened."

"Coke will stand by the rest of us in our struggle for life, at any rate. But the Brazilians?"

"Have no fear of them. I, too, have watched San Benavides. I don't like the fellow and wouldn't place an ounce of faith in him, but De Syva has brains, and he knows well enough that no ship from Brazil will come to Fernando Noronha in his behalf. In fact, he dreads a visit by a government vessel, in which event our frail chance of success is at least doubled."

She felt rather than saw that he had suddenly grown rigid. His right arm flew out and drew her to him.

"Sh-s-s-h!" he breathed and pulled her behind a rock. Her woman's heart yielded to dread of the unseen. It was in that eventful moment that she was tempted to scream. Despite his warning she must at least have whispered a question, but her ears caught a sound to which she was now well accustomed. The light chug-chug of an engine and the flapping of a propeller came to her ears. The steam launch was approaching. Perhaps they had been seen already! As if to be thrust his head and emphasize this thought, a flash of light pierced the darkness. There was an interval of silence. Steam had been shut off. Philip touched the girl's lips lightly with a finger. Then he lay flat on the ledge and began to creep forward. It was impossible that he should run and warn the others, but it was essential, above all else, that he should ascertain what the men on the launch were doing and the extent of their knowledge.

He found a tuft of the grass that clung to a crevice where its roots drew

scarcely sustenance from the crumbling rock. He ventured to thrust his head through. When he was following Domingo's example some hours earlier. Almost directly beneath his eager glance found the little vessel. She was floating past with the current. He peered down on to her deck as if from the top of a mast. A few cigarette smoking officers were grouped in her bows. Apparently they were more interested in the remains of the Andromeda than in the natural fortress overhead. Clustered round the hatch were some twenty soldiers, also smoking.

One of the officers pointed to the ledge. He was excited and emphatic. The man at the wheel groined an order, and the engine started again. Though Hozier knew not what was said, the significance of this pantomime was not lost on him. The local pilot was afraid of these treacherous waters in the dark, but next day Frade do Frances (which is the islanders' name for the Grande-pere rock) would surely be explored if a landing could be made.

Away bustled the launch, but Hozier did not move until there was no risk of his figure being silhouetted against the sky. Even then he crept in his way backward with slow caution. Iris was crouched where he had left her, wide eyed, motionless.

"Good job we came here," he said. "It is evident they mean to maintain a patrol until there is news of De Syva one way or the other. It will be interesting now to hear what the gallant San Benavides says. If any ship comes to Fernando Noronha tonight she will be seen from the island long before any signal is visible at this point."

"Do you think the others saw the launch?" she asked.

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Yes, Ma'am!
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With top and under crust that truly melt in your mouth—and a generous filling of your own delicious homemade preserves or home-grown fruit.

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Just try "Beaver" Flour for anything you are baking—and see what happy results you get, every time.

DEALERS—write for prices on Feed, Coarse Grain and Cereals.

THE T. H. TAYLOR CO. LIMITED, CHATHAM, Ont.

SILLIKERS

Sillikers, June 14—Rev. H. D. Worden of Smithtown, Kings' Co., is spending his vacation here, enjoying the fishing, and has held services in the church several times.

Rev. S. Gray will preach here during the next few months, and with his family is residing with Mrs. DeWitt Silliker.

Mr. and Mrs. Byron Tozer, formerly of this place, and now living in Victoria, B. C., are rejoicing over the arrival of a son.

Mr. Osborne Stewart and Miss Cordelia Dunnett were married on June 11th by Rev. H. D. Worden.

Mr. Wm. Silliker's son, Willis, who was operated on at the Miram-

SOLDIERS HOME

Among returned soldiers who arrived at St. John Saturday night were:

R. Quinn, Chatham.
L. Vinea, Bathurst.
Lieut. Ernest LeBlanc, Bathurst.
E. Hachez, Lomeque.

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A Dominion Order-in-council forbids robbing the nest of any useful bird. A close season for ten years is proclaimed for cranes, geans and nearly all shore birds, and close for five years on wood duck and eider-duck.

Dominion Express Foreign Cheques are accepted by Field Cashiers and Paymasters in France for their full face value. There is no better way to send money to the boys in the trenches.

SMOKE TUCKER'S ORINOCO

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HERE IS THE DAY YOU REGISTER

ON June 22nd, Saturday, every man and woman, resident in Canada, who is 16 years and over, must attend at one of the places provided for registration, between the hours of 7 a.m. and 10 p.m., and there truthfully answer all the questions set forth upon the registration card. Upon signing the card, vouching for the accuracy of the answers, the man or woman will receive a Registration Certificate, as shown below, which must be carried upon the person thereafter.

Why the Certificate is so Important

For failure to register a maximum fine of \$100 and one month's imprisonment is provided, also an added penalty of \$10 for each day the person remains unregistered after June 22nd.

Persons remaining unregistered cannot lawfully be employed, and cannot draw wages for work done after June 22nd. Employers who keep unregistered persons in their employ will be liable for fines equal in amount to those recoverable from the unregistered employees.

Unregistered persons cannot lawfully purchase transportation tickets, and may find themselves barred from travelling on railroads, steamboats, etc. Similarly they may be denied board and lodging at any hotel, restaurant, public house or boarding house.

In a word—All persons remaining unregistered, and all persons having dealings with unregistered persons, knowing them to be such, incur heavy penalties under the law.

REGISTRATION IS LAW—Don't Fail to Register.

This Certificate is YOUR Protection. Get it and Carry it!

Canada Registration Board
This certificate must always be carried upon the person of the registrant.

THIS IS TO CERTIFY THAT

reading at _____ was duly registered for the national purposes of Canada this _____ day of _____ 1918

Deputy Registrar

Issued by authority of Canada Registration Board