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the plan. They were as pleased with the idea as the two girls had been, and during the weeks that followed

Aunt Patty was much in their minds and on their hearts. Many a penny that otherwise would have been spent for their own enjoyment found its way to the "fund" that each was saving for Aunt Patty's happiness.

Daryl told her mother about the plan, and she promised to help in carrying out the surprise. The boys and girls wanted to get their gifts into Aunt Patty's house without her knowing it. So Mrs. Thompson invited the dear little lady to spend the night before Easter in her home. Easter morning bright and early boys and girls might have been seen coming from all parts of the town, each with a mysterious package of 'most any size or shape, and all were headed for the same place—Aunt Patty's house. Mrs. Thompson had managed to get the key, and a merry time the young people had distributing their gifts. They wanted Aunt Patty to have a series of surprises, so some were left in the kitchen, some in the pantry, some in the parlor—in fact, some in every room of the little house. When all was ready the young people

# Anaemic Condition or Bloodlessness

A peculiar pallor or even ghastliness of the skin is the marked symptoms of anaemia. The eyelids, gums and lips appear to be almost bloodless. The cause of this condition is the absence of red corpuscles from the blood.

The anaemic patient is usually thin and weak, but may be fleshy and inclined to dropsy. Stomach troubles and weakness of the bodily organs are accompaniments.

Red corpuscles must be added to the blood, and this can best be accomplished by using Dr. Chase's Nerve Food.

This great food cure is so gentle and natural in action that it is admirably suited for the use of women and girls suffering from anaemia or other diseases which arise from an impoverished condition of the blood.

It is readily assimilated, enters the blood streams and carries health and strength to every organ of the body.

The vigour of the digestive system is quickly restored, and the food taken into the body is properly digested and nourishment supplied to the whole system.

To get well and keep well you must supply the body with an abundance of pure, rich blood. Nothing can help you so well as

# Dr. Chase's Nerve Food

50 cents a box, 6 for \$2.50, at all dealers, or Edmanson, Bates & Co., Limited, Toronto.

hid themselves, for they did want to see how surprised Aunt Patty would be when she found the things they had brought.

Mrs. Thompson told Aunt Patty that they would start a little early for church, so that she could stop to see if everything was as she had left it at home. Mrs. Thompson had the key again, for Harry had taken it to her after they had used it. As Aunt Patty walked into the parlor she spied a large bowl of beautiful violets on the centertable, with this little verse attached to it:—

"I wanted something sweet to send you,  
And the violets asked if they would do."

Greatly mystified, she passed out into the next room and found on the floor by the bookcase a vase of long-stemmed American Beauties, which several had clubbed together to buy.

"What in the world does all this mean?" she asked.

"Let us go into the other rooms and see if there is anything more to discover," answered Mrs. Thompson.

In the kitchen was a basket of fresh eggs. On the dining-table were coloured eggs, and a pretty potted plant with flowers in full bloom stood at either end, while a beautiful Easter lily with several blossoms and a number of buds was in the centre. On the dressers in the bedroom was a large basket of pansies of delicate colours, and by its side a prettily bound book of Easter poems.

Long before Aunt Patty came upon the last of her surprises the tears were rolling down her cheeks—tears of happiness, not so much because of the gifts themselves as because of the great love which she knew must be in the hearts of some people for her, to prompt such a generous shower of blessings. But who were the givers? As she asked this question a sound of sweet music came to her ears, and she stood spellbound, for it was coming from somewhere in her own home. It came nearer and nearer, and soon

the boys and girls had gathered in the doorway singing that grand old Easter hymn:—

"Christ the Lord is risen to-day,  
Sons of men and angels say:  
Raise your joys and triumphs high;  
Sing, ye heavens, and earth reply."

They sang it through to the end. As the last notes of the music died away, the boys and girls filed past Aunt Patty, and each in turn threw an arm around her neck and kissed her, then passed quickly and quietly out of the house. Aunt Patty's face and Aunt Patty's tears were rich reward for all they had done for her, and they were so glad the Easter surprise had been such a success.—Helen E. Princeton, in S. S. Times.

## AVOID DANGEROUS ILLNESSES

### Keep Your Health by Natural Means

It is a well-known fact among physicians that a large percentage of dangerous illnesses (Appendicitis among them) can be traced almost directly to Constipation. The majority of people do not attempt to rid themselves of Constipation until it really makes them sick. Then they attempt to do so with drugs. Drugs cannot cure Constipation. They may bring relief but they force Nature instead of assisting her and when we continue the use of drugs we find we must continue the use of them, and thus we become slaves to the drug habit.

The most natural way of removing this poisonous waste from the system is by the Internal Bath. This method is now used by over 300,000 people and recommended by physicians everywhere. This does away entirely with all drugs—just plain ordinary water is necessary, but it is wonderfully efficient.

Mr. A. Maclean of the Conger Lumber Co., Parry Sound, states: "I have used the J.B.L. Cascade since I received it 21 days ago with wonderful results. Before I started this treatment I could not pass one day without taking medicines, and since then I have not taken one dose and feel much better. I have been troubled with Constipation for the past 35 or 40 years. I cannot speak too highly of the Cascade Treatment." Don't neglect Constipation. Don't attempt to cure Constipation, and its ills, by unnatural methods. Investigate Dr. Charles A. Tyrrell's Cascade to-day. Surely it is simple self-justice to find out more about a system that has done so much good for thousands of others. Dr. Tyrrell will be glad to send you full information and his free booklet entitled: "Why Man of Today is Only 50% Efficient," if you will address him, Charles A. Tyrrell, M.D., Room 561-7, 280 College Street, Toronto.



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