BIRES YEAR BOOK IS than a catalogue, for, lition to selling goods, ther definite function

a are puzzled by the What shall I give?" to provide the right cause it must do this, has been taken to select mest merchandise for

a Book will be ready for November 10th. If your on our list a post card will to your home.

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Her ablic or is

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Women's League

Rub Rheumatic Pain!RAN A MINT Of Nations Meet From Aching Joints IN THE JAIL

trial bottle of old "St.
Jacobe Oil."

GOOD ADVICE

Rub pain right out with small Prisoner Who Talked Too trial bottle of old "St. Much Gets New Term in the Prison.

# TO A DYSPEPTIC



wear—
Such mussle 'n the songs the linnet sings,
Such harmony of color everywhere—
I wonder men, so busy with their care,
the loud complaint, the moment's bickerings,
Lift not their eyes and find the beauty there,
Sut cage the souls that God has given wings.

I wonder men think only of their ill.
With hopoless hearts come creeping to
their bed
Because today they might not have
their wil.
The while temorrow crimsons overhead.

Deplore Excess In

Some of the Resolutions Discussed at International Coun-

REDUCE PRICES Dress and Dance OR BE INDICTED IS ULTIMATUM

Boston Attorney Launches His

COLUM

Breakfast Cocoa

Method:—Mix cocoa, sugar and salt. Add boiling water gradually. Boil ten cold and heat over hot forming, add vanilla. Serve



### **AMERICANS FIGHT DEEP SEA ROUTE** VIA ST. LAWRENCE



## "You know my father had a nervous breakdown when he was my age."

"Well, I have been worried a lot lately, and feel that my nerves are playing out. Besides, I believe that nervous troubles are hereditary, and I guess I am doomed."

"Now, old man, the sooner you get rid of that idea the better. You may inherit a nervous temperament, but not disease of the nerves. It is up to you to take care of yourself, and not allow your nervous system to become exhausted."

"But I am afraid it is too late, so far as I am concerned. My nerves are all shot to pieces. I am restless and fidgety, cannot sleep at night. Everything seems to worry me, and I cannot stand it much longer."

"Why don't you go away for a while and take a good rest?" "Simply because I cannot. My business requires my constant attention."

"Then I will tell you what to do. Go to your druggist and buy a dozen boxes of Dr. Chase's Nerve Food. I'will guarantee that by the time you have used it you will feel like an entirely different man."

"Oh, I have been taking medicine enough from my doctor, and what good

has it done me? Perhaps I have had a night's rest occasionally as a result, but certainly no permanent benefit."

"That is just the point. You have sought relief by deadening the nerves instead of restoring them. Dr. Chase's Nerve Food works on an entirely different principle. It forms new, rich blood, and nourishes the depleted nerve cells back to health and vigor."

"That sounds good to me."

"Because the Nerve Food works in this "Because the Nerve Food works in this natural way you cannot expect much change after the first box or two. It takes a little time to build up an exhausted nervous system, but if you have a little patience the results will make it worth your while."

"I will follow your advice, for I have been terribly oppressed of late by the hopeless outlook. I know you would not recommend Dr. Chase's Nerve Food unless you felt sure it would restore my health, so I shall do my part and give it a thorough trial."

Dr. Chase's Nerve Food, 50c a box, all dealers, or Edmanson, Bates & Co., Ltd., Toronto. Refuse substitutes, and look for portrait and signature of A. W. Chase, M.D., on the box you buy.

