

Had To Sit Up To Sleep

Her Heart Was So Bad.

Through one cause or another a large majority of people are troubled, more or less, with some sort of heart trouble, but when it starts to beat irregularly, and every once in a while pains seem to shoot through it, then it causes anxiety and alarm.

Milburn's Heart and Nerve Pills will give prompt and permanent relief to all those suffering from any weakness of the heart or nerves.

Mrs. A. Russell, Niagara Falls, Ont., writes: "At nights I could not sleep, and had to sit up in bed my heart would beat so fast."

When I went to walk very far I would get all out of breath, and would have to sit down and rest before I could go any further. I was advised to get Milburn's Heart and Nerve Pills, and before I had used two boxes I could sleep and walk as far as I liked without any trouble."

Milburn's Heart and Nerve Pills are 50c. per box, at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

THE C. P. R. GIVES YOU TWENTY YEARS TO PAY

An immense area of the most fertile land in Western Canada for sale at low prices and easy terms ranging from \$11 to \$30 for farm lands with ample rainfall—irrigated lands up to \$50. One-tenth down, balance if you wish within twenty years. In certain areas, land for sale without settlement conditions. In irrigation districts, loan for farm buildings, etc. up to \$2000, also repayable in twenty years—interest only 6 per cent. Here is your opportunity to increase your farm holdings by getting adjoining land, or to secure your friends as neighbors. For literature and particulars apply to Allan Cameron, Gen'l Supt. of Lands, Department of Natural Resources, C. P. R., 911 First Street East, Calgary, Alberta.

Catalogue Notice

SEND 10c in silver or stamps for our up-to-date Fall & Winter 1917-1918 Catalogue containing 550 designs of Ladies', Misses' and Children's Patterns, a Concise and Comprehensive Article on Dressmaking, also some points for the needle (illustrating 30 of the various, simple stitches) all valuable hints to the home dressmaker.

BLACK LEG LOSSES SURELY PREVENTED
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Low-priced, fresh, reliable; preferred by western stockmen, because they protect where other vaccines fail.
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shantung, serge and Jersey cloth. The skirt and waist are joined at raised waistline. The sleeve is new and novel. The pattern is cut in 3 sizes: 16, 18 and 20 years. Size 18 requires 4 3/4 yards of 44-inch material. The skirt measures about 2 1/2 yards at the foot. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Smart Summer Gown. 2175—Dress for Misses and Small Women. In white organdy or lawn, this model will be very attractive. It is also nice for silk, gingham, voile, serge, satin, linen and batiste. The closing is at the left side of the front. The sleeve may be finished in wrist or elbow length. The pattern is cut in 3 sizes: 16, 18 and 20 years. Size 18 requires 6 3/4 yards of 44-inch material. Skirt measures about 3 1/4 yards. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Jaunty Coat for Girls. 2192—This model has inserted pockets in pouch

jersey cloth, serge, silk or satin. Pattern 2184 furnishes the coat blouse and waist, and 2187 the skirt. The waist and coat blouse are cut in 7 sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. It requires 2 3/4 yards of 36-inch material, for the waist, and 3 3/4 yards for the blouse, for a 36-inch size. The skirt is cut in 7 sizes also: 22, 24, 26, 28, 30, 32 and 34 inches waist measure, and requires 3 3/4 yards of 36-inch material for a 24-inch size. The skirt measures about 2 1/2 yards at the foot. This illustration calls for two separate patterns, which will be mailed to any address on receipt of 10 cents for each pattern, in silver or stamps.

A Practical Apron Model. 2168—Drill, linen, khaki, alpaca, lawn, cambric, gingham, seersucker and chambray are nice for this style. The pocket may be omitted. The pattern is cut in 4 sizes: Small, 32-34; medium, 36-38; large, 40-42; and extra large, 44-46 inches bust measure. Size medium requires 6 1/4



effect. The fronts are lapped at the revers edges, but may be rolled high, as in the small collar view. The sleeve is a two-piece model. This style is nice for cheviot, zibeline and other coatings, also for velvet, corduroy and silk. The pattern is cut in 5 sizes: 6, 8, 10, 12 and 14 years. It requires, for a 14-year size, 4 1/2 yards of 54-inch material. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Dainty Dress for the Little Miss. 2183—Here is a smart little dress for warm, summer days—to which is added a guimpe with long or short sleeves, for cool weather. The style is fine for lawn, dimity, voile, repp, pique, linen, challie and albatross. The pattern is cut in 4 sizes: 2, 4, 6 and 8 years. It requires for a 6-year size 1 1/2 yards for the guimpe and 2 1/2 yards for the dress, of 27-inch material. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Charming Three-Piece Suit. Coat—Waist 2184. Skirt 2187. The waist of this could be of crepe, silk or crepe de chine, and the coat blouse and skirt of

yards of 36-inch material. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Jaunty Blouse. 2189—This style is good for flannel, serge, crepe, voile, satin, silk and crepe de chine. The fronts are gathered to yoke extensions of the back. The sleeve may be in wrist or elbow length. The pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. It requires 3 3/4 yards of 27-inch material for a 36-inch size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

An Ideal House Dress. 2170—This model is unique and practical. It is made with reversible closing, and its fulness is held by a belt that fastens at the centre back. The sleeve may be in wrist or elbow length. Deep, ample pockets trim the fronts. The pattern is cut in 7 sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. It requires for a 38-inch size, 6 3/4 yards of 36-inch material. The dress measures about 3 yards at the foot. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

Millions of tins for the boys at the front

are needed to pack their pork and beans, their milk, etc. Don't do a single thing to stop that supply of tin.

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DYSPEPSIA MADE A WRECK OF HER.

Ontario Soldier's Wife made worse by ordinary remedies, but soon cured by Dr. Cassell's Tablets.

Mrs. Mary Lawrance, 9, May-Place, Kitchener, Ont., writes:—"Dr. Cassell's Tablets have made me a new woman. I used to be terribly depressed and suffered so much from Dyspepsia that I was almost a physical wreck. I tried various things, which only seemed to make me worse, and then at last I got Dr. Cassell's Tablets. They changed my whole outlook on life. I am well now, I romp with my children, and am looking hopefully forward to my soldier husband's return."

A free sample of Dr. Cassell's Tablets will be sent to you on receipt of 5 cents for mailing and packing. Address: Harold F. Ritchie and Co., Ltd., 10 McCaul St., Toronto.

Dr. Cassell's Tablets are the supreme remedy for Dyspepsia, Kidney Troubles, Sleeplessness, Anaemia, Nervous Ailments, and Nerve Paralysis, and for Weakness in Children. Specially valuable for nursing mothers and during the critical periods of life. Price 50 cents per tube, six tubes for the price of five, from Druggists and Storekeepers throughout Canada. Don't waste your money on imitations; get the genuine Dr. Cassell's Tablets.

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