MEN AND WOMEN TO EARN MORE MONEY

The most powerful single influence in greater production, and consequently in greater earning power, is the energy of the worker.

To work his or her best, the worker must be in possession of perfect health. So many who start the day's work with full vigor, tire as the day's work goes on and are forced to make frequent stops to relieve an aching back.

This backache is not due to the work, but to defective kidney action, and will disappear if treatment with Gin Pills is resorted to.

We have a number of testimonials on file from men who have had to give up work on account of backache, rheumatism, and the various ills that follow poor Kidney action. Gin Pills enabled these people to resume steady work again, with the vigor of youth and all the happiness of unfettered activity.

We will gladly send a free trial of Gin Pills to all who feel the need of this tested remedy, or we urge you to buy from your dealer on the strict understanding that your money will be returned by us if Gin Pills fail to benefit your particular case, accepting your word on this matter. Gin Pills are 50c. a box or 6 boxes for $2.50. Write for sample to National Drug & Chemical Co of Canada, Limited, Toronto, or to the U.S address Na-Dru-Co Inc., 202 Main St., Buffalo N.Y. 122

GIRLS! LOTS OF BEAUTIFUL HAIR

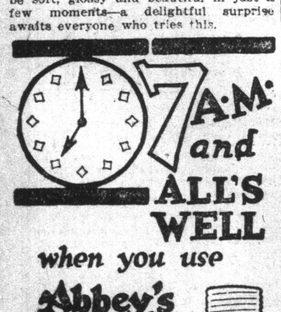
25-Cent Bottle of 'Danderine' Makes Hair Thick, Glossy and Wavy.

Removes All Dandruff, Stops Itching Scalp and Falling Hair.

To be possessed of a head of heavy, beautiful hair; soft, lustrous, fluffy, wavy and free from dandruff is merely a matter of using a little Danderine.

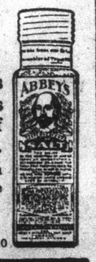
It is easy and inexpensive to have nice, soft hair and lots of it. Just get a small bottle of Knowlton's Danderine now—it costs but a few cents—all drug stores recommend it—apply a little as directed and within ten minutes there will see new hair—fine and downy at freshness, fluffiness and an incomparable gloss and lustre, and try as you will you cannot find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when you will see ne whair—fine and downy at first—yes—but really new hair—sprouting out all over your scalp—Danderine is, we believe, the only sure hair grower, destroyer of dandruff and cure for itchy scalp, and it never fails to stop falling hair at once.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delightful surprise awaits everyone who tries this.



when you use

Abbey's Effer-vescent Salt



A glass of this bubbling tonic is like a shaft of inner sunshine.

Gloom or a grouch cannot live in the same body with it.

AT ALL DRUGGISTS 10

ABBEY'S VITA TABLETS —For Nervous People—50 Cents a Box

Burns

The fire is removed from burns and scalds and the intense pain is quickly soothed by this wonderfully healing oil. It has brought relief to thousands of sufferers. For burns, wounds, cuts, scratches and all abrasions of the skin do not fail to use. All dealers, 25c.

Dr. Thomas' Eclectric Oil

Four Generations of a London Family

This four generations group shows Mrs. W. Loughrey, 97 Horton street, the great-grandmother; Mrs. Afford Johnson, 99 Horton street, the grandmother; Mrs. G. Jack Armstrong, mother, and Margary Gibson Armstrong.

Jack Armstrong, a former London newspaperman, who enlisted in the West, is now serving in the Canadian Hospital at Eastbourne with the C. A. M. C. During his overseas service Mrs. Armstrong and daughter are living with Mrs. Johnson.

FIRST TO FILE CLAIMS TO BE FIRST TAKEN UP

This Is Rule for Exemption Seekers Under Military Service Act.

EXTENSION OF TIME?

Indications Point to It Because of Work Confronting All Bribunals.

"First come, first served" will be the rule that will govern the local exemption tribunals when they are thrown open for "business" on Thursday next. In other words, those men who were early birds when the opportunity was given them to fill out exemption forms at the postoffice about the middle of last month, will now reap their reward, for they will have their claims examined first by the tribunals.

The claims will be investigated in the order of their reception, and those men who were first to fill out the claims for exemption will be the first to learn their status as far as military service is concerned.

Personal Appeal Unnecessary.

Many people have the mistaken impression that each man must appear before the tribunal in person, and furnish the information required, but this is far from the facts, for most of the claimants will be notified to submit their grounds for claiming exemption in writing, and they will not, as a general rule, be asked to appear personally before the tribunal.

Of course in some cases it will be necessary to examine the applicants in person, and they will be notified to appear, but it is the hope of the members of the tribunals that there will not be many of such cases. It will be possible to examine the claims submitted in writing in a comparatively short time, but if each applicant were to come up in person, it would take a much longer time to complete the work.

Chance for Verbal Claim.

For those who wish to claim exemption and do not wish to go to the postoffice and fill out the form supplied by the postmaster, the tribunals will sit on Thursday, Friday and Saturday, November 8, 9 and 10. Such men who prefer to submit their claims verbally, may go to the tribunals on those days, and their claims will be heard. Forms may be obtained, however, at the postoffice up to and including Saturday, November 10.

Although only a few days remain before the opening of the tribunals the members of these have so far received no official instructions regarding their duties. They have been asked to familiarize themselves with the chief provisions of the act, and especially with those bearing on the grounds upon which exemption should be granted.

Meeting to Outline Course.

It is expected that instructions will be issued shortly to the men who will pass upon the applicants for exemption and it is possible that a meeting will be held at which the members of the tribunals in this city will discuss the questions with which they will be later asked to deal. There are seven tribunals in the city of London, and it is probable that the whole seven will have their hands full to cope with the large number of applications for exemption which are awaiting them.

Extension Likely.

While it was estimated that all claims would have been heard by December 10th, so that the men could be called to the colors on or shortly after that date, present indications are that to finish the work by that date will be utterly impossible, and that an extension of the time will be necessary. In fact, it has begun to look as if it would be impossible for all the men to file their reports for service or claims for exemption at the postoffice before November 10th, the date set, and that an extension will be made, during which the man can file their claims or reports.

48 ELIGIBLES UP BEFORE BOARDS AT ARMORIES FRIDAY

25 of Them Passed As Class "A" by Doctors.

Forty-eight men appeared before the medical boards at the armories Friday, 25 of whom were passed as physically fit.

Seven recruits were signed up. They were all from the United States. The list follows: W. E. Atkinson, Canada, W. O. R., Detroit; J. Corcoran, Canada, W. O. R., Detroit; P. Pollitt, England, W. O. R., Denver; H. L. Zeal, United States, C. E. Det., El Paso, Texas; J.C. Marshall, England, W. O. R., Cleveland; J. W. Edwards, England, forestry, Cleveland; F. Jamieson, Canada, W. O. R., Detroit.

Following is the category of the men examined today:

Class A, combatant service overseas	25
Class B, non-combatant service overseas	4
Class C, service in Canada	3
Class D, doubtful	1
Class E, unfit	15
Total	48

CAPTAIN IN "PATS"

Lieut. George Little of This City Wins Promotion at Front.

Mrs. J. D. Little has received word that her son, Lieut. George Little, had been gazetted a captain in the Princess Pats. He has been overseas for more than two years, and was severely wounded some months ago. He is at present on the firing line.

ANGLICAN CAMPAIGN FOR MISSIONS MEETS WITH GOOD SUCCESS

Reports From Diocese So Far Enthusiastic.

MASS MEETING TODAY

Woman's Auxiliary Branches of City Meet in Cronyn Hall.

Enthusiastic reports from various parts of the Diocese of Huron tell of the success with which the Anglican missionary campaign in progress the latter part of this week has been meeting.

The idea of this campaign differs from other missionary campaigns in view of the fact that a direct appeal is not being made for funds. The object is rather educational and inspirational, to lay the needs of missionary work in Western Canada, and also in China, before the church in Eastern Canada, on the ground that interest is aroused in any project by knowing about it. For this reason four Anglican bishops, the Bishops of Edmonton, Athabasca, Kootenay and Keewatin, have come from the West to present the subject of missions and a missionary from the Mackenzie River diocese and another on furlough from China are also assisting in the campaign.

The Bishop of Edmonton, who spoke Tuesday in St. Thomas, came over today, and is the guest of Bishop and Mrs. Williams, "Bishopstowe."

This afternoon Bishop Gray is addressing a union meeting of the Woman's Auxiliary branches of the city in Cronyn Hall at 3 o'clock, and tomorrow he preaches in the morning in St. Paul's Cathedral, and in the evening in the Church of St. John the Evangelist.

Tomorrow, indeed, is to be a grand missionary review day in the Anglican churches of the city. The Bishop of Athabasca, who preaches in the forenoon in St. George's Church, Sarnia, comes on to London to take the evening service in the Cronyn Memorial Church. The Bishop of Huron will preach in the forenoon in St. George's Church, West London, and in the evening in All Saints' Church. The campaign will be continued the following Sunday in the city churches

ANGLICANS REQUIRE WORKERS IN RANKS TO FILL VACANCIES

Bishop Gray of Edmonton in City.

ON MISSIONARY CAMPAIGN

War Has Had Its Effect in Reducing the Clergy Supply.

The first of the quartet of western bishops, engaged in the grand missionary campaign in Eastern Canada, to reach London was Bishop Gray of the Diocese of Edmonton, who arrived from St. Thomas at noon.

He expressed much satisfaction over the interest manifested in missionary work in the west in the many places where he had delivered addresses in the past few weeks, in Halifax and district, Sherbrooke, Montreal, Kingston and district, Toronto and district, and now the Diocese of Huron.

Workers Wanted, Not Money.

"Of course, you know," he stated, "we are not asking for money in this campaign. We are presenting the great needs of the work in the west and appealing for workers and support. We are asking for trained women workers for our cities. The ranks of our workers have been sadly depleted by the war. The Anglican clergy has been making a splendid response to the call of the colors in Western Ontario, not only so far as chaplaincies are concerned, but for active service.

From my own diocese, three clergymen have already won the Military Cross, and four have been killed. One man is practically doing the work of three in the mission fields

"We are also making an appeal on behalf of a Church of England Theological College we hope to see established in connection with the University of Edmonton and for the bishopric fund."

Conditions Improved.

Asked about general conditions in the west, from which he has recently come, Bishop Gray replied: "Conditions are easier there now than for some time past, owing to the good harvest. The farmers are in a position to pay their debts, to pay for the implements which they have had on credit and to pay off their mortgages. In that way, the west is in a better position, but at the same time, the money is largely coming back to the east."

WOMEN'S MEETING CALLED FOR NOV. 9 TO ORGANIZE BRANCH

Citizens' Association Plans Being Furthered Here.

The regular meeting of the Women's Institute will be held in the new clubroom, Mount Brydges, on Thursday, November 8. Mrs. Hammett of Newbury will give an address on "The Duty of Women," roll call to be answered by a topic for a paper.

H.P.

England's most popular

SAUCE

There's economy in using H.P.—the odds and ends are made simply delicious with just a few drops of H.P. Sauce.

Of all Stores.

MILITARY "Y" AT QUEEN'S PARK DOES MUCH FOR SOLDIERS

Provides Boys In Training With Needed Recreation.

IS POPULAR WITH THE MEN

A Crowded Hall Testifies to the Way the Work Is Appreciated.

Evidence of the important part played by the Y. M. C. A. in the lives of soldiers in training is seen in the use made of the Military Y. M. C. A. building in Queen's Park, which was erected through the generosity of the citizens of London. As soon as the men are off parade the reading, writing and games tables are crowded, while both at concerts and Sunday services the seating accommodation has for the most part been unable to meet the need.

The citizens are co-operating generously in providing entertainment for the evenings. The program for the current week gives some idea of the menu provided. On Monday evening of this week there was the ever-popular singsong, followed by moving pictures. On Tuesday evening a dramatic entertainment by the Returned Soldiers' Dramatic Association, assisted by about 35 children from Wellington Street Methodist Church, the latter under the direction of Miss Leseur. Wednesday evening, movies and stunts by the men filled the bill. On Thursday evening a concert and very impressive tableau entitled "The Nations' Apology to Peace," was staged by about forty ladies from Wellington Street Methodist Church, assisted by Mr. Brown, violinist. Friday, Rev. H. H. Bingham gave one of his popular lectures with stereoptican illustrations, and tonight songs and movies will be served up.

In addition to all this the hospitals are visited, fruit distributed, letters written, and a thousand and one services done for the men in khaki. The citizens have responded so generously to the appeal for magazines that it has been difficult to collect them all, but they will be needed, and more before the winter is over.

Through the kindness of A. E. Silverwood, chairman of the local committee, the concert company on Thursday evening was served with ice cream and cake. A gramophone could be used to splendid advantage in hospital work, and if any patriotic citizen is willing to make such a donation they may rest assured no better investment could be made. Gifts of magazines, books, records, indoor games, etc., will be welcomed and will be called for if a card is sent to Military Y. M. C. A., Queen's Park.

NO VENISON PROMISE

Mayor Unable to Secure Any Supply for London.

Mayor Stevenson announced today that he had received no reply to his request that a supply of venison be sent to London for sale.

The Provincial Government is working out a scheme and his worship wants London to get a supply. There are too many deer in Algonquin Park, and they will be killed for food.

FOR REAL BEAUTY HERE'S THE SECRET

Stuart's Calcium Wafers Banish Pimples, Blackheads and Skin Eruptions, Enable the Skin to Renew Its Beauty in Texture, Smoothness and Natural Color.

SEND FOR FREE TRIAL PACKAGE

You will often hear someone remark that they used creams and lotions for years without effect, yet after five or six days of Stuart's Calcium Wafers their complexions were perfectly clear. It makes no difference how spotted and disfigured your face may be with pimples, blackheads, eczema or liver spots, you may win back good looks.

Stuart's Calcium Wafers clear the skin of pimples and similar eruptions by thoroughly cleansing the blood of impurities. With a pure blood supply it is simply impossible for a pimple to remain on your face. And the invigorated blood will replace your dead, sallow skin with the glowing colors of a perfect complexion.

Your self-respect demands that you avail yourself of this method that thousands have proved before you. Get a 50-cent box of Stuart's Calcium Wafers of your druggist today. Make your dream of beauty come true. Mail coupon today for free trial package.

FREE TRIAL COUPON.

F. A. Stuart Co., 461 Stuart Bldg., Marshall, Mich. Send me at once, by return mail, a free trial package of Stuart's Calcium Wafers.

Name .....

Street .....

City ..... Province .....

SMALLMAN & INGRAM

CORTESE ORCHESTRA today, 3:30 to 5:30. Balcony and Tearoom.

SMALLMAN & INGRAM

HOMELIKE DRAPERIES For Winter Season

The days have shortened seemingly into hours, and the indoors evenings are here. Bright, cheerful draperies will add much to the pleasure of being inside when winter storms rage without. Our new Chintzes, Silkolines and other drapery materials are especially beautiful in scores of new printings, many of which, owing to fortunate early placing of orders, are priced greatly to your advantage, and you will be well advised to consult now regarding your needs for next spring. Make the winter home attractive.

LACE-EDGE MARQUISETTES, 33c YARD.

A purchase of 1,000 yards that has just been received, bought at a very special price, has heavy torchon lace edge, 1¼ inches wide, mounted on a good quality marquisette, with two-inch hem. This we have in ivory or ecru, and should sell very quickly at the special price of ..... 33c yard

SILKOLINES STILL AT 20c YARD.

Our entire stock of Art Silkolines, all 36 inches wide, suitable for comforter coverings and side curtains, in both light and dark grounds, washable colorings. This is away below this season's price on these goods. While they last ..... 20c yard

FLAT CURTAIN RODS, 38c EACH.

Flat Curtain Rods, a very satisfactory rod, with ends curved to casing, rods extend to 48 inches and are all complete with brackets. Special sale price ..... 38c each

CRETONNES AND CHINTZES, 48c YARD.

500 yards Fine Quality Cretonnes and Chintzes that were considerably more! Many of these are odd lengths from the season's best sellers, including light and dark grounds that are suitable for almost any room, for furniture slip-coverings, box coverings, side curtains, valances, etc.; all washable goods. Special sale price ..... 48c yard

MARQUISETTE CURTAINS, LACE EDGED, $2.69 PAIR.

Some of our own manufacture, therefore exclusive styles, made of stock marquisette contracted for eighteen months ago, and lace edges bought at the same time. We have these all made up and have put this special price on them. Also some of our regular lines have been reduced to this price; some are of scrim with lace and insertion to match; all 2½ yards long. Special sale price ..... $2.69 pair

SEE OUR SPECIAL RANGE OF TAPESTRIES AT $2.25 YARD.

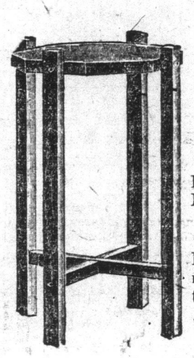
Now is the time to have the old furniture re-upholstered. Estimates given.

HAVE YOU SUBSCRIBED? THE DESIGNER FOR ONE YEAR 59c

When you consider the enlarged and much improved quality of this publication, the above offer is phenomenal. One of the best illustrated colored and printed story and fashion magazines published — a household magazine as well as fashion authority. Begin with November or Christmas number, which will be in in a few days.

Single copy 10c
One year for 59c
If ordered now.
At Pattern Counter.

Two Specials in the Furniture Department For Monday

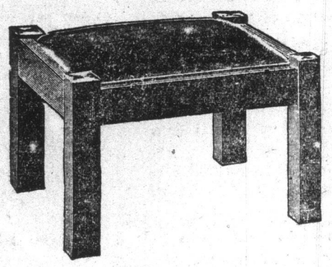


20 ONLY JARDINIERE STANDS.

Like cut, made of solid oak, 10x10-inch top, 17 inches high. Monday sale price 39c

36 ONLY SOLID OAK FOOTSTOOLS.

Like cut, size 13x14 inches and 9 inches high; the frames are made of solid oak and upholstered in good imitation leather, the finish is slightly imperfect, hence the price. Monday only ..... 89c each



No phone orders for the above.

Cocoa Fibre Matting and Door Mats

With the coming of mud and slush, one's attention is drawn to the need of covering for outside steps and porch treads, also for brush mats. Here you will find the best quality Cocoa Fibre Matting at last year's prices.

27 inches wide. Price	75c yard
36 inches wide. Price	85c yard
45 inches wide. Price	$1.10 yard
54 inches wide. Price	$1.20 yard
72 inches wide. Price	$1.50 yard

Fibre Brush Mats at the old prices, each, $1.15, $1.35, $1.75, $2.50 and $4.00.

CARPET DEPARTMENT, THIRD FLOOR.

Personal Greeting Cards

From past experience, we would advise those who use personal Christmas Greeting Cards to order very early—avoid disappointment later by ordering now. Select your own design and have your name and address printed thereon. Two sample books with many designs from the pen and brush of the most famous designers of cards, with envelopes to match, for mailing. Come and see them. At Stationery Counter. Per dozen..... $1.25 to $5.00

AFTERNOON TEA—See special menu for new afternoon tea specials. Service 10c to 25c.

SMALLMAN & INGRAM CONFECTIONERY

ICE CREAM—To take home—Pints—Bulk, 20c; bricks, 25c. At Soda Fountain.

Youthful Thief "Fined" Laundry Owner, He Wrote

Demanded $1,000, Then $300 From Chinaman He Robbed.

Elgin Vanstone, 16 years of age, whose home is on Blackfriars street, pleaded guilty in police court today to breaking into the laundry of Charlie Chin and stealing $1.15 in money, 1 shirt and 6 collars, and to a second charge of stealing a bicycle valued at $25, the property of Charles Moore.

Vanstone was remanded to jail for one week for sentence, the magistrate desiring to go into his past record before imposing the penalty.

Vanstone when arrested Friday claimed to be 15 years old, but his father testified the boy was past 16, consequently he was arraigned in the adult court.

Vanstone offered no explanation for his conduct.

Crown Attorney McKillop entered three communications that young Vanstone had directed to Chin, the laundryman after he had broken into the latter's premises on the night of October 26th.

"This boy apparently imagines he is a law unto himself," said Crown Attorney McKillop, as he proceeded to read the letters.

One informed Chin that the writer (Elgin Vanstone), had imposed a penalty of $1,000 because the laundryman talked too much. The second one was to the effect that he had decided to levy a $300 fine because the laundryman "had told a lie," according to Vanstone.

The third warned Chin to keep quiet.

Questioned by the magistrate, Vanstone declined to state why he had written the letters.

PURE BLOOD MAKES HEALTHY PEOPLE

Hood's Sarsaparilla surely and effectively removes scrofula, boils and other blood diseases because it drives out of the blood all the humors that cause these diseases. They cannot be successfully treated in any other way. External applications for their removal have proven almost useless, because they cannot drive out the impurities that are in the blood.

Hood's Sarsaparilla makes pure rich blood, perfects the digestion, and builds up the whole system. The skin becomes smooth, clean and healthy. This great blood remedy has stood the test of forty years. Insist on having Hood's, for nothing else acts like it. There is no real substitute. Get it today. Sold by all druggists.

EASY BUTTER TONE IN CANADIAN MARKETS THROUGH OLEO MOVE

Good Export Demand, However, But Transportation Holds It Up.

The following comment on the market situation as regards food stuffs will appear in Canadian Grocer this week:

The Markets at a Glance.

An outstanding feature in the grocery market during the week was the issue by the Government of regulations respecting the sale of margarine. This information is ready for distribution. There was an easier tendency in butter during the week as a result of the possible advent on the Canadian market in the near future of this commodity. There is a good demand for butter for export, but transportation space is scarce, and amount being shipped abroad is correspondingly curtailed. Eggs were in weaker tone due to lack of shipping space and to the prevalence of heavy storage stocks on this continent. In poultry lines live chickens were in better supply during the week, and prices were slightly lower in consequence. Honey is scarce in the Ontario market, and prices have been increased as a result. Live hogs were quoted lower during the week and this is working out toward a weaker tendency for meat products. Compound lard and shortening are in firmer position, due to the advancing market for cottonseed oil.

Advances in other grocery lines have again been quite numerous and include jams, condensed milk, baking powder, cream of tartar, baking soda, cotton twine, cotton clothes lines, sardines, condensed coffee, and cocoa. The sugar situation is still a topic of engrossing interest. Refiners are spreading their stocks among their customers to best advantage, and wholesalers are in turn endeavoring to treat their customers in like manner. It is in the hands of the retailer to see that his stocks are let out in a judicious manner. Package cereals is another commodity of very great interest in view of the stand taken by the food controller that they shall be prohibited from sale after specified dates. Potatoes are inclining to higher levels, as indeed all vegetables are. Farmers are showing a disposition to hold their stocks for higher prices. Domestic fruits are in shortened supply and foreign fruits are again coming in more plentifully. Business is reported fairly good in the face of uncertainties that prevail with respect to price regulation.

CURIOSITY WON WOUNDS, ACCORDING TO GINSBERG

Watched Big Game, He Swears, and Then Saw Stars.

"It looked to me as if there was enough money on the table to build a battleship, and I was only looking to see who was going to win the pile, when three of the fellows jumped up and landed on me all at once," said William Ginsberg, a Maitland street grocer, in telling his story in police court today in the case of charges of assault laid against three foreigners on South street, in which he was the complainant.

Two of the men, Vossell Kessett and Joe Lazrowitch, appeared. Their cases were adjourned until Monday to permit of having the third man summoned.

Ginsberg claims he was delivering some meat to the house, and noticed that here was a big game in progress, and decided to watch the proceedings for a few minutes.

For his curiosity, he states, the three men "walloped" him. He had two exhibits, one a variegated-colored optic, and the other, a scalp wound, but whether inflicted by the men he charges is yet to be determined.

MIRROSCOPES for showing postcards, etc., on a screen. J. H. BACK & CO., 210 Dundas.

LONG SESSION MONDAY

Council Budget Indicates Midnight Oil Burning.

The city council will meet on Monday evening with a budget of business to be disposed of.

The salary of the police magistrate and other subjects will be up, so the session will be a long one.

TO EXPLAIN ACT

Lieut.-Col. H. D. Smith Will Address Board of Trade.

The board of trade will hold a meeting on Tuesday evening in the Tecumseh House, when Lieut.-Col. H. D. Smith of the headquarters staff will explain to the employers the working of the Military Service Act. A large attendance is requested. The board will also take up the question of the recent order-in-council governing the distribution and sale of cereals in package.

WAS VERY THIN, GAINED IN WEIGHT

London Lady Has An Interesting Experience Which Is Well Worth the Reading—Why She Could Work Hard and Keep Well.

London, Nov. 3.—Woman's work is often very monotonous, and this is why it "gets on the nerves," and leads to a nervous breakdown. She does not get out into the world where there is change and variety, nor does she have the benefit of fresh air to the same extent that men usually do.

It was under such circumstances, working hard on a farm, that Mrs. Warden's health gave out, and she found herself in a rundown, nervous condition, without appetite, losing weight, and unable to rest or sleep.

Much time was lost through experimenting with medicines before Mrs. Warden heard of Dr. Chase's Nerve Food, but once she began using it her appetite improved, and she began to gain in weight. But here is her letter:

Mrs. H. Warden, 784 Grey street, London, Ont., writes:

"Some years ago, we lived in the country, and the heavy work on the farm put my system in a rundown condition. My nerves got the better of me, and I could not sleep at night. My appetite became poor, and I got very thin. I doctored, and took a number of remedies, but did not yet any better. One day I read of the good Dr. Chase's Nerve Food was doing for nervous, rundown people, so I tried it, too. The very first box helped me, and by the time I had taken three boxes, I found my system well built up—I was in good health, could sleep well, and was able to do my own work. My appetite improved and I began to increase in weight. My neighbors wondered how I could do the work I did, but I know it was the Nerve Food which made me strong, and I told them so."

Dr. Chase's Nerve Food, 50 cents a box, a full treatment of six boxes for $2.75, at all dealers, or Edmanson, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations only disappoint.—Advt.