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AUSTRALIAN WARSHIP

German Cruiser Which Has Sezed on Allies' Shipping Since Outbreak of War Chased Into Indian Ocean and Destroyed by Shells from Australian Cruiser-The Keonigsberg, Another of Enemy's Ships Bottled Up in Rufigi Island, off German East Africa, and is Probably Ashore.



NEW PICTURES FOR NATIONAL ART GALLERY,

Household Economy The great advance in price of cream of tartarwhich is derived from grapes—due to inability to care for and market the grape crop in the European countries now at war, can be made advantageous to

An Opportunity for

Housekeepers will find it more economical and much more satisfactory to use Royal Baking Powder, which is made from highly refined, pure cream of tartar. First, because the price of Royal has not been changed and it will do perfect work; second, because food made with Royal Baking Powder will be finer and more palatable; and

finally, because it insures the absence of all danger

from alum or similar unwholesome products. The old-fashioned custom of buying cream of tartar and mixing it with soda, or using sour milk, may be discarded with profit. The high cost and scarcity of cream of tartar furnishes a temptation to unscrupulous dealers to substitute an adulterated product which may be either lime phosphates or alum, that will change the baking strength and may spoil the food.

TO PROTECT ENGINEERS FEDERATION OF

Bad Spells With the Heart

Mrs. A. D. Cameren, Birch Brook, Pictou county, N.5., writes:—"For two or three years I was in a run-down condition, very nervous, lost strength, and was drowsy and sleepy. Then I began to have bad spalls with the heart, and cold feelings would creep over me until I felt like death and as if I were sinking away. I would smother, and my hands would become stiff and cold, and windows and deors would be thrown open to bring me back to life. A year ago I read about Dr. Chase's Nerve Food and began its use, and can now say that I am practically cured. As I am still gaining strength I shall continue its use for a time. During my illness I had two different doctors, but as I could see little benefit I turned to Dr. Chase's Nerve Food, with great advantage. I will gladly answer anyone who wishes to hear direct from me."

Weak Heart—Palpitation

Blood Weak—Nerves Exhausted

Miss Effile Bancreft, Longwood, Ont., writes:—
"A year ago I was very much run down in health. The blood seemed to be weak and the nerves very much exhausted. Having heard of Dr. Chase's Nerve Food and of its success in curing cases similar to mine, I began to use it, and was very greatly benefitted by continuation of this treatment. Two of my sisters also used this medicine, and found it to be a splendid means of building up the system.

"We have also used Dr. Chase's Syrup of Linseed and Turpentine with good results. One of my brothers had pneumonia twice, and we always use this medicine for him, as we find that it breaks up a cold the quickest and best of anything we can get."

Stomach Trouble—Fainting Spells

Mrs. A. A. Currie, ladies' tailoress, Bideford, P.E.I., writes:—"I had stomach trouble and fainting spells, and the gas would ferm on my stomach, so that I would feel like smothering. Often I could not sleep at nights without being propped up in bed, as I couldn't get a breath. For about five years I was like that, and consulted four doctors, without being benefitted. By using Dr. Chase's Nerve Food and Kidney-Liver Pills I have obtained the greatest benefits imaginable. No medicine I ever took did me so much good, and I want to recommend them."

Chorea-St. Vitus Dance

Chorea—St. Vitus Dance

Mrs. Geo. Chisholm, R.R. No. 1, Grafton, Ont., writes:—"I have used Dr. Chase's Nerve Food for my little girl for what the doctors pronounced Chorea, a disease of the nerves. I consulted our family doctor, and he gave her a liquid medicine, but do what we would, we could not get her to swallow it. A neighbor advised the use of Dr. Chase's Nerve Food, and, being in pill form, she took it without any trouble. She was about seven years old, and got pale and run down. The muscles of the face were affected, and she became a pitiful sight. She seemed to improve right along under this treatment, and was entirely cured by using six boxes. She is nine years old now, and you cannot find a larger, healthier-looking child for her age. I shall always be grateful for what Dr. Chase's Nerve Food has done for us, and I can recommend it to all nervous people. You are at liberty to use this letter, so that others may benefit."

Old and Young Pay Tribute

to the Great Restorative and Upbuilding Influence of

Dr. Chase's Nerve Food

From Ocean to Ocean Come Letters of Gratitude to Tell of the Benefits
Derived From This Great Food Cure.



Cheering Messages to Nervous Sufferers

Throwing aside all prejudice, the real test of any medical treatment must after all be, "Will it Cure ?" Apply this test to Dr. Chase's Nerve Food and you find the answer on this page from men and women who have no other object in writing these letters than the benefitting of their fellow men and women.

From bitter experience they can sympathize with all who are run down in health, nervous, irritable and discouraged. They

know how slow and tedious nervous diseases usually are, and how difficult it is to find a real cure. They are grateful for benefits received, and anxious that others may know about Dr. Chase's Nerve Food, the great food cure.

Dr. Chase's Nerve Food is for sale at all dealers at 50 cents a box, 6 for \$2.50, or sent postpaid on receipt of price by Edmanson, Bates & Co., Limited, Toronto.

Chronic Indigestion Cured

Mrs. Herbert Arbuckle, Deschene, Que., writes:—
"I had a bad attack of Chronic Indigestion after the birth of my baby, and though I went to three doctors they all failed to cure me. I read about a lady being cured by Dr. Chase's Nerve Food and began its use. It was only a short time until the trouble was overcome, and I can eat anything I want now without ill effects. My weight now is 180 pounds, and I am writing this so other women may know of the Nerve Food and get well and strong.

"My brother had piles and was cured by Dr. Chase's Ointment."

Anaemia-Extreme Weakness

Anaemia—Extreme Weakness

Mr. T. Hyndman, farmer, Rupert, Que., writes:—
"I had been gradually failing in health for two
years and tried many remedies. Among others I
used Dr. Chase's Kidney-Llver Pills, and found them
doing me good. Some neighbors told me the doctors
said they were dangerous, so I quit their use and
went to the doctor. Under his treatment I got so
weak I was unable to raise my head from the pillow,
and he told me that I had anaemia of the bleod and
could never be better again, so I sent for another
doctor, and he told me the same. I could not take
their medicine and was continually vomiting, so I
gave them up and said, 'Kill or cure, I will again
try Dr. Chase's medicines.'

"I used altogether fourteen boxes of Dr. Chase's
Nerve Food and six boxes of Dr. Chase's KidneyLiver Pills, and now I can work from 6 o'clock in
the morning until 7 at night, and I don't poke at it
either. Any man that works a farm knows what

either. Any man that works a farm knows what kind of a job t is. I honestly believe that I owe my life to Dr. Chase's Nerve Food and Pills, and I praise them everywhere I go. Many of the people here use them to keep the system in good condition and prevent disease."

Dizzy Spells—Peculiar Feelings

Mrs. T. P. Cullen, Fairview Farm, Shepard, Alta., writes:—"My nervous system was so run down and exhausted that terrible dizzy spells would come over me, and I would have most peculiar feelings. Everything appeared as if it was falling on me, and caused me to jump after taking a few steps. While in this frightful nervous condition I heard of Dr. Chase's Nerve Food and began using it. This treatment built up my nervous system and completely cured me, and for this reason I am always glad to recommend it for the sake of those who suffer as I did."

Nerves Exhausted—Feared Future

Nervous Breakdown—Sleeplessness

Mervous Breakdown—Sleeplessness
Mr. R. B. Hillman, Purbrook, Muskoka, Ont.,
writes:—"About four years ago I was all run down
and could not work, and as to writing a letter, I
could not do it on account of my hand shaking so
badly. My nerves were unstrung and I was troubled
with a nervous breakdown. I could not sleep
soundly and would start up so suddenly as to almost
jump out of bed. My kidneys were bad, too, and I
had awful pains in the back all day. I doctored with
our family doctor, but he did not seem to know what
I needed. I was recommended to try Dr. Chase's
Nerve Food, and could sleep well three nights after
starting the use of the Nerve Food and Kidney-Liver
Pills. I take great pleasure in recommending these
medicines, as I have proved that they do all that is
claimed for them."