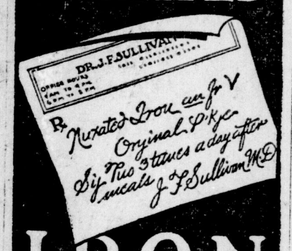
H.P. SAUCE

is made in England and enjoyed all over the world.

It has a new and delicious flavour, distinct—*quite distinct* from any other sauce you have ever had before.

Rich — Thick — Fruity.

NUXATED IRON



"Nuxated Iron helps put astonishing strength and energy into the veins of men and bring roses to the cheeks of pale, nervous, rundown women," says Dr. James Francis Sullivan, formerly physician of Bellevue Hospital (Outdoor Dept.), N. Y., and Westchester County Hospital. "I prescribe it regularly in cases of depleted energy, anaemia and lack of strength and endurance. There is nothing like organic iron—Nuxated Iron—to quickly enrich the blood, make beautiful, healthy women and strong, vigorous, iron men." Satisfaction guaranteed or money refunded.

BEAUTIFUL HAIR, THICK, WAVY, FREE FROM DANDRUFF

Draw a moist cloth through hair and double its beauty at once.

Save your hair! Dandruff disappears and hair stops coming out.

Immediate?—Yes! Certain?—that's the joy of it. Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after an application of Danderine. Also try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt or excessive oil, and in just a few moments you have doubled the beauty of your hair. A delightful surprise awaits those whose hair has been neglected or is scraggy, faded, dry, brittle or thin. Besides beautifying the hair, Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair, but what will please you most will be after a few week's use, when you see new hair—fine and downy at first—yes—but really new hair growing all over the scalp.

Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating, stimulating and life-producing properties cause the hair to grow long, strong and beautiful.

You can surely have pretty, charming, lustrous hair, and lots of it, if you will spend a few cents for a bottle of Knowlton's Danderine from any drug store or toilet counter and try it as directed.

WELCOME RELIEF

TO THE DISTRESSING PAROXYSMS OF ASTHMA IS ASSURED BY THE REGULAR USE OF

Dr. J. D. Kellogg's ASTHMA REMEDY

IN EVEN THE MOST STUBBORN CASES IT WILL AFFORD WELCOME RELIEF BY SIMPLY INHALING THE FUMES OF THE POWDER WHEN IGNITED. EQUALLY EFFECTIVE IN THE TREATMENT OF HAY FEVER

TWO SIZES 25c & $1.00

CUTICURA

Heals Pimples With One Cake Soap and One Box Ointment.

Face never free from them for two or three years. Were sore and often became large and hard. Left dark, red blotches that disfigured face. Nothing did much good till tried Cuticura. Helped from first application and now face is healed.

From signed statement of Miss Lorena Kennedy, R. R. 1, Williamstown, Ont., March 7, 1917.

Use Cuticura Soap for toilet purposes, assisted by touches of Cuticura Ointment to soothe and heal any tendency to irritation of the skin and scalp. By using these fragrant, super-creamy emollients for all toilet purposes you may prevent many skin and scalp troubles becoming serious.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

What You Ought to Consider When Selecting Clothing

By DR. LEONARD KEENE HIRSHBERG, A. B., M. A., M. D., (Johns Hopkins University.)

DR. HIRSHBERG

"The apparel oft proclaims the man," but much oftener the health and personal hygiene of the owner. Show me the average man who wears long undergarments, a waistcoat, rubber shoes and an overcoat, and I'll show you the victim of "colds," sore throats, anaemia, weak muscles and other ailments.

Thick or heavy garments enervate the vitality of the individual as well as make him oversensitive to changes of temperature. A skin too tenderly protected, too much petted, coddled or spoiled by thick clothing becomes less capable of resisting swift, sudden or extreme changes from heat and cold. Too heavy fabrics or too many layers of clothing are an invitation to influenza, pneumonia and coughs. Clothing should be just a little less than is needed to make you feel warm or to hamper the movements of your legs and arms.

"Chill" Sometimes Good.

A slight chilly feeling when you first open a window or step into the open sunlight is preferable to an excess of warmth. The latter means that there is too much hot blood on the surface of the skin, due to an excess of clothing. This hot blood makes you feel warm and your flesh secure, yet it is constantly changing, and is being chilled by the colder air as it gradually penetrates thick overcoats and thick underwear.

On the contrary, if you have just a moderate thickness of garments, and the skin is lightly chilled at once, it indicates that the skin has shrunken to squeeze out much of the blood from its surface.

A pale, tense skin in the cold means that very little of it will be lowered in temperature to be carried to the nose, throat and lungs. These structures will not be congested with frigid, chilled blood.

Leather hunting jackets and aviators' coats lined with wool or fur are desirably warm under peculiar conditions of weather severity. When these are worn, however, on average cold days they breed trouble. The skin becomes too sensitive and too full-blooded. Rubber coats and rubber shoes are dangerous for the same reason. It is preferable to harden and inure yourself to severe exposure than to resort to such covering.

Wool is warmer than cotton, not so much so because of any difference in the powers of the two types of fibres, but because when wool fibres are made into yarn their stiffness and elasticity keep them apart. Garments woven from wool yarn nearly always contain many spaces filled with stagnant air which excludes other air, and is a poor conductor of heat.

Cotton, linen and silk also are not usually as capable of excluding rapid changes of air or skin temperatures. When laundered, their fibres are still more closely pressed together.

Specially made "mesh" or "spaced" cotton and linen produce air spaces in the meshwork which make them in a manner almost as warm as wool or fur. Cotton mesh shirts are almost as old as nature. The size of the air space or mesh may be so fine and so close as to be useless. They may also be so large as to permit too full a circulation of air. The essential thing is to have them just at the dimensions.

When the body perspires there is increased danger to the internal structures. Unless heat is then made by muscular exertion the colder, outer air will chill the blood in the skin and produce congestion in the nose, throat or lungs.

Perspiration must evaporate as it leaves the skin. Clothing which does not allow this, which fails to dry quickly, and which does not hold a quantity of air in its meshes to check the loss of heat from the skin becomes a distinct menace to health.

Answers to Health Questions

STELLA W. Q.—Kindly advise what to do for bow legs.

A.—The only cure for bow legs is an operation. Sometimes if the person is not too old massage will help to straighten the legs.

MISS POLLYANNA. Q.—Kindly advise a good skin bleach.

A.—After any wash or bath, and while still wet, dry the skin lightly with a little of the following:

Fine almond meal	4 ounces
Finely powdered borax	6 drams
Oil of bitter almonds	3 drops
Oil of lily of valley	3 drops
Fine powdered orris root	2 ounces
Fine powd. pumice stone	6 drams

D. E. E. Q.—Kindly advise what to do for a cramp in the limbs.

A.—There are different kinds of cramps. However, it is usually overfatigue or sprain of some muscles. They may appear in any part of the body.

To-morrow's HOROSCOPE

By Genevieve Kemble

FRIDAY, NOV. 22.

The sidereal forces for this day are most beneficially disposed, and good and happiness in many directions should result from this benign influence. Those in employment may seek favors, promotion or increase of salary, and all may seek honors or preferment from those in high places from superiors. New and large projects or delayed enterprises may be launched with perfect security, especially if assistance or favors are desired from new friends or elderly persons. All Saturn occupations and organizations will flourish—such as manufacturing, printing, mining, agriculture—and all pursuits into which machinery enters prominently. These pleasant and profitable auspices will also be felt in the domestic and social circle, as well as in the fine arts and in affairs of the heart.

Those whose birthday it is will have a successful and happy year, with new and helpful friends, with much pleasure. A child born on this day will be lovable, affectionate, popular and respected, and will have a successful and happy life.

MY SOLDIER HUSBAND

ADELE GARRISON'S CONTINUATION OF

REVELATIONS OF A WIFE

Why Mother Graham's Ruse Won Quick Success.

Dr. Pettit was at my mother-in-law's bedside within 10 minutes of the time I telephoned him. He had grasped with gratifying quickness the hurried and guarded telephone explanation I had made to him of Mother Graham's fictitious illness and the necessity of medical attention for my rebellious husband. As I saw him come into the room the old impression of safety in dependence upon his skill came to me. I have never seen a man whose very presence in a sick room so spelled effectiveness and reassurance.

"Your throat is troubling you, I see," he said gravely to my mother-in-law, after we had all exchanged the amenities natural to his return from his sojourn in Washington.

"I don't need a doctor to tell me that," my mother-in-law rejoined tartly, and I saw with inward amusement that she quite fancied herself in the role she was playing, meant to make it as realistic as possible.

"Of course not," the young physician assented gravely. "But perhaps you won't mind letting me see how bad it is. Open your mouth, please. Say 'Ah!' Again, please, 'Ah!' That's right H'm!"

He put back into his pocket the small flashlight with which he had inspected the interior of her throat, and taking out a stethoscope made as careful an examination of her heart and lungs as if he had received no inklings of the ruse she was employing to get a physician into her son's vicinity. He wound up the farce by putting a thermometer into her mouth, looking down at her protesting grimaces with a face absolutely devoid of expression.

Dicky's Feeble Protest.

"What's the matter, old dear?" asked Dicky, who never, under any circumstances, gives the physician his title. Despite his flippancy, however, his tone was anxious. Dicky's mother is very dear to him, and he is always worried over any illness of hers.

"Tonsilitis," Dr. Pettit returned gravely, "but luckily, you sent for me in time. We'll be able to handle it, all right, and she'll be herself again shortly."

"And I suppose if you hadn't been sent for in time I'd have been dead by tomorrow night," my mother-in-law interposed caustically. "We'll, maybe I would, but I doubt it. There's one thing certain. I'm not going to be coddled. Here, Margaret," imperiously, "clear off that small table, put a white cloth on it and wheel it over here by my bed. Now, doctor," as I quickly obeyed her demand, "is there any reason why I can't have whatever truck you're going to prescribe for me right on this table, and tend to it myself? I can't bear anybody fussing around me."

"Nonsense, mother," Dicky protested but his voice sounded feeble, spiritless. I saw Dr. Pettit look keenly at him even as he answered Mother Graham's suggestion.

"No reason in the world," he said, bowing to her, "why you can't be your own nurse. But remember," with a grim smile, "no feeding the cracks in the floor."

Dr. Pettit's Reassures Madge.

"It's years since I read 'Tom Sawyer,'" she flashed back, with instant perception of his reference, "but I hope you aren't admitting that your prescriptions are on a par with Aunt Polly's."

"The honors of combat are yours, madam," he acknowledged with a little smile at her caustic irony, and for the next few moments busied himself with the task of turning the table at Mother Graham's elbow into a sick room pharmacopoeia.

But I noticed that he kept watching my husband intently, and both my eyes and those of my mother-in-law followed his worriedly. After Dicky's feeble protest against his mother acting as her own nurse he had said nothing more, only settled farther into his chair, leaned his head against the cushions and closed his eyes. His pallor seemed to be even more pronounced than usual, his face thinner, the lines upon it more deeply etched.

It was Dr. Pettit who reached out and caught him when he slumped out of his chair toward the floor, who also hastily reassured Dicky's mother, and me, as we involuntarily cried out our alarm.

"He hasn't fainted," he said, and Dicky's corroborated him a moment later.

"I must have gone to sleep," he said, in worried, puzzled tones, leaning heavily against the young physician. "Queer, how tired I am all the time, go to sleepy anywhere. Say, old top, you ought to be able to give me something that would brace me up. Can't you?"

"Of course," Dr. Pettit assented practically. "I've been through this very feeling myself after an illness such as yours. Suppose you just lean on me a bit and come along to your own room. I'll give you something that'll make you feel like a two-year-old after a while."

And as he went slowly out of the room, Dicky leaning against his stalwart frame, he glanced back once at my mother-in-law and me—a steady, reassuring look, that lifted immeasurably the burden that had been resting upon our hearts.

NO CONSTIPATION NO PILES

We think, without a doubt, that constipation is the most prevalent, and at the same time, one of the greatest troubles human nature is afflicted with, and causes more sickness than anything else.

Unless a free action of the bowels occurs at least once a day, constipation is sure to ensue, then comes the sore and uncomfortable piles, sick and bilious headaches, coated tongue, obnoxious breath, sour stomach, heartburn, water brash, and many other ailments.

Milburn's Laxa-Liver Pills will regulate the flow of bile to act properly on the bowels, thus removing the constipation and its allied troubles.

Mr. Dan Doucette, Eel River Crossing, N. B., writes: "Having been troubled for years with constipation and trying everything I knew of, a friend advised me to use Milburn's Laxa-Liver Pills. I used four vials and am completely cured. I can gladly recommend them to anyone who suffers from constipation.

Milburn's Laxa-Liver Pills have been on the market for the past 25 years, and have been used with the best results by thousands of people in that time, and we have yet to hear of a complaint as to their curative powers.

Price 25c a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Company, Limited, Toronto, Ont.

HORLICK'S

Malted Milk for Invalids

A nourishing and digestible diet. Contains rich milk and malted grain extract. A powder soluble in water.

Canada Food Board License No. 14-335.

TWO "CHEMISE" DRESSES

A Smart Novelty in Satin and Djersilie. A Charming Frock of Green Crepette With a Henna Colored Sash.

The Loose-Clinging Gown Is Here to Stay

Gradually we are getting accustomed to the beauty of the losse-fitting frock, although for many years past those who claimed to follow the cult of the artistic in costuming have insisted that a frock, to be really beautiful, must hang from the shoulder. The waistline had to be made imperceptible instead of dominant. If the lovely contour of the human figure were to be shown to greatest advantage.

This year there is a charming innovation following these suggestions in the "chemise" dress. It hangs severe and straight from the shoulder and is tied ever so loosely at the waistline with a simple belt.

Here are two models. The first is a combination of satin with a new material of wool and silk with a stockinette weave called "djersilie."

The second model is made of dark green crepette, a very soft material somewhat resembling wool. The frock has a wide transparent collar, and the beautiful color scheme of the frock is introduced by the sash which is in the new shade called henna.

DIARY OF A FASHION MODEL

BY GRACE THORNCLIFFE.

She Describes Surroundings in Which She Shows Gowns and Presents a New Luncheon Frock.

Just at the moment when I firmly decide that one dress is the loveliest thing Madame has ever created, she turns out a new gown that immediately wins my affections away from all the others.

The girls say I'm fickle, but it is only over clothes, I assure you. How can I help it, when we're constantly showing so many lovely frocks?

Have I ever told you of the surroundings in which we display these gowns? There is a long salon, panelled in ivory white woodwork. The carpet is black, with a white design, and the lights are shaded in rose color. The chairs and the divans on which the customers sit as they critically watch us walk before them, are most comfortable and very lovely. Curtains of twilight blue velvet make our background on the stage where we first appear, and from which we descend by way of a broad flight of steps, to pass in smiling review.

While we all conform to certain definite ways of displaying a gown, every model has her own individuality and her own personal interpretation of each dress. It is quite amusing to those of us on the "inside" to watch each other, in the brief chances we get when we aren't changing. We always smile and walk with a long, easy, slow glide. We hold our hands out, with fingers gracefully relaxed, so as to show the sides of the gown as well as the front and back.

Often we are stopped for a minute examination of the features and material of a dress. The lining, and texture of the material are scrutinized through lorgnettes. Comparisons are made and the gown is thoroughly "dissected" by the discriminating purchaser.

It's all very interesting to me. That is why I love my work and never appear tired.

I began by saying I was fickle, when it comes to new gowns. The reason for the remark is found in this luncheon gown of navy blue serge, with an apron of wonderfully heavy black silk fringe.

The "piece de resistance" of the whole costume is a dear little guimpe of handkerchief linen, with tiny ruffles buttonhole edged. It is like a little boy's "Domby" shirt. The knife plaits in this guimpe are pressed, but not sewed. Small pearl buttons fasten the box pleat, from which a knife plaited ruffle falls.

The loose "jumper" of serge continues into a belt at the back, where it fastens under a buckle. The sleeves and underarmpiece are all in one. There is no sleeve finish other than stitching.

The skirt, which is quite long and narrow, is faced up nine inches with black charmeuse.

The hat I wear with this model, is to my way of thinking the sweetest in millinery we have. It is in such good taste, and at the same time is very striking. A round turban of black velvet is shaped like a crown of a hat, or like a helmet without a brim. Where the line of velvet meets the hair, there is a tiny velvet cord. Over this, like a shower of snow flakes or the gush of white bubbles from a fountain, falls white osprey. The black velvet enhances the white softness of the osprey.

Once again I ask you, can you blame me for being fickle?

Navy Blue Serge Frock with an Apron of Black Silk Fringe.

HAD SEVERE COLD

AND TICKLING SENSATION IN THE THROAT

This trouble is most distressing, and is caused from a cold that has settled in the throat.

How many people have lost a good night's sleep by that nasty, tickling, irritating sensation in the throat?

The dry, hard cough keeps you awake, and when you get up in the morning you feel as if you had had no rest at all.

Dr. Wood's Norway Pine Syrup, which is composed of the most soothing and healing expectorant herbs and barks, combined with the lung-healing virtues of the world-famous Norway pine tree, will give almost instant relief in all cases of this nature.

Mrs. G. C. Routley, Bright, Ont., writes: "I take great pleasure in writing you of Dr. Wood's Norway Pine Syrup.

"For several weeks I was troubled with a severe cold, and a tickling in the throat. I tried numerous remedies, but found no relief until I used Dr. Wood's Norway Pine Syrup, which I had heard so much about, and on taking one bottle got instant relief. I highly recommend it to those who need a quick cure."

So great has been the success of "Dr. Wood's" in curing coughs, colds, bronchitis, etc., it is only natural that many imitations have been placed on the market. The genuine is put up in a yellow wrapper; three pine trees the trade mark; price 25c and 50c. Manufactured only by The T. Milburn Company, Limited, Toronto, Ont.

Good Night Stories

By Blanche Seward

PUSSY GRAY'S LUCK.

"Sic-im, Tige! Sic-im!" cried Johnny, as a big grey cat ran across the yard and under the porch steps.

Benny poked a stick under the steps, while Tige jumped around and barked.

The big grey cat, terribly frightened, darted from under the porch and back across the yard, up into the cherry tree, with Tige at her heels.

Then Benny and Johny gathered stones and began throwing them at poor puss.

"Now, what are you doing that for?" asked a squeaky voice, and Squeedee hopped over the fence and ran toward the boys. "Is that cat harming you, boys?"

"He doesn't belong to us," Johnny said, hanging his head.

"We don't want a cat. Cats are no good," exclaimed Benny.

"Surely they are!" replied Squeedee. "Puss, here, is a great mouser. Just because she has no home is no reason you should stone her or sic Tige on her."

"But we haven't any mice in our barn," laughed Johnny, "and we don't want her."

"Maybe you don't," replied Squeedee. "But don't you think chasing cats is a rather one-sided game? Tige loves to see her run, and is only too glad to have you boys help him out."

At this Tige dropped his tail between his legs and sat down at Squeedee's feet, feeling very much ashamed of himself.

Then Squeedee called Pussy Grey, and she jumped down and rubbed her glossy fur coat against her protector's legs.

"Poor puss," said Squeedee, kindly, "I'm sure the boys are sorry they frightened you."

"Yes, indeed, we are," exclaimed Johnny and Benny together.

"I was just thinking," suggested Squeedee, "that maybe Granny Hawkins would like to have Pussy Grey."

"I know she would," exclaimed Benny. "Why, it was only yesterday that she said her barn was full of mice, who were eating all her corn."

"There you have it!" replied Squeedee. "Instead of frightening Pussy Grey you can find her a new home. That will be much nicer, don't you think so?"

"That's great!" cried Johnny.

After giving Pussy Grey a dish of nice milk, Johnny and Benny took Pussy Grey over to Granny Hawkins' house.

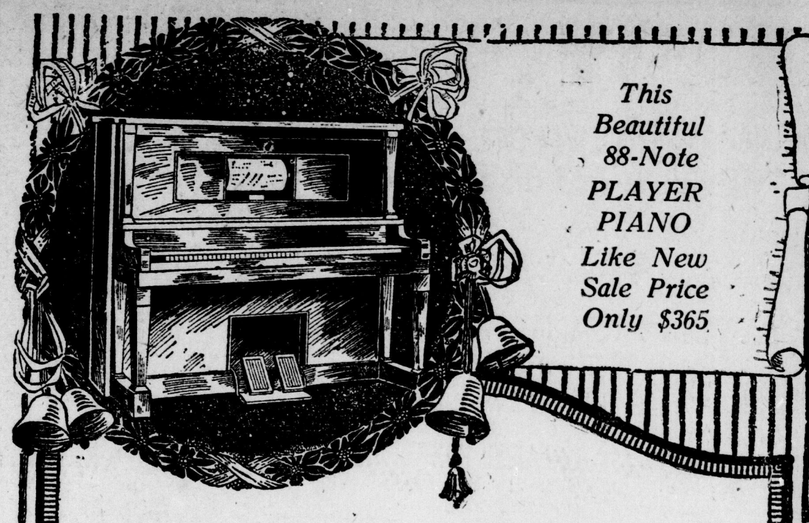
Granny Hawkins was pleased. After petting Pussy Grey until she purred her thanks, she gave the boys each a nice brown cake she had just taken out of the oven.

"It was certainly fine of Squeedee to suggest that Granny Hawkins needed a cat," said Johnny as they trudged back home. "Wasn't Granny happy over puss?"

"Yes, indeed!" exclaimed Benny. "And I'll never sic Tige on another cat."

The boys never forgot that promise. Every stray cat which came on the place was given a plate of milk and carried over to Granny Hawkins' house, where they always found a good home, and a nice brown cake was always ready for the two boys.

"He Doesn't Belong to Us."



This Beautiful 88-Note PLAYER PIANO Like New Sale Price Only $365

Look for One Moment at the Wonderful Low Prices on Some of Slightly Used

Pianos, Player-Pianos and Organs

Very Special Upright, special price $65
Beautiful Square Piano, special price $30
Organs, piano case, six-octave, like new, price $35
Choice of Six Five-Octave Organs, only $8

Easy Terms Arranged—Small Deposit Will Hold Any Instrument Till Christmas.

HEINTZMAN HALL

242 DUNDAS STREET.

Safety Razor Blades Sharpened.
WALLACE'S DRUG STORE.
Durham Duplex Blades, dozen 50c
All other double-edge blades, dozen 35c
Single-edge blades, dozen 25c
Star hollow-ground blades, each .. 25c
Old style razors, each 25c
419 RICHMOND STREET.

Gray Hair use Hay's Hair Health

A preparation for restoring natural color to gray or faded hair, for removing dandruff and as a hairdressing. Is not a dye. Generous sized bottles at all dealers, ready to use. Philo Hay Co., Newark, N. J.

HARMLESS MEANS OF REDUCING FAT

Many fat people fear ordinary means for reducing their weight. Here is an extraordinary method. Extraordinary because while perfectly harmless, no dieting or exercise are necessary. Marmola Prescription Tablets are made exactly in accordance with the famous Marmola Prescription. A reduction of two, three or four pounds a week is the rule. Procure them from any druggist, or if you prefer send 75 cents to the Marmola Company, 864 Woodward avenue, Detroit, Mich., for a large case.

GAS IN THE STOMACH IS DANGEROUS

Recommends Daily Use of Magnesia To Overcome Trouble

Gas and wind in the stomach accompanied by that dull, bloated feeling after eating are almost certain evidences of so-called "acide indigestion." Food ferments and sours, creating the distressing gas which distends the stomach and hampers the normal functions of the vital internal organs, often affecting the heart.

It is the worst of folly to neglect such a serious condition or to use ordinary digestives which have no neutralizing effect on the stomach acids. Instead get from any druggist a few ounces of Bisurated Magnesia and take a teaspoonful in a quarter glass of water right after eating. This will drive the gas, wind and bloat right out of the body, sweeten the stomach, neutralize the excess acid and prevent its formation and there is no sourness or pain. Bisurated Magnesia (in powder or tablet form), inexpensive and used by thousands of people who enjoy their meals with no more fear of indigestion.—Advt.

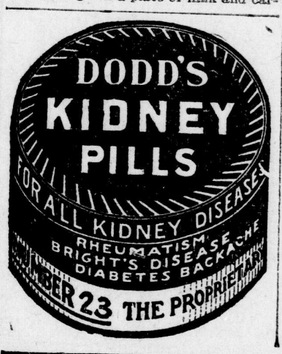
Washing Won't Rid Head of Dandruff

The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips.

Do this tonight, and by morning, most if not all, of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have.

You will find, too, that all itching and digging of the scalp will stop at once, and your hair will be fluffy, lustrous, glossy, silky and soft, and look and feel a hundred times better.

You can get liquid arvon at any drug store. It is inexpensive and never fails to do the work.—Advt.



Thin, Nervous People Need Bitro-Phosphate

What It Is and How It Increases Weight, Strength and Nerve Force In Two Weeks' Time In Many Instances.

SHOULD BE PRESCRIBED BY EVERY DOCTOR AND USED IN EVERY HOSPITAL.
Says Editor of "Physicians' Who's Who."

Take plain bitro-phosphate is the advice of physicians to thin, delicate, nervous people who lack vim, energy and nerve force, and there seems to be ample proof of the efficacy of this preparation to warrant the recommendation. Moreover, if we judge from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are usually due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate quickly produces a welcome transformation in the appearance; the increase in weight frequently being astonishing.

Clinical tests made in St. Catherine's Hospital, N. Y. C., showed that two patients gained in weight 23 and 27 pounds, respectively, through the administration of this organic phosphate; both patients claim they have not felt as strong and well for the past twelve years.

This increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, soon disappear, dull eyes become bright and pale cheeks glow with the bloom of perfect health.

Physicians and hospitals everywhere are now recognizing its merits by its use in ever-increasing quantities. Frederick Kolle, M.D., editor of New York Physician's "Who's Who," says: "Bitro-Phosphate should be prescribed by every doctor and used in every hospital to increase strength and nerve force and to enrich the blood."

Joa. D. Harrigan, Former Visiting Specialist to Northeastern Dispensatory, says: "Let those who are weak, thin, nervous, anaemic, or rundown, take a natural, unadulterated substance such as bitro-phosphate and you will soon see some astonishing results in the increase of nerve energy, strength of body and mind and power of endurance."

Bitro-Phosphate is made entirely of the organic phosphate compound referred to in the National Standard Dispensatory as being an excellent tonic and nervine and a preparation which has recently acquired considerable reputation in the treatment of neurasthenia. The standard of excellence, strength and purity of its substance is beyond question, for every Bitro-Phosphate tablet is manufactured in strict accordance with the U. S. Pharmacopoeia test requirements. Bitro-Phosphate is therefore not a patent medicine and should not be confused with any of the secret nostrums, so-called tonics or widely advertised "cure-alls."

CAUTION.—Although Bitro-Phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, owing to its remarkable flesh-growing properties it should not be used by anyone who does not desire to put on flesh.—Advt.