

HOW THIS NERVOUS WOMAN GOT WELL

Told by Herself. Her Sincerity Should Convince Others.



Christopher, Ill.—"For four years I suffered from irregularities, weakness, nervousness, and was in a run down condition. Two of our best doctors failed to do me any good. I heard so much about what Lydia E. Pinkham's Vegetable Compound had done for others, I tried it and was cured. I am no longer nervous, am regular, and in excellent health. I believe the Compound will cure any female trouble."

—Mrs. ALICE HILLIER, Christopher, Ill. Nervousness is often a symptom of weakness or some functional derangement, which may be overcome by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, as thousands of women have found by experience.

If complications exist, write Lydia E. Pinkham Medicine Co., Lynn, Mass., for suggestions in regard to your ailment. The result of its long experience is at your service.

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The Duke's Daughters Are Sensible Girls

When the duke was in the city of St. Thomas a short time ago, his two pretty daughters Misses Blanche and Dorothy Cavendish, walked up town before the mayor and aldermen sent in their cards to the governor. They appeared to be ordinary dressed young girls, and they were alone. Visiting a drygoods store on Talbot street, they asked to see some shirt-waists. The lady behind the counter produced the desired articles, and selecting one, asked the price, and were told \$5.75. The young ladies, wealthy as their governor is, declined to make the purchase, because "war time would not permit such extravagance," said one of the girls. The Ladies Blanche and Dorothy were not then recognized as the governor's daughters, but their objection to wearing unnecessary finery during this critical period, had even its effect upon the girls of their own age in that drygoods store.

Salvage at the Front

"Waste not want not" is evidently the motto of the armies on the western front. Each nation represented there is engaged in salvage work on an extensive scale. After battle No Man's Land is scoured for lost, damaged, and ruined equipment. The French salvage headquarters are in Le Mans, and more than a dozen trains a day bring in waste material picked up on the field or in camp. Thousands of jackets, coats, boots, helmets, caps, and rifles are repaired and made usable again. Many tons of rags are sold each day from articles not worth repair are made slippers, canteen cases, caps, shoe laces and many other things of practical utility. Women, many of them refugees, and some men are engaged in the work of renovation;

German prisoners carry on the work of unloading the huge bales of waste. The battle field as a place for strict economy is quite a new idea to most people, and necessitates a revision of popular belief on the subject of the wastage of war.

College Boys in Kahki

A FINE record of what the graduates and undergraduates of the University of Toronto are doing in the war is presented in the "Varsity Magazine Supplement" recently issued. It is dedicated in the words of Mr. Sidney Childs, the editor, "To those members of our Alma Mater who have left behind the attractive haunts and pursuits of academic life and abandoned pleasant prospects of easy and honorable careers in their chosen professions for the chance of wounds or death." Since August, 1914, the Toronto University has been transformed into a war institution, and has given of its best in men and women to the supreme task of winning the war. It would be invidious to make comparisons between the University of Toronto and the other great British universities or similar institutions among the other belligerent countries, but since the University of Toronto is the largest in the British Empire, more might have been expected of it than from any other.

Its war record may properly become as time goes on that of which Toronto University is most proud, dedicated though it is to the arts of peace. Since the last supplement to the magazine was issued the list of "Varsity's dead" has increased from 120 to 346. Altogether there have been about 4,300 enlistments from the university, and the editor remarks that it has been a source of keen pride that the Military Service Act found few men of military age in the colleges. Up till the end of December two members of the university had won the Victoria Cross, Major T. W. MacDowell and Lieut. J. M. Reid. Some ten had received the C.M.G., and two the C.B., they being the late Major-Gen. M. S. Morcor and Col. J. A. Roberts. More than forty had won the D.S.O., four of them having been killed in action. Some two hundred, one would calculate by the length of the list, are Military Cross winners, and hundreds more have won other decorations or have been mentioned in despatches. Decorations have been bestowed upon Toronto Varsity men by Italy, France, Belgium, Serbia, Montenegro and Russia. They have fought on every front, and wherever there is an army opposing Germany or one of Germany's allies there are to be found students or former students from "Varsity."

A fine feature of the publication are the pages containing the photographs of the "Varsity men who have fallen. The list is complete with the exception of a dozen or so out of the 346, and "dull would he be of soul" who can scan these pages and look into the fine young faces of these gallant fellows without feeling an additional pang, however greatly the horror of the war has taken possession of him. One is struck with the same thing in looking over the English illustrated papers with their pages on which appear the photographs of the week's grist in the mill of the war gods, surely one of the most poignant records of the conflict! But these pages in the "Varsity Magazine Supplement" are finely headed by Rupert Brooke's great lines, beginning:

"Blow out, you bugles, over the rich dead!
There's none of these so lonely and poor of old,
But, dying, has made us rare girls than gold."

The magazine contains special messages from the Duke of Devonshire, Sir Robert Borden, Sir W. H. Hearst, Sir Robert Falconer, Sir Edmund Walker and articles describing various departments of the university's war work in many parts of the world. The Prime Minister of Canada notes that some 12,000 graduates and undergraduates of Canadian universities have volunteered for active service, half of them being undergraduates. Sir Edmund Walker's article is a fine appeal to patriotism. He says that great as Germany's internal troubles may be we have no reason to think that Germany is prepared on this account to make a righteous peace, nor will she be ready until her armies have suffered a crushing defeat. This is a point which writers have sought to emphasize many times, and at no time is it more necessary than now that our thoughts should be concentrated upon a more vigorous prosecution of the war, instead of permitting ourselves to be beguiled by speculations on the subject of peace. Sir Robert Falconer makes fitting recognition of the stronger bonds of affection that have been knit between Canada and the United States, and observes that this is another of those unexpected results that was not planned by those who engineered the

war. Another interesting article tells of the work of the Canadian officers who were summoned to American universities to assist in training after the United States entered the war, and it would appear that to most of the great American colleges men from the University of Toronto have gone and are now hard at work. Prof. D. R. Keys contributes an admirable article on the Balfour convocation, which is enriched with several photographs. It is impossible to mention all the other excellent features of the "Varsity Magazine Supplement. It is worth many times the price charged for it, 75c, and is to be obtained from C. C. Grant, at the University of Toronto. All profits from the sale, and we hope they may be great, will be devoted to hospital and Red Cross work.

Excellent Chance. WEATHER CHANGED HIS VIEWS

New Englander Allowed Slowing Over of Church Steeple by Hurricane to Influence His Wedding Plans.

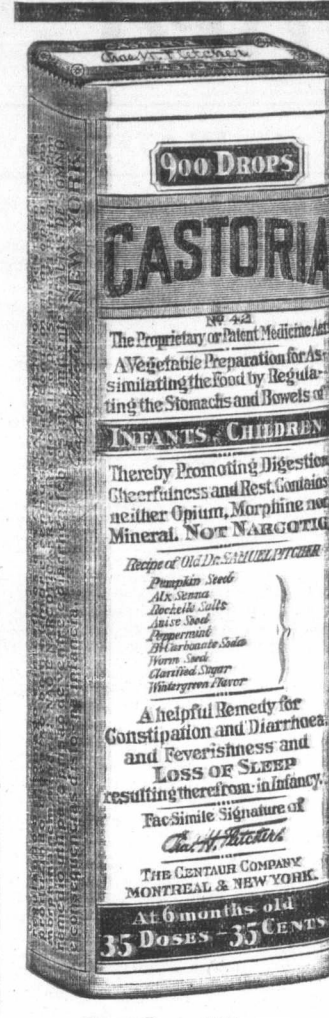
The recent destruction by fire of a certain ancient New England meeting house has set the villagers to retelling an amusing anecdote connected with its partial demolition nearly a century ago, when it lost its steeple in a hurricane, says the Youth's Companion. Deliberate and cautious lovemaking figures in many tales of rural New England; but surely in none of them does the hero show less impetuosity than the Amos of this story showed. For ten years he had courted his patient Eliza; at last he had proposed, had been accepted, and the wedding day was set. It dawned unpropitiously, with a howling gale blowing, which increased hourly in violence. At the appointed hour, nevertheless, the guests gathered at the home of the bride and waited for the bridegroom, but he did not appear.

The storm was truly terrific; indeed, the meeting house, just across the common, had already surrendered its steeple with a tremendous crash. The bride became hysterical and her brothers began to look worried. Ominous whistles ran about that if the great elm in front of Amos' door had blown down it must surely have crashed in the whole front of the house; perhaps Amos was killed or pinned under the wreck.

"Well, now, when I woke up 'twas pouring guns and pitchforks, so to speak, and I says to myself, says I, 'I don't know 'bout this! I don't know!' Arter breakfast 'twas wuss; and says I to myself: 'I most know they'll put it off; I most know they will!' I had my eye on the meetin' house steeple, and I could see 'twas swaying considerable. 'I know they'd order put it off,' says I to myself, 'but then, women is so unreasonable maybe, they won't! I kep' my eye on the meetin' house steeple, and says I: 'If she goes, I don't; and if she don't, I do.' 'She swung and she swayed and she kind of hung in the wind, and then, jest as I was gettin' my boots on to start, over she went! And, says I to myself: 'That's a clear showing, if ever there was one; and here I stay! Even a woman couldn't say a man oughter stand up agin a gale when a meetin' house steeple can't. No, sir,' says I to myself, 'there ain't a mite of doubt about it; this weather is unsuitable for weddings!'"

Nevertheless, he was imperatively persuaded to come and be married without waiting for it to clear up.

Catarrh Cannot be Cured
with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Medicine is taken internally and acts through the blood on the mucous surfaces of the system. Hall's Catarrh Medicine was prescribed by one of the best physicians in the country for years. It is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Cure is what produces such wonderful results in catarrrhal conditions. Send for testimonials, free. E. J. CHENNY & CO., Props., Toledo, O. All Druggists, 75c.
Hall's Family Pills for constipation.
Bristles that can be removed and renewed feature a new tooth brush.
Norway is planning the establishment of a museum of the whaling industry.
The Canada Food Board is asking the public not to deal with merchants who have failed to comply with licensing regulations.
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MUSIC BOOKS,	No Big Profits to Pay Here	
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