Palpitation : of the Heart.

Nervous Prostration, Sleeplessness and Dizzy Spells.

A Long Standing Case Cured By MILBURN'S HEART AND NERVE PILLS.

Many people are kept in a state of morbid fear of death, become weak, worn, and miserable, their nerves become unetrung, and they cannot sleep.

To all such sufferers Milburn's Heart and Nerve Pills will give prompt and permanent relief. Mr. Peter Halstad, Tilley, Alta., writes:-"I take great pleasure in writing you a few lines to tell you what your Heart and Nerve Pills have done for me. I had a long standing case of palpitation of the heart, nervous prostration, sleeplessness and dizzy spells. I bought a box of Milburn's Heart and Nerve Pills, and they did me so much good I continued their use until I had used several boxes, and they restored me to health again. They are a great remedy, and I recommend them to all my friends."

Price 50 cents per box, or 3 boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.



It makes you hungry.

Wives! Here's the soup for the husband who leaves his appetite out in the cold -Edwards' Soup.

It's the soup he's eager to begin and sorry to finish; the soup that warms him through and through; the soup that gives him such an appetite that it makes you hungry to see

Yet Edwards' desiccated Soup is no trouble to make -all the preparation is done long before you buy.

Edwards' Soup is made in Ireland from specially selected beef and from the finest vegetables that Irish soil can produce.

5c. per packet.

Edwards' desiccated Sup is made in three varieties —Brown, Temate, White. The Brewn variety is a thick neurishing soup prepared from best beef and fresh vegetables. The other two are purely vegetable soups.



W. G. Patrick & Co., Toronto, representatives for the Province of On-

Famous "Pint of Cough Syrup" Recipe

No Better Remedy at Any Price. Fully Guaranteed.

Make a plain syrup by mixing two cups of granulated sugar and one cup of warm water and stir for two minutes. Put 21/2 ounces of pure Pinex (fifty cents' worth) in a 16-ounce bottle, and fill it up with the Sugar Syrup. This gives you a family supply of the best cough syrup at a saving of \$2. It never spoils. Take a teaspoon-

ful every one, two or three hours. The effectiveness of this simple remedy is surprising. It seems to take hold instantly, and will usually stop the most obstinate cough in 24 hours. It tones up the jaded appetite and is just laxative enough to be helpful in a cough, and has a pleasing taste. Also excellent for bronchial trouble, throat tickle, sore lungs and asthma, and an unequaled remedy for

whooping cough and croup. This recipe for making cough remedy with Pinex and Sugar Syrup (or strained honey) is a prime favorite in thousands of homes in the United States and Canada. The plan has been imitated, though never successfully. If you try it, use only genu-ine Pinex, which is the most valuable concentrated compound of Norway white pine extract, and is rich in guaiacol and all the natural healing pine elements. Other preparations will not work in this

recipe A guaranty of absolute satisfaction, or money promptly refunded, goes with this recipe. Your druggist has Pinex, or will get it for you. If not, send to The Pinex Co., Toronto, Ont.

FRY'S Nut Wilk Chocolate

MOST DELIGHTFUL OF ALL CANDY

A BIG DEAL. [Canadian Press.]

Edmonton, March 4 .- J. Haggon has sold 145 acres for subdivision into building lots, receiving \$850,000, or over \$5,800 per acre. He bought this land in 1898 for \$10 an acre.

Guthia Grey and EVERY WOMAN'S Page

Afternoon Frock of Chiffon Taffeta

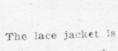


Simple frocks of silk is the promise of Dame Fashion for late spring and early summer wear. Chiffon taffeta is the soft fabric which is

making a bid for

popularity.

A charming freck of this material is of castor tone with a sleeveles jacket of tan macrine. The skirt has a two-inch an' inverted pleat in the back. This gives a fuller effect than the gowns of the winter.



carried below the waist with a deep postillion while the wide peasant silken sleeves are inserted in the armholes instead of being cut kimono mode. Deep cuffs of lace trim the sleeves.



CYNTHIA'S CHAUFFEUR

rriedly. "In fact, her husband was my ather's partner till he died, some years go. She is a charming woman, quite a osmopolitan. She lives in Paris 'most all he time, but I fancied she was at Trouwille for the summer. I wonder—She read the letter a third time. Drooping lids and a screen of heavy eyelashes welled her eyes, and when the fingers holding that disturbing note rested on the rail of the verandah again, still those radiant blue eyes remained invistable. ble, and the eloquent eyebrows were not rehed in laughing bewilderment, but raightened in silent questioning. "Mr. Vannenen gives no details," she aid at last, and seldom, indeed did "Mr. Vannenen" replace, "father" in her speech.

"Perhaps he was writing against time, though he might have told me less about the post and more of Mrs. Leland. Anyhow, he has a fine Italian hand in some hings, and maybe this is one of them.
But I must telegraph at once."

Medenham roused himself to Medenham roused himself to set for heritish idiosyncrasies on the question of unday labor. He remembered the tele-Sunday labor. He remembered the telephone, however, and Cynthia went off to try and get in touch with the Savoy Hotel. He withdrew a little way, and began to smoke a reflective cigar, for he knew now who Mrs. Leland was. In twenty minutes or less Cynthia came to him. It was difficult to account for her obvious perplexity, though he could have revealed some of its secret springs readily enough. "I'm sorry I shall not be able to take that walk, Mr. Fitzroy," she said, frankly recognizing the tacit pact between them. "We have a long day before us tomorrow, and we must make Chester in good time, as Mrs. Leland is coming

d time, as Mrs. Leland is coming from London. Meanwhile, I must ttend to my correspondence."
"Ah! You have spoken to Mr. Van-"No. He was not in the hotel, but he left a message for me, knowing that I was more likely to phone than wire."
She was troubled, disturbed, somewhat resentful of this unforeseen change in the

programme arranged for the next few days. Medenham could have chosen no more unhappy moment for what he had more unhappy moment for what he had to say, but during those twenty minutes of reflection a definite line of action had been forced upon him, and he meant to follow it to the only logical end.

"I am glad now that I mentioned my own little difficuty at Hereford," he said. wn little difficulty at Hereford, he said. Since alterations are to be the order of the day at Chester, will you allow me provide another driver for the Mertry there? You will retain the car, of ourse, but my place can be taken by a rustworthy man who understands it ulte as well as I do." trustworthy "You mean that you are dropping out of the tour, then?"

She shot one indignant glance at his npassive face, for he held in rigid con-rol the fire that was consuming him.

"Rather a sudden resolve on your part, sn't it? What earthly difference does he presence of another lady in our party 'I have been thinking matters over,'

> Make your house-keeping easy - make cooking a pleasure - make new dishes that everyone will enjoy - by using OXO Cubes.

in tin 19c.

"And old friend of ours," she explained he said doggedly. "Would you mind reading my father's note?"

He held out the note received at the Green Dragon, but she ignored it. "I take it for granted that you have the best of reasons for wishing to go," "Please oblige me by reading it," he

Perhaps, despite all his self-restraint, some hint of the wild longing in his hear to tell her once and for all that no power under that of the Almighty should tear him from her side, moved her to relent. "Why," she cried, "this was written a Hereford?"

"Yes. My father waited there all night. He left for town only a few minutes before I entered the hotel this morning."

She read with puzzled brows, smiled a little at "Your aunt is making a devil of a fuss," and passed quite unheeded the solitary "F." in the signature.

litary "F," in the signature.
"I think you ought to go today," she mented. "Not because of any argument advanced here," he growled passionately.
"But your aunt—she is making—a fuss.

ne has to conciliate aunts at times."
"My aunt is really a most estimable erson. I promise myself some amuseent when she explains the origin of the Have I not your permission

ring her to see you in London?"
"Something was said about that."
"May I add that I hope to make Mr

Are you going to call and see my

"But-why, exactly?

"In the first place, to give him news of your well-being. Letters are good, but the living messenger is better. Secondly, I want to find out just why he travelled from Parls to London yesterday.

The air was electric between Each knew that the other was striving to cloak emotions that threatened at any moment to throw off the last vestige of

concealment.

"My father is a very elever man, Mr. Fitzroy," she said slowly. "If he did not choose to tell you why he did a thing, you could not more extract the information from him than from a bit of marble."

"He has one weak point, I am sure," and Medonham smiling confidently info

said Medenham, smiling confidently into "I do not know it," she murmured.
"But I know it, though I have neve seen him He is vulnerable through his daughter." Her cheeks flamed into scarlet, and he

lips trembled, but she strove valiantly to govern her voice. "You must be very careful in anything ou say about me," she said with a you say about me," she said with praiseworthy attempt at light raillery. "I shall be careful with the care of man who has discovered some rare jewel, and fears lest each shadow should conceal an enemy till he has reached a place of

way into the sun-drowned valley.
"Such fortresses are rare and hard and," she said. "Take my own case. I was really enjoying this pleasant tour or ours, yet it it broken in two, as it were nurs, yet it it broken in two, as it were, yo some force beyond our control, and he severance makes itself felt here, in his secluded nook, a retreat not even narked on our self-drawn map. Where would one be more secure—as you put it—less open to that surge of events that his project of the project of the

· Cynthia Grey's Correspondence

A COUGH REMEDY. Dear Miss Grey: As I have been a as possible. reader of your column for a long time

remove a slight growth of hair on my face, which cannot be noticed when have powder on? MRS. W. W. have powder on? -1. The following is an excellent cough remedy: Tincture of lobelia, 2 drams; tincture of bloodroot, 1 dram; It should, but I advise you to let ou face alone, as many things only ncrease the trouble, and certainly best things you can do. our case is not a bad one

I wish you would give me a recipe for

A NEW DRESS.

Dear Miss Grey: I am going to hav a black spring suit, and as the dressmaker said she thinks it would look better to have some sort of trimming o set off the dark color. I ask your advice as to what would look prettiest. I am a girl anybody would take for 17 years, although but 13. Another thing would like to ask you is this: I am taking music lessons and like to sing Do you know of any way to respect.

Frightening Children

Frightening children is a sin of life-

long consequences. It is not now indulged to the extent that once prevailed, but it is still altogether too ommon, and will be reprehensible so ong as one instance remains. Mothers, the attendants of children, and others who undertake to regulate their con duct, ignorant of the true method of government, save labor and do the matter up quickly by terrifying the timid youngsters into obedience. the vagaries of maternal government endless prohibitions are pronounced and, in the case of many mothers their enforcement is only a question either of bodily punishment or playing upon the fear of the child and while love commands the avoidance of the infliction of physical pain. even brief, it does not realize the long mental pain that comes from terror. I once knew a mother who tried govern her children by telling them hat "the old man will be after you; in consequence of this, in fear and trembling, they shunned all old menthose fellow-beings of ours who are particularly fond of children. Young people grow out of some of these fears in time, but many of them haunt hem through life. The most lasting of these are caused by peopling dark-ness with ghosts, hobgoblins and dangerous men, thereby filling with ter

outdoor or in the unlighted room of When the enormity of all this deeit is realized it seems horrible that ittle, innocent ch made to suffer so keenly for many years, and, this, too, at the hands of oving mothers and friends. There is a mine of interesting knowledge in nature for the young folks, who have thorough love for it, if unrepressed but deceive them, lie to them, them with agonies of fear, and the works of God become failures, if not afflictions. Association with Nature which should be highly pleasurabl ecomes repulsive, and the perpetrat ors of these great wrongs must fall in the honor and esteem of the victims when they arrive at the age at which they shall pass jubgment, realize the deceit and discern the origin of the still lingering fears.

ror the darkness of night, whether

Cookie Recipes

Almond Cookies.

One-half pound of butter, one-half bound of sugar, three yolks of eggs, one-half cupful of milk, three cupfuls of flour, rind of one lemon (grated) four teaspoonfuls of baking powder mix, roll out thin and cut into small cookies with the following on top of each. Three whites of eggs beaten, three-fourth pound of pulverized sugar one-half pound of chopped almonds mix well together. Make this one hour before mixing cookie dough.

Nut Cookies.

One and one-half cups of brown beaten separately, one teaspoonful soda this design will be found very effectugar, one cup of butter, three eggs pinch of salt, one teaspoonful of tered tins.

Oatmeal Cookies.

Cream one cupful of butter, one and in silver or stamps. one-half cupfuls of sugar till light. Add three eggs beaten light, one-half teaspoonful of salt, one teaspoonful of cinnamon, one cupful of chopped nuts. one-half cupful of raisins blended with any flour, two cupfuls of oatmeal. Put

look on you rather as a friend than a "Slave," he suggested, trying to wrench

"Don't be stupid. I mean that you and "Don't be stupid. I mean that you and I have met on an equality that I would deny to Simmonds or to any of the dozen chauffeurs we have employed in various parts of the world. And I want to warn you of this—knowing my father as well as I do—I am certain he has asked Mrs. Leland's help for the undertaking that others have failed in. I—can't say more. I—" 'Cynthia, dear! I have been looking

at the same time."

Mrs. Devar's eyes bulged and her lower jaw fell a little. She could hardly have exhibited more significant tokens of alarm though the phrase sounds strange on my lips. Yet I feel that after tomorrow we shall not meet again so soon or so easily as you imagine, and—if I may venture to advise one much more experienced than myself—the way that leads least hopefully to my speedy introduction to your aunt is that you should see my father before I rejoin him. You know, I am sure, that

remedy this? Print answers

would be pretty to use a touch of cold, cough, and sore throat, which I hunter's green, king's blue, or lobster have had all winter. Will delatone red on it. Have a yolk of some sheet lace, cream white with collar and cuffs of color, 2. Concerning your short breath, I would say, practice breathing exercises. This may be accomplished by lifting the arms high above the head, while you inhale, gently rising tinsture of tolu, 2 drams; essence of on the toes; exhale as you lower th wintergreen, 30 drops. Simple syrup arms and settle back on your feet. B mough to make four ounces. Mix and doing this often before an open wintake a teaspoonful every three hours. dow, you will overcome the trouble Take plenty of exercise in the oper air. Walking or climbing being the

WANTS AN INTRODUCTION.

Dear Miss Grey: I am a strange your city and have no gentleme riends here. This morning I has business in one of your banks; there I saw a young man who is employed there whose acquaintance I would like to make, but know no one will introduce us. Would you advise me writing a note asking him to call?

A.—Certainly not. He probably has very well, but I have to breathe at such short intervals that my singing sounds silly if you wish to retain your self-

> nuts, oatmeal and raisins through meat grinder. After thoroughly mixed add two cupfuls of flour sifted twice and one teaspoonful of soda dissolved in one teaspoonful and a half of boi! ing hot water. Drop on cookles pa by teaspoonful and bake.

Brown Sugar Cookies.

Cream together two-thirds of a cupful of butter and two thirds of a cup Lastly, add one cup of flour and one teaspoonful of baking powder. This recipe will make between 25 and 30. A delightful icing for cakes can be easily made by melting one-fourth o a cake of chocolate in four table spoonfuls of sweet milk. When coowork in one cup of powdered suga which has been sifted twice. The icin will keep moist.

Drop Cookies. Cream half a cup of butter, beat nto this one cup of sugar, threefourths of a cup of currants, half a cup of molasses, one egg, well beaten and, alternately, half a cup of sweet milk and three cups of flour sifted with half a teaspoonful each of soda and cloves and one teaspoonful of cinnamon. Drop from a spoon on a buttered tin. Bake in a moderate oven

ADVERTISER PATTERNS

BEAUTY PATTERN COMPANY,



No. 9189-A Simple, Pretty Model-Girl's Dress, With Empire Yoke.

For all-over embroidery, flouncing, lawn, dimity, or other wash fabrics, dissolved in a little boiling water, two live. The deep yoke is very becoming, and three-quarters cups of flour, one and the skirt may be arranged in "French" or loose effect. The pattern cloves, one pound nuts and one pound is cut in four sizes, 1, 2, 4 and 5 years, raisins, dropped with teaspoon in but- It requires 2 1-2 yards of 36-inch ma-A pattern of this illustration mailed oners.

to any address on receipt of 10 cents

PATTERN DEPARTMENT OF THE Please send above-mentioned pattern, as per directions given below, to

Name Street Address Province

Age (if child's or misses' pattern).....

Measurement-Bust...... Waist....

"Cynthia, dear! I have been looking for you everywhere," cried a detested voice. "Ah, there you are, Mr. Fitzroy!" and Mrs. Devar bustled forward cheerfully. "You have been to Hereford, I hear. How kind and thoughtful of you! Were there any letters for me?"

"Sorry," broke in Cynthia. "I was so absorbed in my own news that I forgot yours. Here is your letter. It is only from Monsieur Marigny, to blow both of us up, I suppose, for leaving him desolate last night. But what do you think of my budget? My father is in London: Mrs. Leland, a friend of ours, joins us at Chester tomorrow; and Fitzroy deserts us."

"CAUTION.—Be careful to inclose above illustration, and send size of pattern wanted. When the pattern is bust measure, you need only mark 32, 24 or whatever it may be. If a skirt, give waist and length measure, when misses' or child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from the date of order. illustration, and send size of pattern again the wanted. When the pattern is bust meas-city hall. Thester tomorrow; and Fitzroy deserts us less than one week from the date of order. price of each pattern is 10 cents in eash or in postage stamps.

Secret of Baking Good Bread.





TERRIBLE PICTURE OF TORONTO PRISON LIFE DOCTOR

Women and Girls Particularly Are Subjected to Treatment Most Demoralizing.

[Canadian Press.]

Toronto, March 4.-If his satanic najesty should, in the course of a walk ver "his snug little farm," happen to see the Toronto jail, he might, in the language of Coleridge, "get some hints for improving his prisons in Hades" the impression obtained from the descrip tion of that institution in an evening paper. The paper's informant is not an excited slummer, freshly horror stricker by a first glimpse behind prison walls in Toronto, but a man, a police officer, who has seen the tide of vice ebb and flow for a generation; a man who hould by this time be as case hardened as the public which tolerates the con-

litions he describes. "Girls in their teens, only developing nto womanhood, are forced to be the ompanions of fallen women steeped in

in and vice. Bedridden women are left practically the mercy of lunatics, who, in turn, are looked after by a defenceless woman who is herself a prisoner.

No Distinction. "The pure and moral living, against whom no crime has been proven, are compelled, while being held for trial, to ome in contact with the diseased social utcasts who have fallen to the lowest epths of degredation."

These general terms of condemnation, his indignant police officer follows up with particulars which reflect no less severely on the manner in which the fail is conducted.

"The surplus population in the wo-man's section, sleep on mattresses placed in the corridors. There is no accomme dation which would allow the separation of what might be termed the 'undesirables' from the others. "The awful experiences of some women this respect that I could relate are too

disgusting to mention, "Dr. Hastings, on one occasion, was called in to a case of a woman who was literally covered with discharging sores, yet that woman was rubbing

shoulders, eating, sleeping and coming in free contact with other female pris-

A Paltry Theft.

"I recall the case of a woman who was sent down for sixty days for stealing some paltry article out of a department store. She was no hardened criminal, nor was it likely that such a mad impulse would seize her again. Herded with abandoned women in the jail, she contracted disease which subsequently ruined her home.

A little colored girl was taken from ar industrial school, on the ground that she was insane, and placed in the jail hospital. Apparently she was about sixteen vears old. "That girl was beaten and abused b

the other prisoners until she attempted suicide with a pair of scissors. "The fault, it is said, is not with th officials, but with the public. It is all a question of accommodation.

Complaint has been made times without number to the city hall, and the omplainants have been referred to the ocal parliament buildings, and there again the responsibility is shifted to the



But Lydia E. Pinkham's Vegetable Compound Cured Her.

Upper Sandusky, Ohio. - "Three years ago I was married and went to housekeeping. I was not feeling well



I had headaches I had headaches too, and became almost a nervous wreck. My doctor told me to go to a hospital. I did not like that idea very well, so, when I saw your advertisement in a paper, I wrote to you for

advice. I have done as you told me. "I have taken Lydia E. Pinkham's Vegetable Compound and Liver Pills, and now I have my health. "If sick and ailing women would only know enough to take your medi-

cine, they would get relief."-MRs. BENJ. H. STANSBERY, Route 6, Box 18, Upper Sandusky, Ohio. If you have mysterious pains, irregularity, backache, extreme nervousness, inflammation, ulceration or displacement, don't wait too late, but try Lydia E. Pinkham's Vegetable Com-

pound at once. For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and such unquestionable testimony as the above proves the value of this famous remedy, and should give everyone confidence.



