



# Shattered NERVES

## The Nervous Strain of Recent Months

Has Ruined the Health of Many a Business Man.

Sleeplessness, Headache, Nervous Indigestion, Irritability and Depression Tell of Exhausted Nerve Force.

Never before has the strain on the nerves of the business man been so great as since the beginning of the war. With some it has been a question of lessened profits, while others have been thrown out of employment or seen their business go down with a crash.

Worry and anxiety are the most frequent causes of nervous disorders. It is, therefore, not to be wondered at that in many cases the depression in business has resulted in shattered nerves and ruined health.

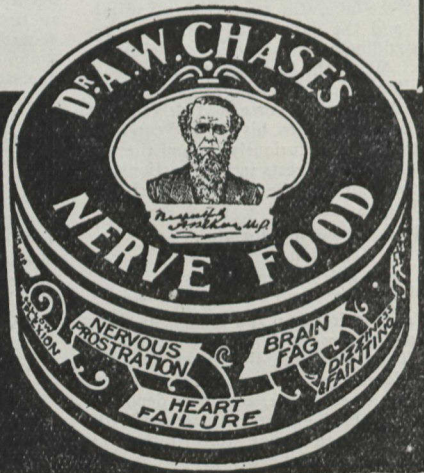
Dr. Chase's Nerve Food has proven itself the greatest of nerve restoratives. It is no miracle-worker, but supplies to the human body, in condensed and easily assimilated form, the ingredients from which Nature forms new, rich blood and new nerve force.

When the nervous system is greatly exhausted it requires patient treatment to revitalize the wasted and depleted nerve cells. Since cure is brought about by the building-up process, you can be sure that each dose of this great food cure is at least doing you some good, and that the results are bound to be beneficial.

By the use of Dr. Chase's Nerve Food the vital organs of the body are quickened into action. Digestion improves, the heart's action is strengthened, the liver, kidneys and bowels resume their natural functions, and the system is benefited in every way. Gloom and discouragement give place to new hope and courage, and you are helped on the way to health and success.

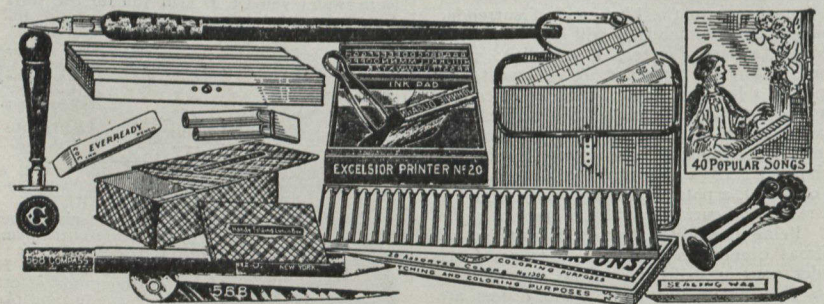
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# Dr. Chase's Nerve Food



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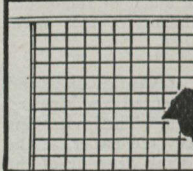
Dandy Big School Bag, Folding Metal Lunch Box, Pencil Box with Lock and Key, Drawing Pencil with Compass, Pencil Sharpener, Pen with Fountain Nib, Ink and Pencil Eraser, Good Ruler, 28 Colored Crayons, Letter Seal engraved with your Initial, Sealing Wax, Excelsior Printer with Rubber Type, Holder, Ink, etc., Two-tone Scout Whistle, and Big Song Book—14 Splendid Premiums—43 Pieces—the whole lot easily earned in an hour by selling only 30 Sets of magnificent cards: exquisite Christmas Booklets at 4 for 10c.; charming Christmas, War, and Fancy Postcards at 6 for 10c., and Sets of 44 Christmas Tags, Cards, Seals and Stamps, at 10c. THE POSTAGE ON FANCY CARDS IS

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## THE HOUSEHOLD ECONOMIES

Contributed by Our Readers

I TOOK dinner with a friend of mine one day last week, a minister's wife, who, to my mind, has struck a good blow at the high cost of living, in the cutting out the expense of running a constant fire in the kitchen range in winter. Her dinner consisted of a broiled steak, baked sweet potatoes, escalloped tomatoes, cabbage salad and delicious baked apples for dessert. She proudly told me she had cooked the entire dinner in the furnace in the cellar, excepting the steak, which she broiled over the gasoline stove ten minutes before serving her dinner.

Her furnace is a hot air one—a very fine one—and has a ledge inside where she can place at least three baking pans or dishes, and can thus cook almost any food that is not to be broiled or fried. The heat is so regular that she can tell to a dot just how long it will take to cook any food.

## COMBAT INCREASING COST OF LIVING BY UTILIZING LEFT-OVERS

I WAS surprised the other day to see a friend throw away the legs of a fowl. "Why didn't you use them for soup?" I asked her. "Oh, it's so much bother," she replied, which is often the answer to many other questions.

Now there is no use denying the fact, that the times are somewhat harder and that the cost of many foods and furnishings is very high. The only thing that the housewife can do to combat these two facts is to use better management and more thrift.

How often we throw away paraffin paper from cracker boxes—just the paper that we pay 5 cents for at a store, and something needed often in pantry and ice box. Again, how careless we are with "left-overs" refusing to see in them the possibilities of a delightful meal, if properly prepared.

How many have standardized the amounts needed of certain articles—how much soap, flour, sugar or flavoring will be used in a given time? Do many of us compare our "operating expenses" of one month with another; and are we actually able to put a finger on the exact place where our finances are leaking? We are apt to have a "happy-go-lucky" attitude toward it all, a "come-what-may" feeling that does not make for saving nor business like management.

## A STEAM COOKER FOR ECONOMY

ONE of the simplest methods of reducing the cost of living is the use of a steamer in cooking. I mean the large, round utensil, of tin, with perforated bottom and tight fitting cover; they can be bought for 10 cents nowadays. I use mine over a kettle whenever a kettle is on the stove—when making soups, stews or boiling potatoes even. To-day I steamed a loaf of brown bread over a chicken I was boiling. Thus the fuel used for one purpose will serve two purposes. A small pudding of batter (with plums or berries), can be steamed while potatoes are boiling; if one is to be using a kettle three or four hours, brown bread or an English plum pudding can be steamed, or individual puddings in cups.—E. R. R., Quebec, Que.

## A WATERPROOF BATHROOM

OUR bathroom wall was not tiled and, as a result, the paper above the wash bowl became spotted and very badly stained by the water that splashed on to it. The room was recently papered and we had the hangers run the paper to the top of the wall as usual. Before the room was used we painted above the bowl with clear white shellac, making it waterproof. The shellac dried quickly and made a paper that could be washed and kept clean, always having a fresh appearance.—R. H. B.

ONE hears constantly of the "high cost of living," yet this morning on my way home from market I met the garbage collector on his rounds, and was simply amazed at the waste I saw in some of those pails. Such quantities of bread! I remarked it to my neighbor and she said, "Oh, well, we don't care much for toast," as if this were all the uses for stale bread.

The following recipe is so delicious, one would never think it was just stale bread dressed up: 1 quart of milk, 2 cups of fine bread crumbs, stale and dry; 4 eggs, 2 tablespoonfuls melted butter, nutmeg to taste, 1 tablespoonful sugar. Beat yolks very light and, having soaked the crumbs well in the milk, stir these together; then butter and seasoning; lastly whites. Bake to a fine brown and eat hot with pudding sauce. The pudding sauce may be flavored with wine or any flavoring desired.

Brown Betty is another toothsome pudding: stale bread cut in slices dipped in egg and milk and fried; then sprinkle sugar and cinnamon over or eat with jelly, makes another excellent dessert called French toast. Hot buttered toast for breakfast, or spread with jam and served with afternoon tea. The wholesome dish of milk toast. Toast served under hash, creamed chicken, poached eggs, broiled oysters, asparagus with cream sauce, welsh rarebit, toast spread with anchovy paste and scrambled eggs on top make a delicious luncheon dish, and the many appetizers with toast as a foundation, add considerably to the dishes and make them go farther. Croutons for soup and chicken made of stale bread cut in small squares and fried and put in the soup just before serving, also use as garnish for fricassee chicken, for chicken cut in diamond shape and fry. Bread filing for poultry, etc.—E. A. J., Sault Ste. Marie, Ont.

## THE USEFUL DUSTER

USE the dry dustless duster on your windows occasionally; it will remove the film of light gray dust and polish the glass. When the duster begins to wear out, do not discard it; rub your stove with it, it will save the labor of frequent blacking.—A. N. W.

## What Did Little Mary Buy?

You can win a 1916 5-Passenger Ford Touring Car by sending the best answer to this question. More than \$1000.00 in other fine prizes are given. Elsewhere in this issue will be found the announcement of this great Contest. Send your answers today.