



Nothing Else is Aspirin—say "Bayer"

Warning! Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an unbroken "Bayer" package which contains directions worked out by physicians during 21 years and proved safe by millions for Colds, Headache, Earache, Toothache, Neuralgia, Rheumatism, Neuritis, Lumbago, and Pain. Made in Canada.

All druggists sell Bayer Tablets of Aspirin in handy tin boxes of 12 tablets, and in bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer manufacturer of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

"Flowers of the Valley."

MABEL HOWARD, OF THE LYRIC.

CHAPTER XXII. BEHIND THE FOOTLIGHTS.

(To be continued.)

"Yes," said Iris, rousing herself; "oh, yes! How kind every one has been and forgiven me—I was thinking—"

"Oh, Mabel! Dear, dear Mabel!" he cried. "Oh, what can I say to you? How can I tell you how grateful I am? My heart seems bursting!"

"Then I have done some good!" said Iris, and the smile Mrs. Berry had been waiting for broke over her face.

The Foundation of Good Cookery. Add a Spoonful of BOVRIL. It makes the whole dish more nourishing.

To call me stinky! Thanked us all round! Bless my soul, it's too surprising! Phew! What a night it has been!

"With Miss Howard in it," put in Mrs. Berry, quietly.

"That's true; and a lady's word is as good as her bond! But—ah! see, you think she will marry! That's what you are thinking of! With her face and her voice—ah, yet!" and he fell into a sudden melancholy.

"Miss Howard is one of the most beautiful creatures I have ever seen," said Mrs. Berry, putting on her serviceable gloves, "but I don't think she will marry."

"Let's hope not!" he exclaimed, nervously. "Well, she shall never have cause to regret her first appearance at the Lyric," and the good-hearted manager meant what he said.

"Paul, you have nothing around your neck!" she said, chidingly.

"All the more reason why you should wrap up, you careless boy!" she retorted, and she took a fleecy cloud from her arm, and folded it round him.

"The excessive mental strain. The worry and anxiety. The physical effort. This has surely been great enough to break the nervous system of the strongest men."

"The war strain. The unsettled conditions of business and employment. These are responsible for the rapid aging of men which you notice everywhere."

"You feel out of sorts. You do not sleep well. You find yourself losing your grip on business. Your daily task is more than you can stand."

"But you find your energy and ambition petering out. Your doctor tells you to take a rest for a few months."

"But you do not want to be put up on the shelf. Your business cannot spare you at this critical time."

"Then he stole out, stealthily, and, running with long strides—as a stealthy burglar when he starts in pursuit of his prey—he followed the cab into the Strand. Here, with a gesture, he beckoned a hansom, and, jumping in, pointed to the four-wheeler."

"Follow that cab," he said, distinctly. "Keep it in sight, and I'll give you—"

"Indeed I can!" said Iris, holding out her hand. "I am tired, but not too tired, Mr. Stapleton, to thank you, and all the rest, for your kindness to me. If I have succeeded to-night in the task I so rashly undertook, it is all owing to the pains you have taken to teach me. I shall never forget your kindness!"

"Miss Howard is a lady," said Mrs. Berry, who was standing within hearing.

"That's it, I suppose!" he assented. "Well, I said she could trust me, and so she can. She shan't have any reason to be sorry."

"But she had laid her injunction upon him. "Go to the Revels, and live for the place and the people, which are now yours!" she said, and he had obeyed her, as he would have obeyed her, as he would have obeyed any other command or wish she had uttered, though at a cost which Iris little guessed, for there was not a moment of the day that he was not reminded of her. As it had been on the day of his first visit to the place, when he found her music on the piano, her gloves and scissors in the conservatory, as it was now.

She had laid her impress upon the house, and he could not fail to be conscious of it.

"More Men Than Women Have Nervous Troubles"



This is the statement of a specialist on Nervous Diseases who comes in contact with many thousands of cases. The increase in diseases of the nerves during the last five years has been enormous.

Is it any wonder that men's nerves are giving out? Look back over the history of the last few years.

Think of the enormous burden of responsibility which has been put upon the shoulders of business executives.

The excessive mental strain. The worry and anxiety. The physical effort.

This has surely been great enough to break the nervous system of the strongest men.

The war strain. The unsettled conditions of business and employment.

These are responsible for the rapid aging of men which you notice everywhere.

You feel out of sorts. You do not sleep well. You find yourself losing your grip on business.

Your daily task is more than you can stand. There is, perhaps, no organic disease.

But you find your energy and ambition petering out. Your doctor tells you to take a rest for a few months.

But you do not want to be put up on the shelf. Your business cannot spare you at this critical time.

Perhaps you cannot afford complete rest when living expenses are so high.

But you can take things easier. And you can profit by the experience of others and build up your exhausted nervous system by using Dr. Chase's Nerve Food.

This is the most rational treatment available, and is endorsed by more common-sense, reliable people than any medicine recommended for the restoration of the nervous system.

Dr. Chase's Nerve Food is universally used by women as a means of restoring the nervous system. Your wife, or sister, or mother, will be able to tell you something about its remarkable upbuilding influence.

But more men than women now have nervous troubles.

And Dr. Chase's Nerve Food is no respecter of persons.

It builds up new energy and strength in the most natural way imaginable by enriching the blood.

It supplies to the blood in condensed, easily assimilated form the elements which nature requires in order to replenish the depleted nerve cells and restore the vitality of the human system.

These certified letters may be from people you know. They are worth reading, anyway. For they are the honest opinion of people who have been benefited by Dr. Chase's Nerve Food. Edmondson, Bates & Co., Ltd., Toronto.

Overwork

Mr. D. F. Armstrong, R. R. No. 3, Mallorytown, Ont., writes: "Through overwork and an extra amount of mental strain, I became very nervous and rundown. I began using Dr. Chase's Nerve Food, and it certainly touched the right spot. It almost seemed for a time as though I fairly lived on it, and I can recommend this treatment to anyone requiring a medicine of this kind."

Sleeplessness

Mr. W. J. Van Dusen, Centre St., Napawan, Ont., writes: "For some time I suffered from sleeplessness and all the weakness and tired feelings that follow continual loss of sleep. Gas would accumulate in my stomach, and this also caused a great deal of trouble. Upon the advice of a friend I began a treatment of Dr. Chase's Nerve Food, and soon found it to be just what I required. By the time I had completed the treatment my system was in splendid condition and I felt much stronger."

Rheumatism

Mr. Charles R. Tait, Newtown, Kings Co., N.B., writes: "I suffered with rheumatism and my stomach was in a very weak state. I could get no relief from any kind of treatment all the time. I tried several doctors, but got no relief from any of them. I was in a drug store one day and overheard two men talking—one was telling the other about Dr. Chase's Nerve Food completely relieving him of rheumatism. I bought a box, thinking it would be like all the rest of them, but after taking this one box, I felt so much better that I continued the treatment, and now I can eat anything and do not suffer any more with the rheumatism."

This is to certify that I am personally acquainted with Mr. Charles R. Tait, and believe his statement is true, and to my knowledge correct.—(Signed) A. S. MacC., J.P.

GERALD S. DOYLE, Distributor.

Side Talks by Ruth Cameron

WHAT MAKES A PLEASANT ROOM. A young Letter Friend who is evidently on the verge of matrimony does me the compliment to ask me what I think makes a pleasant living room.

My Idea of Twelve Desirables. It seems to me that every living room ought to have the following things: Comfortable chairs. Low lights, carefully placed to be the most possible use.

Bookshelves. A plain wall paper. Not too many pictures and those of general interest rather than photographs of the family.

A large low table of some sort. (I have never gotten over my preference for the round table in spite of the mandates of style) with magazines and newspapers and a bowl of flowers or of green stuff upon it.

Some attractive, restful color scheme. Yellow and grey is one of my favorites. Two shades of brown are lovely or a soft green with flashes of some contrasting color for relief.

A Fireplace if Possible. A fireplace if you can possibly have it. Simple, fresh looking draperies that can be easily washed.

A few plants in the windows. Very few ornaments. A couch or day-sensor of some sort, if possible.

A desk of some sort fitted with writing materials. There—that's my idea of a pleasant room. It doesn't matter to me whether the furniture is costly or very inexpensive provided the lines are good and the whole thing is in good taste. In one of the rooms I love, simple built-in bookshelves made of pine, painted white and designed to fit in any corner—are one of the prettiest features. They cost probably

Simonds saws are guaranteed to cut easier, saw faster and stay sharp longer than any other brand of saw at any price. SIMONDS CANADA SAW CO., LIMITED, 21, Bond Street and Avoca Avenue, MONTREAL, Que., ST. JOHN'S, N.S.

OVERWORKED BLESSINGS.

The greatest boon becomes a bore when it's not wisely handled; and now my head and heart are sore, for I've been Gothed and Vandaled. I like the tuneful phonograph when it's a cultured people grind it, and long

I lean upon my head and heart and I love to hear it sending out fine songs of sense and feeling, composed by some accomplished scout, ere Jazz bands broke the ceiling. I like to hear it in the dusk its strains are most consoling, before the watchman, grim and brusque, his curfew bell is tolling. When curfew rings I go to bed, as do a seamy number, and, with a pillow 'neath my head, I give refreshing slumber. Then all the photographs on earth proceed to make night horrid, and, lying sleepless in my berth, I hand out language torrid: I hear the swirling swish and swash of jazz strains most befogging, I hear the whine of Uncle Josh, who's busy monologuing. I hear the counter-tenor squeak as though his voice needs greasing, I hear the high soprano shriek, and thus it goes, unceasing. And when the hour of midnight's struck, the racket's still proceeding; what wonder if I run amuck, and leave some victims bleeding? There is a time to dance and preach, and I should thank the wise apostle, and there's a time to can the screech of every human throats.

To 1 cup grated apples add 1/2 cup sugar, beaten whites of 2 eggs, cinnamon, grated lemon rind, Sprinkle tart shells with grated coconut, fill with mixture, sprinkle with grated coconut, and bake.

If you want the best in High Class Engraving on Gold, Silver, or French Ivory, bring your goods to KARL S. TRAPNELL, 307 Water Street—nov14, eod, tr

Hot-coffee-with-cream stains may be removed from delicate fabrics by moistening the stain with cold water and applying a mild white soap on a sponge.

If a water ring is left after removing a stain on a delicate fabric, hold stain over steam and shake until well dampened, but not wet. Shake until dry.

Without forcing or irritating, Nujol softens the food waste. The many tiny muscles in the intestines can then easily remove it regularly. Absolutely harmless—try it.

Nujol will give you the healthiest habit in the world.

Nujol will give you the healthiest habit in the world. Without forcing or irritating, Nujol softens the food waste. The many tiny muscles in the intestines can then easily remove it regularly. Absolutely harmless—try it.

SCHOOL BOOKS. Our stock is again complete with the following: Slepman's Primary French Course—Parts 1 & 2. Melkjohn's Shorter History of England. McMillan's Shorter Latin Course—Parts 1 & 2. Shilling Arithmetic—With and without answers. Outlines of English Grammar by Nesfield. Hall and Stevens' Geometry. Send along your orders for School Books to GARRETT BYRNE, Bookseller & Stationer.

Fashion Plates. A SPLENDID HARLEQUIN SUIT.



378—Here is an ever popular masquerade design—one that is sure to please and to be very comfortable. It can readily be developed and is suitable for many kinds of material: Calico, cretonne, chintz, muslin, cambric, satin, and crepe are good for the model. The pattern is cut in 4 sizes: 6, 8, and 10, 12 years for children. 16 years for Misses, and 38, 40, 42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, 70, 72, 74, 76, 78, 80, 82, 84, 86, 88, 90, 92, 94, 96, 98, 100, 102, 104, 106, 108, 110, 112, 114, 116, 118, 120, 122, 124, 126, 128, 130, 132, 134, 136, 138, 140, 142, 144, 146, 148, 150, 152, 154, 156, 158, 160, 162, 164, 166, 168, 170, 172, 174, 176, 178, 180, 182, 184, 186, 188, 190, 192, 194, 196, 198, 200.

A PLEASING APRON MODEL.



Pattern 3448 was used to make the design. It is cut in 4 sizes: Small 32-34; Medium, 36-38; Large, 40-42; Extra Large, 44-46 inches bust measure. To make the design for a Medium size will require 4 1/2 yards of 36 inch material. Gingham, serotucker, chambray, lawn, alpaca, saten, and drill are attractive for this style. A pattern of this illustration mailed to any address on receipt of 15c. in silver or stamps.

To make spiced cranberries, mix the following ingredients and boil to the desired consistency: 1 pound brown sugar, 1/2 teaspoon cinnamon, 1/2 quart cranberries, 1 teaspoon allspice and 1 teaspoon cloves.

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25 PE Men

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