

Old Dutch

HOW GIRLS MAY AVOID PERIODIC PAINS

The Experience of Two Girls
Here Related For The
Benefit of Others.



AND ONLY GENUINE Beware of **Imitations** Sold on the Merits of Minard's

ORIGINAL



GIRLS TO DO HOUSEWORK

Majority Have to Stumble Along Until Proper Methods Are Discovered.



TRUE REPLICA OF ARKANSAS

Should be Taught to Cook and the Correct Care of Homes— Model Fighting Craft, Seven and One Half Feet Long, Carries

the heavier makes for the preser
and these finer laces are pretty mi
ed in black and white. Then a blous Guns, Wireless, Searchlights and a Crew, Is Propelled by Triple Screws-Automatically Steers.



"Oh, to be free from school life and school worries during the sunshiny spring days," is the wish of thousands of schoolgirls, to whom nothing could be of more benefit than outdoor exercise and an opportunity to drink in the fresh air and sunshine.

Just at the springtime, when the human system is sure to be more or less debilitated, and often at the most critical time in a girl's life, there come also the anxiety, eye-strain and mental over-exertion consequent on the approach of examinations.

To many this extra demand on the system proves the last straw, and the results are made known by headaches, sleeplessness, irritability, loss of appetite, tired, worn-out feelings and inability to concentrate the mind on the work at hand, whether it be mental or physical.

To some there will come St. Vitus' dance, nervous prostration, or some derangement of the vital organs, which may linger to make a life of suffering and unhappiness.

The only means of averting trouble is by the use of external assistance in order to in-

crease the supply of pure, rich blood, and for this purpose there is no treatment comparable to Dr. Chase's Nerve Food.

Because of its mild and gentle action and powerful restorative influences in building up the system, Dr. Chase's Nerve Food is particularly suited as a treatment for girls and women. Especially during the critical periods of woman's life, such as between the ages of twelve and sixteen, this great food cure, by supplying an abundance of rich, red blood, keeps up health and strength and fills the body with vigor and vitality.

Miss Cynthia Hutchinson, Hanceville, B.C.

Dr. Chase's Nerve Food