"I don't think anybody dreams That I'm a bride.
You mush't try to hold my hand;
Be dignified!
And try to look at ease and calm-

growl;
Oh, I don't know!"
Why does that horrid man back ther

Grin at me so? Could he have guessed? Or does he

HE.

"Of course he does! But, dear, you

hat
Is white with rice!"
—New York News.

THE CIGARETTE.

Whatever may be the explanation

as to why smoking in the form of cigarettes has become so enormously

popular during the past decade, there

can be no denying that popularity

very sharp industrial war. Millions

that on which tobacco and cigars

cheap, it is comparatively bulky, and it takes some time to finish. The

can be carried in the pocket, and one

can be smoked in a snatched quarter of an hour. The cigarette is, there-

fore, popular, probably mainly be-

cause of its convenience.

That being so it is important to consider whether cigarette smoking is more injurious from the point of view of health than is the smoking of a tigar or a pipe To begin with, a much milder tobacco can be smoked in cigarettes than in the pipe, and

much milder tobacco can be smoked in cigarettes than in the pipe, and so far this fact is in favor of the cigarette. The usually mild tobacco in the cigarette is "hot" in the pipe.

retort in which to some extent de-structive distillation with the formation of acrid oils is set up. One very strong objection to the cigarette,

however, is that the area of com-

from the lighted end which is usually of a very pungent type, infinitely more pungent than is the smoke drawn through the cigarette.

Much of the mischief from cigarette smoking arises from this fact, the cigarette being persistently held

in the mouth until burning of the lips is threatened. If the smoke from the burning tip of a cigarette be purposely inhaled for a time a sense of stupor sets in, while the smoke

in a still more emphatic way. The use of the cigarette or cigar holder, is, therefore, calculated to obviate two sources of mischief—the inhala-

tion of the powerful pungent smoke from the lighted end, and the intro-duction of tobacco juice and oils into

When, however, the cigarette is

its convenience and cheapness, is a

sufficient reason for its immense popularity. And it is interesting to note that the tobacco war arose, rot on account of the pipe or the

cigar, but because of the cigarette.

For the Rich Only.

contingencies.

on are

of its convenience.

Think I look nice?"

THE LANCET ON

new in the way or gowns there are hosts of pretty ones which have new and original *ouches, giving them every appearance of being entirely novel. Mantles, coats and wraps show quite as extensive variations as the gowns, and they are certainly dressy beyond anything we have had before, especially those which are designed for the matrons, and made of lace and silk.

Black Chantilly is the popular lace and you see long loose coats of this, as well as capes, made without a fixed lining, and finished with one or two flounces of the lace and a cape collar of lace. To combine usefulness with variety two linings, one of thin white silk, and one of black, are made detachable, to be adjusted with a few stitches whenever the change is required. In this way you have a dressy evening wrap and one which can be worn in the afternoon as well. In the lace coat you see the full flowing sleeves with a lace cuff and frills, and also a deep collar of cream lace as shown in the second illustratipn,

The black taffeta coats are more useful and just as good style. They

The black taffeta coats are more The black taileta coats are more useful and just as good style. They are usually, plaited and mounted on a yoke, which is covered by a broad collar, or cut in a partially circular shape with a bias seem down the back roular shape with a bias seem own the back.
Yet there are all manner of modes

Yet there are all manner of modes in coats, and one of the prettiest models has two box plaits down the back, one down either side of the centre, these attached to an invisible yoke, and lace insertion fuling in the space between. Again the plaits are made wider and trimmed down the centre with lace, which also finishes either side of the front.

the front.
The broad collars are usually of lace, lace and tucked batiste combined, or lace with applications of

bined, or lace with applications of silk or velvet.

For coats, too, there is a silk which resembles canvas in weave, a silk ctamine naybe, while for travelling and driving very stylish coats are made of wool canvas and lined with pongee. These are usually of full length and finished with deep collar and cuffs of white linen embroidered by hand, or inset with embroidery and lace motifs so artistically that they have the appearance of being they have the appearance of being wrought by hand. Some of these lines collars have Oriental colors worked in with the white, or, possibly, a lit-tle black velvet ribbon threaded

through the openings.

Beautiful coats are made in the Beautiful coats are made in the pale fawn colors of cloth, canvas and silk, also of white in the same materials. A white cloth coat of three-quarter length in very swell cut with the bias seam at the back and trimmed with wide fancy silk braid, also in white down the fronts and around the world and collar.

Among the wraps you need not be surprised to find something which in shape resembles the old-time dolman shape resembles the old-time dolman shape resembles the old-time dolman forming a loose sort of hood effect, the edge gathered and turned under on the lining all around. This falls a little below the waist line, below which the garment flares, covering the entre cover.

Walking Jackets.

The short walking jackets of black taffeta to wear with any skirt are extremely good style, and one little model has the broad Gibson plant model has the broad Gibson plant was the br model has the model in marrow at the waist line, where it forms a coattail. The top of this plait is in groups of tiny tucks, which meet at

The front is tucked in the same manner and the collar is a triple one of lace and lawn and silk. The sleeves tucked to the elbows are flowing in shape below, over an un-dersleeve of lawn and lace.

sleeves tucked to the elbows are flowing in shape below, over an undersleeve of lawn and lace.

New Skirts.

The black taffeta skirt continues in vogue, and it is with this that the taffeta Jacket is shown at its hest.

The triple skirt seems to be one of the latest fancies, but it is triple in effect only, and accomplished by three circular flounces, beginning at either side of a marrow front breadth, it is made by using two flounces, of lace, or one of the material. Again, it is made by using two flounces, either straight or circular, and finishing the upper flounce.

Noticeable among the thin gowns is the fact that the five, nine and eight-gored skirts are very much used, but so often disgulsed by the vertical tucking and plaiting so much in evidence that the goresare almost invisible. The model with the tucking stitched down below the knee, the fulness being left to swing out, is very popular for batiste and muslins.

A pretty model without tucks has a pretty model without a principle fit to swing the pretty model without a proposition the seams. Pretty find the tucks in the top of the flounce. Triple stitch into tucks in the top of the flounce. Triple stitch into tucks in the top of the flounce. Triple stitch into tucks in the top of the flounce. Triple stitch into tucks in the top of the floun

muslins.

A pretty model without tucks has three narrow bias ruffles around the hem, and insertions of cross stitching set in around the hips in yoke form, each line turning at the back and extending down to the ruffles. This may be reversed, the long lines extending down the front.

A five-gored skirt may be arranged very prettily in shallow box plaits all around and stitched down to the knee in the usual way. A band of embrokdery, or lace, or a group of tucks are a pretty finish at the hem.

Skirts of six and eight gores have a seam directly in front, of course, which is very good for linen. The seam is often joined with beading, the seam is often sometically hidden by seam is often joined with beading, cross-stitching or partially hidden by a group of fine tucks at either side. It is biased a little, of course, and that gives a pretty flare to the

kirt.

A chic model for crepe de chine or chine is shown in the illustration, A chic model to the illustration, pongee is shown in the illustration, trimmed elaborately with insertions of filet lace combined with guipure. The skirt has a plain hip yoke stitched on to the lower part and cut in scalloped lines.

Shirt Waist Tips.

The woman who prefers to make her own shirt waists, or at least has them made by the home seamstress, may find some very delightful patterns in separate embroidered fronts to combine with these

walsts. The material in many of these dainty pieces is white lawn, though the various grades of linen in white and colors are also seen. The embroidered designs spread well over each side of the front, some in black, some in white, while other fetching patterns are in ecru.—Mail and Express.

The Girl Who Walks Correctly.

The girl who walks correctly is a joy to herself and to all who behold her. She has some purpose in life. She is, nine times out of tenneatly dressed, bright eyed and healthy. Watch her and you will see that the ball of the foot is the centre upon which the weight of the body swings, and that upon the heel and the toe there is an even balance of the strain, if such it may be called, the heel not being called upon to do more than the toes, or the toes more than the heel, while the sole is the medium between the two extremes. The Girl Who Walks Correctly.

extremes.

In correct walking the foot is placed evenly upon the surface, with the pressure upon the heel, then upon the ball of the foot and then upon the toes. From the ball of the foot and the toes the impetus and elasticity of the stride originate.

Many persons in endeavoring to Many persons, in endeavoring to walk correctly, make the mistake of putting too much weight upon the heel. This is not as bad as putting heel. This is not as but as parting too much weight upon the toes. The ensiest method of learning how to walk correctly is to pattern after the person who knows how to walk.— Philadelphia Ledger.

TRIPLE GIBSON.

Dainty Shirt-Waist Rig of Lines With Stitchings.

For a plain, stylish summer rig this triple arrangement of the Gibson plait is very pleasing. The illustration is taken from a shirt-waist suit of fine though heavy white linen, Each of the plaits which extend down the back also, is stretched three times with black, the same triple stitching being used to border



The Triple Gibson.

Parisiennes will not desert the

Parisiennes will not desert the becoming Eton.

Trailing skirts shortened immediately across the back are supposed by the wily French woman to make her appear younger. er appear younger. Box-plaited box coats are extreme-

Lots of hip trimming, which slender women like. Nothing is more thic than Hungar-

ian embroidery.

There are additional lingerie effects in dresses.
Incrustations of Point de Flandres

Lace gilets are now quite without stocks.
Buttons serve to accentuate lace Batwing braid, with buttons, edge

Batwing braid, with buttons, edges lace insertion.

Toile is but a very delicate voile. Louis XV. coat-tails are hung onto anything above the belt.

Pin-striped shaded taffetas are the

Uncle and Aunt Melcher went to town to buy a new clock. "Now," said the dealer, "here is something very attractive in the way of clocks. When the hour begins, a bird comes out from the top and sings, 'Cuckoo!' For instance, I turn this hand to three o'clock, and the bird comes out and sings 'cuckoo!' three times."

"Don't that beat all?" cried Uncle Melcher, enthusiastically. "Mother, let's have one."

"No, no," said his wife, hastily. "That sort of a clock might do for folks that have got lots of time, but it'd take me half the forenoon every day to take care of that bird." Pin-striped shaded talletes and the latest ory.
Varously shaped wedges may let foot fullness into a skirt.
Not that our dear friend, the flaring flounce is done for.
Elaborate tucking in yoke effect serves to perfect the fit of many a drees skirt. dress skirt.

Words on Women. A plain woman takes pride in her friends, a beautiful woman in her enemles.

Sunday School.

INTERNATIONAL LESSON NO. VI. MAY 11, 1902.

Peter Delivered From Prison.—Acts 12:1-19.

Commentary.—1. About that time—About the time Saul and Barnabas came to Jerusalem. Chap. xi. 30. Herod—This was Herod Agrippa I. He was grandson of Herod the Great who murdered the innocents (Matt. ii. 16); nephew of Herod Antipas, who murdered John the Baptist (Matt. xiv. 3-12), and father of Herod Agrippa II, hefore whom Paul preached. Acts xxvl. 1. Stretched forth—A figurative expression, denoting that he laid his hands on them, or that he endeavored violently to oppress the church.—Barnes. To vex—"To afflict." Peter Delivered From Prison.—Acts 12: 1-19. A woman will often say no, when A woman will often say no, when she means yes; but never yes, when she means no.

The normal woman is capable of one love and fifty affairs.

A woman's charity sometimes begins away from home, and then remains there.

A young girl is the nearest 'approach to an angel that we have and the most exasperating.

It has never yet been decided whether a woman is happier when happy or when miserable.

When a woman is thoroughly tired, she finds nothing so refreshing as a nice, long talk.—May Smart Set.

the endeavored violently to oppress the church.—Barnes. To vex—"To afflict."

2. Killed James—James was one of the three apostles who had been especially favored by Jesus. He was present at the raising of Jairus' daughter, at the transfiguration, and at the time of Chrisi's agony in the garden. James was no doubt taking a prominent part in the work of the church. With the sword—By killing with the sword we are to understand beheading. Among the Jews there were four kinds of death—stoning, burning, killing with the sword or beheading, and strangling, Clarke.

3. Pleased—His object was to gain public favor, Many others in authority since Herod's time have sacrificed principle in order to secure popularity. Peter also—Peter was very conspicuous in the church at this time. Unleavened bread—The feast of the Passover which continued seven days. During this feast the Jews ate unleavened bread (Ex. xii. 15-18), and no leaven was allowed in their houses. "The Passover that year was April 1-8."—Peloubet. James was killed just before, and Peter was imprisoned during the feast.

4. Apprehended—See R. V. In prison—Intending to keep him until the feast was over. "During the solemnities of this religious festival it would have been deemed improper to have engaged in the trial of a supposed criminal."—Barnes Four quarternions

—A quaternion was a company of four soldiers, hence there were six-

The (way I do—
As if our going off alone
Were nothing new.
And when I ask you things, just
growl:

engaged in the trial of a supposed criminal."—Barnes Four quarternions
—A quaternion was a company of four soldiers, hence there were sixteen in all. The night was divided into four watches of three hours cach, so that four soldiers were on guard at one time. After Easter—"After the Passover."—R. V. After the whole feast was over. The word Easter is an ecclesiastical term of later date, and should have no place in the sacred text. Bring him forth—This evidently means to put him to death provided "the people"—the bloodthirsty Jews desired it.

5. Prayer—"The only weapon they could use." Without casing—"Earnestly."—R: V. These prayers brought about his deliverance. Of the church—They no doubt met in private houses because of the persecution which would make public services dangerous.

6. The same night—The night pre-

from the fact that it has led to a very sharp industrial war. Millions of public money have been invested in cigarette-making companies. Cigarettes are the subject of advertisement in the daily papers on an enormous scale utterly incomparable with tre advertised.

The reason is not far to seek; the

vices dangerous.
6. The same night—The night pre-6. The same night—The night preceding the day on which Herod intended to bring him forth for trial
and execution. Peter was sleeping—
Blessed sleep! "He giveth His beleaded been!" Detay had wothing to cigarette is cheap, and, more than that, it is a convenient form of "smoke." The good cigar is not Blessed sleep! "He giveth His beloved sleep." Peter had nothing to fear. He was ready to die for his Master; and although he did not know when his end was to be, yet he knew how he was to die. John xxl, 18, 19. "His peaceful sleep was the triumph of faith." it takes some time to linish. The pipe must be kept clean, it requires to be filled, and a pouch must be carried to contain the tobacco. The cigarette is ready to smoke, scores

the triumph of faith."

7. Angel...came — The deliverance was delayed until the last moment. This would test the faith of the church. Gates and guards kept his friends from him, but could not keep the access away. They came in friends from him, but could not keep the angels away. They camp invisibly around them that fear God. Wherever the people of God are, and however surrounded, they have a way opened heavenward. A light shined—The angel brought no lantern, lamp or, candle, yet he brought a "light"—the beaming of his own person. Peter saw by it his prison, in the cigarette is "hot" in the pipe.
The cigarette is practically in direct contact with the air from the lighted end to the mouthpiece, and thus the smoke is havariably cool, while the products of combustion are asl to awake him from his sleep, and to leave in his recollection a testimony of the reality of the angelle appearance." Raised him up—"Awoke him."—R. V. Saying, Arise—The angel did not assist Peter to avise Chains fell off—The chains calculated to be complete. The pipe, on the other hand, is more like a arise. Chains fell off — The chains that bound him to the two sleeping bustlon is very close to the nose and mouth and thus air is constantly and invariably inhaled containing smoke soldiers. With what ease can God deliver his people from their ene-

mies!

8. Gird thyseif—In order that he might sleep more comfortably, he had laid aside his belt, or girdle, his sandals and his tunic. Blud on thy sandals—This was a shoe made to cover only the sole of the foot, and was fastened about the ankles with

straps 9. And he went out—Guided by the angel, he met ho opposition in his way. He was led by the angel safely out of all danger. And wist not—He

10. Ward—The terms ward and guard are but different forms of the same word.—Whedon. The watches, drawn through the cigarette may be breathed in the same way with comparative impunity. The same result is obtained with the cigar, but guard are but different forms of the same word.—Whedon. The watches, or wards, here mentioned seem to have included the stated guard of the prison, as well as the soldiers especially appointed to keep Peter.—Scott. They were probably all asleep. Iron gate—Although locked and barred, it opened at their approach! Departed—Supernatural ald was unnecessary longer; the apostle was unnecessary longer; the apostle could now direct his own steps. the mouth. A long and cleanly-kept pipe filled with mild tobacco preserves the smoker against both

11. Come to himself—Recovered from the confusion of mind into which he had been thrown.—Harkett. Now I know—He had h.d-a sim lar experience before this. Chap. v. 19. The expectation—The Jews were waiting anxhously for his execution.

12. Considered—When he fully comprehended what had transpired, and had weighed everything connected with the circumstances of his deliverance. House of Mary—She was the sister of Barnabas. Col. iv. 10. Mother of John—John is his Hebrew name and Mark his Latin name. He attended Paul and Barnabas on their first missionary journey, and is the author of the gospel which bears his name. Many—moment of the house, which was probably the latter part of the night, and this large company had, no doubt been praying—This was probably the latter part of the night, and this large company had, no doubt been praying all night.

13. Door of the gate—The street gate at the entrance to the court in front of the house, which was fastened, probably, "for fear of the Jews." Came to have announced his name, or to have given it in reply to her inquiry.—Hackett. The fact that she recognized his voice would show that Peter had been a frequent visitor there. For gladness—She was so eager to inform the others that she ran to inform them without taking time to open the door.

15. Thou art mad—One of those exclamations which one can hardly resist on hearing what seems "far too good to be true."

16. They were astouished—This does not indicate that they were unbelieving and had no expectation of an answer, but at the strange way in which it came. Our prayers are often answered in unexpected ways."

17. Hold their peace—Their joy was so loud in its expression that

are often answered in unexpected ways."

17. Hold their peace—Their joy was so loud in its expression that he was obliged to motion to them to be quiet in order to secure an opportunity to inform them of his deliverance. James—Not James the son of Zebedee, who had been slain.

18. Was day—Peter was not missed until sunrise—about 6 o'clock. It was in the fourth watch, sometime between 3 and 6 o'clock, that the angel entered the prison.—Schaff.

19. Examined the keepers—Tried

19. Examined the keepers—Tried them for a breach of discipline.— Hackett. He—Herod. And there abode But not long, for in less than a month he died in a horrible man-

ner. Vs .21-23. PRACTICAL SURVEY. Persecution is the heritage of the godly. II. Tim. iii. 12, The more active we are in the work of the Lord, and the more we injure Satan's kingdom, the more we shall be hatted

kingdom, the more we shall be hated by the enemy, and those most ear-nest and prominent in God's cause will be likely to be the first to feel the wrath of the foe. We know very little of the life and labors of James the elder, the son of Zebedee, but the fact that he is singled out by Herod in company with Peter for death, is a strong tribute to his zeal and worth to the church.

The church is in danger of a serious

The church is in danger of a serious set-back, if not extinction. James is beheaded and Peter is in prison and must die on the morrow. The chains that bind him are strong, the soldiers and keepers are vigilant, the gates are closed and barred, and a few brief hours will settle all, as far as human mind can discern.

The primitive church was a praying church. God loves His people, "for the angel of the Lord encampeth round about those that fear Him, and delivereth them." The church is on her knees and praying as only she can pray when in her innocency and purity.

oan pray when in her innocency and purity.

Peter's deliverance is complete.

Truly the Lord gave His angel charge concerning his servant. The great city is dark and silent, the soldiers and keepers take their appointed watches, and with the faithfulness of Romans perform their task. A prayer meeting in a Christian home in a corner of the city continues through the night. The peaceful prisoner with his case committed into the hands of his God sleeps in his chains like a babe on its mother's breast, until the angel awakens him, then, dazed and wondering, he arose girds himself, casts his gar-

breast, until the angel awakens him, then, dazed and wondering, he arose, girds himself, casts his garment about him, and follows his heavenly guide out into the street.

The happy band of Christians must restrain any desire they might feel to demonstrate their joy, while Peter gives testimony to what God hath wrought, and solicitous for the happiness of the absent as well as those present, he instructs them to go and spread the good news. Herod is wild with disappointment and rage and, to some extent, at least, gratifies his thirst for blood by ordering the keepers slain. But it is only a little while when he, too, must die, his cup of iniquity is nearly full. In the meantime, even amid such cheeks week. There is a good deal of grain woving now and money is being more the keepers slain. But it is only a little while when he, too, must die, his cup of iniquity is nearly full. In the meantime, even amid such checks as are recorded in this lesson. God's work cases on The checks of the checks as a control of the checks as a control of the checks. work goes on. The chapter does not close until it is said, "The word of God grew and multiplied."

In a country school, not far from Aberdeea, the schoolmaster started a drawing class. A few weeks after when he had asked the class some lessons on drawing he asked the following question at one of the boys: "Now, Tommy, if you were going to draw a man, where would you begin?" No answer. Master—If you were going to draw me, where would you begin? Tommy—With your neck.

At Pacific Coast points the conditions of trade are not altogether satisfactory. There have been one or to have made business men take a more conservative view of the sit aution. Pusiness at Ottawa this weel has been moderately active. The sorting demand for seasonable goods is expanding a little, and it is expected when the weather gets warmer that the jobbing, trade will show more activity.

THE MARKETS

SEAL SEAL SEAL SEAL SEAL SEAL SEAL Toronto Farmers' Market.

May 5.—The grain receipts were light on the street market this morn Whent-Was steady, 200 bushels of

Wheit—Was steady. 200 bushels of goose selling at 73 to 78e per bushel.
Oats—Were steady, 100 bushels selling at 45 to 46e per bushel.
Hay—Was steady, 10 loads selling at \$11 to \$13 per ton for timethy, and \$8 to \$9 per ton for clover.
Straw—Was steady, 2 loads selling at \$8 to \$9 per ton.
Wheat, white, 71 to 81e; red. 70e; goose, 70 1-2 to 78e; spring, 67e, rye, 58e; barley, malt, 54 to 69 1-2e; barley, feed, 53 to 54e; oats. 45 to 46 1-2e; peas, 84e; seed, cwt., job, alsike, \$12.50 to \$16.50; seed, red clover, \$6.50 to \$9.25; seed, timothy, \$7.80 to \$8.25; hay, timothy, \$11 to \$13; hay, clover, \$8 to \$9; straw, \$8 to \$9; butter, pound rolls, 18 to 22e; butter, erocks, 15 to 17e; eggs, new laid, 12 to 13e.

Leading Wheat Markets.

Following are the closing quotations at important wheat centres to-day: New York 81 3-4 82 1-4 Chicago 75 75 3-8 Toledo 85 78 1-2 Duluth, No. 1

Toronto Country Produce Market. Butter-Dairies are offering more freely and the market for large rolls is a little easier. Choice large rolls are 1-2c off. Pound rolls are steady. Choice creameries are still

steady. Choice creameries are still strong and steady in price.

Creamery, prints, 22c to 23c; do., salids, 21c to 22c; Dairy pound rolls, choice, 16 1-2 to 17c; do. medium and low, 10c to 12 1-2c; eggs, demand is keen at the present price of 13c, and offerings are liberal.

Potatoes—Prices remain firm and offerings are very scarce. Cars on the track here are now quoted at 80c to 85c. Potatoes out of store are quoted at \$1 to \$1.10.

Baled Hay is steady and in good demand at \$10 to \$10.50 for No. 1

demand at \$10 to \$10.50 for No. 1

timothy on track here.

Baled Straw-The market is quiet, with a fair demand and moderate offerings, at 50 on track here. Toronto Live Stock Market.

| Toronto Live Stock Market. | Export cattle, choice, per cwt. | \$5.50 to | \$6.25 do medium. | 2.00 to | 3.60 do cows. | 2.00 to | 3.60 loc. | 3.60 loc. | 4.50 to | 5.40 loc. | 4.50 loc. | 4.5

Bradstreet's on Trade.

Business at Montreal last week has been of fair volume. The demand from country trade centres for sorting parcels of scasonable goods has been better, but it is expected that with the first pronounced burst of hot weather the movement will show a marked revival.

Trade at Toronto has been rather Trade at Toronto has been rather quiet this week owing to the cool spell of weather experienced, the demand for light summer's goods being rather less than looked for on the opening of May. The conditions of trade are healthy and generally satisfactory, being, it is generally felt, in good shape for an expansion in the demand when the retail scason gets fairly under way. At Hamilton this week, as reported to Bradstreet's, there has been a good destreet's, there has been a good do mand for summer goods to sor

week. There is a good deal of grand moving now and money is being more freely circulated.

At London this week there has been a fair movement in jobbing circles.

The general prospects for trade are

At Pacific Coast points the cond

A Spring Medicine rationally smoked, and not to excess, it is probably the mildest form of smoking, and this fact, coupled with That is a True Tonic.

Dr. Chase's Nerve Food Builds Blood, Creates Nerve Force, Increases Flesh and Weight, and Makes Weak, Sickly People Strong and Well.

Weight, and Makes Weak, Sickly People Strong and Well.

The day of sarsaparillas, sulphur and oream of tartar, and salts as spring medicine has gone by. People are beginning to listen to the advice of their physicians and build up their systems by the use of such preparations as Dr. Chase's Nerve Food.

The strong point in favor of this great food cure is the fact that it actually creates new, rich lifesustaining blood, and builds up the system gradually and naturally. For this reason it is the most satisfactory spring medicine that you can possibly obtain, and its results are permanently beneficial.

The tired languid feelings that tell of low vitality and an exhausted condition of the system soon disappear before the vitalizing, upbuilding influence of this great restorative. It conquers disease by filling the system with health, energy and vigor.

Mrs. S. Thompson, 240 Munro street, Toronto, Ont., states: I wasvery much run down in health, and whenever I exerted myself more than usual I had severe attacks of splitting headache, and was very nervous, so much so that I could not rest well at nights. After using Dr. Chase's Nerve Food I found that my nerves were steadier, I could rest and sleep better than I have for a long time, and was entirely free from headaches. I can speak very highly of this preparation for nervous trouble.

Dr. Chase's Nerve Food has the endorsement of the best people in the land—physicians and layment of nature. 50 cents a box, 6 boxes for \$2.50. At all desiers, or Edmanson, Bates & Co., Toronto.