Spent Countless Nights Unable to Rest or Sleep

Was Run Down and in Terribly Nervous Condition—By Using Dr. Chase's Nerve Food Gained Regularly.

In this letter is told once more the story which comes from many thousands of women. It is the story of exhausted nerves, of a run-down system and of all the accompanying misery of sleeplessness, headaches and loss of energy and vigor.

But there is a silver lining to this cloud. There is the light of new hope and courage which comes with the use of Dr. Chase's Nerve Food.

This letter is so representative of the kind we are daily receiving that you can judge from it what you might expect from this treatment under similar circumstances.

Mrs. Conrad Schmidt, R. R. No. 1, Milverton, Ont., writes: "Two years ago last spring I was run down, had nervous prostration, and was in a terribly nervous condition. I could not sleep or eat. Could scarcely count the nights that I passed without sleep, and if I did eat, had sick headaches and vomiting spells. My limbs would swell so badly that it hurt me to walk. I would jump up in bed, awakened by bad dreams; in fact, I was so bad I thought I could not live, and started to use Dr. Chase's Nerve Food without much hope.

"It was not long before I began to improve under this treatment, and I can truthfully say it has done me a world of good. It took some time to get the nervous system restored, but I kept right on using the Nerve Food regularly and gradually gained in health and strength. I have a fine baby boy now. He weighed 12 lbs. at birth, and though my friends were anxious after the condition I was in, I got over that fine, and now weigh 120 lbs. Before using the Nerve Food I was a mere skeleton."

You are not asked to expect miracles from Dr. Chase's Nerve Food. But if you are willing to feed back your exhausted nerves to health and strength you can depend absolutely on this great food cure to produce the desired results. 50c. a box, 6 for $2.50, all dealers, or Edmanson, Bates & Co., Ltd., Toronto.

Phyllis Dearborn

OR, THE

Countess of Basingwell

CHAPTER XXXI.

Then she left the room. Marta was waiting for her in her apartments.

"You may go, Marta," she said. "I shall read a while, and then go to bed, and there is no need for you to remain."

As soon as Marta was gone, she locked the doors and set about changing her dress and making a package of a few things. She took no jewels excepting such as had been hers before her marriage, and one diamond ring given to her by Lionel, and bought, as he had told her, when he was possessed only of Sir Lionel's money.

She put her street garments on, took up the little bag that held what she had gathered together, muttered "God bless you, Lionel," and stole out to the servants' door through which she had once before gone to meet the same man who awaited her now under the same oaks.

"You have come at last," he said, and she fancied she could hear his teeth chatter, though it was not yet cold enough to be from that cause.

"I am on time," was her answer.

"Is this all you have?" he asked.

"All. I shall have to buy more in Paris."

"Paris! Well, I hope we shall reach it. They say the French are in retreat, with the Germans sharp after them. However, I fancy it will not be much of an affair. You are a model woman, Flora, to come with so little baggage. You could not have spoiled the Egyptians much."

"I would not wear anything bought with his money," she said, shortly. "Is your carriage far from here?"

"We are almost there. How he will rage in the morning! There is no danger that he will discover before morning, is there?"

A sneer curled her lip. The miserable wretch was afraid.

"There is no danger," she answered. "Is that the carriage?"

"That's it. Give me your hand. Oh, you are in. Keep that horse still, you little rascal! Now, then—all right—let him go? Are you up? Fare thee well, Sir Lionel!" he cried, so that his silent companion could hear and enjoy his jest.

CHAPTER XXXII.

France was in a ferment. The hated Germans were thundering after the flying armies of France, and Paris was the point aimed at by the invaders. Of course it would soon be all changed; but the very audacity of the thing! The Germans to suppose the French people would permit such a thing!

Lord Gree did not speak French. Lady Flora—she called herself so, now—did. He was in a tremor over the idea of continuing their journey into the capital. For no sooner were they in France than he began to realize that there actually was a war going on.

"Will there not be danger in Paris, Flora?" he asked. "I see so many turning back—so many that seem to be flying from the direction of Paris."

"I think there will be no danger," she calmly answered; "but I will ask, if you wish."

"Please do."

So she turned to an official and asked if there were any danger in going to Paris.

He shrugged his shoulders.

"There are different opinions," he said. "I think I would go to England if I were not French."

"What does he say?" demanded Lord Gree.

"He says it is foolish to think of danger, and that the capital was never so full of gayety.

That was as far possible from the truth; but she told herself that she had told many lies because of him; and would not shrink now if it would serve her purpose. Even yet he was not reconciled to it; but, besides that, he did not know how to thwart her; there was the other consideration that in England, which was the only available spot, he would be very likely to meet Lionel. And at that moment the German army had no greater terrors for him.

So they went on to Paris, and they were among the last to get in. By morning the city was invested by the German army. That, however, is ahead of the story.

Palatial apartments were awaiting them, though the frightened host had no idea that they would come to fulfill their engagement, and frankly said as much when they arrived and found everything dark and gloomy. That was a thing easily remedied, however, and it was not long before the place was ashine with many lights.

"Sorry," said Lord Gree, gallantly, "that your welcome home should not be a brighter one."

"It will do," she briefly answered.

"Now take off the bonnet and cloak," he said, with an attempt to thaw her iciness by an appearance of cheeriness. "You will not feel at home until you have done so, and I wish to see how my beautiful queen will look in her new surroundings."

"Let us not talk," she said, "until that man has left us."

Lord Gree looked askance at his imperious companion, and went to hasten the departure of the bustling landlord. When the door was shut and locked on that personage he returned and found Lady Flora standing in the parlor, which was the room most brilliantly lighted.

"Permit me," he said, and would have assisted her to remove her outer garments.

"You need not touch me, Lord Gree," she said.

"As you please, my dear," he answered, with an assumption of indifference he did not feel; "only do take off that bonnet and cloak."

"No, nor that, Lord Gree," she said; "but I will have a few words of explanation with you. I think you have said that you loved me, Lord Gree."

"My dear, you know I not only have said so, but it is so. I do love you."

"I wish you did, in order that I might make you feel a tithe of the agony that is your desert for the cowardly, base, and utterly despicable manner in which you have treated me, a helpless woman."

"Lady Flora!" he exclaimed, knitting his brows.

"Do not let my manner discompose you, my lord," she said, in a tone at once stern and sarcastic. "I must tell you that I came hither with you for the sole purpose of having this talk with you."

"By all means, let us talk," he said, with an attempt at ease of manner.

"Did you really suppose that I would stoop to the dishonor and shame you offered me with the open brutality of your nature? Did you, indeed? Yes, I am sure it is not possible for you to comprehend even now that I am in earnest. Why, Lord Gree, sooner than owe my shame to you I would bury a knife in my heart or toss myself from some high cliff. How was it possible for even you to believe that any woman—even the most lost—would consent to the infamy you proposed?"

"It seems you did," he retorted, recovering some of his malignant temper under the lash of her contemptuous words. "Your name is linked with mine to-night in every club in London."

"That I was prepared for," she answered; "but were you prepared for bearing the odium and infamy of doing this thing without having even your base reward for it? Well, it comes to that. I have come here with you simply that I might give you the greatest pain I could, and to tell you some things which will take all the joy out of the revenge you planned so laboriously and at such a cost to yourself. You thought you were hurting my husband by making me run away with you. You have deceived yourself. My husband despised me, and had already refused to live with me. You thought he loved me. No, he hated me. You thought he would suffer by being deprived of his estates. No, he was so rejoiced to go that he could hardly keep himself from insisting on the girl remaining with us. Fool, fool, fool! Sodden in your baseness, you have overreached yourself at every point. Whatever you have done to injure me or my husband has failed of its purpose. My husband is a free man, as he longed to be, and I have made a mockery of you. Ten thousand pounds a year of your fortune has gone out of your hands, and you cannot do a thing to recover it."

"I will contest it in the courts, even though the whole story has to be dragged into the papers."

"Too late, my Lord Gree! Too late! The funds have been transferred, by a document of binding force, to an orphan asylum. Did you think I would touch a penny of your money? No, no! So you find yourself duped and fleeced. You have paid dearly for your whistle, and you haven't the whistle."

"Do you think I will let you out of these apartments, my lady?" he cried, with a sudden anger. "No, you shall remain here if I have to use force."

She laughed grimly, and gathered her cloak closer around her.

"I forgot to say, my lord," she said, "that Paris is invested by the German army, and that you will have great difficulty in getting out of the city to protect your interests in England. There! Did you hear that? The Germans are bombarding the city. Why it sounds as if the shells were bursting near us. Are you turning pale, my Lord Gree? You turn pale, who was so brave as to threaten a woman but a moment ago! There, that shell fell near us, surely. I think I shall have to sit down and watch the play of your features under the stress of your emotions. You constrain me! You revenge yourself on Sir Lionel Warne! Yes, when the crawling worm has a soul! What! will you not remain and denjoy the bombardment?"

She had guessed right when she said the shells were dropping in their vicinity, and the cowardly soul of the wretch who could do so much base plotting could not endure the agony of listening to the booming noise, followed sometimes by sudden wild yells of pain. He had cast one evil look at the woman who had wrecked her own life to dupe and dishonor him, and then had fled.

(To be Continued.)

For long hours

To the busy man the value of OXO CUBES cannot be over-estimated. A cupful of OXO and a few biscuits provide a light, satisfying repast at any moment required, and save the time expended on a heavy meal.

To make a cup of OXO with an OXO CUBE is so quick and simple—drop an OXO CUBE into a cup of hot water—stir—and with a few biscuits lunch is ready.

An OXO CUBE in a glass of hot milk makes a pleasant change, and a most refreshing beverage during the strain of a busy day.

A CUBE TO A CUP

Tins of 4, 10, 50 and 100 Cubes.

OXO CUBES

Too Much Indoors Causes HEADACHE

THAT miserable feeling is due to impure blood resulting from winter's indoor living.

Dyspepsia, Liver Complaint, Jaundice and Constipation come from impurities in the blood. There's one remedy—tried, tested, and found efficacious for the last fifty years—and that is

Dr. WILSON'S HERBINE BITTER'S

a preparation made from Dandelion, Mandrake, Burdock and other purifying herbs.

At the first approach of "Spring fever" commence taking this 'true Blood Purifyer' don't wait for something worse to develop.

Sold at most stores 25c. Family size, five times as large, $1.00.

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Dr. Wilson's Deadshot Wormstick. A reliable cure for worms. In candy form. 8

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Throw off the handicap of petty ills that make you grouchy, listless and depressed. Get at the root of your ailments—clear your digestive system of impurities, put it in good working order—keep it healthy with

BEECHAM'S PILLS

They act promptly on the stomach, liver and bowels, removing waste matters and purifying the blood. Not habit forming, never gripe, but leave the organs strengthened. To succeed in life, or work, first have a healthy body. This famous remedy will do much to

Help You

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 25 cents.

Your Boys and Girls.

The very first duty a parent owes a child is to give that child confidence in itself. Such confidence is not egotism. It can accompany modesty and humility of spirit if properly developed. Every crude effort should be praised so that your boy will grow up with a belief in his talents, which will go a long way toward making him successful in those talents.

Praise and encouragement from parents are the foundation of success. Believe in your children and teach them to believe in themselves. It is better than giving them an inheritance of land and houses. Children can be educated in the finer things of life and give high standards without knowing they are being taught, if the parents possess tact and forethought.

Passport Fraud Conspiracy.

London, Feb. 19.—Noi Yoachim Altans, otherwise known as Altschuler, who was arrested on January 18, on a charge of conspiracy, was found guilty to-day. Altans, who is a Russian subject, was charged with having cooperated with James Dallas, chief clerk of the department of the Home Office, dealing with aliens in connection with passport frauds. Dallas already has pleaded guilty to the charge of having accepted money to commit acts in violation of his public duty. It was alleged that many aliens were enabled to leave England by the use of permits obtained with the assistance of Altans and Dallas.

Minard's Liniment Cures Diphtheria.

Evening Telegram Fashion Plates.

The Home Dressmaker should keep a Catalogue Scrap Book of our Pattern Cuts. These will be found very useful to refer to from time to time.

A NEW AND FASHIONABLE DESIGN.

1605—Ladies' Five-Gore Skirt (in Raised or Normal Waistline).

This attractive model is good for broadcloth, cheviot, mixed suiting, plaids, serge, velour and gabardine. It is also nice for velvet, for voile, linen and other wash fabrics. The front is plaited in slot effect. The back has a plait at the centre. The skirt may be used as part of a gown or as a separate skirt. It is fine for street wear and sports. The lines are graceful and becoming.

The Pattern is cut in 6 sizes: 22, 24, 26, 28, 30 and 32 inches waist measure. It requires 4¾ yards of 44 inch material for a 24-inch size, which measures about 3¾ yards at the foot.

A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A PRACTICABLE SERVICEABLE GARMENT.

1604—Ladies' Apron with or without Belt.

Gingham, seersucker, percale, lawn, sateen, drill or alpaca may be used for this model. It is made with a box-plait at the centre front, under which the closing may be finished. The full pocket is a new and desirable feature.

The Pattern is cut in 3 sizes: Small, Medium and Large. It requires 4⅞ yards of 36 inch material for a Medium size.

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Address in full:—

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N.B.—Be sure to cut out the illustration and send with the coupon, carefully filled out. The pattern can not reach you in less than 15 days

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Fresh and Salt Butter,
All kinds of Poultry.

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When you buy

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You will be sure to have good tea. It has always been a favourite on account of its purity. Lipton's Tea is put up in ¼ lb., ½ lb. and 1 lb. air tight, dust proof, germ proof packages or in handsome decorated 5 lb. tins.

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A Special Sale Bargain in Tea.

We also offer for a limited time a limited quantity of a superior make of tea other than Lipton's at 40c.

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per pound only. This is put up in 1 lb. packets only. You will find this a good tea also. Try a package at once.

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Customers can have the advantage of OLD PRICES

Our new style sheets for Fall and Winter just to hand.

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TAILOR AND CLOTHIER
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Ladies! Ladies!

We have just opened our first shipment of

New American Blouses

The newest creations of fashion in Plain White, Fancy Flowered & Striped effects. Prices from 90c. to $3.70. See them to-day.

WILLIAM FREW.

Over 40,000 People Read The Telegram

The Placentia Term

Editor Evening Telegram.

Dear Sir,—In the Daily Feb. 12th appears a letter heading: "Wants the Changed," and signed "Onlo which he states "that it is able to a people, dominated of British fair play why the terested persist in retaining as their terminus while the is protesting against the thereby perpetrated."

Just so, Mr. Onlooker, no imagine that because your ests are concerned in having minus changed to Argentia people of Placentia Bay are be in line with your ideas. that the writer is a resident place, if so I would remind it is a very undesirable bird its own nest.

As to the Coban's going she beach during a heavy not think his bringing for stranding of that ship will any, for she has been running years, winter and summer, was the first time anything pened; accidents will happe sionally even in what Onloo safe harbours. Why it was year that a vessel lying at Argentia drifted from her anc was badly damaged in a that was raging at the tim even in the harbour of St. Jo sels have been driven on shore weather. So you see, Mr. that Placentia is as free fro dents of this kind consider amount of shipping as any in the country. The steep he calls it from the station is also worrying him for he s a few days ago a car filled wi freight and baggage crashed wharf and was totally los think of it, Mr. Editor, on lost a few days ago and for son Onlooker wants the changed. Considering that have been running over this over a quarter of a century doing any damage to life, limb perty until that accident w jumped the siding (not the Onlooker has it) I think that have to show better reason the terminus shifted than the ing of one car in 25 years, ov where thousands of cars hav during that time.

In finishing his letter this al tells us that it was not petty motive nor merely to the harbour of Placentia wrote. In this we concur, terest were above the petty, disparaging Placentia harbour his own interest were conce ish the thought. It was d interests of fair play and the ha, ha, ha.

Thanking you in anticipa space.

I remain, Mr. Editor, yours LOOKE

Placentia, Feb. 21, 1916.

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Skirts will be wider, the the bust and waist more fined, and there will be a appearance at the shoulder

How Op

These Three W Escaped the Surgical O

Hospitals are gre should be the last re peculiar to their sex. Laboratory at Lynn, women after they hav operation have been Vegetable Compound. sick women should re

Ma he tol trouble, marri pains time. pound way. becaus —Mrs.

De Pinkha with female troubles th said I would have to u without help so when I re it had done for others I Lydia E. Pinkham's Veg Pinkham's Sanative W They helped me and tod —Mrs. Thos. Dwyer,

Bellevue, Pa.—"I su bearing down pains and they all told me the sam an operation and I just good many other medici of them helped me until ham's Vegetable Compo taking it and now I don am picking up in weigh It will be the greatest tunity to recommend it Froelicher, 1923 Manh

If you would like s Med. Co. (confidential read and answered by