

OUR HOME PAGE

Vitality

Health is Our Greatest Asset

Neuralgic Pains

Mr. Thomas Honey, Brantford, Ont., writes:—
 "When I began taking Dr. Chase's Nerve Food, I was so nervous that when I picked up a cup of tea my hand would tremble like a leaf. I could not sleep well, could not remember things, and there were neuralgic pains through my body. After taking seven boxes of Dr. Chase's Nerve Food, however, I am in perfect health."

Weak and Nervous

Mrs. Maurice Naugler, Middlewood, N.S., writes:—
 "After confinement I found myself very weak and unable to gain up strength. I tried different doctors without benefit. My heart seemed to be affected, and I was so nervous that I would not stay in my own home alone. A relative told me it was all due to my nerves, and that I should take Dr. Chase's Nerve Food. I followed her advice and am very glad I did, because I can now go to bed and sleep well and am much stronger in every way."

Heart Trouble

Mr. John Tucker, Elmville, Ont., writes:—
 "I suffered for a great many years from nervousness, heart trouble and neuralgia. I could not sleep at all, and had frequent headaches. My appetite also became poor and I was bothered with indigestion. I finally commenced using Dr. Chase's Nerve Food and found it the best thing I ever tried. It relieved me right away and I soon got better."

Never Felt Well

Mrs. H. N. Tardell, Harrowsmith, Ont., writes:—
 "My nerves were in a very bad state, and for nearly six months I did not know what it was to have a good night's rest. I could not eat, and never felt well. I heard about Dr. Chase's Nerve Food, and after taking it for a few days I began to feel better, and soon was able to sleep well at night. My appetite also returned and I felt stronger and better, and after taking three boxes of Dr. Chase's Nerve Food I was quite well."

In order to maintain health vitality must be kept at high water mark.

We must have vitality to accomplish the day's work—vitality to fight off disease—vitality to enjoy life.

Lack of vitality is usually attributable to exhaustion of the nervous system.

There is not sufficient nerve force in the system to control the vital organs and supply the energy consumed in the act of living.

We are slaves to our hopes and fears. Always hoping that to-morrow or next week we may be feeling better.

But nervous ailments do not right themselves. From the first warning symptoms such as sleeplessness, irritability and indigestion there gradually develops neuritis, neuralgia, sciatica, rheumatism or some form of paralysis.

The sooner the building-up process is set in action the better, and there is nothing like Dr. Chase's Nerve Food to restore the depleted nervous system.

Whatever may be your special ailment you may be sure that it poisons your mind and works against your success and happiness.

Rest and sleep will help greatly in the restoration of the nerves but nutrition is also necessary and this is best supplied by Dr. Chase's Nerve Food.

From experience in many thousands of cases we know what you may expect from the use of Dr. Chase's Nerve Food. But it is up to you to carry out the treatment regularly and persistently until your whole system is filled with new vigor and vitality.

It will take a little time but you are the one who is to benefit and it is surely worth while to make an effort to be strong and well and to realize again the joy of health.



Dr. Chase's Nerve Food

60 cents a box of 60 pills, at all dealers or Edmansons, Bates & Co. Ltd., Toronto

Could Not Sleep

Mrs. Wallace Burwell, R. R. No. 7, Thamesville, Ont., writes:—
 "For several months my nerves bothered me so that I simply couldn't get to sleep for two or three hours after going to bed. I took five boxes of Dr. Chase's Nerve Food, and ever since I have no difficulty in sleeping. Dr. Chase's Nerve Food is certainly a boon to nerve sufferers."

Nervous Breakdown

Mrs. Sidney S. Corey, Butternut Ridge, Kings Co., N.B., says:—
 "I had a nervous breakdown after a severe attack of the flu. I could not sleep for terrible headaches, nervous twitching of the nerves and muscles, and numbness of the hands. I was so nervous I could not lie still. This lasted for nearly a month and a half. I tried medicines from doctors but did not seem to get much help. On the advice of a friend, I began using Dr. Chase's Nerve Food and after taking three boxes I was completely relieved."

Nervous Exhaustion

Mrs. Jane Hooley, Nestleton, Ont., writes:—
 "For several years I suffered from what the doctor called nerve exhaustion and I also had eczema on my face. I suffered from sudden starting from sleep, brain fog, nervous irritability and indigestion. Every little undertaking seemed to become such a momentous thing—even the preparing of the meals worried me to death and left me tired out. On the advice of a friend who uses it, I tried Dr. Chase's Nerve Food and must say that it is the most effective medicine I have ever used, and with the change in my health and the use of Dr. Chase's Ointment, the eczema cleared up."

Fluttering Heart

Mrs. J. A. Wright, Barwick, Ont., writes:—
 "Last Spring I felt very miserable, seemed tired all the time and didn't care if I never ate anything. I never was hungry, and it seemed as if what little food I did take, did not digest. I could not sleep and my heart was in a weak condition. It would flutter, stop for a second, and then beat so hard that I could hear it through my chest. I had heard of Dr. Chase's Nerve Food and by the time I had taken four boxes I felt quite well, and have been ever since. The Nerve Food strengthened my stomach, relieved my heart and built up my strength better than any other medicine ever did."

Ladies Meet in Oratorical Contest

Representatives of McGill and Toronto Discuss Merits of Trade Unionism Farmer Score Victory

Toronto, Ont.—Co-education scored one more triumph recently, when, in Convocation Hall, in the presence of a fair-sized audience, four begowned and very academically prim young ladies, representing McGill and the University of Toronto, met in wordy battle for the honor of their respective alma maters. It was woman's first venture into the field of intercollegiate debating, and though the assembled Torontonians saw first honors carried off by the Montreal visitors, the breaking of the ice promises well for future similar events.

Trade Unions Discussed

To be sure, the subject chosen for debate was one of those typically heavy themes which seems to be the curse of collegiate debating, with a few notable exceptions, and the spectacle of a very profound and learned wrangle between the young ladies and an element of humor. "Resolved, that unions of employed workers are beneficial to the country," found ardent support from Varsity, while with equal zeal the McGill debaters found the name of all unions anathema.

Miss Blanche Laroche and Miss Marion Moore upheld the Blue and White, while Miss Jean Gard and Miss Marie McSpowern brought victory to McGill. Miss Evelyn Gregory of St. Hilda's College occupied the chair, while responsibility for the verdict rested upon the shoulders of Dr. Trevor Davies, S. L. Squire and Mrs. Plumptre.

Did It Lose Points?

A striking feature of the evening—and a very reprehensible one in the eyes of a university audience—was the fact that both the Chairman and at least one of the Varsity debaters referred to "Toronto University," while the McGill representatives were both courteous and accurate in their reference to the "University of Toronto." How much this point had to do with the result of the debate it was impossible to ascertain, but obviously it was noticed by the audience.

Argument on each side brought out very little that was new. Quotations from textbooks perhaps played too great a part, and a top little dependence was placed upon the presentation of ideas. Of course, Bolshevism, Sovietism—or call it what you may—played a major role. Speaking generally, the Varsity representatives claimed that labor unions had brought better conditions; that the principle of "collective bargaining"—which, by the way, was not defined—had operated successfully, and that trade unionism stood for the better things in the community, and was solidly opposed to violent revolution. Summing up, they alleged that unions prevented degradation, formed an alternative to mob rule, benefited the working classes, and found the support of churches.

On the other hand, McGill maintained that unions abused their power, had introduced violence in many cases, did not respect the laws of the land, held a gun at the heads of the employers, and ignored primary economic principles. Installation of a minimum wage of unions, they maintained, resulted in that wage and little more being paid to the workers.

If all the debate was perhaps too academic. Possibly, when the result is to be determined by judges—a system which is rapidly going out of favor—that may be of advantage, but it is not so from the viewpoint of the audience.

Varsity Wins at Kingsjon
 Kingston, Ont.—The intercollegiate debate between girls of the University of Toronto and Queen's took place in Convocation Hall, recently, when Queen's took the affirmative, on "Resolved, that union of employed workers is beneficial to society." Queen's debaters were Miss Henriette Anderson and Miss Ruby Hillicker. University of Toronto debaters were Miss Elizabeth Hiltz and Miss Lorna Cotton. The judges—Miss Ritchie, Rev. Dr. R. H. Bell and Prof. Bridger, the latter of R. M. C.—gave the decision in favor of University of Toronto, who were lustily cheered by the Queen's gathering.

A Tasty Dish

Beans and bacon make together one of the greatest delicacies we can have. Hundreds of years ago the monks of old Russia cooked them in earthenware pots sunk in hot ashes, and since then the dish has spread all over the world. Narrow-necked crocks are still sold to be buried in hot ashes and coals, but the flavor of what is inside varies enormously.

Treacle mixed with beans gives them a wonderful sweet flavor. Others prefer beans, bacon, and ketchup. Some like mustard, beans, and bacon; some ginger, beans and bacon, while others swear by pickled onions.

Soak your beans, cook them partly, then turn into a crock with fried fat pork or bacon. Add the treacle or the mustard, the onions or the tomato with boiling water, and cook very slowly in an oven or in ashes.

CHICKEN A LA KING

One-quarter cupful of butter, two tablespoonfuls flour, two cups top milk, four cups finely chopped cooked chicken, two eggs, one cup mushrooms, one tablespoon lemon juice, one sweet pepper, salt and pepper. Place two tablespoons butter in pan, add the mushrooms, and the pepper minced fine, remove these and blend the flour in the butter already in the pan and add the remainder. Add the milk and stir until smooth and thick, then the chopped chicken, mushrooms and minced pepper. Stir in the beaten egg-yolks and season to taste with salt and pepper or paprika. Add the lemon juice, if desired.

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Mrs. E. Crowe, of Whitehorse Rd. Crofton, writes:—
 "I am pleased to tell you that the small tin of ointment you sent me at Ventnor, has proved a complete success, my hearing is now quite normal, and the horrible head noises have ceased. The action of this new remedy must be very remarkable, for I have been troubled with these complaints for nearly ten years, and have had some of the very best medical advice together with other expensive ear instruments all to no purpose. I need hardly say how very grateful I am, for my life has undergone an entire change."

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Stuffy Rooms Cause Pensions Better Than Poor Houses

Not the clearest of medical men can, as yet, do much with a cold, although with a few patients who suffer badly in this way inoculation has been found to give considerable protection.

In the meantime, at this season of the year in particular, it behoves us to take such few precautions as we can, especially with the children.

There is lamentably little to do. What there is, is spelled in three things—good food, fresh air, warmth. Fresh air there must be.

When a child shows any signs of having got a cold, bed is the thing for it if it can be managed, because in bed it is easy to have fresh air in the room and yet to keep really warm at the same time.

Do not purge a person with a cold, but see that proper action is maintained. This is really quite important for adults as well as children.

Fleety of Fresh Air

Provided that their bodies are kept warm and they are being adequately fed, it is the best thing in the world to make children hardy by being out in the open, whatever the weather, but do not think to start the hardening process after the child has got the cold; the hardening process is a preventive and a minimiser of the evil effects of a cold, and is not a cure. On the other hand, do not shut up all the windows the moment the child has a cold. In saying that the person with a cold should be kept warm, it is very important to remember that warm does not mean hot. It is very dangerous to make a child sweat who is suffering from a cold and feverishness; there is no other safe place for a sweating child except bed.

But prevention is better than cure, and more colds are bred in one small stuffy room with the windows excruciatingly shut than by all the winds of winter.

Pensions Better Than Poor Houses

From a cold-blooded business standpoint and which ignores every humane impulse, society would find it more profitable to abolish its poorhouses and their expensive upkeep, and pay dependent poor a reasonable pension, is the belief of the United Mine Workers' committee on old age pensions.

The committee made a personal visit to more than four-fifths of the county homes of Illinois. A large majority of the supervisors of these institutions favor the pension plan.

Problem Solved

In defense of their position, the committee refers to Jasper county, in the southern part of the state, which has solved the problem by selling its county farm and paying former inmates a weekly pension of \$6. "This saving money for the taxpayers and creating happier conditions for its dependent poor."

The 80 homes visited, the committee says, comprise 14,417 acres of land, valued at \$2,565,425, with buildings and furnishings valued at \$6,176,279, making a total investment of \$8,741,704. In these institutions there are, at the present time, 2,684 inmates. Allowing 4 per cent on the investment would mean \$339 to each inmate. Add to this the average cost of maintenance which is, according to figures furnished us, \$6.39 per week, or \$275.99 per annum, making a total cost of \$406.99 per annum. In addition to this sum, something should be allowed for insurance and repairs, so that we find the present system to be a costly one.

"Of the 2,684 inmates, 2,177 are 65 years of age and over; of these 570 could readily find good homes if paid a reasonable pension not to exceed \$300 per annum, according to the statements of the various superintendents, and a much larger per cent, according to interviews with the inmates. We also found that the combined salaries of the superintendents of these institutions amount to \$104,778 annually, attending phys-

cians 27,807 in salaries, while quite a number are paid by the visit and about \$73,496 is paid for extra help. The superintendents, in addition to their salaries, are furnished with a residence and living expenses.

"Of the 80 superintendents interviewed, 53 favor old age pensions, eight are opposed and 19 are doubtful."

The committee points out that there are a limited number of dependent persons in each county who would have to be cared for in some institution, but with a wise pension law district homes could care for the remaining few.

The committee reports that condi-

tions in the 90 county homes varied "from the very best to the most horrible."

"In such homes where the inmates had nothing but praise for their superintendent and the conditions surrounding them, it was a touching sight to see how their old faces would light with joy and hope at the suggestion of a pension that would enable them to go home, however humble it might be, and live and die among friends, familiar scenes and happy associations now lost to them forever."

Announcing a new idea in Toronto— 24-hour Laundry Service

Any bundles of family wash picked up to-day will be washed and returned to-morrow morning—

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