



## The Burden of Anxiety falls on the Women

**A**LMOST everybody is living under a tense nervous strain during these trying times, but the burden rests particularly heavy on the women in the home. Whatever their employment about the house, the mind has much time to dwell on the dreadful things that might happen.

There is nothing so wearing on the nerves as worry and anxiety. Nerve force is consumed at an enormous rate, and as the nerve cells become starved and depleted you find yourself unable to rest or sleep. You soon get so you can only see the dark side, and become down-hearted and discouraged.

Headaches, neuralgic pains, indigestion and failure of the vital organs to properly perform their functions are among the symptoms which tell of exhausted nerves and low vitality.

Dr. Chase's Nerve Food will help you if you will only give it a chance. We know this from long experience with this great food cure. We have proven it by evidence published in this paper from time to time. It only remains for you to put it to the test.

You may wonder why people are so enthusiastic in recommending this treatment for the nerves. But you will understand after you have experienced the benefits that are to be obtained by its use.

You will find yourself resting and sleeping better, appetite and digestion will improve and you will know again the joy of good health.

## Dr. Chase's Nerve Food

50 cents a box—do not pay more—at all dealers, or Edmanson, Bates & Co., Ltd., Toronto. On every box of the genuine you will find the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.

11,500 people read The Observer each week  
It pays to advertise in it



## The Practical Economy of Good Paint

Good paint is never an expense, but a saving. By its use you save your buildings from a steady deterioration in value.

Economy in painting demands the use of Quality Paint—Martin-Senour "100% Pure" Paint—the paint that protects and preserves.

The use of cheap materials is a waste of money—a waste of time.

## MARTIN-SENOUR "100% PURE" PAINT

wears longest, covers the greatest surface (900 sq. feet per gallon) and because of its even texture, takes least time and is easiest to apply. It is absolutely guaranteed—"100% Pure" White Lead, Zinc Oxide and highest quality Linseed Oil. It is admittedly the most economical paint on the market.

Take no chances. Make your investments secure by applying on your buildings, inside and out, protecting coats of Martin-Senour "100% Pure" Paint.

Ask for "Farmer's Color Set" and "Town and Country Homes". Just what you'll need in planning your painting.

H. N. BOYER,  
HARTLAND.

## Just a Little Smile



**Doing His Part.**  
"And so you have been getting married, Sam?"  
"Yes, sah, I dun got married."  
"And did you go on a honeymoon trip, Sam?"  
"What's dat, sah?"  
"Why, a trip. Did you travel?"  
"Oh, yes, sah, I traveled."  
"Where did you go to, Sam?"  
"Why, I went to de neighbors' houses to 'de washin' what my wife was to do, sah."

**A Serious Apprehension.**  
"I don't suppose the telephone operator at central will ever speak to me again," exclaimed Grande Rylee with characteristic gloom.  
"What's the trouble?"  
"From the way she spoke just now, I'm almost sure I called her in the middle of her knitting and made her drop a stitch."

**Turned Up at Times.**  
Mrs. Flatbush—Where did your neighbor's little girl get her turned-up nose from?  
Mrs. Boushous—From her mother.  
"Why, her mother hasn't a turned-up nose."  
"Hain't she? I guess you never saw her when she lost at bridge."

**Wasted Smokes.**  
"Don't you think the money you spend for cigars is wasted?" asked the sweet young thing.  
"Some of it is, dear," replied the "steady."  
"Some of it?"  
"That's it. I always find a couple of busted ones in my vest pocket after I've spent an evening with you, dear."

## HARD LUCK



"Did I ever bring you back your jacket that you lent me a week ago?"  
"No, you certainly did not."  
"I'm sorry, for I just stopped in to borrow it again."

**When Mary's Lamb Grew Up.**  
Mary had a little lamb—  
But how that lamb has grown!  
Now Mary'd rather walk a mile  
Than face that lamb alone.

**Obedient Orders.**  
"See, here, daughter, didn't I tell you that young man of yours must keep early hours when he calls?"  
"He does, pa. He never leaves later than 1 a. m. Could he keep any earlier hours?"

**Better Without.**  
"I asked her to kiss me, without a wall."  
"You were right to stipulate that, kissing through a wall 'galls' half the fun."

**In the Library.**  
"I gave my friend a copy of 'Gems of Thought.'"  
"Humph! I'll bet if you look for it in his shelves you'll find they've un-ut gems."

**The Jewels Now.**  
"I heard that burglars made a big haul of valuables last night."  
"Did they break into a jewelry store?"  
"No; into a coal shed."

**Good Reason for Laughing.**  
"What's the matter with that guy?"  
"When I tied him of the hundreds of people who couldn't get street cars, a chuckled and chuckled."  
"Oh, he owns a taxicab line."

**Various Stages.**  
"Do you know what are the degrees of a stingy man's married life?"  
"I should say they were matrimony, parsimony, testimony and alimony."

**No Knockers.**  
Ejunks—That fellow sure does rub it into his friends.  
Ejunks—Always knocking, eh?  
Ejunks—No; he's an osteopath.

## WRIGLEYS

Keep WRIGLEY'S in mind as the longest-lasting confection you can buy. Send it to the boys at the front.



## War Time Economy in Sweetmeats—

a 5-cent package of WRIGLEY'S will give you several days' enjoyment: it's an investment in benefit as well as pleasure, for it helps teeth, breath, appetite, digestion.

CHew IT AFTER EVERY MEAL

## The Flavour Lasts

Sealed tight—Kept right



## SHERWIN-WILLIAMS PAINTS & VARNISHES

## When You Paint, Use Paints that Justify the Labour and Cost.



In other words, choose the Paint that has proved its worth in actual service.

Canada's great Railways, Steamship Lines, Street Railways, Furniture Manufacturers, Piano Factories and Automobile Builders, are enormous users of

## SHERWIN-WILLIAMS PRODUCTS

They have proved that we do make Paint and Varnish to meet every condition of city, country and climate in Canada. And because S.W.P. has proved its quality, and Sherwin-Williams products have always given satisfaction, this company stands today as the largest makers of Paints and Varnishes in the British Empire.

We carry a complete line of Sherwin-Williams Paints and Varnishes. Ask us for Color Cards, prices or any other information you may require.

Keith & Plummer,  
HARTLAND.