

THIN PEOPLE NEED BITRO- PHOSPHATE

**Increases Weight, Strength and Nerve Force
in Two Weeks Time in
Many Instances**

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are often due to starved nerves. Our bodies need more phosphate than is contained in modern



foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate should produce a welcome transformation in the appearance; the increase in weight frequently being astonishing.

Increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, should soon disappear, dull eyes ought to brighten, and pale cheeks glow with the bloom of perfect health. Miss Georgia Hamilton, who was once thin and frail, reporting her own experience, writes: "Bitro-Phosphate has brought about a magic transformation with me. I gained 15 pounds and never before felt so well."

CAUTION—While Bitro-Phosphate is unsurpassed for the relief of nervousness, general debility, etc., those taking it who do not desire to put on flesh should use extra care in avoiding fat-producing foods.

Catalogue Notice

SEND 10c. in silver or stamps for our Up-to-Date **FALL AND WINTER 1919-1920 CATALOGUE**, containing 550 designs of Ladies', Misses' and Children's Patterns, a **CONCISE AND COMPREHENSIVE ARTICLE ON DRESSMAKING**, ALSO **SOME POINTS FOR THE NEEDLE** (illustrating 30 of the various, simple stitches), all valuable hints to the home dressmaker.



GENUINE Cash or **DIAMONDS** Credit
Terms: \$1-\$2-\$3 W'kly
We trust any honest person
Write for Catalogue to-day
JACOBS BROS.
Diamond Importers
Toronto, Ont.

Work for Busy Fingers

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give the most perfect satisfaction; don't forget about this.

No. 1—Commence on the shoulder with a chain of 30 stitches, turn.

1. Miss 5, shell of 3 trebles, 2 chain and 3 trebles in next (chain 5, miss 7, shell in next) 3 times, turn.

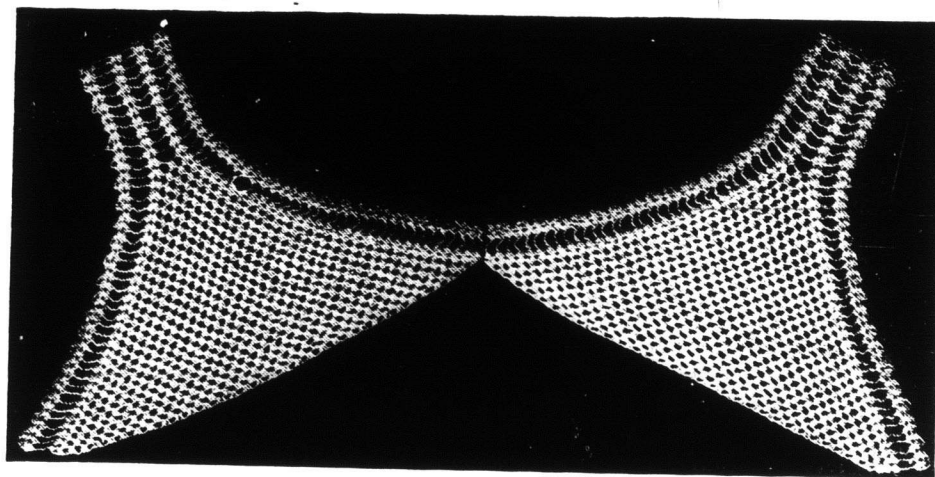
2 to 11. (Chain 5, shell in shell) 4 times, turn.

12. (Chain 5, shell in shell) twice, * chain 2, 3 trebles under center of 5 chain, ** chain 2, shell in shell, chain 5, shell in shell, turn.

13. Edge (like last row to *): (chain 2, 3 trebles under 2 chain) twice, chain 2; edge (like last row from ** to end).

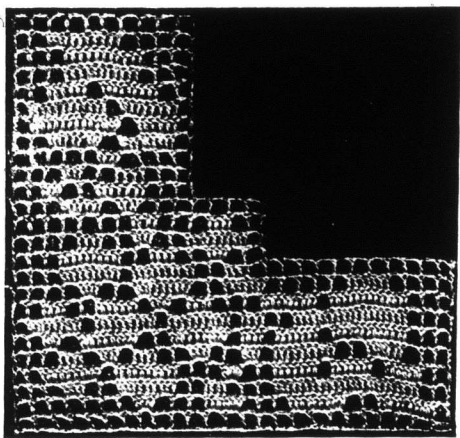
14. Edge: (chain 2, 4 trebles under 2 chain) 3 times, chain 2; edge.

15 to 42. Same as 14th row, increasing the groups of trebles by one each row. The 42nd row will therefore have 31 groups. This completes one point, which may be made deeper, if required, by the working of additional rows as directed.



No. 1. The favorite pointed yoke, of a pattern simple and pretty.

Return to the foundation chain, fasten in, and repeat from 1st row, making a shell in same stitch with each shell of 1st row, with 5 chain between shells. Join the 2 shells of 42nd row to 2 shells of 42nd row of 1st point. This completes one half the yoke. Make the other half in same way. Lingerie ribbon is run over and under the chains between shells of the edge. Very simple and pretty.



No. 2. Corner in filet-crochet, Japanese design.

No. 2—A design in filet-crochet, copied from a bit of Japanese china, serves prettily as a corner for doily, handkerchief or napkins. Make a chain of 65 stitches, turn.

1. A treble in 8th stitch (chain 2, miss 2, 1 treble, forming a space) 19 times, turn.

2. Five spaces (chain 5, treble in next treble, for 1st space), 10 trebles, 12 spaces, turn.

3. Three spaces, 7 trebles, 1 space, 7 trebles, 3 spaces, * 4 trebles, 1 space, 4 trebles, 6 spaces, turn.

4. Three spaces, 7 trebles, 6 spaces, 22 trebles, 2 spaces, turn.

5. Two spaces, 7 trebles, 1 space, 4 trebles, 1 space, 7 trebles, 3 spaces, 10 trebles, 5 spaces, turn.

6. Like 3rd row to *, 22 trebles, 2 spaces, turn.

7. Like 5th row.

8. Twelve spaces, 16 trebles, 3 spaces, turn.

9. Four spaces, 4 trebles, 1 space, 4 trebles, 5 spaces, turn.

10. One space, 7 trebles, 9 spaces, turn.

11. Nine spaces, 4 trebles, 2 spaces, turn.

12. Six spaces, 4 trebles, 1 space, 7 trebles, 2 spaces, turn.

13. (One space, 4 trebles) 3 times, 2 spaces, turn.

14, 15. One space, 7 trebles, 2 spaces, 7 trebles, 1 space, turn.

16. Four spaces (4 trebles, 1 space) twice, turn.

17. Three spaces, 7 trebles, 3 spaces, turn.

18, 19, 20. Eight spaces: fasten off.

No. 3—Make a chain of 80 stitches, turn.

1. A treble in 8th stitch, 24 more spaces on chain, turn.

2. One space, 10 trebles, 2 spaces, 10 trebles, 3 spaces, 7 trebles, 3 spaces, 4 trebles, 7 spaces, turn.

3. Three spaces, 4 trebles, 2 spaces, 10 trebles, 2 spaces, 4 trebles, 3 spaces, 25 trebles, 2 spaces, turn.

TORTURED BY TERRIBLE ECZEMA

**Suffered Three Years Until She Tried
"FRUIT-A-TIVES"**



DAME PETER LAMARRE

Pointe St. Pierre, P. Q.

"I think it my duty to tell you how much your medicine has done for me.

I suffered for three years with terrible Eczema. I consulted several doctors and they did not do me any good.

Then, I used one box of 'Sootha-Salva' and two boxes of 'Fruit-a-tives' and my hands are now clear. The pain is gone and there has been no return. I think it is a marvellous cure because no other medicine did me any good and I tried all the remedies I ever heard of, without benefit until I used 'Sootha-Salva' and 'Fruit-a-tives.'

'Fruit-a-tives' cooled the blood and removed the cause of the disease, and 'Sootha-Salva' completed the cure."

Dame PETER LAMARRE (fils).

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

RHEUMATISM

A HOME CURE GIVEN BY ONE WHO HAD IT

In the spring of 1893 I was attacked by Muscular and Inflammatory Rheumatism. I suffered as only those who have it know, for over three years. I tried remedy after remedy, and doctor after doctor, but such relief as I received was only temporary. Finally, I found a remedy that cured me completely, and it has never returned. I have given it to a number who were terribly afflicted and even bedridden with Rheumatism, and it effected a cure in every case.

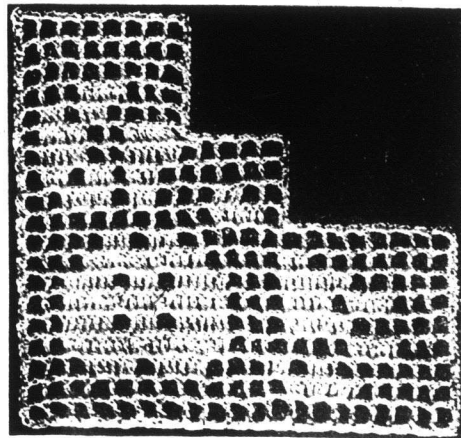
I want every sufferer from any form of rheumatic trouble to try this marvelous healing power. Don't send a cent; simply mark your name and address and I will send it free to try. After you have used it and it has proven itself to be that long-looked-for means of curing your rheumatism, you may send the price of it, one dollar, but understand, I do not want your money unless you are perfectly satisfied to send it. Isn't that fair? Why suffer any longer when positive relief is thus offered you free? Don't delay. Write to-day.

Mark H. Jackson, No. 316F Gurney Bldg., Syracuse, N.Y.

Mr. Jackson is responsible. Above statement true.

Cured His RUPTURE

I was badly ruptured while lifting a trunk several years ago. Doctors said my only hope of cure was an operation. Trusses did me no good. Finally I got hold of something that quickly and completely cured me. Years have passed and the rupture has never returned, although I am doing hard work as a carpenter. There was no operation, no lost time, no trouble. I have nothing to sell, but will give full information about how you may find a complete cure without operation. If you write to me, Eugene M. Pullen, Carpenter, 703F Marcellus Avenue, Manassas, N.J. Better cut out this notice and show it to any others who are ruptured. You may save a life or at least save the misery of rupture and the worry and danger of an operation.



No. 3. Corner for napkins and doilies.