

It Helps Others Will Help Me

With This Belief Many Thousands Have Learned the Exceptional Value of Dr. Chase's Nerve Food.

You hear people talking about Dr. Chase's Nerve Food. You read about it in the newspapers. You wonder if it would benefit you. And while you are hesitating others are using it to great advantage.

This treatment for the restoration of the blood and nerves is so different to most medicines that you may not realize why you can be so certain of benefit from its use.

In order to maintain the vigor of the nervous system an abundance of pure, rich blood is necessary. When the nervous system becomes exhausted and you are easily tired and suffer from headaches, sleeplessness, irritability or indigestion, it is because the blood is failing to supply proper nutrition to the nervous system.

By forming new, rich blood, Dr. Chase's Nerve Food, naturally and certainly restores the vigor of the nerves. Since it works hand-in-hand with nature, it cannot fail to be of benefit, and there is no reason why it will not help you just as it has the writer of this letter.

Mrs. Stephen G. Thwaites, Box 265, Jordan, Ont., writes: "For about a year I was troubled with nervousness, and took doctors' medicine, but it did not seem to relieve me. I could not sleep nor content myself to do anything. I had severe headaches, was tired all the time, and afraid to stay alone. I also tried several nerve medicines until almost discouraged. At last I discovered Dr. Chase's Nerve Food, and found relief in this. I had only taken one box when I began to feel better. I continued using this treatment until my nerves were restored to perfect health. I think the Nerve Food splendid for nervous troubles of any kind, and cannot recommend it too highly."

(Rev. S. F. Coffman, Vineland, Ont., states: "This is to certify that I know Mrs. Thwaites, and her statements are correct.")

Dr. Chase's Nerve Food, 50 cents a box, a full treatment of 6 boxes for \$2.75, at all dealers, or Edmanston, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations only disappoint.

SUMMER COLDS Many have their worst colds during the warm months. A very little of

Scott's Emulsion after meals, puts that quality into the blood that helps thwart that rundown condition that is so depressing. Build up your vitality—try Scott's.

Scott & Bowne, Toronto, Ont. 19-6

LIFT CORNS OR CALLUSES OFF

Doesn't hurt! Lift any corn or callus off with fingers



Don't suffer! A tiny bottle of Frezone costs but a few cents at any drug store. Apply a few drops on the corn, calluses and "hard skin" on bottom of feet, then lift them off.

When Frezone removes corns from the toes or calluses from the bottom of feet, the skin beneath is left pink and healthy and never sore, tender or irritated.



Extract from a letter of a Canadian soldier in France.

To Mrs. R. D. BAMBRICK:

The Rectory, Yarmouth, N.S.

Dear Mother:—

I am keeping well, have good food and well protected from the weather, but have some difficulty keeping uninvited guests from visiting me.

• Have you any patriotic druggists that would give something for a gift overseas—if so do you know something that is good for everything? I do—Old MINARD'S Liniment.

Your affectionate son,

Rob.

Manufactured by the

Minard's Liniment Co. Ltd.

Yarmouth, N.S.

Fall Plowing In The Orchard

After the apples are harvested there is generally a slack time when orchard plowing can be done to advantage. Experience has indicated that shallow plowing is advisable in orchard practice and that it is unwise to go deeper than five to six inches and that the area close to the base of the tree should not be plowed deeper than three to four inches. There is as a rule little cultivation after the first of July, and from that time on even if cover crops are not grown, a natural growth of some sort will have been made. This growth when turned under affords practically as good mulch as if left on the surface, and the fact that the ground has been loosened up tends to prevent as deep freezing, as if left compact, for the more compact the soil the deeper will frost penetrate it. Where root killing of trees is liable to occur, it may be wise to leave the cover crop much undisturbed as it assists materially in holding snow and as a result will give a better cover than if plowed in the fall. Other than this there does not appear to be any disadvantages in fall plowing as to possible winter injury from root killing. The great advantage is that a certain amount of work is out of the way for next spring, and should the spring be unfavourable for working land, the discing may be delayed much longer than it would be wise to delay plowing. Early orchard cultivation is of prime importance, and as it is usually necessary to plow once to work under accumulated vegetation, this should as far as possible be done in the fall, thus facilitating early spring work and hastening bacterial activity the next spring.

White Lily Farm Picnic

White Lily Farm, near Anagnone, on the line of the C.N.R., presented a gay and lively appearance last Monday when the directors, employees, salesmen and a few of the many friends of J. A. Marven, Ltd., and Mineral Springs Limited, having laid aside dull care and strenuous work, flocked over its green pastures and enjoyed its splendid hospitality. When the train from Moncton stopped at White Lily siding, there swarmed from the cars nearly two hundred men, women, boys and girls, who at the invitation of Mr. J. A. Marven, the genial president and general manager of the J. A. Marven, Limited, had come thither to enjoy a day's outing far from the noise and dust of the growing railway city. As the crowd alighted their eyes rested on sunlight fields of grain, plowed furrows and a pleasing landscape. Not far from the C.N.R. track there rose a tower of barrels, supported by guy wires and reinforced by many poles, placed wigwag like at the foot. From the topmost barrel, which was about thirty feet from the ground, a spruce bush waved its branches gleefully, in anticipation of the pyramid of flame which would enshroud it when the White Lily bonfire was lighted.

Farther in the rear, a flag bearing the words "White Lily" placed on a high pole, floated in the breeze and extended a mute welcome to the visitors. Nearby were located the farmhouses, which is the home of Mr. W. Howe Reid, manager of White Lily Farm, and not far away the pretty bungalow, which is the summer home of Mr. and Mrs. Marven.

In the shade of the old apple trees, which are now laden with fruit, tables were set and here at 1 and 6 o'clock the feasts were spread to the great enjoyment and satisfaction of the large company. Efficient young ladies, employees of the J. A. Marven Limited, clad in white from head to heel, presented a pleasing appearance and made the picture one of rare attractiveness and beauty.

At the close of the dinner, Mr. W. H. Spears, the well known salesman, in a neat speech extended to Mr. and Mrs. Marven the hearty appreciation of the Marven and Havelock employees for their thoughtfulness in sharing with them for a day the pleasures and joys of White Lily Farm. He said he knew that he expressed the opinion of every employee of the two companies when he stated that all had a most kindly feeling towards Mr. Marven, who had treated them right in every sense of the word. If every employer was as solicitous of the comfort and happiness of those who worked for him as was Mr. Marven then there would be fewer labor troubles and a large increase in production.

Mr. Marven, in rising to reply, received an ovation for which he extended thanks in words and smiles.

Just as the average man reaches for fame his pipe goes out.



Dr. Mopps operated on Tell Binkley, today, for a second hand roadster. It seems like a thing never gets it going good till the feller that got it up is kicked out.

Winter Protection Of Plants

Alternate freezing and thawing may be the cause of plant winterkilling, may result from continued cold drying out the wood. This later killing is noticeable in the case of raspberries and roses. The more mature the canes or wood the less the liability to injury. Conditions favourable for late fall growth may produce wood that will not stand the temperature if more mature, as degree of maturity in the wood will lessen the injury due to a low temperature. To protect raspberry canes they are bent over along the row and covered with soil. Care is necessary not to break the canes. The canes are bent over the tips covered and soil filled under the parts that do not touch the ground mounding up until the whole plant is covered. This covering is removed gradually early in spring. Climbing roses may be taken down and covered as indicated for raspberries, and the bush roses mounded up cone

shaped to a depth of eight or ten inches around the plant. The branches above this may be killed out, the necessary buds will be kept alive below the covering and all the dead branches can be cut out to good buds the next spring. Over this mound around the rose plants a mulch of three or four inches of strawy manure should be placed. This should be done just before continuous cold weather sets in, and removed as soon as the sap begins to flow in the spring. In mounding avoid leaving deep holes for water to lodge in near the roots of the plants.

Perennials are better of a light mulch about two inches deep. However, care should be exercised in not making it too deep to cause rotting of the crown. This is particularly liable to happen with the biennials such as digitalis or foxglove, campanula, pansies, sweet william and hollyhock, for which a light covering of straw just sufficient so that the plants can be seen through the straw is the best, or just sufficient to prevent excessive freezing and thawing but not enough to hold the crown wet during a continued mild spell.

DID YOU EVER THINK

why that skin trouble, from which you are suffering, will not heal? It is because it is so deeply rooted that ordinary ointments are incapable of penetrating to the seat of the disease.

Zam-Buk, on the contrary, is so refined that it is capable of reaching the underlying tissues, and that is why so many cases of skin trouble, which have defied all other treatments, have yielded to Zam-Buk.

Don't delay! Get a box of Zam-Buk and prove it for yourself. Not only is it best for eczema and all skin troubles, but also for ringworm, ulcers, old sores, blood-poisoning, boils, piles, burns, cuts and all skin injuries. All druggists or Zam-Buk Co., Toronto. 50c. box, \$1.25.

Send 4c. stamp for postage on free trial box.

ZAM-BUK

The Why? of Another Victory Loan

WHEN, on the morning of November 11th, 1918, the guns were hushed and glad tidings flashed across the world, there followed with the Nation's Prayer of Thanksgiving, one yearning query, which found echo in the faster beating hearts of wives, mothers, fathers, brothers, sisters and sweethearts. That query was, "How soon will our boy be home?" And, from France and Flanders, from Italy and Egypt, from Palestine and from far-off Siberia, there came an answering echo, "How soon, how soon, may we go home?"

CANADA caught the spirit of these longings, and at once resolved to satisfy them. It was an appalling task. Shipping was tragically scarce. The composition of the Army of Occupation had not then been settled. And other parts of the Empire as well as Canada were looking for the speedy return of their men.

THE problem was this. The half-million men that Canada had overseas had taken more than four years to transport to the field of battle. To bring them home in a few months was a gigantic undertaking—one to tax all Canada's ingenuity and resources. Canada solved the problem, but it meant crowding into a few short months, an expense for demobilization which it was impossible to foresee.

THEN, too, besides the sentimental aspect of the necessity for bringing the men home quickly the economic side could not be overlooked. That was, to transform efficiently and speedily the nation's army of fighters into a national army of workers.

Need Divides Itself in Two Parts

Obligations to Soldiers

The answer to the question "Why does Canada need another Victory Loan?" divides itself into two parts. (a) To finish paying the expenses of demobilization, and the obligations we still owe to our soldiers. The obligations to soldiers include: That already incurred cost of bringing home troops from overseas. The payment of all soldiers still undemobilized. This includes more than 20,000 sick and wounded who are still in hospital, and who of course remain on the Army payroll till discharged. The upkeep of hospitals, and their medical and nursing staffs, until the need for them is ended. These three items alone will use up at least \$200,000,000 of the Victory Loan 1919.

Gratuities

There is also the gratuity which has been authorized, and has been and is being paid to assist soldiers to tide over the period between discharge and their re-adjustment to civil life. For this purpose alone, \$61,000,000 must be provided out of the Victory Loan 1919, in addition to the \$59,000,000 already paid out of the proceeds of the Victory Loan 1918.

Land Settlement

Furthermore, soldiers who desire to become farmers may, under the Soldiers' Land Settlement Act, be loaned money by Canada with which to purchase land, stock and implements. The money so advanced will be paid back; meantime each loan is secured by a first mortgage. Up to August 15th, 29,495 soldiers had applied for land under the terms of this Act; and 22,281 applications had been investigated, and the qualifications of the applicant approved. For this purpose Canada this year requires \$24,000,000.

Vocational Training

For this work which, with the Vocational Training and Soldiers' Service Departments, embraces the major activities of the Department of Soldiers' Civil Re-establishment, an appropriation of \$57,000,000 is necessary.

Those who give thought to our outstanding obligations to soldiers, and to our need for national working capital, cannot fail to be impressed with the absolute necessity for the

Victory Loan 1919

"Every Dollar Spent in Canada"

Issued by Canada's Victory Loan Committee in co-operation with the Minister of Finance of the Dominion of Canada.

These national expenditures are war expenses. They will be accepted readily by every citizen who gives thought to the task which Canada faced following the Armistice, and to the success with which she has met it.

National Working Capital

Canada needs national working capital, so that she may be able to sell on credit to Great Britain and our Allies the products of our farms, forests, fisheries, mines and factories.

You may ask "Why sell to them if they can't pay cash?" The answer is, "Their orders are absolutely essential to the continuance of our agricultural and industrial prosperity."

The magnitude of these orders and the amount of employment thus created, will depend upon the success of the Victory Loan 1919.

The "Why" of Credit Loans

Farmers and manufacturers (and that includes the workers on these orders) must be paid cash for their products. Therefore, Canada must borrow money from her citizens to give credit, temporarily, to Great Britain and our Allies. Actually, no money will pass out of Canada. If Canada does not give credit, other countries will; and they will get the trade, and have the employment that should be ours, to distribute amongst their workers. And remember, we absolutely need these orders to maintain employment. If we don't finance them business will feel the depression, employment will not be as plentiful, and conditions everywhere will be adversely affected.

For Transportation

Money must also be available to carry on the nation's shipbuilding programme, and other transportation development work.

For loans to Provincial Housing Commissions who are building moderate priced houses.

These, then, are some of the things for which Canada needs national working capital. She is in the position of a great trading company, and her citizens who buy Victory Bonds are the shareholders.