



**In The Realm of Books**

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**A Hillside Christmas**

By ETHEL PENMAN HOPE.

McClelland, Goodchild & Stewart.

MRS. HOPE'S little pamphlet, "A Hillside Christmas," is daintily bound in grey paper, with a Christmas vignette upon the cover. It is a simple story of a war-time Christmas spent by one of the many mothers left at home, who face with aching hearts the suspense and uncertainty which are, perhaps, as hard to fight against as the more material sufferings of the men at the front. "Neighbour Goode's" troubles are sympathetically portrayed and the booklet ends with the tale of how the Christmas message came to her, bringing with it hope and comfort. The many mothers whose sons are at the front should read this tale with interest.

**The Book of Holidays**

By J. W. McSPADDEN.

Thos. Y. Crowell Co.

Price, \$1.25.

WHAT is a holiday? As a matter of common practice, it is simply a day knocked off from work—accepted with careless gratitude and utilized with very little thought as to what it stands for. In "The Book of Holidays," Mr. J. Walker McSpadden sets forth for us in chatty and interesting fashion the what and why of these days. He tells of New Year's Day and of the nations that have celebrated it and the manner of that celebration; of Lincoln's Birthday, dear to every American heart; of St. Valentine's Day, and of the good Bishop, the patron of lovers. These and many more he commemorates in simple story-telling form. The book contains a fund of useful information for every citizen and will appeal to older as well as to younger readers. Appropriate poems are quoted for each holiday and there are numerous illustrations. As the author says in his Preface, much of this material, while formerly available, was in widely scattered sources. To bring it into the covers of one volume is therefore a public service. This is a book that may be profitably added to any reading shelf.

**The New Joan**

By KATHERINE HALE.

McClelland, Goodchild & Stewart.

ADMIRERS of Katherine Hale's poetry will find in this little booklet, "The New Joan" with its artistic cover of crimson and gold, no decline from the level of her former work. There are some dozen poems included in the present volume, of which the well known "Grey Knitting" is one, although it now forms a part of the title poem, under the heading, "On the Battlefield." Most of the others deal with women's work—in the home, on the land and elsewhere—though there is a Christmas Song for soldiers. In her brief foreword, Katherine Hale says, "These songs are bound in crimson for that is the color of courage; and in gold which signifies the strength and joy of life which is work."

**Poems**

By ALFRED GORDON

Musson Book Co., Limited.

MR. ALFRED GORDON in these poems shows a sense of style rare in so young a man, but his verse is conspicuously lacking in warmth and humanity. Mr. Gordon, as acknowledged in his brief preface, is strongly influenced by that school of modern criticism of which Arthur Ransome and Arthur Symonds are the leaders, but the mannerism of his work is that of an earlier and more artificial school. In the two fine odes which appear on pages 4 and 8 of this volume respectively, however, he shows a mastery over "the stately march, the long resounding line," not often found in our modern poets. If Mr. Gordon can import into his future work a little more of the "veined humanity" which the present volume lacks, he has a promising future before him.

**Other Books Received**

Inspirations and Ideals—By Grenville Kreisler—Funk & Wagnals Co. Price, \$1.00.  
Songs From a Young Man's Land—By Clive Phillips-Wolley—Thomas Allen. Price, \$1.50.  
The Heart's Kingdom—Maria Thompson Davies—Reilly & Britton. Price, \$1.35.  
The Mask—Florence Irwin—McClelland, Goodchild & Stewart. Price, \$1.40.  
America At War—Prof. W. F. Osborne—Musson Book Co., Limited. Price, \$1.25.



**NERVOUS HEADACHE**

Miss Evelena M. Risser, Dublin Shore, Lunenburg, N.S., writes:—"I suffered from severe headaches for two years. In fact, I had headaches day and night. My appetite was very poor and I frequently had pains in the back. After using a few boxes of Dr. Chase's Nerve Food the headaches disappeared, appetite improved and I gained in health and strength. I am very thankful for the benefit obtained from the use of Dr. Chase's Nerve Food, for I am well again after two years of misery."

The object of pain seems to be to give warning that something is wrong in the human system. For this reason, when you have a headache, for instance, you should honestly seek for the cause.

Headache is not a disease in itself, but rather a symptom. If you find other indications that the nervous system is exhausted—if you are restless, nervous, sleepless and irritable—you may rightly suppose that to be the cause of the headache.

The headache warns you that with neglect of the nervous system you later expect nervous prostration, locomotor ataxia, or some form of paralysis. Wisdom suggests the use of such treatment as Dr. Chase's Nerve Food to build up the system, and thereby remove the cause of the headache, as well as prevent more serious troubles.

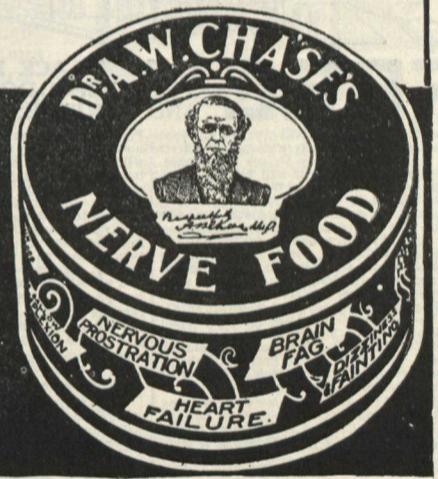
The use of headache powders is not only a dangerous practice, but the shock to the system of drugs which are so powerful and poisonous as to immediately stop pain is most harmful. The relief is merely temporary, and with this danger signal removed the disease which caused the headache continues to develop until results are serious. The moral is, when you have headaches or pain of any kind look for the cause and remove it.

Dr. Chase's Nerve Food is not intended as a mere relief for headache. It cures by supplying the ingredients from which nature rebuilds and revitalizes the wasted nerve cells. Some patience is required for this reconstructive process, but the results are wonderfully satisfying, because they are both thorough and lasting.

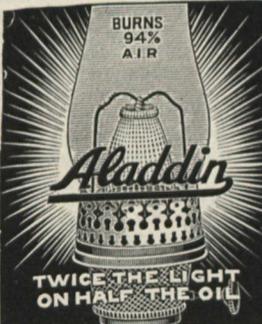
If you would be freed from headaches, as was the writer of the letter quoted above, put Dr. Chase's Nerve Food to the test. Working, as it does, hand in hand with Nature, it can no more fail than can other of Nature's laws.

50 cents a box, all dealers, or Edman-son, Bates & Co., Ltd., Toronto.

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