Tribune Essay Prizes.

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system of dividing up of cells to form new ones. In this way the blood cells, the tissue cells, the cells of the stomach, liver, kidneys and other vital organs may be increased so as to make up for loss or injury. But not so with the cells of the nervous system. You have a certain number at birth, but never any more. A feeble, poisoned nerve cell may be restored, but a dead cell can never be replaced.

For this reason complete paralysis can never be cured, but the person who is partially paralyzed may be greatly benefited by restorative treatment such as Dr. Chase's Nerve Food, which nourishes the feeble, wasted

This, undoubtedly, is the strongest reason why everybody should be familiar with the symptoms which tell of exhaustion of the nerve cells and know the best means of restoring the vitality of the nerves before they be-

Sleeplessness, restlessness, irritability, nervous headaches, nervous indigestion, loss of energy and ambition, feelings of discouragement and inability to concentrate the mind are among the most common warnings. Leter developments are known as nervous prostration, locomotor ataxia and paralysis.

It is easy to neglect treatment in the early stages, but that is the time when a few boxes of Dr. Chase's Narve Food will do wonders for you. Preventive treatment, which is so good in all ailments, is practically the only method to be applied to diseases of the nerves, because of the fact that a dead nerve cell can never be replaced, whereas a feeble, wasted nerve cell can be restored by such nourishing medication as is afforded by Dr. Chase's Nerve Food. Should you desire further particulars about this great foodcure, kindly write for booklet.

nerve cells back to health and vigor.

come dead to all treatment.

The human body is composed of millions of tiny cells of various kinds. With the single exception of the brain and nerve cells, there is a

STEPHENS, R. F. D. No. 3, Patoka, Ill.
Lydis E. Pinkham's Vegetable Comound is so successful in overcoming
ouncers. on the female organism. Women from all parts of the country are continuatestifying to its strengthening, curations, such as the country are continuates in the country are continuates.

Careless Use of Soap Spoils the Hair

Scap should be used very carefully,

Scap should be used very carefully, if you want to keep your hair looking its best. Don't use scaps and prepared shampoos that contain too much aikail. This dries the scalp, makes the hair brittle and ruins it.

The best thing for steady use is just ordinary mulsified cocoanut off (which is pure and greaseless), and is better than the most expensive scap or enything else you can use.

One or two teaspoonfuls will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and cub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of duist, diff, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves the scalp soft and the hair time and silky, bright, fustrous, fluffy and easy to manage.

You can get mulsified cocoanut off an any pharmacy, it's very cheap, and as few concess will supply every member of the family for months.

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THERAPION perconceded leading the sales, our average of the percentage of the Brisbatic Try New Drages (Tasteless THERAPION Bary

A Column

Activities Home, Fas

Herein are Rela

MARGUERITE'S WEEKLY

On Economy.

I think it is Anthony Hope who says "Economy is going without something you need in orier that you may buy something fou want later on. I quote from memory, but that is the gist of the definition. In these days we hear much of economy in dress and certainly no one wants to spend money foolishly on clothes when there are so many war funds that need assistance. But some of us have found that it is not true economy to let ones some of us have found that it is not true economy to let ones stock of clothes get so low that all at once you have to buy an entire new lot. It is really better management to keep on replenishing every now and then. And then, if you are caught down town with your new suit on a rainy day, it is cheaper to go home in a cab or buy an umbrella, than walk home in the wet; catch a cold, have to pay a doctor's bill to say nothing of the sad result to the suit and hat you were wearing. Economy is really only another name for common sense.

Women's Canadian Club.

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AN YOU IMAGINE YOU NOT KNOWING IT? We some frivolous New Yor reality. A well-intentior it that she was not to be me the sacred vows of wedlock the wrong man was married preaches a trenchant sermon and the evil of treating it as THE ANIMA

Mid-Week Budg CHARLIE CHAP

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