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LOVE'S EXILE.

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Blue Ribbon

I waited for them at the stage door the flash of horror that passed face, and I am afraid they must a long time after the performance quickly over her features and was have wished me away long before I was over, saw the rest of the little company come out in twos and "I was afraid you would forget me, and I seized the opportunity to threes, one or two depressed and sil- to come, perhaps," she said, in the ask her what they were going to do. east, but most of them loudly cursing prim little way I remembered. as their manager, the Scotch nation in she led the way into a small room, enough to act again at present," I for more privacy than she would whale-oll soap. general, and the people of Aberdeen in which no one less used to the suggested. in particular. Then the manager shifts of travel than I was could The girl's face clouded. himself came out, with his wife, a have detected the ingenious artibuxom lady who had played Helen fices by which a washhand-stand see-" She stopped. Macgregor with a good deal of spirit, became a sideboard, and a ward- "Of course. Her place would but who seemed, from the stoical robe a bookcase. The popular filled up?" received the outpourings of her hus- board disposed of the bed. band's wrath at his ill-luck, to be a disappointingly mild and meek person in private life. "But what will they do, Bob? I believe the mother's dying," I heard her protest gently. "Can't help that. We must look out for ourselves. And Mary will make screw," said her husband, gruffly. Last of all came Mrs. Ellmer, thinner and shabbier than ever, leaning on the arm of an overgrown girl a little shorter than herself, whose childishly meagre skirts were in odd contrast with the protecting, oldfashioned manner in which she supported her mother, and whispered to her not to cry, they would be all

I made myself known rather awkwardly, for when I raised my hat and said, "Mrs. Ellmer, I think," they only walked on a little faster. The case was too serious with them, however, for me to allow enyself to be easily rebuffed, I followed them with a long and lame speech of in-

"Don't you remember-five years ago-in the Strand, when you were acting at the Vaudeville-Mr. Fabian

something: Mrs. Ellmer stopped, too.

ther effusive manner. remember perfectly Mr. Scott intro- the table and such terribly he could make us all rich-if he liked. duced you to me as a very old friend | noisy manners, that, for the sake | And instead of that-" of his. You will excuse me, won't of her mother's nerves, Babiole had Babiole!" cried her mother's voice, you? One doesn't expect to see undertaken this little domestic rather tartly. gentlemen from town in these und duty herself. But, from a glimpse "Yes, mamma." Then she added, civilized parts. Babiole, my dear, you I caught later of Mrs. Firth's hands, low and quickly, with a frightened

beings up here whom one likes to about,

work too much for me in my present | now between the bare branches of rest and a change, listen. I was | G rman wom n are almost a unit in | unmarried, sail that he thought when | Dana, and it must be cherished like state of health," she said, with a | the birch-trees. brave attempt to check the tremor | "I should like to live right among one to act as caretaker in a little fortune." The Teuton's peoples, par- ful; the next, a man of experience, laws and penalties for the slayers in her voice, which was unspeakably the hills like that," she said softly, lodge I've got-scarcely more than ticularly the Dutch, look upon the said he had a houseful to give away, of men. What court sits in judgment plteous to me who knew the true when her mother had exhausted her a cottage, but a little place I don't stork as the harbinger of good for- and the third was thoughtful awhile, on the murderers of love? Some-

may guess how thankfully I snatch ; at a chance of seeing a little so-

At the word "society" Mrs. El!mer laughed almost hysterical y. 'I am afraid you will find solitude livelier than our society," she said, with a pitiful attempt to be sprightly. "Well, will you let me try?"

in the country we live in such a very away before you know it. You can't quiet way. Of course it's different when one is in town and has one's watch the little one too carefully own servants; and these Scotch at this period. Dysectery, diarr- drinking in my words with parted people have no notion of waiting at | hoea, cholera infantum and disor- lips and starlight eyes like a child table or serving things desently." ders of the stomach are alarmingly at its first pantomime, dazzled, be-

I saw Babiole stealthily shake her ments. Keep them in the house mother's arm, and move her lips in their prompt use may save a precious to take care of her." a faint "Yes, yes." Reluctantly, and little life. Mrs. Herbert Burnham, with more excuses for having let Smith's Falls, Ont., says: "When my out angrily, annoyed at my blunderthe agent-in-advance take lodgings eldest child was six weeks old he ing. "There was an old woman to for them which they would not have had an attack of cholera infantum look after the place, but she was looked at had they known what a and was at death's door. My doctor seventy-four, and she died the week low neighborhood they were in. Mrs. advised me to use Baby's own Tab- before last, of old age-nothing in-Ellmer at last consented that I lets, and in twenty-four hours baby fectious. Now, look here, you tell should call and take tea with them was better; the vomiting and purg- your mother about it, and see if next day.

lest I should hear on arriving at the always be kept in the house: hroat. She had not seen my face Medicine Co., Brockville, Ost., or and learn the fate of my new freak.

Anyone who had witnessed.

keen perception that I was a friend | be afraid for us. Mamma is so clever, cited at the hovelty of receiving a be all right. We should be all right | er to listen to than her mother's | be allowed to mature. And by far the flax. in time of need or pleasantly ex- and I em young and strong; we shall visitor, there was more spon- now if only-" taneity than I had expected "If only?" a better juvenile at half Miss Bailey's in her voluble welcome, more bright- "Why, you see, you mustn't think ness in the inevitable renewal of her | it's mamma's fault that we are left excuses for the simplicity of their in a corner like this; you don't surroundings. To me, after my know how she can save and manage long exile from everything fair or on-oh! so little. But whenever she gentle in the way of womanhood, has, by care and making things do, the bare little room was luxurious saved up a little money, it-it all enough with that pretty young crea- goes, you know." ture in it; for Babiole, though she The sudden reserve which show-

> eyes when she looked at her mother, on my mind, which now seemed to me more "Then somebody else puts in charming than the keen glance of claim?" I suggested. than girls of her age generally are. perception.

"Maude," said I. "It is very good of at my exit from behind it, I think door of their room: "It's high treayou to remember me at all, after there may have been stronger rea- son to say even so much as this, but

call fellow creatures. Miss Babiole. Babiole did not talk much, but what men are-" you've 'growed out of knowledge.' I when, in the course of the evening, It seemed to occur to her that suppose you haven't seen much of I fell to describing Larkhall and the this was an indiscreet remark, but I our friend, Fabian, lately, Mrs. Ell- country around it, in deference to said "Yes, yes," with entire concur-"No, indeed I went on tour at the know more of the rollicking luxury what men were better than I? After end of the season when I first had of my bachelor home, the girl'seyes that she seemed as anxious to get the pleasure of meeting you, and seemed to grow larger with in- rid of me as civility allowed, but I we have been touring ever since." | tense interest; and, after a quick | had something to say. "Don't you get tired of the in- glance at my face, which had, I I gabbled it out fast and nervouscessant travelling? I suppose you saw, an unspeakable horror for her, ly, in a busky whisper, lest mam- be attached to its fulfilment. seldom stay more than a week at she fixed her eyes on the fire, and ma's sharp ear should catch my proremained as quiet as a statue, posal, and she should nip it in the "Sometimes only two or three while I enlarged on the good qual- bud. nights. It is extremely fatiguing. In lities of my monkey, my birds, my "Look here, Miss Babiole; if you largely variant in age, nationality twenty-eight, thirty-six and ffty-two, suffers maladies and syncopes, and fact, I am going to take a rest for dog, and the view from my study like the hills, and you don't mind and social degree. They may be take a rest for dog, and the view from my study like the hills, and you don't mind and social degree. They may be taken a rest for dog. a short time, for I find the nightly | window of the Muick just visible | the cold, and your mother wants a lated as follows:

expressions of admiration.

HOT WEATHER AILMENTS.

the Means to Check Aliments that Otherwise May Prove Fatal.

When the weath r is hot the gands! Really, Mr. Maude, when we are of the little life are apt to glide "I know, I know," I broke in eager frequent during the hot, moist wea- wildered, delighted, drew herself up ly. 'I'm used to all that myself. Why, ther of the summer months. At the straight and became suddenly prim. I live in a tumble-down old house with first sign of any of these, or any of a monkey and a soldier for my house- the aliments that aff ict little ones, she, with demure pride that resented hold, so you may judge that I have give Baby's Own Tablets. These got used to the discomforts of the Tablets will speedily relieve and promptly cure all hot weather all-

the roads are passable, you don't sty would have decided at once that

"But you can live there." "Circumstances have made me

solitary everywhere." She looked up at me; her face flush- spect for both. ble pity, and the tears sprang to soon it would be discreet to call,

callous to instinctive aversion, but lady." I tore it open like a this most unexpected burst of in- frantic lover. It was from Mrs. gan to play with the table-cloth. but not without the dignity of the sweet feeling rather uncouthly.

thinks the worse of you for the whom you doubtless are acquainted figured you. For my part, I always by saying that since her health reprefer plain men to handsome ones. They are more intelligent and don't think so much themselves."

Babiole gave her mother an alarmed, pleading look, which happily absorbed my attention, and neutralized the effect of this speech. I could have borne worse things than poor Mrs. Ellmer's rather tactless and insipld conversation for the sake of watching her daughter's mobile little gone, how much the sight shocked could make up my mind to go. Baboile came to the outer door with strictly private manner.

"Mrs. Ellmer doesn't look strong

"No. And even if she were, you

Scotch plan of sleeping in a cup- "Yes," very sorrowfully. Then she looked up again, her face grown ther influenced by her daughter's a flash of sunshine. "But you needn't I liked to think were the result not spray with whale-oil soap and quas- wheat and rye seeds and timothy,

had lost much of her childish beauty, ed itself in her ingenious manner toand was rapidly approaching the wards the last words was so very "gawky" stage of a tall girl's de- suggestive that the strue explanavelopment, had a softness in her blue | tion of this phenomenon flashed up-

unusual intellect. She had, too, The girl laughed a little, her full not with the easy feeling of equality for sowing winter wheat. Operate a be cut before the seed forms the wood the natureal refinement of all gen- and sensitive red lips opening widely of the day before, but with deep hu- three year rotation of wheat, rye, can be at once got rid of tle natures, and had had enough over ivory-white, even teeth, and she mility, and repeated assurances of barley, or oats, with clover, follow- Cocklebur or clothur will succumb stage training to be more graceful nodded appreciation of my quick gratttude, to which Mrs. Ellmer re- ed by a hoed crop. In removing this- to clean culture with some hoed crop,

Altogether, she interested me great- 'Somebody else wants such a lot ly, so that I cast about in my mind of things that somebody else's wife | lightly along to the door like a kit- year with the scythe or mower for keep it under subjection. By all means for some way of effectually helping and daughter can do without," she | ten, and holding up her finger as a | a few years will suffice, but in open | prevent it from seeding, and to ac-Babiole stopped and whispered them, without destroying all chance said, with a comical little look or sign to me to keep silence, she clapof my meeting them soon again. resignation. And, encouraged by my ped her hands noiselessly and nodded sorted to. The first cutting should go through corn and stubble fields Babiole brought in the tea herself, sympathetic silence, she went on: to me several times in deliciously be just before the thistles blossom. In August and S ptember. smile and a sudden change to a ra. while Mrs. Ellmer carefully explain- "And he has so much talent, Mr. confiding freemasonry. ed that Mrs. Firth, the landlady, had Maude. If he would only go on paint-"I beg your pardon, I am sure. It such odd notions of laying ing as poor mamma goes on acting,

as she held the kitchen door to spy glance back in the dusk, towards the such a long time. But I couldn't re- sons for keeping her in the back- it is hard to know how she tries, sist the temptation of speaking to ground when an aristocratic and and yet not to speak of it to anyyou; one sees, as you say, so few presumably cleanly visitor was one. I don't mean to blame my father, Mr. Maude, but you know

poor Mrs. Ellmer's thirsty wish to rence; for indeed who should know

box, and I can't tell you what a ser- must be a boy indeed. there's an old woman to do the

housework--" But here Bablole, who had been

"In that case, Mr. Maude," said the suspicion of charity, "if the old woman can take care of the house she doesn't want two other people

"But I tell you she's dead!" I burst

ing ceased and he regained strength you cannot persuade her to I went back to my hotel and en rapidly. I have used the Tablets for oblige me. I am sure the gaged a room for the night. The other allments of children since, and change would do her good; for it's poor woman's sunken face haunted always with the happiest results. I very healthy there. Why, you know me even in my sleep; and I grew can sincerely recommend them to the Queen lives within eight miles nervous when half past four came, mothers as a medicine that should of my house, and you may be sure Her Majesty wouldn't be allowed to bare and dirty looking stone house | Little ones thrive, are good natured live anywhere where the air wasn't which I had already taken care to and grow plump and rosy in homes good. Now, will you promise to try? find out that she was dead. How- where Baby's Own Tablets are used. She said, "Yes," and I knew from ever, my fears had run away with Children taken them as readily as the low, earnest whisper in which me. On my knocking at the door of can'y, and crushed to a powder they she breathed out the word, that she the top flat of the little house, can be given to the youngest infant meant it with all her soul. I left Bablole opened it, pretty and smil- with the best of results. Sold at her and almost ran back to my hotel, ing, in a simple dress of some sort drug stores or you can get them as excited as a school boy, longing of brown stuff, with lace and a post past at 25 cents a box by for the next morning to come, so red necklace round her fair, slim writing direct to the Dr. Williams' that I could go back to Broad street

meet any one on them, except, per- I must be in love with either the haps, a couple of peasants, whose mother or the daughter, but I was language would be to you as un- not. The promise of a new interest intelligible as that of w.ld animals in life, of a glimpse of pleasant socigoing down into the village to get ety up in my hills and the fancy we all occasionally have for being kind to something, were all as strong as my pity for the mother, my admiration for the daughter and my re-

ed, her lips trembled with unuttera- I was debating next morning how when a note was brought to me, which had been left by a young telligent sympathy made my heart Ellmer, an oddly characteristic letleap up. I said nothing, and be- ter alternately frosty and gushing, Mrs. Elimer, in the helief that the hard-working. She said a great pause was an awkward one, rushed | deal ceremoniously about my kindinto the breech, and disturbed my ness, a great deal about her Triends in London, her position and that of "I am sure, Mr. Maude, no one "my husband, a well-known artist. quired that she should have change of air, and since I had been so very dollar per acre. kind that she could scarcely refuse to do me any service which she could conscientiously perform, she would be happy to act as care-taker is more generally known as charlock, some such implement, and the plants of my-house, and to keep it in or- the best means of destroying this be cut below the corn, they must der during the winter for future tenants, provided I would be kind enough to understand that she and her daughter would do all the work of the house, and further that they might be permitted to reside in a

"Strictly private." I laughed get with four or five feet of snow piled up before har door. I was quite light hearted at my success and had to tone down my manner to its usual grave and melancholy pitch before I

knocked again at their door. Mrs. Ellmer opened the door herself, thus disappointing me a little; Babiole's simple confidences, which only of natural frankness, but of in | sia. stinctive trust in me, were pleasantwere both very dignified, both cereroom and began to discuss preliminaries in a somewhat pompous and long-winded manner, Babiole sat. afraid to disturb by a breath the har- ticularly in the latter month. Until hand the summer fallow is the most

which she had set her heart.

(To be Continued.)

HOW MANY CHILDREN IN A FAMILY?

Wisest of English philosophers is he who has said that no man has lived the ideal life who has not done these and couch grass will disappear.

things: Become the father of a child.

Built a house. Planted a tree:

Written a book.

The first of these duties prescribed to ambitious men has led a curious inquirer to ask whether a limit should lyn. She had eight.

The Sunday Herald has secured opinions on the subjet from readers

just going to advertise for some saying that children are "hostages to he got married he would like a house- any other living thing. We have want to go to rack and ruin. If you tune, being so opposed to the prac- then said: "I've passed through both where in the spaces and silences "If you are going to stay in Aber- | "Would you? You would find it very and she could exist there in the tices of the elder nations in the east, your stages, and would like to go there must be such an inviolate bar.

> Careful Mothers Should keep at hand did rent for the place, tiny as it is, a fact that illegitimacy of birth | Herald. if only I can find someone to abounds in the countries which medikeep it from going to pieces in the cal annals hold notorious for their meantime. It's not badly furnish- | records in the suppression of legitied." I hurried on mendaciously, "and mate birth. In this respect Paris leads the world. In this country Boston leads.

In answer to the question, How many children should constitute an ideal family? a Herald writer was perplexed by the differing views of the different men and women to

"Three," said a woman in Brook- deep.

NOXIOUS WEEDS AND THEIR EXTERMINATION.

By the Department of Agriculture, Ottawa.

economical to use. The average sown in September.

portion of the plants called wild the usual season. If the fields be mustard are really bird-rape, which gone over later with the spud or weed is by using (when the weed is die. young) forty gallons per acre of two per cent. solution of sulphate of copper; but if the charlock be in flower as much as sixty gallons of a four

per cent. solution will be necessary. The asparagus beetle, which has been troublesome in the Niagara disheartily to myself at this expres- trict, should be treated to spraying sion. The dear lady could hardly wish with either kerosene emulsion or

The red turnip beetle, which visits Manitoba and the Northwest wild flax is found only in patches Territories now and again, can be in meadows the infested parts may got rid of by spraying or dusting the be cut and used for soiling purposes. plants with arsenical poisons in the When Lucerne can be substituted visited by the mealy plum aphis, Pigeon weed generally gets in

Reverting to weeds, no seeds should be treated about the same as wild We | most important to the farmer is to | Rag weed and wild mustard should see that he purchase his seeds for be treated alike. moniously grateful to each other, his crops where he can depend upon and when we entered the sitting. getting reliable goods. It is false ec-

onomy to buy "cheap" seeds. The Canadian Thistle generally comes into bloom in July called butter and eggs, and while quiet as a mouse, in a corner, as if and August, maturing its seeds parmonious settlement of a plan on the fields are cleared of this pest effective remedy. drop out of the rotation all crops Only Thorough Summer Fallowing At last all was arranged. It was that allow the thistle seeds to ripen | will destroy wild lettuce. The only Monday; Mrs. Elimer and her daugh- before these are cut. It is desirable way to get rid of sour dock, yellow, ter were to hold themselves in readi- to plough under pasture land in June, dock, curled dock, narrow dock, or ness to enter into posses or land from which a crop of hay has curled rumex (all the same noxious sion by the following Friday been removed early in July, and to weed) is to pull out root and everyor Saturday, when I should return | work the land thus ploughed upon thing. to Aberdeen to escort them to Lark- the surface, so that all thistles will The wild parsaip only flowers the hall Lodge. I rose to take my leave, be kept under until fall, or the time second year, so that if the flower plied with mild and dignified protest. | tles from permanent pastures on | while seeding to clover or meadow But, in the passage, Babiole danced stiff clays two or three cuttings a grass, with frequent mowing, will

******* in any kind of soil.

The Ox-Eye Dalsy

Both the chemist and the botanist | To get rid of it, drop meadows out at the Experimental Farm at Ot- of the rotation until the infested tawa are agreed that the French fields have been dealt with. Adopt method of eradicating wild mustard. | the same plan with permanent pasby spraying infested growing crops | tures when at all practicable. Grown with solutions of copper sulphate, is a crop of rye, followed by rape. Pasthe most effectual yet tried. Their | ture meadow land until the middle conclusion, arrived at after many ex- of June, then plough deeply and periments, is that fifteen pounds of sow with rape in drills. It may be copper sulphate dissolved in fifty | well to follow with a crop of corn gallons of water to the acre, when | roots. Or, another remedy is to folthe mustard plants are young, is the low rye with a crop of millet, or to most effective, the safest, as re- | work the ground on the bare fallow, accident, whatever it was, that dis- with by name." But she wound up gards the grain crops, and the most system until winter wheat may be

cost of this application is about one To destroy burdock, in grain or hay fields, the reaping or mowing In Manitoba, where the greater will prevent the seeds maturing at

When blue weeds put in an appearance, remove them with the spud, unless the ground is to be broken up the same season. When cut off at any stage of its growth below the corn the weed must die. Wild flax, sometimes known as false flax, may be got rid of by alternating hoed crops in succession with spring grain crops, or rye followed by a hoed crop, the rye not being allowed to ripen. When same was as for the Colorado beetle. for meadow, the first cutting would Should British Columbia be again | take place before the flax is ripe,

Wild oat is an annual nuisance, and will fairly well succumb to the same treatment as wild mustard, Suap dragon or toad flax is also young plants may be rooted out by

The sow thistle may be eradicated The saltwort or Russian thistle is in the same manner. This weed blos- more like the common tumble-weed soms in July, maturing its seeds in than any other plant in the North-July, August and September. It west, and so great a pest is it in some quarters that the Winconsin Couch grass, or quack grass, grow Experimental Farm authorities have in all kinds of crops from early recommended a Russian thistle to be spring until late autumn, maturing placed in each school-house, so that its seeds in August. To get rid of it the pupils may become familiar with plough lightly after narvest, then it, and be taught to kill it wherever harrow with the ordinary harrow, they find it as they would a rattle-*********************** and use the spring tooth cultivator snake. Permit no Russian thistle to to shake the roots of the grass free go to seed, and in two years you will from the soil. When dry burn them, be rid of it. But be careful that all Repeat this process twice or thrice | seed sown be as pure and clean as possible, and exercise especial care in regard to flax seed and millet, or lany of the smaller and lighter seeds. blossoms from June to September, Corn. potatoes, beets or any oultiand grows everywhere where it is vated crop, well taken care of, will not wanted. This weed is propagated | in two years rid the land of not only entirely by means of the seed, and Russian thistles, but of nearly all is common in "cheap" seeds, tother noxious weeds.

An Unhappy Wife on Love.

"I would like a houseful," said the | "It seems to me that if we could wife of a butcher around the corner | go back and try all over again, we to whom maternity had been denied. might be happy yet. Love does not Three men of different ages, say | die. Love is the life everlasting. It York Yacht Club. The first, who was fight for its life-but it is alive,

Not Surprised at the Lady. "Yez don't tell me, Mrs. Brady is to be marri'd again ?" "Yis; it's thrue. Oi knowed yez'd be surproised at her." "Faith, 'tis not at her Oi'm sur-

deen, I hope you will allow me to call | lonely. In winter you would be winter-it is a place where peat where, from the times of Sparta on | back and begin it all over again. I Shall you and I go there, handupon you. I live near Ballater, forty snowed up, as I shall most certainly may be had for the asking, and it through the horrors of the Ganges, am living my boyhood once more cuffed together, waiting judgment? miles away in the country, so you be in a week or two; and even when really isn't an uncomfortable little the child, as being father to the man, through my grandson. I would like to Oh, my darling, what can we plead? vice you would be doing me if you The Latin races no longer look upon alongside him as his mentor all the we slew it, between us. We were would persuade your mother to live their progeny as "jewels," as did the way through his youth and early the happiest lovers, ours was the in it until-until I find a tenant, you famous Roman matron. With all the manhood, steering him clear of the maddest, gladdest bridal, we had know. In summer I can get a splen- religious safeguards to prevent, it is snags which caught me."-New York reverence and ecstasy, and our real we left our ideal behind us-and now the feet of our real move heavily, and the race is spent. We covered the face of delight with our marriage pillows, and smothered it till it breathed no more. So we buried it, for it stared upon us. We two, man and woman, elected to a great fate, slayers of a supreme love, recreant to a mighty trust-who will The pretty girl is generally shal- take our brief?"-From a letter in whom he propounded the query. low because beauty is only skin the "Confessions of a Wife," in the July Century.

Indications of Nerve Trouble

Stuudy These Symptoms and See if You Are in Need of the Great Nerve Restorative,

DR. CHASE'S NERVE FOOD.

Restless, languid, weak and weary, no life, no energy, tired all the time, throbbing, palpitating heart, heart asthma, sleepless nights, sudden startings, morning languor, hot flushes, brain fag, inability to work or think, exhaustion on exertion, general numbress, dead all over, cold hands and feet, flagging appetite, slow digestion, food heavy, easily excited, nervous, muscles twitch, strength fails, trembling hands and limbs, unsteady gait, limbs puff, loss of fiesh, loss of muscular power, irritable, despondent, hysterical, cry or laught at anything, settled melancholia, steady decline, complete prostration. Mrs. Cline, 49 Canada street, Hamilton, states: "For a number of years I have been a great sufferer

from nervous headache and nervous dyspepsia. I had no appetite, and my whole nervous system seemed weak and exhausted. I have found Dr. Chase's Nerve Food very helpful. It seemed to go right to the seat of trouble, relieving the headache. improving digestion and toning up the system generally." Mrs. Symons, 42 St. Clair street, Belleville, Ont., states: "Some weeks ago I began a course of treatment with Dr. Chase's Nerve Food, and found it a very satisfactory medicine. I was formerly troubled with nervous exhaustion and a weak, fluttering heart. Whenever my heart bothered me I would have spills of

weakness and dizziness, which were very distressing. By means of this treatment my nerves have become strong and healthy, and the action of my heart seems to be regular. I can recommend Dr. Chase's Nerva Food as an excellent medicine." Dr. Chase's Nerve Food, 50 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto.

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