

NERVE-RACKED CHILDREN

Made Bright and Well by Dr. Cassell's Tablets.

Used to Scream Terribly for no reason whatever.

Just a bundle of Nerves.

Weak, Wasting away, and Digestive Troubles.

Thought she could never recover.

Now cured and happy through DR. CASSELL'S TABLETS.

Canadian mothers of little weak or nervous children should read this story of simple gratitude by Mrs. Worrall, 35, All-street, Liverpool, England. They will then see that a valuable health-builder they have in this great remedy...

WASTED TO A SKELETON. "Nerves" and Bowel Trouble.

Mrs. Lewis, of 14, Lyon-street, Vernon-street, Bolton, Lancs., England, says—"Dr. Cassell's Tablets saved my baby's life when he had been given up, and I was just waiting for the end. He was a fine baby when born, but very soon he was taken with bowel weakness, and began to waste away. The food he had either returned or set up severe diarrhoea, which caused the poor little thing to waste away."



Gladys Worrall.

...which caused the poor little thing to waste away. He cried a lot, and his sleep was very disturbed. He would wake up suddenly with violent attacks of sickness, and evidently in great pain. I was at my wits' end to know what to do. Poor baby had wasted until he was only a frame of bones, and he looked almost as though he would fall to pieces, he was so appallingly thin. We could count every rib, every bone of his backbone. Of course, I tried everything I could think of, and also took baby to an institution, but no sort of treatment did any good at all. By this time he was so far spent that we were waiting for the end. Once I was told that he could not live till Monday—that was on a Saturday. But in the end we got Dr. Cassell's Tablets, and the improvement was immediate. The diarrhoea and sickness ceased, and from that time my child never looked back. Now, at thirteen months, he is a fine, big healthy baby. He has cut five teeth, and is just a picture of health."

LARGEST SALE IN BRITAIN. Popularity now World-wide.

Merit, and real merit only, have placed Dr. Cassell's Tablets in the forefront of the world's really reliable medicines, and the cures lately published prove this merit up to the hilt. Guaranteed free from all noxious drugs and suitable for young and old alike. Dr. Cassell's Tablets are a reliable remedy for Nervous Breakdown, Nervous Exhaustion, Nervous Debility, Neurasthenia, Sleeplessness, Anæmia, Kidney Trouble, Dyspepsia, Stomach Disorder, Wasting, Palpitation; and they are especially valuable for nursing mothers and girls approaching womanhood. All druggists and storekeepers throughout the Dominion sell Dr. Cassell's Tablets at 50 cents. People in outlying districts should keep Dr. Cassell's Tablets by them in case of emergency. A free sample will be sent on receipt of 5 cents for mailing and packing, by the sole agents for Canada, H. F. Ritchie and Co., Ltd., 10, McCaul-street, Toronto, Ont.



Gladys Worrall.

the child was as far from health as ever. In fact, she was so ill that we thought she could never recover. One day, however, I was advised to give her Dr. Cassell's Tablets, and then, what an improvement! The child became stronger and not nearly so nervous. Her appetite returned, she brightened up wonderfully and rapidly put on flesh. Now, in her seventh year, she is completely cured. She goes to school, is cool and is just as well as any child could be."

RECIPES FOR LUNCHEON

Devilled Oysters. Select large oysters having deep lower halves to shell. For a pint of oysters make a sauce by cooking a tablespoonful of finely chopped onion and parsley in 1 1/2 tablespoonfuls of butter...

Potato Salad. Cut some cold cooked potatoes in slices and arrange them in a bowl. Dress with seasoned mayonnaise and decorate with capers and little shapely cut out of beetroot.

Escalloped Scallops. Wash and pick over a pint of scallops. Melt 1/2 cupful of butter and add 1 cupful of cracker crumbs and 1/2 of a cupful of soft breadcrumbs. Put in a thin layer of crumbs in a buttered baking dish, cover with the scallops, sprinkle with salt and pepper, add 3/4 of a cupful of heavy cream and 2 tablespoonfuls of milk. Repeat, cover with remaining buttered crumbs and bake until crumbs are brown, the time required being about thirty minutes.

Cadillac Crab Meat. Cook 3 tablespoonfuls of butter with 1 1/2 teaspoonful of finely chopped onion three minutes, stirring constantly. Add 4 1/2 tablespoonfuls of flour mixed with 1 tablespoonful of curry powder and stir until well blended, then pour on gradually while stirring constantly 1 1/2 cupfuls of chicken stock. Bring to the boiling point, add 1 1/2 cupfuls of crab meat and season with salt. Arrange in buttered individual baking dishes, sprinkle with grated cheese and run under gas flame to melt and brown cheese. Serve at once.

Haricots Bean Salad. Soak the haricots for six or eight hours, and then boil them until tender, leave until cool. Pile them in the center of a salad bowl and surround with shred tomato or beetroot and some shred celery. Cover with whipped cream, flavored with salt and white pepper. If liked, dip the haricots in oil and vinegar in addition to the cream. Decorate the cream with a little minced capers and arrange the beetroot so that it makes a red border to the white pyramid of cream.

Banana Salad. Choose sound, unblemished bananas and remove the peel carefully in halves; take off the strings. Slice the fruit with a silver knife, add chopped celery or Brazil nuts, all the banana skins, and the remaining cream sauce and stew with grated pistachio nut, place on ice. This salad should be made just before it is wanted and served one portion to each person.

Salad a La Duchesse. Choose apples all of a size, wipe, slice off the top of each, and scoop out the interior. Chop one dessert spoonful of apple with twice that quantity of celery, add some beetroot, cooked peas and French beans. Toss in mayonnaise sauce and fill the apples with the mixture.

Cauliflower Salad. Trim the broccoli or cauliflower neatly, boil in the usual manner, drain and put into cold water; take out, drain, arrange neatly and mask with mayonnaise sauce, using shapes of beetroot or tomato and sprigs of watercress or parsley as a garnish.

COL BUELL'S EXPERIENCE His Shoulder Blade Was Very Severely Shattered. Lieut.-Col. Buell, of Brockville, Ont., is in the hospital at South Kensington suffering from a shattered shoulder blade, where a bullet is still embedded. He is making fair progress toward recovery. Col. Buell was wounded on Friday while leading a reserve battalion of Canadians into action to cover the exposed flank of two Canadian battalions who were in the trenches. Col. Buell, to-day, in describing the scene, said the noise was ear-splitting, with the German artillery showing remarkable precision, pouring shells in the direction of the front, but also enfilading. In order to minimize the losses, Col. Buell advanced his battalion by short rushes. His men, he said, behaved like regular troops whose steadiness could not be excelled by veterans. There was no firing among them when they were ordered to advance, though all knew this meant almost immediate casualties. Col. Buell was wounded while he lay on the ground using his glasses between two of the short rushes. He felt a heavy blow on his shoulder, evidently his spent fragment of shell. Soon afterwards in attempting to cross a ditch he fell fainting from the loss of blood.

DECLINED INVITATION Politician Did Not Like Funeral Environments. A politician who had received an invitation from the leaders of his party in a distant village, before replying sought to discover what sort of reception he was likely to receive, and placed the letter of invitation before a friend who he knew came from the same district. "Think I'd better accept?" inquired the politician. "I wouldn't if I were you," replied his friend, shaking his head gravely. "Why?" "Well," replied the other, "I don't like the signatories of the letter of invitation."

NEW STRENGTH IN THE SPRING Nature Needs Aid in Making New Health-Giving Blood. In the spring the system needs a tonic. To be healthy you must have new blood, just as the trees must have new sap to renew their vitality. Nature demands it, and without this new blood you will feel weak and languid. You may have twinges of rheumatism or the sharp stabbing pains of neuralgia. Often there are disgusting pimples or eruptions on the skin. In other cases there is merely a feeling of tiredness and a variable appetite. Any of these are signs that the blood is out of order—that the indoor life of winter has lessened your vitality. What you need in spring is a tonic medicine to put you right, and in all the world of medicine there is no tonic can equal Dr. Williams' Pink Pills. These pills actually make new rich, red blood—your greatest need in spring. This new blood drives out the seeds of disease and makes easily tired men, women and children bright, active and strong. Mrs. Edith Brouseau, Savona, B. C., says—"I was as pale as a ghost, suffered from headaches, severe palpitation of the heart at the slightest exertion, I had little or no appetite and seemed to be drifting into a decline. I was attending High School in Vancouver at the time, and the doctor advised me to stop. I did and took his treatment for some time, but it did not help me in the least. Upon the advice of a friend I began taking Dr. Williams' Pink Pills, and in a very short time they gave me back complete health, and enabled me to resume my studies. I have enjoyed the best of health since, and owe it all to Dr. Williams' Pink Pills."

Street Etiquette. It is not considered good form for a man to take hold of a lady's arm in walking at any time except to assist her in alighting from a vehicle or over a crossing or in some place where assistance is absolutely necessary.

New Bordered Foullards. Borders were just a trifle out for the last season or so, are coming back into favor. The embroidered fougardings are always more in vogue in use, but just at present there is a showing of rich colored foullards with riotous borders of black and colors. One silk in a dark American beauty has a border of large, black roses, about ten inches deep. The same border appears on a white foullard. A Belgian blue silk has a border of narrow vertical stripes of bright magenta, almost fifteen inches deep. On another blue foullard a tropical growth of yellow and red and green flora and black ferns springs from a narrow black band, while small black "stars" are scattered over the blue sky. Suggesting the far East is still another blue, not quite so deep as the Belgian made, the border of which is an oriental and conventional pattern of dull tans and greens and black.

Cleaning Spots on Heavy Clothing. This method of cleaning heavy skirts and dresses, especially light colored ones, is very successful. Dissolve one teaspoonful of shaved white soap, one teaspoonful of borax and one teaspoonful of household ammonia in a little boiling water. Then add a pint more of hot water. Lay the skirt on the ironing board and go over the entire skirt with a soft cloth wrung out of the preparation. If there are any spots, clean them first, and then a second time when you go over the whole skirt. Let the skirt dry, and if there are any streaks, go over it again. When dry, lay a damp cloth on the skirt and press with a hot iron.

Words About Women. A woman's antidote for love is too much of it. Some women are toys; all of them are puzzles. A man begins to see life when he sees a woman home. A well-intentioned woman can do a lot of mischief in a few minutes. The sinner a woman is that she is right the more likely she is to be wrong. A woman loves a man most when she knows that another woman wants him. A man can do most anything with a woman—except leave her alone.

New Shades Of Purple. Russian violet is the name given to six new shades of purple.



does not separate in the bottle—it is the same all through—the last drop is as delicious as the first.



Made in England, every drop.

GOAL The kind you are looking for is the kind we sell Scranton Coal Is good Coal and we guarantee prompt delivery BOOTH & CO. Foot of West St.

Time and Experience Wore a Multitude Of Changes What was best a few years ago may to-day be practically worthless. New ideas are constantly displacing old and be-forgotten ones. This is an age of progressiveness. We want you to know that—



Who infuse into our work the latest, most practical thoughts of trained hands and minds. Phone 335. Residence phone 56. David Hall. 66 Brock Street.

NOW IS THE TIME

To place your order for a Monument, and by placing your order with us you are guaranteed first class work. Prompt delivery and moderate price. A call of inspection invited. J. E. MULLEN Cor. Princess and Clergy St Phone No. 1417.



Women's Fine Low Shoes and Pumps. In Patent, Gun Metal and Dongola Kid, latest lasts and heels. \$2.50 & \$3. H. JENNINGS, - King Street.



Good-bye sore feet, burning feet, swollen feet, smelling feet, tired feet. Good-bye corns, callouses, bunions and raw spots. No more shoe tightness, no more limping with pain or drawing up your face in agony. "TIZ" draws out all the poisonous exudations which puff up the feet. Use "TIZ" and wear smaller shoes. "TIZ" is magical, acts right off. "TIZ" draws out all the poisonous exudations which puff up the feet. Use "TIZ" and wear smaller shoes. "TIZ" is magical, acts right off. "TIZ" draws out all the poisonous exudations which puff up the feet. Use "TIZ" and wear smaller shoes.

A Symbol of Merit Imperial Underwear. Made in Kingston for more than thirty years and known for sound quality and sterling value from Atlantic to Pacific. Ask for Imperial, Perfect Fit, Style and Finish. Kingston Hosiery Co., KINGSTON.



Imperial Underwear. A Symbol of Merit.

Pure Marmalade. Croese and Blackwell Chivers and Son's In 7 lb. tins 841-S Princess St. D. COUPER Phone 76. Prompt Delivery. (Coast Sealed Oysters).

Freckle-Face. Sun and Wind Bring Out Ugly Spots. How to Remove Easily. Here's a chance, Miss Freckle-face, to try a remedy for freckles with the guarantee of a reliable dealer that it will not cost you a penny unless it removes the freckles; while if it does give you a clear complexion the expense is trifling. Simply get an ounce of othine—double strength—from Geo. W. Marchand, or any druggist, and a few applications should show you how easy it is to rid yourself of the homely freckles and get a beautiful complexion. Rarely is more than one ounce needed for the worst case. Be sure to ask the druggist for the double strength othine as this is the prescription sold under guarantee of money back if it fails to remove freckles.

Get a 25 cent box of "TIZ" now at any druggist or department store. Don't suffer. Have good feet, glad feet, feet that never swell, never hurt never get tired. A year's foot comfort guaranteed or money refunded.

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GET OUR PRICES For plumbing work or gas piping. Have your work done by us. Satisfaction guaranteed. A. AND J. JAMIESON, Plumbers and Gasfitters.

For Your 3 Best Recipes some Pandora Range and \$200.00 in Cash Given as Prizes.

Canada's Great Home Magazine To Tell Its Thousands of Canadian Women Readers of the Best Cook-Books in the World. Tell us how you make the dishes your family like best. Big Cash Prizes for the Best Recipes Received.

ARJORY DALE, one of Canada's foremost cooking experts, opens the new "Recipe Page" in a coming issue of EVERYWOMAN'S WORLD, Canada's Great Home Magazine. It is our desire that Miss Dale leave the old beaten track, and instead of giving the fancy recipes and "cooking school" advice usually found in magazines, devote her page to telling the readers of EVERYWOMAN'S WORLD how to make the dishes that are finding favor with the average Canadian family. We want to help Miss Dale to make this page the most interesting feature for housekeepers that can be found in any magazine. How better could we accomplish this purpose than by asking Canadian housewives to send us their own recipes? We could not possibly publish a cookery page so good and so complete as one produced from the contributions of good cooks all over the Dominion, because then every recipe given will be one that has been tried and proven by the practical results of each individual contributor. Just tell us how you make any three dishes that have found favor with your family and friends. The recipes will be judged from the standpoint of variety and economy of materials, nutritive properties, ease of preparation, etc. Remember that the recipe most likely to win one of these grand prizes for you are just ones of your own favorite that you have tried and know to be good. You have recipes that we want to publish and all other women about. Send them to us to-day.

Write out your Three Best Recipes and send them to us to-day. They can win you one of these Big Prizes. 1st Prize—\$250.00 Cash and \$250.00 in Merchandise. 2nd Prize—\$100.00 Cash and \$100.00 in Merchandise. 3rd Prize—\$50.00 Cash and \$50.00 in Merchandise. AND 50 CASH PRIZES OF \$25.00 EACH. Write out your Three Best Recipes and send them to us to-day. They can win you one of these Big Prizes. 1st Prize—\$250.00 Cash and \$250.00 in Merchandise. 2nd Prize—\$100.00 Cash and \$100.00 in Merchandise. 3rd Prize—\$50.00 Cash and \$50.00 in Merchandise. AND 50 CASH PRIZES OF \$25.00 EACH. Write out your Three Best Recipes and send them to us to-day. They can win you one of these Big Prizes. 1st Prize—\$250.00 Cash and \$250.00 in Merchandise. 2nd Prize—\$100.00 Cash and \$100.00 in Merchandise. 3rd Prize—\$50.00 Cash and \$50.00 in Merchandise. AND 50 CASH PRIZES OF \$25.00 EACH.



SOME ROYAL ALEXANDRA CASSEROLE FOR YOU. Write out your Three Best Recipes and send them to us to-day. They can win you one of these Big Prizes. 1st Prize—\$250.00 Cash and \$250.00 in Merchandise. 2nd Prize—\$100.00 Cash and \$100.00 in Merchandise. 3rd Prize—\$50.00 Cash and \$50.00 in Merchandise. AND 50 CASH PRIZES OF \$25.00 EACH.

HORACE F. Real Estate Office 177 W. The Recipe Contest is Absolutely Free To All. Should it be that you do not know or have not read EVERYWOMAN'S WORLD, the Great Canadian Magazine that goes to the women in more than 90,000 of Canada's best homes, do not let that bar you from sending your recipes at once. This recipe contest is announced in this month's issue of EVERYWOMAN'S WORLD and will appear in succeeding issues but you do not have to be a subscriber nor are you asked to subscribe or buy anything in order to receive the lovely cassette and have the opportunity to win a big prize. Whether you are a subscriber to EVERYWOMAN'S WORLD or not, will not make the slightest difference. The Recipe Contest is Absolutely Free To All. Should it be that you do not know or have not read EVERYWOMAN'S WORLD, the Great Canadian Magazine that goes to the women in more than 90,000 of Canada's best homes, do not let that bar you from sending your recipes at once. This recipe contest is announced in this month's issue of EVERYWOMAN'S WORLD and will appear in succeeding issues but you do not have to be a subscriber nor are you asked to subscribe or buy anything in order to receive the lovely cassette and have the opportunity to win a big prize. Whether you are a subscriber to EVERYWOMAN'S WORLD or not, will not make the slightest difference. The Recipe Contest is Absolutely Free To All. Should it be that you do not know or have not read EVERYWOMAN'S WORLD, the Great Canadian Magazine that goes to the women in more than 90,000 of Canada's best homes, do not let that bar you from sending your recipes at once. This recipe contest is announced in this month's issue of EVERYWOMAN'S WORLD and will appear in succeeding issues but you do not have to be a subscriber nor are you asked to subscribe or buy anything in order to receive the lovely cassette and have the opportunity to win a big prize. Whether you are a subscriber to EVERYWOMAN'S WORLD or not, will not make the slightest difference. The Recipe Contest is Absolutely Free To All. Should it be that you do not know or have not read EVERYWOMAN'S WORLD, the Great Canadian Magazine that goes to the women in more than 90,000 of Canada's best homes, do not let that bar you from sending your recipes at once. This recipe contest is announced in this month's issue of EVERYWOMAN'S WORLD and will appear in succeeding issues but you do not have to be a subscriber nor are you asked to subscribe or buy anything in order to receive the lovely cassette and have the opportunity to win a big prize. Whether you are a subscriber to EVERYWOMAN'S WORLD or not, will not make the slightest difference. The Recipe Contest is Absolutely Free To All.