

OF INTEREST TO WOMEN

CONSTANT WORRY IS FATAL.

certain cells of the brain. The one idea of a disquieting sort the brain being the nutritive centre cells of the brain are not proof of the body, the other organs be- against. come gradually injured, and when some diseases of these organs or a finally ensues. Thus worry kills.

motion. Worry to make the theory scrope till stronger, is an irritant at certain points, which produces little harm if it comes at intervals or ir-

regularly. Occasional worriment the brain can core with, but the Worry injures beyond repair iteration and the reiteration of

It is as if the scull were laid combination of them arise, death bare and the surface of the brain struck lightly with a hammer every few seconds with mechanical It creeps upon the brain in the precision, with never a sign of a form of a single constant idea. As stop or the failure of a stroke. dropping of water over a period Just in this way does the annoyof years will wear a groove in the ing idea, the maddening thought stone, so does worry gradually; strike or fall upon certain nerve

STUFFED CABBAGE.

Cut out the stalk end of a head

## Tuberculosis Rapidly Increasing Among Children of Belgium and

More Food Urgently Needed to Keep up Their Strength

An interview with Mr. W. L. Honnold, American Director of the Belgian Relief Commission, brings to light a new danger threatening the population of the territory occupied by Germany.

Mr. Honnold reports that about 5,000,000 wholly or Commission, generally show diminished vitality. The effects are most apparent among the older children, particularly those in the adolescent stage. Among these there is an alarming increase of tuberculosis, due to the lower power of resistance consequent on an inadequate diet. an inadequate diet.

To overcome this serious danger, the Commission appeals for extra-contributions so that a special meal can be served every day in the schools. Efforts are also being made to provide as far as possible for children outside the schools.

This can only be done—Belgium's children can only be saved—if every one of us who can possibly do so will give something toward the Fund. Whatever you can afford, send your subscription weekly, monthly or in one lump sum to Local or Provincial Committees, or

Send Cheques
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Treasurer

Belgian Relief Fund

\$2.50 FEEDS A BELGIAN FAMILY ONE MONTH.



of cabbage, leaving a hollow shell. neat may be used by adding more

Slants of Humor

I recollect old wagon days With reminiscent pride, The men who drove along the ways Would ask you in to ride.

But motorists keep on the fly And do not stop to talk. n fact, they mostly bass you by With a disdainful squawk.

WANTED A SOUVENIR

She said she couldn't part with more But anyhow she told him where

Why, I don't like the way it ends."

An Alabama darkey was telling a friend

"De preacher wasn't feelin' so good last

'Made de stove preach? "Yessuh; made it red-hot from top to ottom, an den he tells de sinners to take good look at it, an' go to thinkin'!

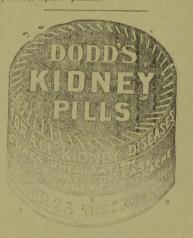
A LIMITED BELIEF

That one of the professors at Princeton as had his domestic trials was recently evidenced when a young woman of rather

Save Your Hair! Make It Thick, Wavy and Beautiful - Try This.

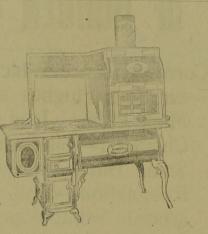
our hair will take on that life, lustre will become wavy and fluffy, and ave the apeparance of abundance, an accomparable gloss and softness; but what will please you most will be after just a few weeks' use, when you will actually see a lot of fine, downy hair—new hair—growing all over the scalp.

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NOTICE is hereby given that a meeting of the policyholders of The Prudential Insurance Company of America will be held at the Home Office of the said Company in the City of Newark, New Jersey, on Monday, to wear. the fourth day of December, 1916, at twelve o'clock noon, for the purpose of selecting fifteen persons to be voted for by the policyholders' Trustee as members of the Board of Directors, at the annual election of Directors of the Company to be held on the eighth day of January, 1917.

At such meeting every policyholder of the corporation who is of the age of twenty-one years or upwards and whose policy has been in force for at least one year last past, shall be en-FORREST F. DRYEN.



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