OLONISTS ICE AT LIBERTY

OF THEIR GOVERN. FFICULT FOR ALLIES.

Simple-Minded Savages But equired Vices of Ger- an Civilization.

ho many poodles whose r the future have been en- ed by the world war stand of the former German frica and the South Sea e story of the barbarity s a colonizer has been of- during the last four as shown that the treat- Belgians was not a sud- t of passion, but was of a scientifically devel- of atrocities practiced on jects of the imperial gov-

any treated the natives is h is now as familiar as it he details of the atroc- d there, revolting to the eation, were aired in the fore the war by the Social id have been told during years by Allies who have ermian barbarities from who have survived the ughter common there. It ncity of a few unscrupul- in the case of the Ger- e policy of the govern- complete failure to un- to successfully manage which lay at the root of colonization.

al Official Policy.

policy to be carried on the South Sea Islands d in the Koloniale Zeits- arly days of German ex- the acquisition of one s: "We have acquired t was written, "not for ition of the blacks, not their well-being, but for Whosoever hinders our st put of the way."

who." A translation of ce aptly describes what " put them out of the sale possessions, in puni- s against virtually as- in which they would n, women and children ment relentlessly as in the ces. So were dra- n to the Kaiserhof. Be- dle of thirty by Dr. Karl ent of the land of the ndine Mpumwa-dsanu, th the bloodstained ter the daughter which ecios of German South an 50,000 to 15,139, the an 20,500 to 9,781 and on 30,000 to 12,831 of the way" their cap- r them virtually slaves tem of enforced work, ng the owners to flog ed otherwise kill them ves. They "put them be failing to make al- e native's lack of de- ment system of so-called ecing the laws which n a highly developed then increasing the t of all proportion to ch ancient forms of ading with hot irons, e, siambok, starvation, and hanging by the put them out of the g the men away from mmunities for forced s decreasing the birth t them out of the way" in throngs into miser- nventilated, vermin-in- sleep, where they met y diseases.

r World Statesmen.

onder that the people their liberation from y. Yet the problem o government which e of them is a difficult are they the simple who loved to deck r their ceremonial been cowed and eir treatment at the They have learned with a new intu- been taught few of rtues," and many of material civilization. has overcome some sses but others have The savage in his may have been un- man has taught him to e rich in the posses- tle and horses, and lazy and comfortable s, he is now bereft of personal freedom.

't Fool Him.

e first visit to a farm ll his life he had lived great city and when he in sight of a hay- and gazed earnestly ed to him as a new ture.

ith," he remarked to ting to the haystack. have doors and win-

indows!" smiled the

hn't a house, Johnny,

josh me, Mr. Smith!"

ll rejoinder. "Don't know that hay don't ke that!"

FIRST AID TO A FRIEND.

How One Dog Showed Intelligent Affection in Ministering to Another.

A Princeton man who is fond of horses and dogs, says a writer, owns a finely bred hunting dog, which he kissed for several days. He made inquiries, but no one had seen anything of the animal, and after a week the owner gave him up as lost, strayed or stolen. One of the farm hands was rambling through a chopped-off wood lot a few days later and came upon the dog caught in a steel trap that some one had set to catch a skunk or some other game. Both forepaws were held in the jaws of the trap, and the dog could not escape.

But, in spite of his terrible predicament, he was not emaciated; and although in pain, he had not gnawed his forelegs as many animals will do when they are in the torture of a steel trap. Strangest of all, scattered all round the trapped dog were bones, scraps of meat and various other things that dogs like. Several ham bones and beef bones, with shreds of meat clinging, were right under the captive's nose, and he was chewing a bone when the man discovered his plight.

The trapped dog was carried home in the arms of the man who found him, and a little later the owner went to the trap to see who or what had brought those bones and scraps of food to the suffering captive. While he stood silently regarding the little heap of bones and scraps, another dog from his own kennels came through the bush, her jaws filled with chicken bones, meat trimmings and other gleanings from the kitchen garbage pail. The dog dropped her load close to the trap and sniffed round as if she were worried. She whined and whimpered when she decided that her friend had gone. The owner called her, and she came slinking and trembling to him as if she expected to be punished.

The owner patted and fondled her; then he went with her to the trap and let her sniff round it to her heart's content, and all the while he kept calling her "Good old doggy! Good dog!" until she seemed to understand that her master was praising her; then her joy was demonstrable.

Calling her after him, he went back to the stable, where the injured dog was licking his wounds. When the other dog saw the rescued animal, she showed every indication of joy. She barked, capered round, wagged her tail almost off, and then lent her own moist tongue to the healing process on her friend's sorely bruised paws. The two dogs seemed to understand each other, and the way those two friends expressed friendship was a revelation to the humans who looked on.

When He Comes Whistling Home.

He used to come, vacation times,
Home on the midnight train,
Whistling as clear as any bird,
In spite of snow or rain;
We seldom heard that music shrill
Ring like a silver horn—
We were so sure, the night before,
He would not come till morn!

But in our dreams there seemed to be
An echo of great joy;
Our sleep was filled with visions bright,
And all about "the boy!"
The doorbell peals! the household wakes,
Slippers and robes are donned,
And yawns and laughter break the hush,
And exclamations fond.

The door is opened; up the stairs
He comes on flying feet,
The motley crowd that gathers there
Tumultuous to greet.
"Caught us again!" "The train was late;"
"Examinations done?"
"I wish we hadn't gone to bed!"
"Dear boy!" "You scamp!" "What fun!"

A whining begins upon the ear,
With scratchings mingled in it;
"The dog!" "He's wild!" "He heard your voice
Oh let him in a minute!"
The door flies wide; he clears the stairs
In one long, rapturous leap;
And in that happy household now
Is no more thought of sleep!

So long ago! so far away!
Such endless miles from home!
The transport's deck, with cheering crowds,
And yet he does not come!
Four weary, waiting, listening years
Of pride, love fear, regret,
And yet he does not come! O France,
Can you not spare him yet?

Some night, upon the pavement still
Shall sound a ringing heel;
A step upon the echoing porch,
The doorbell's eager peal,
Oh, joy and laughter, hope and mirth,
No longer shall you roam;
You'll all be crowding back again
When he comes whistling home!

Puns.

Two British soldiers went into a restaurant at Salonika and asked for Turkey with Greece. The waiter said, "I'm sorry, gentlemen, but I can't Servia," whereupon the Tommies cried, "Fetch the Bosphorus." When that gentleman arrived and heard the complaint, the manager said: "Well, gentlemen, I don't want to Russia, but you cannot Rumania." And so the poor Tommies had to go away Hungary.

To prevent crumbling when cutting new bread heat the knife very hot.

The Latest Designs

Embroidery shows up well for this party frock for my little lady. The yoke may be hem-stitched on and with a ribbon sash, it is all that one can desire. McCall Pattern 8576—6 sizes—4 to 14 years—price 20c.

8637—Comfort is shown in this house dress, and what appeals most to the housewife is that it is easily made, for body and sleeves are in one. McCall Pattern 8637—3 sizes—S., M., L.—price 25c.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

Hearthside.

So many things to love in that small house of ours,
The sunlight swept across the breakfast board,
The brass bowls blooming with their nodding sheaves of flowers,
The genial fireplace where stout logs have roared;
There is a little window looking to the east,
Where stars peeped in on us through twilight haze;
The mottled plates we kept against the seldom feast
Shining from their shelves in bright arrays;
The wide, soft rugs—fair-colored as some enfabled mead,
With stiff Levantine blossoms, weaver-sown;
The stately stairs, the pipestand and rows of books to read;
The sweater on the settle lightly thrown.
So much I love * * * their peace, content and happiness,
And friendliness to make such corner bloom,
And, more than all, the clock, so solemn of address,
That murmurs to itself down the still room.

There is no better disinfectant than sunshine. Let it flood the rooms which are occupied, let it shine into your bread boxes and butter jars; the sunshine makes them sweet.

A Drink So Delicious
that many prefer its flavor to that of any other table beverage.

INSTANT POSTUM

For old and young.
Gives zest to any meal.

FATEFUL YEARS FOR ALL WOMEN

How Best to Overcome the Troubles That Afflict Women Only.

The most fateful years in a woman's life are those between forty-five and fifty. Many women enter this term under depressing conditions through overwork, worry or a neglected condition of the blood, and so they suffer heavily. Still, variations of health at this time can be relieved by home treatment.

Among the commonest symptoms are headaches and pains in the back and sides, fever-flushes, palpitation, dizziness and depression. Women stand in need of rich, red blood all their life, but never more so than in middle age, when the nerves are also weak and over-wrought. Now every woman can prove the prompt help afforded to her health by renewing her blood supply. It is a test that any ailing woman can make by taking Dr. Williams' Pink Pills, for these pills make rich, red blood, which in turn helps the appetite, strengthens the nerves and restores robust health. Thousands of women have found in Dr. Williams' Pink Pills the means by which new health and a brighter outlook of life were gained. In proof of this is the voluntary testimony of Mrs. H. S. Peterson, Milford, Ont., who says:—"I have suffered greatly from those troubles that afflict my sex, and I have found that Dr. Williams' Pink Pills in such cases not only do all that is claimed for them, but more. Dr. Williams' Pink Pills have done so much for me that I urge every weak woman to try them, and they will soon realize the great difference in one's health they make."

If you suffer from any of the ills that particularly afflict womanhood you should avail yourself at once of the health help of Dr. Williams' Pink Pills. You can get them from any dealer in medicine or by mail post paid at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

MILITARY SEARCHLIGHTS.

Recent Developments in This Useful War Equipment.

The military searchlight has proved of enormous usefulness during the war for a great variety of purposes, and, as a result, it has undergone very important development.

There has appeared, as one product of its evolution, a portable electric searchlight, weighing only 143 pounds, which can easily be carried by a couple of men or by a mule. Provided with a powerful archlight, it throws, with the help of a bowl-shaped mirror of glass, a beam of brilliant intensity.

There is a tendency, however, to get rid of glass mirrors for war searchlights. They have two important disadvantages. One is that a chance bullet will put them out of commission; the other, that properly made glass reflectors cannot be quickly or easily obtained. Nothing short of a first-class mirror-making plant is capable of turning them out.

Accordingly, the army is now using reflectors which are simply shallow bowls of thin sheet iron plated on the inside with silver. They are not equal to mirrors, but they can be turned out quickly in indefinite numbers anywhere that silver plating is done. A rifle bullet will not break them, and they have the additional advantage of cheapness. Glass reflectors are very expensive.

The French during the war have been making trial of searchlight reflectors plated with gold, which, it is claimed, have greater brilliancy. They are most costly, of course, but do not require daily polishing.

Rembrandt, the great painter, knew the Bible by heart from end to end.

An inch of rain descending on an acre of land would fill more than 600 barrels of forty-five gallons each.

German war losses up to 30th April last were 2,050,460 dead, 4,207,028 wounded and 615,922 missing, a total of 6,873,410, according to figures published in Berlin.

"Always laugh when you can; it is cheap medicine. Merriment is a philosophy not well understood. It is the sunny side of existence."—Byron.

CANARY BIRD VS. MOUSE.

Interesting Experiments Showing Effect of Poison Gas.

Mice have been found useful for giving warning of the presence of dangerous gases in mines. They were employed for the same purpose in the trenches during the war. But canary birds proved much better.

It is the exceptional sensitiveness of mice and canaries to such gases that renders them valuable in this way. They show signs of distress long before human beings notice the poisoning of the air they breathe.

But the mouse (in a cage) may at any time be inactive and sluggish, so that the indications it gives are not to be relied upon. On the other hand, the canary is perpetually alert and hopping about. If it droops or becomes quiet it is time to get out of the mine or put on the gas mask.

Many experiments have been made to determine the exact degree of the canary's sensitiveness to poisonous gases, relatively to that of human beings. In one of them a man was put into a glass inclosed box and a quantity of deadly carbon monoxide was introduced. The man held in his hand a cage containing a canary.

Presently the bird collapsed. But the man stayed in the box eight minutes longer before he found himself unable to stand up. He was then promptly dragged out. Beyond a severe headache for some hours, however, he suffered no ill effects.

This proved definitely that a man can endure a more than fairly dangerous gas poisoning eight minutes longer than a canary. Hence the conclusion—most valuable for practical purposes—that workers in mines have eight minutes in which to escape from a gas-filled mine tunnel after their bird (they commonly carry canaries with them nowadays) shows symptoms of severe distress.

The birds subjected to these experiments are quickly revived by putting them into a little glass cage box, the handle of which is a small steel tube containing liquid oxygen. The oxygen is allowed to flow into the box and soon the canary is well and lively.

BABY'S OWN TABLETS OF GREAT HELP

Mothers, if your baby or growing child is sickly; if he does not sleep well at night; if he cries a great deal; is constipated and his little bowels and stomach are not working right, give him Baby's Own Tablets—they have proved of great help to thousands of mothers. Concerning the Tablets Mrs. W. H. Decater, Corson's Siding, Ont., says:—"I have used Baby's Own Tablets and have found them excellent for the little ones and would not be without them." The Tablets are a mild but thorough laxative and are guaranteed to contain no harmful drug—that is why they always do good and never harm. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Politeness Pays.

A bright-eyed little boy in a sailor suit saluted the occupants of a passing motorcar so quaintly that they stopped to give him sixpence.

"You're a very polite little fellow," the lady motorist said. "Do you salute all the strangers who pass in the same way?"

"No, no, ma'am, only motorists," the boy stammered, fingering his sixpence nervously. "Father says I'm to be polite to them; because motorcars bring him trade."

The lady seemed disappointed.

"What is your father's trade, my little man? Does he repair motorcars?"

"No, ma'am; he's an undertaker," was the little fellow's response.

Minard's Liniment Co., Limited.

Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad, so I could not work and it hurt me to breathe. I tried all kinds of Liniments and they did me no good. One bottle of MINARD'S LINIMENT, warmed on flannels and applied on my breast cured me completely.

C. H. COSSABOOM.
Rossway, Digby Co., N. S.

STAMPS REFLECT HISTORY.

Controversy Over Fiume Shown in Postage Stamps.

A striking example of the manner in which current events are reflected on the postage stamps of nations is provided by the Italo-Slovak deadlock at Fiume.

When the Jugo-Slavs first occupied the town, immediately after the declaration of the armistice, they signalized the event by imposing the initials of the united Slav states—"S. H. S."—upon the Slav stamps, which, however, proved short-lived, for on the arrival of the Italians they were suppressed in favor of a somewhat similar series, bearing the simple imprint "Fiume" in large black capitals.

Whatever may be the ultimate fate of Fiume, these transitionary stamps will constitute historical evidence of the rival claims to its possession.

There is no more certain way of spoiling a good voice than by singing loudly.

CANADA IS PAR GOLF.

"Canadian golfers are hard to beat, but Canadian hospitality cannot be beaten," declared Charles ("Chick") Evans, Jr., amateur and open champion golfer of the United States, after he had returned from the Hamilton and Scarborough Golf Clubs. Canadian experts in these clubs had compelled him to play his best to win, and then both clubs had made him a life member. "Canada, in my opinion," he added, "is par golf."

About the third week in June Evans hopes to make his fifth trip to Canada to play for the benefit of the Canadian Red Cross. Other noted golfers who may go along are Francis Ouimet, Jerome D. Travers and John G. Anderson. The cities visited will be Montreal, Ottawa, St. Andrews-by-the-sea and Toronto.

Canada has a string of well-planned golf courses from the Atlantic to the Pacific, ranging from seaside links at St. Andrews-by-the-sea on the Bay of Fundy to the Banff Springs Golf Club, Alberta, where the golfer can play his game at an altitude of nearly a mile. Going farther west he can play the Vancouver and Victoria golf clubs where the altitude is not far above the sea and where the golf sharp can play the royal and ancient game every month in the twelve, because the Japan current decrees that there shall be no "winter killed" greens.

This year will be the greatest in the history of Canada and the United States so far as international golf is concerned. Ten of Canada's best golfers will play against ten of the best from the United States at the Hamilton Golf and Country Club, Hamilton, Ontario, on July 25th, and the Canadian Seniors, who won the Duke of Devonshire's Cup in a match against the United States Seniors, will defend the cup in a return match at Apawamis Golf Club, Rye, N.Y.

Champion Evans has a very high opinion of Canadian golf courses, and of the Hamilton Golf and Country Club in particular. "This Club," he states, "is one of the very best links in North America. It 'swings well,' and is a thorough test of golf."

The St. Andrews-Algonquin Golf Club at St. Andrews-by-the-Sea is an 18-hole links, 6,000 yards in length, and there is also a 9-hole links near by. The long course resembles some of the best seaside links of Scotland. Toronto, Montreal, Quebec, Winnipeg, Calgary, Victoria and Vancouver are all great golfing centers. At the Banff Springs Golf Club on "The Roof of the World," the golf is excellent and the scenic surroundings unsurpassed in beauty.

TORONTO FAT STOCK SHOW.

At the annual meeting of the Toronto Fat Stock Show, held recently, it was decided to again have classes for female cattle, also that instead of requiring ninety days' ownership of carloads of cattle that it would be sufficient if owned by exhibitor at time of entry. This will be welcome news to some exhibitors who were unable to compete in some of the classes last year.

The Forth Bridge.

An American naval officer, on arrival in Scottish waters, was signalled to anchor at the Forth Bridge. After cruising about for hours the officer signalled back this message:—"Have searched this brook from mouth to source. Have found the first bridge all right, but I'm blest if I can find the second, let alone the third or fourth!"

MONEY ORDERS.

Buy your out-of-town supplies with Dominion Express Money Orders. Five Dollars costs three cents.

Merchant shipping sunk by the Germans is officially estimated at: Great Britain, 2,197 vessels; France, 238; Italy, 230; United States, 80; Japan, 29. In tonnage, the British losses were 7,638,020.

GENUINE ASPIRIN HAS "BAYER CROSS"

TABLETS WITHOUT "BAYER CROSS" NOT ASPIRIN AT ALL.

Get Genuine "Bayer Tablets of Aspirin" in a "Bayer" Package, Plainly Marked With the Safety "Bayer Cross."

BAYER

There is not a penny of German money invested in "Bayer Tablets of Aspirin," nor will a German citizen profit by its sale or ever be allowed to acquire interest.

The original world-famous Aspirin marked with the "Bayer Cross" is now made in Canada and can be had at your druggist's in handy tin boxes of 12 tablets and larger "Bayer" packages.

Genuine Aspirin has been proved safe by millions for Pain, Headache, Toothache, Earache, Rheumatism, Lumbago, Colds, Grippe, Neuritis.

Aspirin is the trade mark, registered in Canada, of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

ISSUE 27—'19.

The Young Profiteer.

"Now, Charles, if you're a very good boy, I'll give you a penny."

"I'm afraid I can't afford to be good for less'n a nickel, gran'ma—not the way prices is to-day."

Saving the Tip.

He was looking for a chance to pop the question and the girl was not averse. "Did you pay my little brother to remain out of the parlor?" she asked. "Yes; I hope I was not presuming." "You were not. But if you paid him, I won't." They're engaged now.

Dry Cleaned.

A little four-year-old who is most emphatically opposed to having her face washed, said to her grandmother the other day:

"I am not going to wash my face any more."

When asked for an explanation, she said, "I've decided to have it dry cleaned."

Instructing Grandpa.

"I was talking to my little granddaughter over the telephone the other day," said an old man recently to a few of his friends at a hotel, "and when I ended I said, "Here, Dorothy, is a kiss for you." She replied, 'Oh! pshaw, grandpa! Don't you know that a kiss over the telephone is like a straw hat?' I said, 'Why, no, sweetheart, how's that?' 'It's not felt, grandpa,' she said."

Beguiling Giles.

Everything in the dear old village seemed the same to Giles after his absence of four years as a prisoner of war in Germany. The old church, the village pump, the ducks on the green, the old men smoking their pipes while the women talked—it was so restful after the treatment he had received at the hands of the enemy.

Suddenly he missed something.

"Where's Hodge's other windmill," he asked in surprise. "I can only see one mill, and there used to be two."

The native gazed thoughtfully round as if to verify the statement. Then he said, slowly:

"They pulled one down. There weren't enough wind for two of 'em!"

Minard's Liniment Cures Distemper.

Brown (dictating to his typist)—"But why do you stop so often? Can't you keep up with me?" Typist (who is rather shaky in her spelling)—"Oh, yes; but your language is so eloquent that I frequently find myself spellbound."

LEMONS MAKE SKIN WHITE, SOFT, CLEAR

Make this beauty lotion for a few cents and see for yourself.

What girl or woman hasn't heard of lemon juice to remove complexion blemishes; to whiten the skin and to bring out the roses, the freshness and the hidden beauty? But lemon juice alone is acid, therefore irritating, and should be mixed with orchard white this way. Strain through a fine cloth the juice of two fresh lemons into a bottle containing about three ounces of orchard white then shake well and you have a whole quarter pint of skin and complexion lotion at about the cost one usually pays for a small jar of ordinary cold cream. Be sure to strain the lemon juice so no pulp gets into the bottle then this lotion will remain pure and fresh for months. When applied daily to the face, neck, arms and hands it should help to bleach, clear, smoothen and beautify the skin.

Any druggist will supply three ounces of orchard white at very little cost and the grocer has the lemons.

POULTRY WANTED

WHAT HAVE YOU FOR SALE IN Live Poultry, Fancy Hens, Pigeons, Eggs, etc.? Write I. Weinrauch & Son, f0-18 St. Jean Baptiste Market, Montreal, Que.

HOME BUILDERS!

WRITE FOR OUR FREE BOOK OF House Plans, and information telling how to save from Two to Four Hundred Dollars on your new Home. Address Halliday Company, 23 Jackson W., Hamilton, Ont.

FOR SALE.

NEWSPAPER, WEEKLY, IN BRUCE County. Splendid opportunity. Write Box T, Wilson Publishing Co., Limited, 73 Adelaide St. W., Toronto.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried $1,600. Will go for $1,200 on quick sale. Box 62, Wilson Publishing Co., Ltd., Toronto.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

"Alberta stands to gain substantially from the new trade in livestock and meat products as the outcome of after-war conditions overseas," says the "Edmonton Journal," quoted by the Canadian Trade Commission.

Minard's Liniment Cures Colds, Etc.

The perennial border will be benefited by mulching during hot weather with the clippings from the lawn.

Uncle—"I see you do not carry a tool chest on your motor car, Mabel. What do you do in the case of trouble?" Mabel—"Oh, I always have hairpins!"

Laugh When People Step On Your Feet

Try this yourself then pass it along to others. It works!

Ouch! ? ? ? ? ! This kind of rough talk will be heard less here in town if people troubled with corns will follow the simple advice of this Cincinnati authority, who claims that a few drops of a drug called freezone when applied to a tender, aching corn stops soreness at once, and soon the corn dries up and lifts right out without pain.

He says freezone is an ether compound which dries immediately and never inflames or even irritates the surrounding tissue or skin. A quarter of an ounce of freezone will cost very little at any drug store, but is sufficient to remove every hard or soft corn or callus from one's feet. Millions of American women will welcome this announcement since the inauguration of the high heels.

Mrs. Lilian Taylor Tells How Cuticura Healed Her Baby

"Our baby was two weeks old when his face became very red and terribly itchy, and he was fairly crazy rubbing and scratching till the skin broke and bled. He could not sleep, and did nothing but cry. His face looked as though he might be disfigured for life.

"I thought I would give Cuticura Soap and Ointment a trial. I found the free sample so good that I bought more and two cakes of Cuticura Soap and a fifty cent box of Cuticura Ointment healed him." (Signed) Mrs. Lilian M. Taylor, Box 99, Bracebridge, Muskoka, Ont., Dec. 30, '18.

Cuticura Soap to cleanse and purify, Cuticura Ointment to soften and soothe and Cuticura Talcum to powder and perfume are ideal for daily toilet purposes.

For free sample each of Cuticura Soap, Ointment and Talcum address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

Spring Fever —What Is It?

THREE o'clock in the afternoon — and absolutely no "pep." You call it spring fever, but is it?

When you are constipated waste matter remains in the intestines, decays, forms poisons which are absorbed into your blood and carried by it to every cell in your body. When your cells are thus poisoned, of course you have no "pep."

Pills, salts, mineral waters, castor oil, etc., merely *force* the bowels to act, and make constipation and self-poisoning a habit.

Nujol is entirely different from drugs as it does not force or irritate the bowels.

Nujol prevents stagnation by softening the food waste and encouraging the intestinal muscles to act naturally, thus removing the cause of constipation and self-poisoning. It is absolutely harmless and pleasant to take.

Nujol helps Nature establish easy, thorough bowel evacuation at regular intervals—the healthiest habit in the world.

Get a bottle of Nujol from your druggist today and watch your "pep" come back.

Warning: Nujol is sold in sealed bottles bearing the Nujol Trade Mark. All druggists. Insist on Nujol. You may suffer from substitutes.

Nujol
REG. U.S. PAT. OFF.
For Constipation

"Regular as Clockwork"