

We must all use laxatives
—we who eat rich foods and exercise too little. The best way to take them is a Cascaret at a time—when you need it.

You know when you need Cascarets. You feel a certain dullness, a depression—perhaps the approach of a headache. You say, "I must take something tonight." But why do you waste the day? It is easy to keep at your best at all times, if you'll do it. The way is to carry a box of Cascarets with you. Take one just as soon as you need it. Then the clouds rise at once.

The need for Cascarets is a natural need. Don't think that you are drugging yourself. We must get a laxative some way. If we don't get it through exercise, and through proper food, we must get it otherwise. Cascarets are the next best way.

Ask your Doctor about it. He will tell you that the day of the violent purgative is past. The day of pills, salts, castor oil and cathartics. This is the day of the gentle in medicine, the natural, the pleasant. Cascarets act just as certain foods act—just as exercise acts—on the bowels.

Cascarets are candy tablets. They are sold by all druggists, but never in bulk. Be sure to get the genuine, with CCC on every tablet. The price is 50 cents, 25 cents and

10 Cents per Box.

"Baby's Own" is the best product of scientific soap making.

Fragrant—absolutely pure—economical. No amount of care or expense is spared to make it as perfect as possible. Refined vegetable oils render it specially suitable for delicate skins.

Natural flower perfumes (from Grasse, France) give it a lasting yet delicate fragrance. Yet its cost to you is very small.

Try "Albert Tale" Violet Scented and Antiseptic.

Ask your dealer for "Baby's Own" Soap, because it is best for Baby and best for You.

ALBERT SOAPS, LTD., MFRS., MONTREAL.

LENT BECOMES A BLESSING WHEN YOU USE SHREDDED WHEAT

instead of meat. There is more nutriment in a Shredded Wheat Biscuit than in a thick beefsteak, and with less tax on the digestive organs.

Try a Natural Food During Lent. Your Health Will Profit. All Grocers, 13c. a Carton, 2 for 25c. (867)

RAZORS!

We carry a nice assortment of RAZORS. The "Ever Ready" with 12 blades, for \$1.00, is the best on the market. Other Safety Razors, in morocco leather cases, from \$2.50 to \$5.50 per set.

Elliott Bros., 77 Princess Street.

FREE HELP FOR MEN

The only remedy which will positively cure foot manhood is "ESSTIAN," the marvelous German Remedy discovered by Dr. Julius Kohr. It is controlled in this country by the Dr. Kohr Medicine Company, a concern which has the highest standing in the medical world. This remedy has cured thousands of men, young and old, who the best known remedies have failed. If you are suffering from diseases of the generative organs such as lost manhood, exhausting drains, nervous debility, the results of alcohol, this remedy can and will cure you. The headache, pimples, varicose, pain in the back and falling potency, disappear completely in the worst cases in from one to two week's treatment. We make the honest offer of a cure or return your money. Thousands of testimonials. Correspondence treated daily confidential. FIVE days' treatment sent free with a book of rules for health, diet and advice. Our greatest successes have been those who have failed with other treatments. This remedy is regularly used in the French and German armies, and the soldiers in these countries, are made of strength and vitality. Write for sample (not secured in plain wrapper).

Address DR. KOHR MEDICINE CO., P.O. Drawer L 234, Montreal.

British Diplomacy
By N. A. Howard Moore.

England considered the interests of Canada in her diplomatic relations with the United States? Let us see! Allow me to review the ill-advised action of English diplomats. Ever since the Treaty of Paris in 1762 the arrogance of the American representatives and the glib innocence of the representatives of Great Britain has been one of the predominant features of all arbitration proceedings in which Canada has suffered every time. During the negotiations of the Peace of Paris the diplomats of the United States wanted everything and gave nothing. Clause III of the Treaty of Paris gives to the citizens of the United States the right to fish in Canadian waters just the same as if they were British subjects. Nowhere in the Treaty has the same right been given to citizens of Canada in the United States waters—and this has always been refused—and throughout the negotiations with the United States representatives (Messrs. Franklin, Jay and John Adams) Richard Oswald certainly did not show that he was the man to do justice to Canada and the empire. An eminent American diplomat thus speaks of his appointment:

"The individual picked up by Great Britain was a respectable and amiable gentleman, nominated at the suggestion of Dr. Franklin, with whom he was to treat, because he (Franklin) thought he would get along easily with him, but by no means a match for a combination of three such men as Franklin, Jay and Adams."

Dr. Franklin gave Mr. Oswald what is now known as the "Canada paper" and had the audacity to propose that Great Britain should "voluntarily cede" the whole of Canada and Nova Scotia to the United States. This "paper Oswald had the weakness to endorse and said that he would urge upon Shelburne the necessity of acquiescing in the proposals made by Franklin. It was the most important foreign affair for Great Britain, heard of this remarkable suggestion, Shelburne having withheld the knowledge of the contents of the "Canada papers." His colleagues were furious; Canada was Britain's largest and most important territorial possession. Mr. Oswald described that part of Canada south of the great lakes contemptuously as the "back lands of Canada." "A country worth nothing and of no importance." Six years prior to this that portion of Canada was described by the United States representatives as "The triangular tract of land between the Mississippi, the Ohio and Lake Erie is the finest spot of earth on the globe, swelling with moderate hills, but no mountains; watered by the finest rivers; the soil is the most fertile; the soil, as appears from the woods, with which it is clothed, is of the most abundant fruitfulness and vegetation. It abounds with coal, and there are multitudes of salt springs in all parts of it. There are mines of iron, copper and lead. Wild rye grows there spontaneously." Had this part of Canada been retained by Great Britain her possessions in North America would have been 4,160,574 square miles. This country, which Lord Shelburne and his colleagues were ready to give away, has an area of 476,080 square miles and contains now 26,000,000 people. Mr. Oswald's opinion, which, by the way, was valueless, as he had never been over any part of Canada was that "Canada should be given up to the United States, as it would prevent future differences and as the government of such a country was of no importance, and he was not without hopes it would be agreed to." Dr. Franklin and congress recognized the position intelligently—"as one which would render the situation towards the thirteen colonies, as truly hazardous if Great Britain retained it."

"While Mr. Oswald was doing his utmost to give away this great territory, the governments of France and of Spain were 'hostile to the extension of the United States boundaries through Canadian territory to the Mississippi and to their claims to the Canadian fisheries. The French foreign minister openly argued against the American commissioners in favor of the demands of the Americans and was unreasonable and that France would not continue the war for American objects. France even sent her minister for foreign affairs, M. de Vergennes, to London, to protest against the willingness of Messrs. Oswald and Vaughan to give away this vast and arable territory. He persistently urged the government of Great Britain to concur with France in a concert of measures for shutting out the Americans from this territory because it could only be accomplished with the approval and aid of Great Britain. M. de Vergennes wrote to the American commissioners: 'It is clearly evident that the court of London, when it was as yet sovereign of the Thirteen Colonies, did not consider the vast territories eastward of the Mississippi as forming part of these same colonies about which this treaty in the negotiations of the congress of the Thirteen Colonies instructed their commissioners secretly that 'Although it is of the greatest importance to the peace and commerce of the United States that Canada and Nova Scotia should be ceded, and more particularly that the equal common right of the United States to the fisheries should be guaranteed to them, yet a desire terminating the war has induced us to make the acquisition of these objects an ultimatum.'"

Owing to the persistent willingness of the representatives of Great Britain to give away, and the arrogant indifference to the instructions of congress and to the protests of the government of France and of Spain by the trio, Franklin, Jay and Adams, were the means of robbing Canada of nearly a half million square miles of territory. The American trio knew the men they were dealing with, better than congress, or France and Spain or even Lord Shelburne, and that if they persisted they would gain all they were contending for. More particularly that the equal common right of the Americans to the fisheries was not until Mr. Jay's draft treaty was before the British government that Lord Shelburne and his colleagues woke up, and began to realize their position, in allowing the colonial and territorial interests of Great Britain in Canada to fall into the hands of the United States.

CLEAN UP INSIDE.

Blood and System Cleaning in the Spring Makes Good Health All Summer.

In spite of all your careful habits it is safe to say that in the spring time you feel poorly—have a throbbing sensation in the head—skin is pale or yellow with dark rings under the eyes. If not actually bilious the system is so full of bile that you feel heavy and tired all day long.

Clean up, work off the accumulation of waste, purify your blood—do this and you'll feel fresh as a prize-fighter.

"For ten years," says W. B. Sanger, of Concord, "I suffered greatly from impure blood, which made me feel debilitated and unfit for work. I had no appetite, suffered from indigestion and gas, had some pains in the back caused by poor kidney action. Spring was the hardest time of all, and many a time I felt dependent and languid enough to throw up the sponge. I was impressed by the marvelous work done by Dr. Hamilton's Pills, and tried them. They suited me exactly. In one week I felt like new. I was braced up, got rid of blood weakness, gained in flesh, got back my old time, appearance and spirits. Dr. Hamilton's Pills will clean all the sickness out of a man in short order and I urge young and old to use this grand tonic medicine."

Dr. Hamilton's Pills are a perfect spring medicine; they destroy germs and poisons of every description, and to weak blood, they bring nutrition and strength, whereby the system rallies and the patient quickly enjoys the blessings of perfect health. Get Dr. Hamilton's Pills—10-day—25c., at all dealers.

the war, the arrears of debts and the slender thread by which the public credit hangs, put it totally out of our power to make any great exertions without the immediate supply of money." The congress was ready to withdraw, but not so Dr. Franklin. He persisted and he won. Two men in Lord Shelburne's cabinet were bitter against Oswald and Vaughan, and demanded their recall, declaring they were only two additional American commissioners. Mr. Jay, with the ready assent of Messrs. Oswald and Vaughan, drew up a draft treaty and the latter sent it to London as "a true copy of what had been agreed on between the commissioners of the United States and of Great Britain. It provided for:

1. The independence of United States.
2. The cessation of nearly the whole of Canada, including what are now the best settled parts of Ontario with thousands of British Loyalists.
3. The cessation of the Canadian fisheries.
4. The free navigation of the River Mississippi, but without any means of entrance or exit for her ships.
5. Compensation for the Loyalists, reversal of confiscations, and payment of American debts to British merchants were refused and thereupon abandoned by the British commissioners. These latter, Lord Shelburne insisted upon and was supported by the French government, but it was of no use. Messrs. Oswald and Vaughan pressed the treaty to a conclusion and approved of the clause, rejected and did not leave one foot of territory where a loyalist could find a refuge from political persecution or a home for their families. The severity of the treatment by the United States of the loyalists, whose only crime was their fidelity to the lost cause of Great Britain, was extreme. It was not until Mr. Jay's draft treaty was before the British government that Lord Shelburne and his colleagues woke up, and began to realize their position, in allowing the colonial and territorial interests of Great Britain in Canada to fall into the hands of the United States.

Piles Cured In 6 To 14 Days.
Pazo Ointment is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

Took Advantage of "Tenderfoot."
Washington Star.
Frank Rusk, the keeper of the buffalo herd in the national forest of Oklahoma, was talking in his office the other day about some poor fodder that he had refused.

"Poor stuff it was," said the ex-cowboy. "It must have grown on poor land. The land must have been as poor as—as poor as—"

He laughed.

"Once," he said, "a Kansas farmer met on the hot, dusty road a homesteader, pushing an excitedly toward the Cherokee claim."

"What ye bound?" said the farmer.

"For a hundred and sixty acres of free land in the strip," was the reply. And the man vanished in the glitter of dust and sunshine.

"Well, a month or two went by, and on the same dusty road the Kansas farmer met the homesteader returning.

"Hello," he said, "what ye done with them hundred and sixty acres?"

"The homesteader pointed his whip proudly toward his mule team.

"See them mules?" said he. "Well, I traded eighty acres of my claim for 'em."

"What ye do with the other eighty?"

"Don't gimme away," was the reply, "but the feller was a tenderfoot, an' I run in the other eighty acres on him without his knowin' it."

An Eye To The Future.
Philadelphia Ledger.
Queen Alexandra, of Gracious Springs, herself attended last spring's Mansion House fete in London, and because of that auspicious fact there is a tale to tell, and worth the while. One of the diminutive flower maidens was both pretty and plump, and when her majesty stopped for an instant to smile down upon her, what did she do but put up her wee and tempting mouth for a kiss, which she received.

"Molly!" gasped her astounded mother, as the distinguished visitor had passed on. "How could you!"

And Molly gave good reason. "I fought," said she, "it 'ud be interestin' to tell my grandchildren."



Scene From Richard Wagner's Famous Mystic Festival Play "Parsifal," at The Grand, on Tuesday, April 21st.

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Talking Machine

which takes a flat record
we will send you our
Record Catalogue free every month.

YOUR machine need not be a Gram-o-phone or Victor—but it must be a disc or flat record machine—in order to receive our monthly record catalogue free of charge.

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Our new Catalogue and other interesting news will appear shortly. Send in your name to-day so you will receive it promptly on publication.

THE BERLINER GRAM-O-PHONE CO., OF CANADA, LIMITED
DEPT. K. W., MONTREAL.

"SPRING FEVER"

The need of a spring medicine seems to be universal. This is due to the fact that during the winter the blood becomes impure on account of the hearty food eaten. This causes that tired, weary, all-gone, dont-care-to-work feeling which is so prevalent at this time of year.

BURDOCK BLOOD BITTERS

That Tired Feeling.
Mr. F. H. Leard, Saskatoon, Sask., writes: "I have used Burdock Blood Bitters as a blood builder and think it an excellent remedy. Everyone should take it in the spring to cure that tired feeling that comes to so many at this time of year."

Uses it Every Spring.
Mr. H. Langley, Hamilton, Ont., writes: "I have used Burdock Blood Bitters as a spring tonic, and I find it the best thing I can take. It builds me right up and I use it every spring. It is excellent for the blood."

"Spring Medicine."

FREE TO YOU—MY SISTER FREE TO YOU AND EVERY SISTER SUFFERING FROM WOMEN'S AILMENTS.

I am a woman.
I know women's sufferings.
I have found the cure.
I will mail, free of any charge, my home treat-ment with full instructions to any sufferer from women's ailments. I want to tell all women about this cure—yes, my reader, for yourself, your daughter, your mother, or your sister. I want to tell you how to cure yourselves at home without the help of a doctor. Men cannot understand women's sufferings. What we women know from experience, we know better than any doctor. I have that my home treatment is a safe and sure cure for Leucorrhoea or White Discharge, Urteritis, Displacement or Falling of the Womb, Prolapse, Bleeding or Painful Periods, Whites or Gynian Tumors or Growths, also pains in the head, back and spine, bearing down feelings, nervousness, creeping feeling up the spine, melancholy, desire to cry, hot flashes, neuritis, kidney and bladder troubles where caused by weakness peculiar to our sex.

I want to send you a complete 10 days' treatment entirely free to prove to you that you can cure yourself at home, easily, quickly and surely. Remember, that it will cost you only about a cent a week, for your cure, entirely free, in plain wrapper, by return mail. I will also send you free if you wish my book—**WOMAN'S OWN MEDICAL ADVISER** with explanatory illustrations showing why women suffer, and how they can easily cure themselves at home. Every woman should have it, and learn to think for herself. Then when the doctor says—"You must have an operation," you can decide for yourself. Thousands of women have cured themselves with my home remedy. It cures all, old or young. To Mothers of Daughters, I will explain a simple home treatment, which speedily and effectually cures Leucorrhoea, Green Discharge and Painful or Irregular Menstruation in Young Ladies. Flunpiness and health always result from its use.

Wherever you live, I can refer you to ladies of your own locality who know and will gladly tell any sufferer that this Home Treatment really cures all women's diseases and makes women well, strong, plump and robust. Just send me your address, and the free ten days' treatment is yours, also the book. Write to-day, as you may not see this offer again. Address: **MISS M. BURNERS, Box 44, 12, WINDSOR, Ont.**

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TOASTED CORN FLAKES

Try it for breakfast, luncheon or supper, good at all times.

Be sure you get the genuine.

See that W. K. KELLOGG is on your package.

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