

Help the Bowels When They Need It—Don't Delay

Don't wait till you need a violent physic, for harsh physic always harms.

It is wicked to thus abuse the stomach and bowels. Gentleness is just as effective.

Cascarets act naturally. There is no gripping or pain. They are vegetable.



The vest-pocket box is 10 cents. The 60-day treatment box 50 cents.

Prize Winners St. George's Baking Powder Second Limerick

\$200.00—Mrs. F. H. WALL, 296 Gwendoline St., Winnipeg, Man.

\$50.00—D. A. BRASH, 18 Union Ave., Montreal, Que.

\$25.00—Mrs. R. M. BLAIR, Box 539, Vancouver, B.C.

Table listing names and addresses of prize winners for Cascarets.

ZAMBEZI'S CANYON TO BE PRESERVED FROM PROPRIETARY RIGHTS.

This Wonderland to Be Kept For the Enjoyment of Visitors Who Go to it in Great Throngs.

ENCOUNTER WITH ICEBERGS.

Thrilling Story of the Sea as Told by Crew of the Steamer Norwood.

A thrilling story of the sea has been told by three members of the crew of the West Hartlepool steamship Norwood, who have arrived at their homes in South Shields.

WESTMINSTER ABBEY.

Interesting Historical Museum to be Opened.

What is likely to prove one of the most interesting historical museums in the world will soon be opened in London.

WORK WILL BE PLENTIFUL.

So Says Aid Moore, Famous English Astrologer.

Astrological predictions in Old Moore's Almanac for June are as follows: "Predictions, Disastrous Dates, and Warnings—Astrological map."

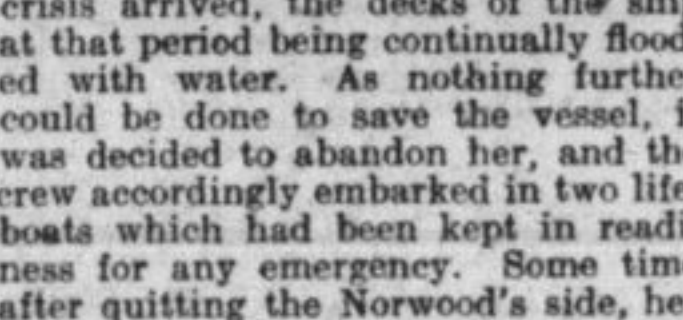
RACE RIOT IN VANCOUVER.

All Claims Settled at Cost to Country of \$50,000.

"I think the people will be glad that they have reached the last phase of the riot. I hope some good will come of it; that at least it shall help us to understand each other better."

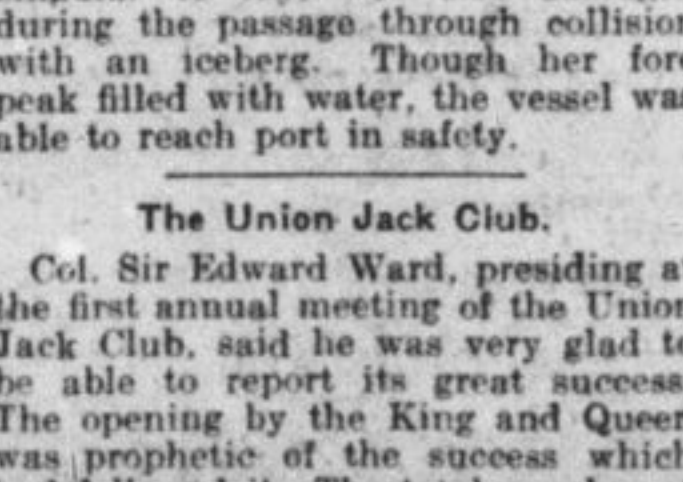
The commissioner and counsel for the Chinese spoke of the valuable assistance rendered by Mr. McEvoy, as also by the presence at the enquiry of Mr. King, representing the Chinese embassy in London.

THE FARMER'S FRIEND.



Squire Watkins of York County remarked the other day that his conscience bothered him a little when he thought of the way...

REFRIGERATORS



Examine our line of Refrigerators before purchasing. We have them ranging in price from \$7.50 to \$35.

SHREPPED

Now for Strawberries and Shredded Wheat. Nature's purest and best food, insuring a clear head and healthy body.

WHEAT

Is Invigorating Without Being Heating. Try it. Sold by all grocers.

THE UNION JACK CLUB.

Col. Sir Edward Ward, presiding at the first annual meeting of the Union Jack Club, said he was very glad to be able to report its great success.

A CURIOUS TRADITION.

The late Lord St. Levan was the ground landlord of Devonport, and entertained lavishly at St. Michael's Mount.

AN OLD BURYING GROUND.

There has just been discovered at Swanton, near Bishop's Waltham, an old burying ground with an interesting history.

ENGLISH BATTLESHIPS.

Appropos of the cent of Admiral Exmouth's world trip it is interesting to note the official figures respecting the expense of maintaining a British battleship at sea.

WHY BUY IMPORTED MATTRESSES?

When you can get better and cheaper goods from your own dealer, made by the Kingston Mattress Co.

EVERY WOMAN

Is interested and should know about the wonderful MARVEL Whirlwind Spray.

MACKENZIE & SMART

Tailors to Men of Fashion. 179 Wellington St.

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MASSEY SILVER RIBBON. A wheel built for work—and comfort.

Made and Guaranteed by The Canada Cycle & Motor Co., Ltd. West Toronto. Makers of the World's Best Bicycles.

ANGROVE BROS.

88-90 Princess St. You, mothers, who are particular about the skin comfort of your babies.

You should always use Baby's Own Soap. Baby's Own is made specially for the delicate tender skins of infants and young children.

That is why we use refined vegetable oils and the best natural flower perfumes (from Grasse, France). Yet Baby's Own does not cost you any more than the other kinds.

Try "Albert Talc" Violet Scented and Antiseptic. To get really reliable nursery and toilet soap insist on "Baby's Own"—best for Baby and best for You.

ALBERT SOAPS, LTD., MFRS., MONTREAL.

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The St. Lawrence Sugar Refining Co., Ltd MONTREAL Manufacturers of the choicest REFINED SUGARS

Granulated and Yellows. Made entirely from Cane Sugar. Be sure you ask for "St. Lawrence."

D. STEWART ROBERTSON & SON, Agents for Eastern Ontario.