### HOT WATER THE **BEST LIVER AND BOWEL MEDICINE**

Says Glass of Hot Water Before Breakfast Washes Poisons From System.

Physicians the world over recommend the inside bath, claiming this is of vastly more importance than outside cleanliness, because the skin pores do not absorb impurities into the blood, causing ill health, while the pores in the ten yards of bowels

Men and women are urged to drink each morning, before breakfast, a glass of hot water with a teaspoonful of limestone phosphate in it, as a harmles means of helping to wash from the stomach, liver, kidneys and bowels the previous day's indigestible material, poisons, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Just as soap and hot water cleanse and freshens the skin, so hot water and limestone phosphate act on the

eliminative organs. Those who wake up with bad breath, coated tongue, nasty taste constipation, should obtain a quarter wicked-criminal-horrible!" pound of limestone phosphate at the "What on earth do you think



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lhe I Dog Star ---**Ceralle Stanton** 

"He gave you sixty pounds for it because he thought it was hundreds of years old," she went on. Suddenly a thought, awful in the illuminating light that it flashed into the workshop, came to her. "Do you mean to say that you pretend all these things you make are old?" she cried. "Oh, or have a dull, aching head, sallow, Septimus, do you sell them for real complexion, acid stomach; others old things? Oh, no, you can't mean who are subject to billous attacks or that you do that. It's a fraud! It's

drug store. This will cost very little do?" he answered somewhat roughly, but is sufficient to demonstrate the but quite openly. "Really, Vanessa, value of inside bathing. Those who you should have more sense. Do you continue it each morning are assured suppose we label our things-'Couch of pronounced results, both in re- of the time of Francois Premier, made gard to health and appearance. . in Blackport.' Or 'Florentine cabinet. inlaid with designs, after Cellini manufactured in his workshop by Septimus Smith!' My dear girl, don't

be a fool!"

faint with horror. stand if," he said, fixing her with a own letters were all sent up to Dunlook, the sulky gloom of which was bury this morning. So I really think remarkable by reason of the extreme you may as well go home, Miss paleness of his eyes. "I thought you'd found it out long ago. I didn't take you for an idiot. But it's much more convenient for you to know. And, mind you-a word to anyone and I'll wring your neck. Secrecy is the life back to Grange Row. and soul of my job."

"I wouldn't say anything, of course," she murmured. "But it's awful!" All the the next day Vanessa went after that Septimus met her when she the address of the curio shop. He moderately.

who bought the chair, Sis," he said, brother and his mode of life. "Who do you think it was? I have just had a letter from him. It was Tavernier, from Bond Street. He's thing about the girl that gave him the most famous dealer in the world feelings such as he had never had -a man who often makes twenty about any woman before in his life. thousand over a single deal. And he There was an appeal in her beautiful was quite taken in. You see what steady eyes, and yet he was sure that kind of work I do! You ought to she was not a weak clinging creature. Judge. Fill out free coupon below and be proud, instead of looking at me There was character in her mouth as if I'd murdered someone. He and in her square little chin. And writes to ask me to let him know how like she was to the portrait that to the various stereotyped protests to if I come across anything of the hung on the wall of Sir Glare's din which she had long ago become acsame class again. He's mighty ing room! In the clear morning light customed. He'll probably sell that chair for two "Is—is this your home address, Miss or three hundred pounds."

order for a few more," cried the step- mean, will it always find you?" girl you are. To think that that was leaving there." She did not know away from Pole Street; but those Tavernier, and I never knew it. I why she said it; she only knew that few hours gave him strength for the might have sold him a few more little she suddenly could not contemplate fight and put iron into his nerve.

independent of her stepbrother. She spent about a month in a fruit-

Septimus laughed at her efforts, and discouraged them in every way brother," she answered. "He keeps

and, while he could support the girl in comparative comfort, he saw no reason why she should earn her own "But I want work," she said in an-

because I am living in your house and you are kind to me. But I can't do that kind of work. I can't help you—really. I was a fool, I suppose, not to have guessed before. But I

didn't, and I was only too glad to do what I could. But now I simply "Very well," he said brusquely. don't want you to. It's little enough you can do, anyhow, with your clumsy untrained fingers. Keep your precious conscience clear, Sis. Surely you can occupy yourself in some other way?" So, for another three weeks she

still more heavily on her hands. It was just then that she saw th advertisement for a female cleark inserted in the Blackport Courier by Monk & Co., and determined to answer it in person; and was engaged much to her own surprise and delight, by Macpherson in what he afterwards described as an absent-minded

fell again into inaction, but time hung

as we have seen, in tears, and in comfort brought by the kindly encouragement of John Lorion, and the next afternoon had crowned her in her own eyes with a blaze of glory. because she had actually been chosen to attend to his private correspondent dence by the great Sir Glare Monk

to start these privileged duties she came down to breakfast in the brightest mood that she had known since she came to live in Grange Row, and went off to the office in Pole Street engrossed with the idea of her own

important work. But a disappointment awaited her. Sir Glare Monk was not in his

door to the great man's private office. he told her that Sir Glare had gone to London that morning for a couple of days.

"I don't know whether there will be anything for you to do, Miss Smith." he added, "but you'd better wait, anyhow, until Mr. Lorion turns up." Lorion had been sent for to Dunbury very early in the morning to confer with his chief before the lat-

ter's departure by the breakfast train. Vanessa sat and contemplated her quarters and her brand-new Remington machine.

Compared with the bare lodging in which the famous author had dictated his immortal works to her, Vanessa's new workroom was quite a palace, and she was accordingly very much impressed.

a courteous greeting. "You have heard, Miss Simth, that

Sir Glare has been unexpectedly called to London?" he asked. "Yes-I was told when I came in, she answered. "I have nothing to do," she added, her desire for work not to be controlled even by the absence of the great man.

"Are you fond of your work?" asked Lorion with a smile, remembering the it cured me of my Niobe of yesterday.

"Oh," she cried, with a flush, "you are thinking of my silliness yesterday. But I really want to work. And I'll have gone through try as hard as I can to get into Sir all the training Glare's ways ever so quickly. It was and I have never those figures that I couldn't understand. And it made it so much shtest trouble. worse feeling how stupid I was."

"I don't expect you're at all stupid," said Lorion reassuringly, smiling into the beautiful, steady grey eyes. "And I think you will find your work here very congenial. But I'm afraid I can't tion," and he sounded me all over, and give you any to-day. The chief went "It's so dreadful," she said, her voice off in such a hurry that he didn't say anything about you, and I don't know "It's just as well for you to under- yet what he means you to do. His

This was distinctly damping to Vanessa's ardor. She had set out with such tremendous resolves, and now she had nothing to do but go

"If you will leave me your address," Lorion went on, "I will let you know as soon as Sir Glare returns." Something in the young man's bear-

about with red eyes. The morning ing made her shrink as she gave him

Lorion wrote down the address; but he still lingered. There was somepleased with his bargain, I tell you. the likeness was absolutely startling. Smith?" he asked as he looked at such a place on the face of the globe "Oh, but Septimus," the girl said, what he had written down. And then, as London; and how it hurt him so "If he found out. The shame of it!" suddenly realizing that the question

brother, roaring with unconstrained "I live with my stepbrother," she mirth. "Oh, Vanessa, what a funny answered. "But-but I shall soon be crisis, afford to spend many hours things." He was exuberant; he staying in the place where these Must she really go? Could not she positively swelled with pride and frauds were daily perpetrated. "Oh, why is that?" asked Lorion.

Medicine, located in the greatest | It was that day that Vanessa made "Oh, it's such a long way from her decision to go out and find work here," she answered. It was a feeble in the world, so that she might be excuse, for the tramcars covered the expected and, as he frankly admitted, distance in a very short time.

"All the same," said Lorion gravely. less search. Blackport was not like "I would advise you to stay with your London; it employed very few women people, Miss Smith. Nice lodgings in its business houses. Besides, Van- are very difficult to find in Blackport, essa's accomplishments, from a com- and, you know, I don't think it will mercial point of view, were insig- be necessary for you to get here so very early of a morning." "I have no people only my step-

he could. Beneath his rough and surly a curio shop." She looked up, half exterior he had a kind enough heart, expecting to see suspicion in his eyes; but he merely looked interested. "Ob, really," he said. "I didn't

> know anybody had time to buy curios in Blackport. I hope you will allow me t ocome and see it?" "Oh, no," she exclaimed, and then flushed to the roots of her hair. "I mean, it's a very poor place—only odd bits of china and a few odd pieces

> of furniture and cheap prints. There's nothing interesting-really." Lorion was deeply interested; his curiosity was piqued. How could a girl like this come from such surroundings as she described? He drew her on, and she told him all about her life, and he soon realized that she

stepbrother. She opened her heart to him in the most deliciously occurred to him that he had work to

had only just come to live with her

do. The chime of a clock in the adjoining room made him start. "Really, Miss Smith, you may as well go home," he said. "I can't give you anything to do. You're only wasting your time here."

she rose alowly and pulled on her rather shabby black gloves. "And I do hope you'll let p your friend," he went on, holding out his hand, "and if you have any difficulty about anything you must let me

eyes were fixed earnestly on her, his strong young face was touched with

draw her gaze, but she could not And so the story that has been told so many times to ever-eager listeners -to an audience composed of all the world-was begun once more.

CHAPTER VIII.

Henri Van Oat

When Theodora Monk had told her room; he was not in the office. When husband that she was leaving by the the clerk conducted her to the small 8.50 breakfast train for London the pom that she was to occupy pext next morning he naturally gave yent.

## The Whig's Serial Story A Genuine Rupture Cure Sent On Trial To Prove It

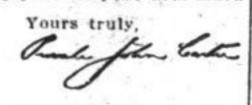
### Don't Wear a Truss Any Longer

Even Soldiers from the Trenches of Europe Write to Tell How the Wonderful Brooks Appliance Cured Their Ruptures, Sound and Well. Sent on Trial to Prove It.

From the battle front in Europe; If you have tried most confes a letter written by Private John everything else, come to She had barely taken it all in Carter, whose home address is No. 2 me. Where others fall when Lorion came into the room with | Shaw View, Flixton, telling of his com- is where I have my plete cure of rupture from wearing the greatest success. Send Breeks Appliance. April. 18th. 1916. C. E. Brooks, Dear Sir: I rece ved your beg to thank you which was instru-

letter by first post this morning. I for your appliance mental in the way rupture. I have now been in Kitchener's army seremember when passed the doct r

young man, you are in the best condi-I again thank you for the same, and I give my consent to use my letter as a testimonial to anyone as I have been cured. Hoping you and your firm much



#### Wouldn't Take \$100 for Appliance

write you and let you know what your pliance, which held the bowel firmly Appliance has done for me, I think I am | and painlessly during the healing preall right now, as I have not seen the cess. I have not worn it for monthsfirst sign of it since last fall. I can neither do I feel in need of it. came down to breakfast with a letter was so tall, so fresh, so upright; his would not take \$100 for it if I could not now run, jump and lift all I like and I in his hand. He was laughing im- eyes looked into hers with such a get another. I do not wear it except pleasantly candid gaze. He was ut at hard work. Your appliance is just "You needn't worry about the man terly dissociated from her step as good as ever. You can use this let-GEO. KENNEDY.

#### Mr. C. E. Brooks: REMEMBER

what I say is true. You are to be the

How he wished she was settled in Blackport, and that there was not to know that her heart was not in "If he found out he'd send me an might seem impertinent, he added: "I his home, which surely ought to have

> possibly make an exception of it this once, and postpone it for a day or two? Then again-for Monk used every argument at his command—this un ridiculously inexcusable and inex-

> plicable return made their position in social Blackport particularly remarked upon. Surely she must see that. She was a publis personagethey were both in the public eye, and neither of them could afford to allow private interests to rank first. As a matter of fact, he particularly wanted her to preside at a small din

ner party to-morrow night, and to go to two other dinners with him. Besides, there was that big reception at the town hall, at which royalty was to be present. He would have to go. She really must come with him. Under ordinary circumstances Theodora would have seen the point of many of the arguments advanced, and would have arranged her immediate plans accordingly, sent a few wires to town, and made a martyr of herself; but the circumstances were any-

(Continued next Saturday.)

thing but ordinary.

Sun's Heat. Scientists have estimated that the heat received from the sun by the earth in a year is sufficient to melt a layer of ice 100 feet thick, covering the entire globe.



The above is C. E. Brooks, inventor of the Appliance, who cured himself and who is now giving others the benefit of his experience. If ruptured, write him today at Marshall, Michigan. **Cured Me Completely** 

#### Rupture Thoroughly Healed

Ingersoll, Ont., Feb. 6, 1914.

Mr. C. E. Brooks: Perhaps you will be interested in garding the Appliance you sent me. It hearing what your Appliance has done was a complete success and now for me. I know without doubt that don't know that I ever had a rupture. my rupture has thoroughly healed af- It has cured me completely and I thank ter a term of sixteen years' suffering, you very much for it. Dear Mr. Brooks-I am pleased to condition to the wearing of your ap-Yours truly, F. C. NOXON.

> Ruptured 22 Years; Now Cured

East Sherbrooke, Que., Jan. 27, 191 Dear Sir, I am very glad to hear from you, and happy to be able to tell you that my rupture was cared some time ago by your appliance. I now ! need no truss after twenty-two years

read. Fill-out free coupon below and mail toyour time whether you try my Appliance or Make up your mind right now that you will never pay out another dollar for trusses. They are expensive, uncom-

Perth Centre, N.B., April 26, 1914

Very truly yours,

REV. H. A. SISSON.

Dear Sir:-I received your letter re-

oux and serve his country. my illustrated book and read it you will be as enthusiastic as my hun-2. Orchard Road dreds of patients whose Richmond, letters you can also Surrey. day. It is well worth April 11th, 1915.

A line to thank for what your appliance has done for my fortable and actually harmful. And when you once try a Brooks appliance you could never be

quite cured and is now serving his country in France at his own trade, shoeing smith. You can, make what use you like these, my thanks. I am, yours,



#### Child Cured in 3 Months

Brantford, Opt., Feb. 19, 1914. Mr. C. E. Brooks, Marshall, Mich. Dear Mr. Brooks-Just a line to let you know your Appliance has completely cured our little boy and we are very well pleased with it. We had it on him for about three months and since we have had it off the rupture has not showed at all Yours truly,

· MRS. G SUDDABY.

#### FREE INFORMATION COUPON MR. C. E. BROOKS.

State St., Marshall, Michigan, U.S.A.

Please send me by mail, in plain wrapper, your illustrated book

and full information about your Appliance for the cure of rupture.



