Have Rosy Cheeks and Feel Fresh as a Daisy—Try This!

Says glass of hot water with phosphate before breakfast washes out poisons.



in your face, to see your skin get clearer and clearer, to wake up without a headache, backache, coated tongue or a nasty breath, in fact, to feel your best day in and day out, just try inside-bathing every morning for one week.

Before breakfast each day drink a spoonful of limestone phosphate in it as a harmless means of washing from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. splendid appetite for breakfast.

store, but is sufficient to demonstrate if he stretched them out to touch, ed somehow that I was in no danger. that just as soap and hot water. What he thought was me. cleanses, sweetens and freshens the Suddenly I heard a low exclama- are?" I inquired finally, looking up skin, so hot water and limestone tion. He had learned of my trick into his eyes which shone through phosphate act on the blood and in- and was dragging the covers from the mask. ternal organs. Those who are sub- the bed! The shadow moved quickly He shook his head, but made no ject to constipation, bilious attacks, grew longer, then taller, then loomed audible reply. acid stomach, rheumatic twinges, al- up in the darkness as footsteps ap- "May I assume that you are my so those whose skin is sallow and proached the corner, of the room captor and may I ask what disposicomplexion pallid, are assured that where I crouched. He had learned tion you intend to make of me?" one week of inside-bathing will have that I was not in the bed and was He shook his head again, moving

Sewing Machines, Umbrellas, Suit Cases, Trunks, repaired and re-fitted, Saws filed, Knives and Scissors Sharpened, Razors honed. Al makes of firearms repaired promptly. Locks repaired; Keys fitted. All makes of Lawn Mowers harpened and repaired

149 Sydenham Street

Use Cocoanut Oil For Washing Hair

If you want to keep your hair in good condition, be careful what you wash it with.

Don't use prepared shampoos or anything else, that contains too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Just plain mulsified cocoanut oil (which is pure and entirely greaseless), is much better than anything else you can use for shampooing, as this can't possibly injure the hair.

Simply moisten your bair with water and rub it in. One or two teaspoonfuls will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily," and removes every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy

You can get mulsified voccanut salt, I teaspoon melted butter or oil, gether; add the raisins and mix oil at most any drug store. It is very cheap, and a few ounces enough to last everyone in the fam- teaspoon, flour sifter, eggbeater, thick, the n cut with biscuit cutte

Dominion Fish Co. Bulk Oysters 60c and 70c a quart.

THE SCORELL DRUG Co., St. Catharinea

EVER SEE A CONEY?

A Sort of Cat of Ancient Days-Still

There 'are several allusions in the chapter, twenty-sixth verse of Provrbs says "the coneys are but a! feeble folk, yet they make their home in the rocks." Coneys are yet found and Dead sea valleys. The coney is about the size of the domestic cat. has long hair, a short tail, round ears and chews the cud.

There is always some wise guy on deck who says "I told you so" when the unexpected happens.

(By Frances Walter)

I FAIL TO LEARN MY TAILER'S IDENTITY.

(Copyright, 1916, by the McClure Newspaper Syndicate).

eral moments utterly still within an a black mask covered his features, and sparkle to the eye. arm's length of the reading table in | and he was tying it on. . my room. I could not tell by the un- I sprang toward him, Bardly know-

my apartment, Jane, my attendant, struggling to free myself from his My finger sought and found the iron grasp. "Tell me who you ared electric switch. With the movement | His hands, firmly clasped about imprisonment, but for some reason I me, but he made no reply. His dehesitated to turn on the light. As I sire for the moment seemed to be to waited, the shadowy form moved. prevent me from stearing off his approached the bed wherein I had ar- enough to accomplish his purpose. ranged my pillows to resemble a Thus assured, he led me to a chair sleeper's form, Inch by inch the ng- and gently pushed me down into it

with the electric button, stone phosphate on an empty stom- dimly outlined that it was impossible masked and master of the situation.

within my breast. He might save seemed to have a definite purpose

came simultaneously with the flood the room was in darkness and I was of light. My eyes, so long accus- starting at the Wall of Mystery. The tomed to the darkness, were blinded | man was gone! for the moment, and my hand went

Menu for Friday

BREAKFAST

Stewed Fruit

Oatmenl

Ham Omelet

Crumb, Griddle Cakes

Syrup and Jelly

Coffee or Cocos

LUNCHEON OR SUPPER

Cold Sticed Ham Potato and Celery Saind

Raisin Biscuit

Apples

Ten or Cocon

DINNER

Bean Soup

Celery

Pan Brofled Lamb Chops

with Boiled Rice and Peas

Lettuce or Relish

Cocon Pudding

he radiance. I find risen.

quicker. During the brief moment that I was sightfess from the unaccustomed glow of the stong lights the man had wheeled about, both have a wonderful effect on a woman's those of Xerxes, Alexander, Julius The figure which was revealed by chands to his face as though to hide system, making pains and aches van- Caesar and Napoleon, who altered the disappearing wall stood for, sev- it from me. When he turned around ish, bringing color to the pale cheek the destiny and changed the maps of

certain light whether the ngure was ing what I did, and grasped at hi that of a man or a woman. Indeed arms, but he warded me off with his it had no shape. Dimensions it had elbows while he made the mask fast -height and -width -- but that was about his head. Then he very calmly all. It looked more like a shadow but very firmly took me by the wrists than like an animate object. Yet I held me at arm's length and regard knew it was the figure of a human ed me with eyes which shone brilbeing, and I suspected that it was liantly through the two slits in the that of my captor and not that of the black cloth which covered his face. only other person who had entered "Who are you"I cried hysterically

of two fingers I might be able to my wrists, moved over my hands as solve the mystery of my capture and though he sought to avoid hurting

me quietly with his glittering eyes. would my visitor discover that I I should have been greatly fright ships transporting cargoes to the possessions that he inherited was not in the bed? The night be- ened. Here I was a prisoner, carried British Isles carry foodstuffs and [(which doesn't include colonies). It fore he had laid his hand caressingly away captive by an unidentified adupon my hair. If he attempted such mirer, placed in a chamber to which by the Germans bear the same ratio iod in history when a young and viga caress now he might suspect my de- he had access and to which he had to the total number of cargo ships orous nation disciplined to act as one ception. I watched with bated breath come in the dead of night and thounk. The action of hot water and lime- for his next move. His form was so which he stood now still unidentified. ach is wonderfully invigorating. .It for me to tell more than that he was I should have had frightful forebodcleans out all the sour fermentations, beside the bed. I could not know ings of evil. I should have trembled gases and acidity and gives one a whether he was standing erect or at the fate in store for me, I should bending down. There was not have despaired of even my life, but I A quarter pound of limestone phos. enough light for me to detect wheth- did none of those things. I looked phate will cost very little at the drug er his arms remained at his sides or at him calmly, even defiantly, assur-"Will you not tell me who you

The sharp click of the switch toward the table. The next moment

Raisin Biscuit

Utensils-Mixing bowl, flour sif

ter, 2 measuring cups, teaspoon,

tablespoon, bakeboard, rolling pin,

biscuit cutter, pastry brush, bake

That Great Britain must import

mirk, 12 cup chopped raisins

Materials-One cup breadcrumbs, powder and salt into bowl; add the

1/2 cup flour, 1 cup milk, 1 egg, 1 shortening and rub in very lightly;

Utensils-Bowl, 2 measuring cups, roll or pat with hands until 1 inc

bowl to beat egg in, mixing spoon, and brush the tops with cold milk

the food situation in the British ain's far-sightedness in laying in

Isles by experts here shows that large reserve stores of food, which i there is a reserve sufficient to last has been doing practically since the

Britain. There is every reason to That Great Britain's food supply is

could be fed even if the blockade of ports, the remainder being proluced

Ordinarily this amount of imports 16,500,000 tons of foodstuffs this

would require about 11,500,000 gross year to support her armies and keep

tons of Shipping. There is no doubt her civilians supplied with the neces

reviewed the situation carefully that . That for Great Britain to obtain Great Britain will be able to get this amount of foodstuffs, approxi

Bread is the cheapest

food known. Home bread

baking reduces the high cost of living by lessen-ing the amount of expen-

ive moats required to

nourishment to the body.

REFUSE SUBSTITUTES.

W.GILLETT COMPANY LIMITED

TORONTO ONE MONTREA

sustaining nation, but could not help summarized as follows:-

the British Isles was complete and in the British Isles.

in the mind of the experts who have sities of life.

(To be Continued.)

WOMEN'S AILMENTS

Come From The Heart and Nerves and blood watery, will find Milburn's Heart and Nerve Pills build them

Women, between the ages of 40 and 50, who are nervous, subject to hot flushes feeling of pins and needles, smothering feeling, shortness of But swift, as I was, the man was breath, palpitation of the heart, etc. are tided over this trying time of

trouble to know how much Milburn's reckoned with. Heart and Nerve Pills have helped This Emperor is born with Cancer. me. For two years I kept a hired the head of the maternal, and theregirl, and was doctoring all the time. fore it is that he is so anxious about After having taken four boxes of the welfare of his people and recogyour pills I am able to do all my own inizes his "divine-right" to look after work. I would especially recommend them, them to women between 40 and 50 as | . Tois American astrologer says:

c., or three boxes for \$1.25, at all With the utmost caution it stealthily mask, but he used only strength dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, their goods

ure drew nearer the bed as my fin- Rhen he released my hands and ping carrying foodstuffs alone must signs in his house of legacies and of gers moist from nervousness, toyed standing at a safe distance regarded enter British ports this year.

other necessary factors.

ASTROLOGERS AND THE WAR

TORY FOR THE ALLIES,

Lucky Year.

and as a writer I read in my boy- with or understand him. hood said of the latter; "It is the The deductions made by Mrs. most ancient, fascinating and pecu- Thompson in this article seem to be liar of the secular pursuits of the hu- in direct opposition to English and man mind." The chief function of French astrologers, who are unaniastrology is prophecy, the fortelling mous in saying that they see in the the future by the different positions horoscopes of the different rulers Directions Soak the breadcrumbs the sun and the moon,

drippings; place a spoonful of the zine called "Azoth" the Kaiser's horo- all guessing. -S. P. P. mixture on at a time, not too close scope is given by Catherine Howard together, and brown on both sides. Thompson, of Boston, Mass., to-The molasses makes it nice and gether with a review of what contemporary prophets in London, Paris and New York have said; and it is member of the investigating commitinteresting, if not convincing or very tee, "what is the cause of the evident comfortaing reading. Most of the unrest among the Indians?" Materials—Two cups flour, 2 tea- predictions up to date relating to the Apache Pete, the noted scout, blew spoons baking powder, 1/2 teaspoon war have been failures, and this a cloud of smoke into the atmossalt, 2 teaspoons shortening, 1-3 cup latest one may meet the same fate; but with your permission, Mr. Editor, will give the chief features of it all, of the astrologers have been in fluenced by their nationality and the immediate events at the time they. made their predictions.

Raphael, a noted London astrologer, in 1915, said: "In the end Eng- look before the leaps-otherwise and is to be victorious and there is may fall in. scarcely a doubt that the French teaspoon baking powder, 1/2 teaspoon add enough cold milk to hold toarmy will thoroughly beat the Gernaps." Also, "Russia will have to Place dough on floured bakeboard. fight desperately hard to make an material impression on Germany nevertHeless the Czar's stars should carry him to victory." Raphael also said: "Lloyd George's stars denote recklessness in expenditure." "It does not seem a wise policy to lend Probably one ship out of every our Allies millions of money for

but for every ton of food that goes finance.' EXTRA FOOD SUPPLIES ORDER- to the bottom Great Britain orders Mme. de Thebes, of Paris, made many notable predictions in her days tions that are supplying her and which were fulfilled, but she failed in The Findings of Experts Show That the chances are that the second ton her predictions on the war, and she will arrive safely, although it may was most unfortunate in casting the N. Y., you have no doubt heard for "The Kaiser will be killed Sept. 29th, in a wonderful manner. I never have

Another astrologer, Sepoharial, who has read his teacup upside down, says: "The Kaiser will lose nearly the the year 1915. It is probable that Germany will in part have passed into the hands of her enemies. Nothing is more adverse than his horo-

aspects of the planets on which they base their judgments; an extraordinary omission. So it is something Dr. Pierce's Anuric Tablets. To prove

Jupiter and Neptune both retrothe end of his reign. The next most Italy, who has the secret and evil of "Anuric." You run no risk for Dr.
Neptune retrograding on the cusp of Pierce's good name stands behind this trograding near it, showing losses; and the last most unfortunate horoscope is that of the King of England, who has the evil Herschel, the planet of the planet women and "Pleasant Pellets"

Wonderful new discovery as it has for Golden of the cloud has a silver lining, make an effort to get spicuous by which he says and does, not by what he means.

Keep up the practice long enough of the cloud.

Keep up the practice long enough of the woman whose of revolution on the cusp of the for liver ille. Fourth House afflicting Jupiter re-

trograding on the cusp of his "House of Honor," showing insult and open defiance; and Herschel also afflicts Young girls budding into woman- the moon ruling the masses in the who suffer with pains and Seventh, the "House of the Public." headaches, and whose face is pale showing that the people will fevolt and will insult and openly defy the

The Kaiser's Horoscope,

The configuration of the stars at he birth of the Kaiser is one of the most remarkable we have ever seen belonging to a crowned head, for their life by the use of this remedy. King's usually have unfortunate Milburn's Heart and Nerve Pills horoscopes. This one stands out like Europe. It denotes a most psychic The old, worn out, tired out, lan- and complex personality. Few are guid feelings give place to strength on his plane mentally, spiritually or and vitality, and life again seems int llectually! He possesses unusual gifts and is a tremendous ruler in the Mrs. Alfred Winter, Castor, Alta., principality of water, and water is writes: "I would like every woman the most powerful force there is, and who is suffering from nerves or heart represents a force, that has to be

at that time they are more liable to "No Nation Will Win," for it is not be far from well. One of my neigh- God's purpose in this world-wide bors knows how they helped me, and conflict and struggle with commer-Milburn's Heagt and Nerve Pills are agony), for the monopoly by the

with the steady Saturn from fixed posssesssions makes him fixed and That less than 15 per cent. of all determined, and he cannot forfeit the that probably the food ships sunk is difficult to point to any other permind in one man, has attained to That England has a food supply on such phenomenal success, and the hand which will last probably two end is not yet. The Kaiser is born months if not a ton of food reaches with Mars, the "God of War," powerfully being in mid-heaven, and is also These conclusions are based on an in very good aspect to the moon exhaustive study of statistics of the and to his "House of Life." The food supply, the shipping, food im- Ancients say that if a war should be ports, losses because of submarine declared upon a King then this posisinkings, contruction of ships to thon of Mars would insure victory. replace those sunk, ships withdrawn When this prince was twelve years from cargo carrying trade by the old Jupiter had passed around the British Admiralty, small ships usu- earth once and his future possessions ally used for ocean trade put into the were wonderfully increased by a conorean trade because of the war, and federation of all the reigning princes of Germany, who by a vote elected his grandfather Emperor.'

1918 Lucky For Kaiser.

Every twelve years, therefore, the them both looking and feeling bet- coming toward the dresser to turn on ever so slightly toward the reading ENGLISH AND FRENCH SEE VIC- tate. In 1918, when Jupiter reaches Kaiser can expect an increase of eshis radial place, he will be at the himself the trouble, for I would turn and my eyes strayed from his face to While an American Astrologer Says his grandfather was, to work for head of another confederation; like No Nation Will Win-The Kaiser's peace. Jupiter, the "greater for-Horoscope Shows 1918 as His tune," makes at the Kaiser's birth a wonderful array of aspects; in fact, all his planets are making innumer-Kingston, Feb. 10 .- (To the Edi- able aspects, showing he is away, tor): I don't know whether you be- above the men of his generation, and lieve in astrology or not, but it is a only those possessing a most extravery old science based on astronomy, ordinary mentality could keep up

and aspects of the planets, including concerned in the war a complete and

in the milk, add the flour and well- Just now the astrologers are very Mrs. Thompson thinks with Presibeaten egg; then add the baking busy prophesying on the war and dent Wilson, there will be, or ought powder, salt, butter and molasses; vasting horoscopes of the crowned to be, "peace without victory." Who mix well. Brush hot griddle with heads engaged in it. In a new maga- knows? Are the astrologers all

Cause of the Unrest.

"In your opinion," queried a

"Fleas," he answered,

SUFFERED FROM BACKACHE

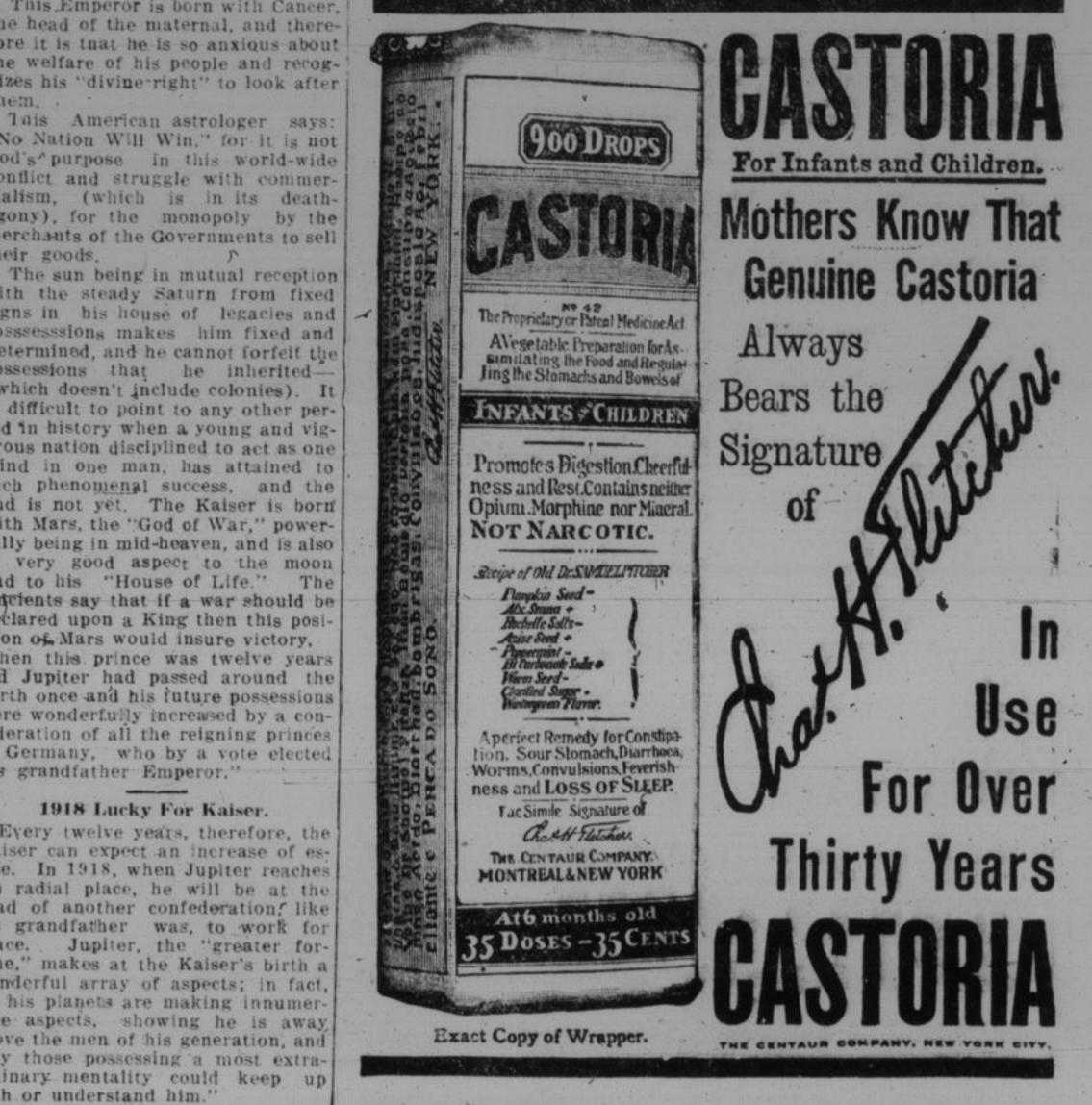
Dear Mr. Editor-I wish to tell you of a recent experience I had when suffour carries a large amount of food, there is likely to be trouble about fering from backache, weak back, rheumatism, dropsy, and congestion of the kidneys. I tried a new medicine called covered by Dr. Pierce, of whose medi-cines and Surgical Institution in Buffalo Washington, Feb. 15.—A study of has been overcome by Great Britne food situation in the British ain's far-sightedness in laying in "disappear or commit suicide in large reserve stores of food, which it 1916."

taken any medicine so helpful in such in disappear or commit suicide in of such a remedy would give it a trial.

> Nore: Folks in town and adjoining they have obtained by using "ANURIC,"
> the newest discovery of Dr. Pierce, who
> is head of the INVALIDS' HOTEL and Scope, except perhaps the Sultain of sche, stiff legs, arms and muscles, and Turkey's." one of these astrologers mentions the of bed half a dozen times at night) are The most unfortunate horoscope." and conquers headache, kidney and says our astrologer, "was the late bladder diseases and rheumatism, if Emperor of Austria's, because he had you've never used the "Anuric," cut grading in his Fourth House, ruling Pierce for a large sample package. This will prove to you that "Anuric" is ector. If you are a sufferer, go to your tis Fourth House, and Jupiter re- wonderful new discovery as it has for

A "sameness" that is most enjoyable——the daily, unvarying goodness of a cup of "SEAL BRAND" COFFEE. It never fails to greet you with that same exquisite fragrance, amber clearness and delightful flavour, that win people with the first cup.

In 1/4, 1 and 2 pound tins. Whole-ground-pulverized-also fine ground for Percolators. Never sold in bulk. CHASE & SANBORN, MONTREAL.





Babbitt's Cleanser Makes House-Cleaning Easy

FULL WEIGHT PACKAGE

Why pay more!

Send for Premium Catalogue to Wm. H. Dunn Limited, Agents, Montreal

Women's Low Heel Walking Boots

We are now showing the new spring styles of Low Heel Walking Boots in Black Kid, Black Calf and Dark Brown Calf Leathers.

These shoes are the new 1917 spring models and right up to the minute in style and quality.

\$6.50, \$7.00 and \$8.00.

J.H. Sutherland & Bro.

THE HOME OF GOOD SHOES.

giass of necessity.

and the social glass may become the husband is as smart as she thinks