

### SAYS BODY IS A POISON FACTORY

Urges Everyone to Drink Glass of Hot Water Before Breakfast

Just as coal, when it burns, leaves behind a certain amount of combustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material which if not completely eliminated from the system each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste, toxins and ptomaine-like poisons are formed and sucked into the blood.

Men and women who can't get feeling right must begin to take inside baths. Before eating breakfast each morning drink a glass of hot water with a teaspoonful of limestone phosphate in it to wash out of the thirty feet of bowels the previous day's accumulation of poisons and toxins and to keep the entire alimentary canal clean, pure and fresh.

Remember inside bathing is more important than outside bathing, because the skin pores do not absorb impurities into the blood, causing poor health, while the bowel pores do.

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.

Simply moisten your hair with water and rub it in. One or two teaspoons will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly.

You can get muslied cocoanut oil at most any drug store. It is very cheap, and a few ounces is enough to last everyone in the family for months.

### HUSBAND SAVED HIS WIFE

Stopped Most Terrible Suffering by Getting Her Lydia E. Pinkham's Vegetable Compound.

Denison, Texas.—"After my little girl was born two years ago I began suffering with female trouble and could hardly do my work. I was very nervous but just kept dragging on until last summer when I got where I could not do my work. I would have a chill every day and hot flashes and dizzy spells and my head would almost burst. I got where I was almost a walking skeleton and life was a burden to me until one day my husband's step-sister told my husband if he did not do something for me I would not last long and told him to get your medicine. So he got Lydia E. Pinkham's Vegetable Compound for me, and after taking the first three doses I began to improve. I continued its use, and I have never had any female trouble since. I feel that I owe my life to you and your remedies. They did for me what doctors could not do and I will always praise it wherever I go."—Mrs. G. O. Lowrey, 419 W. Monterey Street, Denison, Texas.

If you are suffering from any form of female ills, get a bottle of Lydia E. Pinkham's Vegetable Compound, and commence the treatment without delay.

PARADIS GARAGE  
FOOT OF BROCK STREET  
Phone Office 322, House 311.  
We furnish: Auto Supplies, Gasoline at 22c, Motor Oil, Car Wash, Washers, Carriage Repair, Lamps, etc.

### THE CONFESSIONS OF ROXANE

(By Frances Walter)

I RETURN HOME.

(Copyright, 1916, by the McClure Newspaper Syndicate.)  
"And now," said Mrs. Hollingsworth, when I had choked down a few morsels of food, "I think you had better return to your room and take some more rest."  
"It is impossible," I told her. "I must leave you immediately. I cannot tell how grateful I am for your goodness, but I must go."  
"Very well," said my hostess. "John will take you wherever you wish to go."

Again I wondered at this woman's lack of curiosity, her single-hearted desire to aid me, and I could not understand it until, a moment later, I surprised her with tears in her eyes. She brushed them away hastily and spoke to me with trembling lips.  
"It has been a great pleasure to have helped you ever so slightly, yet the sight of you has been a great pain to both John and me," she said. "I started once or twice to tell you that a coincidence there was between your own automobile accident and another which occurred almost in the same place one year ago. In that wreck our only child, a daughter about your age, was killed instantly. And when John and I saw your car all ruined and broken, and saw you lying there injured and bleeding, it all came back to us, and we could not help taking you into our hearts and tried to help you anyhow, but the fact that our daughter had been killed in that spot a year ago made us feel almost as if you had come to take her place with us, and we both have felt very close to you in the few hours that we have known you. It seemed almost as if our own girl had come again to us and that we were nursing her back to life."

Mrs. Hollingsworth stopped suddenly and put her handkerchief to her eyes. She could not continue. I rose quickly and put my arms around her neck, but I could not speak, and in that position Mr. Hollingsworth found us a few moments later.  
"I have come," he said, after an awkward pause, "to see if our young friend is determined to leave us. If she is, I will take her anywhere she wishes to go."

His words aroused me to the necessity of seeing Arthur without further delay. Indeed, the events of the last twelve hours made it more imperative than ever that I should hasten home, and I told them as much.  
"Some day," I continued, trying to smile, "I shall return and tell you what I have done."

### Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

When Yoke Meets Belt.



The strap extensions on the front yoke of this gray crepe frock sound a decided note of novelty. Buttons and silk tassels complete the decorative scheme.  
There have been skilful arrangements of yokes and belts, but none more so than the one featured in this youthful frock of gray taffeta. The model closes at the left side under a plait, the front and back being lengthened by a one-piece founce with straight lower edge, and laid in plaits. A square collar of tub satin finishes the neck and the sleeves are gathered to deep cuffs. At either side there is a large pocket trimmed with buttons. In medium size the model requires 3 1/2 yards 36-inch taffeta, with 3/4 yard 40-inch satin for the collar.  
The first step toward the construction of the dress is to slash the front at the left side between double small "o" perforations and finish the edges for opening. Close the underarm seams as notched, then close back

Pictorial Review Costume No. 7298. Sizes, 16 to 20 years. Price, 20 cents.

Above Patterns Can Be Obtained From  
NEWMAN & SHAW,  
Princess Street.

### The Whig's Daily Menu

Menu for Saturday

**BREAKFAST**  
Orange Juice  
Cereal of Choice  
Creamed Dried Peas on Toast  
Currant Biscuit  
Jelly  
Coffee or Cocoa

**LUNCHEON OR SUPPER**  
Banana Croquettes  
Jelly Sauce  
Roasted Currant Biscuit  
Sliced Canned Peaches  
Tea or Cocoa

**DINNER**  
Beef Broth  
Roast Beef  
Creamed Carrots  
Celery  
Lemon Sponge  
Coffee

**Crust.**  
Materials—One and one-half cups flour, 2 teaspoons baking powder, pinch of salt, a teaspoon of shortening.  
Utensils—Mixing bowl, flour sifter, table-spoon, measuring cup, bakeboard, rolling pin.  
Directions—The crust is made as usual. Round steak is used because served in glasses with a sauce, so there is no fat or waste and it takes less time to cook.

### Suggestion To Women

Who Are "Just Ready To Drop."  
When you are "just ready to drop," when you feel so weak that you can hardly drag yourself about—and because you have not slept well, when you get up tired, or next morning as when you were to bed, you need help. You can get it just as Mrs. T. S. Hunt, of North Lethbridge, Alta., did. She says:  
"I keep house for my family of five and became completely run-down. I had such weak spells I could hardly stand up. I had no appetite, had short breath, was languid and suffered from headaches. I tried different tonics and medicines without help. One day I read about Vinol and tried it. Before the second bottle was taken I noticed a great improvement. I continued its use and now feel much stronger, and find my household duties a pleasure." Mrs. T. S. Hunt, No. Lethbridge, Alta.

There is no secret about Vinol. It owes its success to beef and cod liver peptones, iron and manganese peptones and glycerophosphates, the oldest and most famous body-building and strength creating tonics.  
So many letters like the above are continually coming to our attention that we freely offer to return the money paid for Vinol in every case where it fails to give satisfaction. Mahood's Drug Store, Kingston. Also at the best druggist in all Ontario towns.

### Saxol Salve

CURES SKIN AFFECTIONS  
One package proves it. Sold and guaranteed by above Vinol druggist.

Another Woman.  
The colonel believed in soldiers being bachelors, so he usually refused his men permission to marry.  
One applicant turned away looking so downcast that even the officer's stern heart was touched.  
"Look here, my man," he said, "come to me again in a year's time and if you still want to be married, I'll give my consent."  
The year passed.  
Again the private applied; the colonel was quite taken aback.  
"Well, well, I really must give you permission," he smiled. "I never expected to find such constancy in either man or woman."  
The private saluted.  
"Thank you, sir," he said gratefully; "but please, sir, it ain't the same woman."

### Can You Say Them Quickly?

A sleeper is one who sleeps.  
A sleep is that in which a sleeper sleeps.  
A sleeper is that on which a sleeper or sleeper sleeps.  
Therefore, while the sleeper sleeps in the sleeper the sleeper carries him in the sleeper over the sleeper under the sleeper until the sleeper which carries the sleeper jumps the sleeper and wakes the sleeper under the sleeper on the sleeper, and there is no longer any sleeper in the sleeper on the sleeper.

### Will Use Vacant Lots.

Galt, March 16.—A movement for the cultivation of all vacant lots in Galt has been inaugurated and all citizens will be asked to co-operate.  
Not every widow calls for help when a man attempts to kiss her. Sometimes it is a man who needs help.

### PIMPLES AND BOILS ALL OVER FACE AND BODY

When the blood becomes impure you will find that pimples and boils will break out all over the body, and although they are not a dangerous trouble, they make you appear unsightly both to your friends and yourself.  
Burdock Blood Bitters will cleanse the blood of the impurities and poisons which cause the skin to break out in these eruptions.  
Miss Sylvia Swanson, Theodora, Sask., writes: "I am letting you know what great value your B.B.B. has been to me. A year ago I started to grow pale and weak, the cause being bad blood. I got so many pimples and boils all over my face and body that I would not let strangers see me, and I used to avoid company. I tried many remedies but all seemed a failure. I read about how good your B.B.B. had been to thousands of people so I got a bottle and after I had finished the second one my pimples and boils had all disappeared. People thought it a miracle how well I looked."  
"Your grand old remedy sure has been as good as gold and better, to me."  
Burdock Blood Bitters has been manufactured for the past forty years by The T. Milburn Company, Limited, Toronto, Ont. See that our name appears on the wrapper.

### Farmer Kills His Wife.

Ottawa, March 15.—The village of St. Amour, about eight miles from Vankeek Hill, has been deeply shocked by a tragedy which occurred there Tuesday afternoon, when Lewis Ubel, an aged and well-to-do farmer, attacked his wife with a spade, inflicting such serious injuries that she died yesterday. Ubel is under arrest at Vankeek Hill.  
An organization has been formed, a small charge will be made for plowing. Competitions will also be conducted for the best cultivated plots.

### Fresh from the Gardens

of the finest Tea-producing country in the world.

### "SALADA" TEA

Sealed Packets Only. Try it—it's delicious. BLACK GREEN or MIXED.

Living Canadian Models  
Serve as standards for the various styles of D & A Corsets whose 1917 models embody the best features of leading Paris and New York designs.  
For economy, as well as for comfort and style, ask your corsetiere to show you the D & A Models.  
There is a style for every figure.  
DOMINION CORSET CO.  
Toronto—QUEBEC—Montreal  
Makers also of the "La Diva" Corsets and "D & A" Good Shape Brassieres.

### NON RUSTABLE D & A CORSETS

Introduce This Salt to your Family Table  
It adds Zest to Every Meal  
REGAL Table Salt  
FREE RUNNING  
MADE IN CANADA  
SALT COLLECTED

### MOTHERS!

12 o'clock at night. Baby has a Croupy Cough!  
You who have had experience know the value at a time like this of having a medicine on hand you can trust. For 47 years thousands of mothers have relied on SHILOH in all such emergencies. It's reliable, you can always depend on its being exactly the same. It is pleasant to take. Children love it. It is economical because of the smallness of the dose. For the same reason Shiloh does not upset the stomach. A bottle of Shiloh today may prove the best investment you ever made.

### 47 YEARS SUCCESS WITH COUGHS! SHILOH

WHY YOU SHOULD USE M.S.C. SHAMPOO  
It maintains healthy hair, corrects unnatural scalp conditions, and assists nature in restoring normal, healthy conditions, by stimulating and renewing the hair-growing processes.  
HEALTHY HAIR NEEDS ATTENTION, and any disorder of the scalp or falling hair will grow worse by neglect.  
M. S. C. SHAMPOO contains pure Cocoanut Oil and other hair health ingredients, which by constant use will keep the scalp and hair in perfect condition.  
Being in LIQUID form, it is easy to apply: You simply wet the head thoroughly in Hot water, then apply about two tablespoonfuls, which will instantly work up oceans of lather that will thoroughly cleanse the scalp, and after thorough rinsing will leave the hair beautifully soft.  
Buy a bottle from your dealer and follow directions carefully, and you, like thousands of others, will be convinced of our claims.  
Price 50 Cents  
All Druggists, Everywhere, or if your dealer cannot supply you with the genuine write us.

MUTUAL SALES CO.  
32 Front Street West - Toronto, Ontario