

LIVER TROUBLE
Bad Bilious Attacks

When your liver becomes sluggish and inactive your whole health suffers. Your bowels become constipated, the tongue coated, the breath bad, the stomach foul and sick, and bilious spells occur on account of the liver holding back the bile which is so essential to promote the movement of the bowels, and the bile gets into the blood, instead of passing out through the usual channel.

The only way to keep the liver active and working properly, and thus get rid of the nasty bilious attacks, is to keep the bowels regular by using MILBURN'S LAXA-LIVER PILLS

They are purely vegetable, small and easy to take, work smoothly and gently, and there is nothing of the griping, weakening and sickening effects of the old-fashioned purgatives.

Mr. John S. Caron, Donavon, Sask., writes:—"I was troubled with my liver and had severe bilious attacks. A friend advised me to try Milburn's Laxa-Liver Pills, so I took two vials and I have had no more attacks."

MILBURN'S LAXA-LIVER PILLS are 25c a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

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TELLS DYSPEPTICS WHAT TO EAT Avoid Indigestion, Sour Acid Stomach, Heartburn, Gas on Stomach, Etc.

Indigestion and practically all forms of stomach trouble, say medical authorities, are due nine times out of ten to an excess of hydrochloric acid in the stomach.

Either they can go on a limited and often disagreeable diet, avoiding foods that disagree with them, that irritate the stomach and lead to excess acid secretion and lead to eat as they please in reason and make it a practice to counteract the effect of the harmful acid and prevent the formation of gas, sourness or premature fermentation by the use of a little Bisurated Magnesia at their meals.

There is probably no better, safer or more reliable stomach antacid than Bisurated Magnesia and it is widely used for this purpose. It has no direct action on the stomach and is not a laxative. But a teaspoonful of the powder or a couple of five grain tablets taken in a little water with the food will neutralize the excess acidity which may be present and prevent its further formation. This removes the whole cause of the trouble and the meal digests naturally and healthfully without need of painful pills or artificial digestants.

Get a few ounces of Bisurated Magnesia from any reliable drug store. Ask for either powder or tablets. It never comes as a liquid, milk or citrate and in the bisurated form is not a laxative. Try this plan and eat what you want at your next meal and see if this isn't the best advice you ever had on "what to eat."

John Sward, farmer, drowned at Bracebridge.

Diary of a Fashion Model By GRACE THORNCLEFFE

She Discusses Some Novel Points of the New Hats.

Rosalie Hutton is a young girl I know who is studying design with a view to becoming a creator of hats. For that reason we sometimes fare forth together to glimpse the modes which appear on the avenue or other meeting places of fashionable women.

A few days ago she called and asked me if I would walk down the avenue the following Sunday, as she wanted to study the modes in present-day millinery.

Fortunately, it was a beautiful day, and so we met as arranged. We had not gone far, however, when Rosalie exclaimed:

"I've forgotten my sketch-book, so I'll have to make my drawings from memory afterward. Will you help me?"

"Of course, I will," was my reply. "That's sweet of you," was her answer.

"But you'll have to do your part, also," I said, "for we'll probably see no end of hats that will appeal to you."

"All right," said Rosalie. "What do you think of that creation?" I asked, as a very graceful-



Metal Embroidery and Rich Colors Distinguish These Examples of Latest Hats.

looking girl appeared on our horizon, wearing a smart tiaroon.

"That's a stunning model," remarked Rosalie, "even if it's only a tricorne."

"Why, the tone of disdain when you speak of tricorne?" I asked.

"Oh, I don't mean to be disdainful," answered Rosalie, "only tricorne seems to have a perpetual vogue."

"Yes, to a great extent that is so," I remarked.

"They're awfully smart-looking when worn by the right type of woman," continued Rosalie.

"Yes, and if you'll notice," I added, "there's a little change in their style each season."

"That's so," answered Rosalie, "for I see this hat of brown antique satin has rather a low crown and very long points."

"It's effective, however, the trimming of gold galloon around the edges, as well as the roses of gold lace, is decidedly smart," I said.

"You seem to have grasped every detail about that hat, so you must remember as I'm going to have you make a sketch of it," said Rosalie, smiling.

"All right," I replied, "let's find one for you to draw from memory."

"I see one that appeals to me," remarked Rosalie a little later, as we continued our walk down the avenue.

"Where?" I asked.

"Just ahead of us, going downtown," was Rosalie's answer.

"You mean that draped hat?" I queried.

"Right you are," exclaimed Rosalie.

"I wonder what that's made of," I murmured as I hastened forward, for there was a shimmering effect about the hat.

"Oh, you should recognize that," declared Rosalie, regarding me with a funny little smile.

"Now I see," I replied, "it's a brocade."

"Yes," said Rosalie, "a gray brocade shot through with silver threads."

"The draping on the upturned brim is quite clever and somehow suggests those rolled effects which we associate with the headgear of oriental potentates," I remarked.

"I suppose that felt hat with cut edges will be your next choice," said Rosalie, as a girl appeared wearing the lavender gray felt.

"You're right," I answered, "I'm very fond of that shade, and I think the violet trimming beautiful."

"I knew you'd like it," said Rosalie, as an acquaintance stopped to speak with us.

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