

HEARTBURN A SEVERE CASE

Many people are troubled with heartburn who really do not realize just what it is.

In cases of this trouble there is a gnawing and burning pain in the stomach attended by disturbed appetite. It is generally caused by great acidity of the stomach, and whenever too much food is taken, it is liable to ferment, and becomes extremely sour, causing heartburn.

MILBURN'S LAXA-LIVER PILLS

and you will have no heartburn or other liver troubles such as constipation, jaundice, water brash, floating specks before the eyes, coated tongue, foul breath, etc.

Mias Agnes Cutting, Shallow Lake, Ont., writes: "I have had heartburn for a long time. There were gas, and burning pains in my stomach, and then when I vomited there was a sour and bitter taste. I used two vials of Milburn's Laxa-Liver Pills, and they have cleared me of my heartburn. I don't think they can be beaten by any other medicine."

Price, 25c. a vial at all dealers, or mailed direct on receipt of price by the T. Milburn Co., Limited, Toronto, Ont.

Magical Effect of Stuart's Dyspepsia Tablets in Dispelling the Gloom of Coated Tongue Dyspepsia. Many a poor, misguided dyspeptic is lamenting his hard luck when all

Bilious Folks Return to Meals

he needs is a 60 cent box of Stuart's Dyspepsia Tablets to be had at any drug store. They settle and sweeten a sour stomach, offset acidity, dispel gasiness, induce digestion, relieve biliousness, clear the coating from the tongue, repair the bad breath and enable the most desperately gloomy dyspeptic to get back into the land of the living. Get these tablets to-day and experience all this.

RED PEPPER FOR RHEUMATIC PAIN

Red Pepper Rub takes the "ouch" from sore, stiff, aching joints. It cannot hurt you, and it certainly stops that old rheumatism torture at once.

When you are suffering so you can hardly get around, just try Red Pepper Rub and you will have the quickest relief known. Nothing has such concentrated, penetrating heat as red peppers. Just as soon as you apply Red Pepper Rub you will feel the tingling heat. In three minutes it warms the sore spot through and through. Pain and soreness are gone. Ask any good druggist for a jar of Rowles Red Pepper Rub. Be sure to get the genuine, with the name Rowles on each package.

Fine for Lumbago

Musterole drives pain away and brings in its place delicious, soothing comfort. Just rub it in gently. It is a clean, white ointment, made with oil of mustard. It will not blister like the old-fashioned mustard plaster.

DR THOMAS' ECLECTIC OIL

FOR SCALDS, CUTS AND BRUISES. FOR COLDS, COUGHS AND BRONCHIAL AFFECTIONS. FOR STIFF MUSCLES, SPRAINS AND STRAINS AND NUMEROUS OTHER AFFECTIONS COMMON TO MAN AND BEAST. THERE IS NOTHING SUPERIOR TO THIS OLD TRIED AND RELIABLE REMEDY.

for sprains

aching muscles or stiffness which so often follow the exertion of outdoor sports, prompt relief may be had by applying Absorbine, Jr.

"WITS" OF HISTORY

By Mark Stuyvesant.

The Way Saphir Joked Even About His Handicaps.

Some of the greatest wits of the world have been forced because of their glib tongues and witty minds to live rather a nomadic life. Their quips were too clever and too true for life in their native land to be quite healthy and comfortable for them.

Such was the case of Saphir, the great Austrian wit. He had to change his residence rather suddenly on two occasions because his jokes were too good and his criticisms too honest.

One of Saphir's quick exits was due to saying exactly what he thought of the government of a small German principality where he was living. He was banished by the king. Even at his departure, he had his joke. He said:

"If his highness will deign to look out of his window he will see me cross the frontier of his domains."



"And My Name Is Saphir!"

Another time Saphir was invited to leave Bavaria immediately, because he had carelessly remarked that the Bavarian monarch wrote very bad poetry.

He packed hastily, and as he left he greatly amused his admiring friends by saying:

"I shall go, and if my feet do not carry me quickly enough I shall borrow some of the superfluous feet from his majesty's verses."

Saphir lived in Vienna and published a paper called "Saphir's Witzblatt." At the very mention of sight of Saphir, people looked for a laugh, and they were rarely disappointed, for Saphir could not help being funny.

One day the wit was in a great hurry and was rushing to keep an appointment. As he was walking at a very fast pace he suddenly turned a corner. He collided with another man. This man was furious, and in the most indignant and deprecatory tone of voice fairly hissed at Saphir the one slur word:

"Donkey!"

Saphir, unabashed, and bowing with a dignity which would have embarrassed any one, said in his most gentlemanly manner, as if acknowledging an introduction:

"And my name is Saphir!"

According to Charles Johnson, in his "Why the World Laughs," the most humorous quip attributed to Saphir was his criticism of a very poor comedian.

A manager asked Saphir his opinion of the comedian. Saphir replied:

"Joking apart, he is a fair actor."

WRITE IT DOWN. By E. Harold Cummings. If you have a happy thought, Write it down; Least it soon should be forgot, Write it down; If you hear a funny word, If a funny thing occurred, Even though it seems absurd, Write it down.

If it's something optimistic, Write it down, Though in symbols cabalistic, Write it down. For no matter how you dress it, Or how crudely you express it, There'll be some one who will guess it, Write it down.

There are people without number, Write it down; Who had rather read than slumber, Write it down. And these people are deserving, Likes and dislikes ever swerving, If your product is deserving, Write it down.

If you deal in merchandise, Write it down; For it pays to advertise, Write it down. If your story's worth the telling, And your copy is compelling, You will find your goods are selling, Write it down.

Do not underestimate the value of savories, sauces and seasoning. A well-seasoned sauce will reclaim a cheaper cut of meat; aromatic pepper, paprika, a skillful use of French mustard and Worcestershire; a bit of cream or milk well seasoned in potato or squash or macaroni—spells the difference between interesting and uninteresting food. A mass of pasty macaroni or rice is anathema; a dish of creamy, delicate macaroni and toasted cheese or of dry rice, each grain retaining its integrity, with a rich tomato sauce, are luxurious dainties. It's all in the "know" how, especially when staple foods are being served.

THE DAYTIME DRESSES.

Silks, it seems, are coming to be a large factor in the making of daytime dresses of all sorts and even for suits. You know that silks are evolving at a rapid rate—almost as rapidly, in fact, as the radiograph is evolving. They are no longer meant only for party dresses and for fluffy afternoon things, but they are being worn in such a way that they look more like street materials. And the designers are most certainly being influenced by the inspiration, for they are making many of their spring suits and coat dresses out of the heavier crepey silks.

One beautiful thing about using silk for dresses of this character (and the new silks do wear wonderfully) is that they can be so colorful without being over conspicuous. Haven't you ever noticed that when a woollen material attempts to have color it usually becomes too vibrant and noticeable? Well, that's just the thing which a brightly toned silk manages to avoid. It is a more subtle achievement and consequently a more becoming one. And, if you want to have the very most interesting sort of silk street dress, do it in two colors—that is, combine tan and dark blue or grey with black or purple with sand color, or hydrangea with gray.

One dress shown was made with a dark blue skirt and a gray bodice section, tied with a simple narrow girde made of the blue. A cape made of the blue, lined with the grey and bound all the way round with a grey silk braid. That is one of the simplest of the models. But they are elaborated into many more beautiful and inspiring models, which you must now get busy and design for yourselves—for you can do it just as well as any designer if you put your mind to it.

YOUR HEALTH. (By Raymond S. Copeland, M.D., Commissioner of Health New York City.)

Why Even Hotel Men Say "Eat Well But Wisely."

We rarely think of hotel managers as sanitarians, but, after all, when we observe the finished service of the modern hotel we are prepared for anything. The conveniences of a hotel are almost beyond belief.

There is the electric sign in the room announcing the presence of ice water to drink. There is an electric heater for your curling-iron. There is a polishing-cloth for your shoes. Stationery, sanitary soap and wash-cloth, hangers for your coat and a Bible to nourish your soul—all of these are found in every room.

Along comes Mr. Roy Carruthers, managing director of one of the great hotels in New York, and says: "Hotel guests, being away from home, are more apt than any other class to be upset by their meals."

To insure the utmost in physical comfort he has devised special menus to counteract the bad effects of the diseases which are aggravated by wrong eating. The seven diseases which he believes are likely to annoy the travelling public are obesity, diabetes, constipation, rheumatism, gout, high blood-pressure and malnutrition.

All you need do, I suppose, is to call for "Menu No. 1" and everything will be supplied to satisfy your hunger without creating trouble so far as your choice of ailment is concerned.

Really, it is too bad this plan is not in operation in every home. Wisely selected food will go farther toward the cure of at least six of the seven diseases mentioned than almost any medicine that could be prescribed.

I doubt if rheumatism is greatly influenced by food, but muscular twinges are frequently associated with intestinal disturbances which may have been caused by bad eating. So, after all, I guess I will go the whole route with Mr. Carruthers.

Of course, when we go to a hotel we are inclined to indulge ourselves a bit. Why take a sandwich to a banquet? This is the way most of us feel about the palatial hotel atmosphere. The result is that prolonged hotel life is bad for most folks. It takes real character to resist the temptations of a bill-of-fare.

Indiscretions in diet are trying to all of us. They are particularly trying to the obese and the constipated. Proper dieting will do wonders for the diabetic. Gout and malnutrition cannot be cured without attention to food. High blood-pressure is usually due to kidney disease, which has resulted from the sins of the table.

A hotel is the last place in the world one would expect reforms in feeding to originate. It is refreshing to find an active business man with the courage to tackle a health problem of this sort. I haven't seen his menus, but, whether we approve them or not, we must commend Mr.

CHAMBERLAIN'S Best Cough Medicine

"I have used Chamberlain's Cough Remedy ever since I have been keeping house," says L. C. Barnes of Marbury, Alta. "I consider it one of the best remedies I have ever used. My children have all taken it and it works like a charm. For colds and whooping cough it is excellent." Keep Chamberlain's Cough Remedy by you—it is a friend in need.

COUGH REMEDY

JACKSON-METIVIER Tailored Suits Exclusive-Distinctive As are only the better modes interpreted with finesse of workmanship. Coats and Wraps Are Both Fashionable For Spring Wear. \$17.50 to \$50.00. JACKSON-METIVIER LIMITED 114 PRINCESS STREET CHILDREN'S GOLF HOSE CHILDREN'S HOSE

TO-DAY'S FASHION

By Vera Winston.



White Crepe de Chine with Fagoting of Red Fashions This Small Girl's Charming Frock.

Simplicity is charming for the child, and it is perhaps more effective in the party frock than any other, for in this it often stands out by contrast.

Sleeveless models are very cunning in party frocks for the young child. The interpretation above shows sleeves which are little more than bands, formed by a clever continuation of the rounded yoke.

The London Times And the Church's Hope

Contributed by Mrs. Bertha Carr-Harris. In this age of questioning and of shattered hopes when the world's hopes, one by one, are being laid in the dust—"democracy the hope of the world," "the Golden Age to arise Phoenix-like from the ashes of a pre-war civilization," social betterment without the gospel, the forward movement, the League of Nations, world peace without the Prince of Peace, it is cheering to find such a gleam of hope as appeared recently in The London Times which we quote:

"If the question were put to the thinking man on the street, 'What is your ideal of a perfect condition of things in this world?' would not his answer be somewhat as follows: 'The extermination of evil, freedom from the bias to sin, the adjustment of the whole heart and life to the principles of the Lord Jesus and the

cessation of war and party strife? To this end man has certainly not yet attained; but when the Man of Men returns then shall be brought in the conditions described by Isaiah when 'Men shall walk in His paths,' when the Lord alone shall be exalted,' when nations 'will beat their swords into plow shares and learn war no more.'

"By faith the church stretches out her longing hands to the Far Horizon. Through her ears ring out the words of the apostles, 'The night is far spent the day is at hand.'"

Continuing, The Times adds: "There is much agreement among those who accept the Christian faith. They believe in judgment, for without it there could be no meaning in the struggle; they do not interpret the present scene as a wild confused drama; they find their clue to the apparent tragedy of the moment in the vision of a judgment in which evil will not only be opposed but destroyed."

The Times is rational in its conclusions for if a Personality is the central fact of the universe we are driven to conclude that He must be free. If He can communicate with His creatures He may tell them some of the things involved in the carrying out of His purpose. The scriptures contend that He has told us of "a day in which He will judge the world in righteousness by that Man whom He hath ordained whereof He hath given assurance to all men in that He raised Him from the dead." (Acts 17.)

What that day will mean to His enemies—the enemies of world-welfare—according to His plans and to all who refuse to yield allegiance to Him is revealed in His word. What it will mean to His own "hath not entered into the heart of man to conceive."

Rose O'Neil, inventor of the Kewpie doll, carved the original doll from a carrot.

Wishing for sleep is a poor way to get it. A LITTLE wisdom in the daytime is a better assurance of rest than any amount of anxious wishing when nerves are a-jangle at night. What you do at noon often has more influence on sleep than what you want and hope for, at midnight. Tea and coffee's drug element, caffeine, whips up the nerves, and when its use is continued there's usually a penalty which no amount of mental effort can avoid. The part of wisdom, as so many thousands have found, is to turn away from nerve-stimulation and adopt rich, delicious Postum as the mealtime drink. Postum delights the taste, but brings no disturbance to nerves or digestion. Even the little children can share in the enjoyment of Postum at any meal. It's better to anticipate warnings than to be driven by them. It's better to encourage and preserve sound nerves and complete health than to listen to the clock ticks at night and say, "I wish!" You can get Postum wherever good food or drink is sold and served. An order today may be the beginning, for you, of the great satisfaction and comfort which so many others have found in Postum. Your grocer has both forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes. Postum for Health—"There's a Reason" Made by Canadian Postum Cereal Co., Limited, Windsor, Ont.