

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 pills and I have had no more attacks."

MILBURN'S LAXA-LIVER PILLS are 35c a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Phenolax
Wafers
The Safe Laxative
A dependable laxative is a necessity in every family's medicine cabinet. Phenolax Wafers are safe—and dependable.

LOGICAL ADVICE!
Strike at the root of weakness is logical advice to those rundown in vitality.
Scott's Emulsion
nourishes the body, tones the blood and helps build strength.

WOMAN COULD NOT WORK
Made Strong and Well by Lydia E. Pinkham's Vegetable Compound
St. Paul, Minn.—"I took Lydia E. Pinkham's Vegetable Compound for a tired, worn-out feeling and painful periods. I used to get up with a pain in my head and pains in my lower part of back. Often I was not able to do my work. I read in your little book about Lydia E. Pinkham's Vegetable Compound and I have taken it. I feel so well and strong and can do every bit of my work and not a pain in my back now. I recommend your medicine and you can use this letter as a testimonial."—Mrs. FILL, MASON, 801 Winalow St., St. Paul, Minn.

For Saturday and Next Week
Choice White Fish . . . 15c. lb.
Salt Herring 40c. doz.
Homemade Head Cheese 15c lb.
Home Rendered Drippings 10c. lb.
Choice Veal, Lamb, Beef, Pork at lowest prices—at:
Quick's
Western Meat Market
112 Clergy St. Phone 2011.

Diary of a Fashion Model
By GRACE THORNCLEIFFE

She Describes an Afternoon Outdoor Costume of Printed Broadcloth. Today, I had a wonderful time in the country, which was an added treat because of its unexpectedness. Things we don't expect are often so much that way.

"Will you come down early and be ready to leave with me for Tuxedo at 9 o'clock in the morning?" Madame had asked late yesterday, as I was leaving.

"Yes, indeed," I answered. "Miss Wolverton is on a committee for the golf-club opening, and is so busy she can't come in, but says she must have a frock, and wants to buy one of our models already made up for exhibition."

"I should think one of those fresh new ones just-down from the work-room would suit her," I suggested. "That's why I want you to go."

Wonders for me in such remarkably short order," she said to Madame gratefully, as we left. She was a stunning figure as I saw her last, gazing out over the windy lawn.

There must be sunlight and an ample supply of oxygen or physical prosperity is impossible. Expired air—that is, the air which is expelled from the lungs—is filled with carbon dioxide, or "carbonic acid gas," as it is commonly called.

In a room over-crowded with living beings, the air becomes filled with the carbon dioxide, so that the air taken into the lungs is not pure oxygen, but is a contaminated and poisonous mixture of oxygen and harmful compounds.

You know how the fire in the stove smokes and smolders if the damper is closed. It must have air—oxygen—if it is to be made to burn freely.

Perhaps you have seen a chemical engine or fire extinguisher pour chemicals on a blaze. You have observed how quickly the fire dies down. This is because the gases act as a blanket, preventing the oxygen of the air from feeding the flames.

There can be no fire or "oxidation," as it is called, unless the lungs carry free oxygen to purify the blood. Otherwise, food is just as useless as the coal or wood is in the stove without oxygen.

Impure air is responsible for many diseases. Impure air cannot cause scarlet fever, or typhoid, or infantile paralysis, but it can so lower the vitality and resistance of the body as to permit the entrance of these germs.

Indigestion can result from lack of oxygen, because food is the fuel which has to be burned up by the oxygen. Without an abundance of oxygen the furnace of the body is clogged and trouble follows.

Every farmer recognizes the importance of the air supply, and is at great pains to have plenty of space for his horses, cattle, sheep, pigs and poultry.

So important to human health is the amount of air space that the laws and ordinances require that hospitals, jails, schools and all institutions shall have a certain minimum of cubic air space for every inmate or pupil.

Headache, nausea, faintness and dizziness are the immediate symptoms of poor air. If one continues to live in such surroundings, paleness of the skin, lassitude, loss of appetite, anemia and diseases of the skin follow.

The open window at night and fresh air all the time will go far to keep you well and to give you a long life of usefulness.

Where Jockeys Carry Handkerchiefs for Their Race Horses. (By Temple Manning.) Very few travellers penetrate into Mongolia, the bleak and almost uncivilized table-land of Central Asia.

This vast country does not even boast of a single mile of railroad, so that the people have remained almost the way they were when they were the powerful Tartars of the Middle Ages.

If a daring adventurer braves the dangers of a trip into Mongolia he is fascinated by the natives at the time of their summer festivals. Then, every Mongolian family puts on its best bibs and tuckers and goes to the fair, much in the same way the people in our own country sections go to the county fair.

However, at the Mongolian county fair you do not "hit the baby" and get a 5-cent cigar, or throw rings at canes to obtain a prize, but you do see horse races.

Instead of sitting in a grand stand and watching the entire race as you do here, you see only the start or finish in points which extend out over the green. The straight-line track has the same trimming at its side seams and is finished at the top with a simple, baled neckline.

The youthful, rolled-brim, white felt hat shows a feather of green.

That no questions were asked if payments were made promptly. As many as six infants were cared for at one time, but as business was improving the house would be enlarged and then a dozen could be taken.

Inspector Daley informed the people that the Children's Aid Society was the only organization authorized to look after children for this district, and that unless they closed up they would be prosecuted. They agreed to quit, and no further trouble is anticipated. Neighbors are very much pleased over the society's prompt action.

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INFECTION BY CORN RESULTS IN DEATH
The Chairman of the Kitchener Light Commission Dies After Amputation.
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That the sailor hat will come back to us this summer in a smart shape of medium size. Nothing looks quite so chic with a tailored suit as a straw sailor.
If you are afraid of being found out leave it alone.

ROYAL YEAST CAKES
Canadian Made.
As a health builder, Royal Yeast is gaining in popularity every day. It is a food—not a medicine. It supplies the vitamins which the diet may lack. Royal Yeast is highly beneficial in cases where the system seems "run down." Royal Yeast is the richest known source of vitamins, and when taken into the system acts as a corrective agent. Royal Yeast Cakes are recommended for their purity and wholesomeness. It is the purest, the most convenient and economical yeast on the market.
Two to four Royal Yeast Cakes a day will work wonders. A full day's supply can easily be prepared at one time by using one glass tike warm water and teaspoon sugar to each yeast cake. Allow to stand over night in moderately warm room. In the morning stir well and pour off liquid. Place in refrigerator or other cool place and drink at intervals as desired throughout the day.
Send name and address for free booklet "Royal Yeast Cakes for Better Health."

YOUR HEALTH

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

Why Pure Air Every Day and Night Is Vital to Health.

You cannot pick up a newspaper these days without reading something about the bad housing and overcrowding of the cities.

Thousands of families in New York City live in three rooms, as many as twelve persons crowd together in these cramped quarters, and four may sleep in the kitchen every night. Many families live in inside rooms without light or direct outdoor ventilation.

It requires no argument to prove the harmfulness of such overcrowding. You cannot have health or good citizenship where such conditions exist.

A baby born in a home of four rooms has four times the chance that a baby who is born in a home of one room.

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JACKSON-METIVIER LIMITED
114 PRINCESS STREET
EASTER SUIT AND COAT
PRICED SPECIALLY FOR SATURDAY
NAVY Tricotine Suits SPECIAL FOR SATURDAY \$21.75
Velour Coats \$17.50
Polo Cloth Coats \$11.50
Pleated Sport Skirts \$6.95
WOMEN'S UNDERWEAR Specially Priced!
VESTS—Cumfy cut; fine ribbed Cotton 4 for \$1.00
VESTS—Cumfy cut— Sizes: Women's large size and extra large. 35c., 3 for \$1.00
VESTS—Cumfy Cut— medium weight; fine weave Cotton. 45c., 2 for 85c.
WOMEN'S BLOOMERS
Made with elastic waist and knee; in good, strong wearing quality; fine, ribbed Cotton. Specially priced.
50c
A Glove Opportunity! Clearance of CHAMOISETTE GLOVES 75c
There is no need to comment upon the value offered at this price. Sufficient to point out that they are perfect quality KAYSER GLOVES, with two domes and matching and contrasting points. Colors: White, Grey, Sand, Mode, Mastic and Brown.

TO-DAY'S FASHION
By Vera Winston.
White Flannel Banding Gives a Spring-like Touch to This Three-piece Suit of Green Kasha.
The three-piece suit has come into its own for spring, and it is especially attractive when in one of the lovely fresh colors which one associates with this time of year.
The model is of kasha in a soft, grayish green. Its only trimming in white flannel banding, the inner edge