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 the country, which was an added 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. tive and working properly, and thus was leaving. get rid of the nasty bilious attacks, is to keep the bowels regular by us-

MILBURN'S LAXA-LIVER PILLS

and easy to take, work smoothly and up for exhibition." 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.

Phenolax Wafers



ales Agents Toronto, Ontario

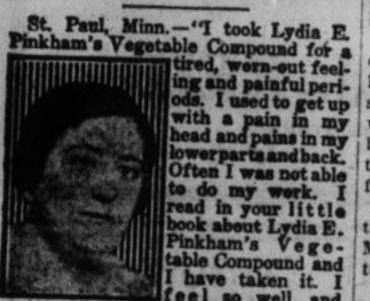
Strike at the root of weakness is logical advice to those rundown in vitality.

nourishes the body, tones the blood and helps build strength.

Scott & Bowne, Toronto, Ont. 6 -ALSO MAKERS OF-

(Tablets or Granules) FOR INDIGESTION

Made Strong and Well by Lydia E. Pinkham's Vegetable Compound



feel so well and ng and can do every bit of my work and not a pain in my back now. I recsmmend your medicine and you can use this letter as a testimonial."— Mrs. Phil. Maser, 801 Winslow St., St. Paul,

Just another case where a woman found relief by taking Lydia E. Pinkham's Vegetable Compound. Many times these tired, worn-out feelings and pains about the body are from troubles only women have. The Vegetable Compound is especially adapted for just this condition. The good results are noted by the disagreeable symptoms passing away—one after another.

Lydia E. Pinkham's Yegetable Com-pound is a Woman's Medicine for Wo-men's Ailments. Always reliable,

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.

Condness is the only investment

that never fails.

By GRACE THORNCLIFFE

She Describes an Afternoon Outdoor Costume of Printed Broadcloth. Today, I had a wonderful time in

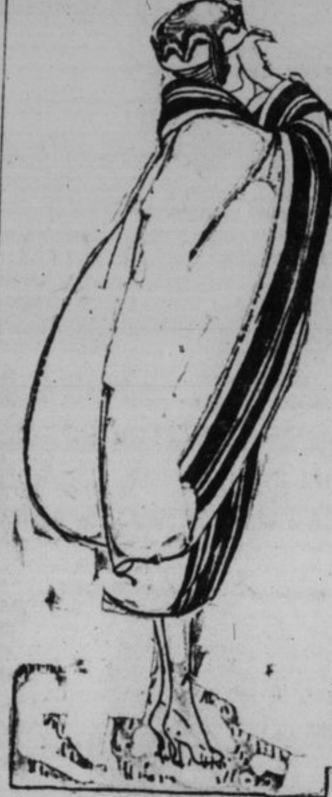
bad, the stomach foul and sick, and treat because of its unexpectedness bilious spells occur on account of the Things we don't expect are often so much that way. "Will you come down early and be

at 9 o'clock in the morning?" Mad-The only way to keep the liver ac- ame had asked late yesterday as I

"Yes, indeed," I answered.

tee for the golf-club opening, and is thing about the bad housing and so busy she can't come in, but says overcrowding of the cities. she must have a frock, and wants to They are purely vesetable, small buy one of our models already made York City live in three rooms, as

> room would suit her," I suggested. "That's why I want you to go,"



Gray Stripes Distinguish This Cape and Frock of Lighter Gray.

said Madame. "Her measurements diseases, are exactly the same as yours, and Impure air cannot cause scarlet you can model them for her."

"Which ones are you sending cut to show her, Madame?" I asked. "Only two," Madame answered. mit the entrance of these germs. "She has left all to me, and I'm takwant it."

"Nothing could be smarter for an clogged and trouble follows. afternoon outdoor occasion," I as-

which could be worn with the gray, poultry. and I think we shall take them all," Madame planned.

"How very attractive!" exclaimed

rary for her to see it. never seen that material striped be- follow.

fore," she added. the makers brought it to show us life of usefulness. their wonderful new way of printing

broadcloth." slipped the cape back so she could see the straight little frock of lighter gray with its battleship-gray ods. I used to get up stripes down the front. The neck with a pain in my was slit and finished with turnedback revers, showing plain gray next to the face, while a gray tie belt confined the waist.

read in your little "Those stripes down the front of the frock and cape are stunning," Pinkham's Vege- Miss Wolverton said in a pleased

"I think the long Tuxedo cape collar is very smart," I agreed. "I know how you like simple things, and I believe you'll love this."

"That's a cunning little hat, and I hope it's becoming to me," she said, slipping over to the mirror to try it

"Perfect", I remarked at her reflection in the mirror, noting how the rose color offset her lovely brown hair and sparkling brown eyes. The hat was of rose with a straw crown and cloth brim, the latter overcast

in gray wool. We stayed for luncheon, and afterward Miss Wolverton donned the costume, as guests for the festivities were beginning to arrive.

"You were fine to work such Carnegie Institution

Teaches Women

that animals fed on foods lacking inerals die sooner than starved animals. This shows the imperative need of minerals in foods. Yet modern white flour and prepared cereals have little or no minerals, because the bran and fat are removed. Prof. Forbes, an authority on food chemistry, says: "The minerals of grains are in their seed coats (bran) and germ (life part). Wheat contains three times, and bran twelve times as much mineral as white flour." Yet, women give the family only those cereals lacking minerals, then wonder why children are ill, pale, spindly or deformed. Roman Meal contains all the valuable minerals ly attractive when in one of the loveof three whole grains, and makes delicious, nourishing porridge. It compensates for lack of minerals in common food. It also prevents constitution food. It also prevents constitution food the street of the street stipation, At all Grocers.

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.

YOUR HEALTH.

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

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

You cannot pick up a newspaper "Miss Wolverton is on a commit- these days without reading some-Thousands of families in New

many as twelve persons crowd to-"I should think one of those fresh gether in these cramped quarters, new ones just-down from the work- 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 over-crowding. You cannot have health or good citizenship where such conditions.

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

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 smoulders 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

fever, or typhoid, or infantile paralysis, but it can so lower the vitality and resistance of the body as to per-

Indigestion can result from lack ing the yellow kasha along, but I of oxygen, because food is the fuel want her to have the gray broad- which has to be burned up by the cloth for this event. I'm sure she'll oxygen. Without an abundance of oxygen the furnace of the body is

Every farmer recognizes the importance of the air supply, and is at The hats will be more difficult. great pains to have plenty of space There are several bright-colored ones for his horses, cattle, sheep, pigs and

So important to human health is the amount of air space that the I could tell plainly that Miss Wol- laws and ordinances require that hos- cut in points which extend out over verton was a favorite customer, for pitals, jails, schools and all institu-Madame did not part with models tions shall have a certain minimum for the showroom unless she was of cubic air space for every inmate seams and is finished at the top with

Headache, nausea, faintness and Miss Gray when I had donned the cizziness are the immediate symp- felt hat shows a feather of green. broadcloth costume in the club dress- toms of poor air. If one continues to ing room and walked out in the lib- live in such surroundings, paleness of the skin, lassitude, loss of appe-You say it is broadcloth? I have tite, anemia and diseases of the skin

The open window at night and "It is very new," explained Mad- fresh air all the time will go far to ame. "We have been using it since keep you well and to give you a long Where Jockeys Carry Handkerchiefs

> TO-DAY'S FASHION By Vera Winston.



White Flannel Banding Gives Spring-like Touch to This Three-

The model is of kasha in a soft, grayish green. Its only trimming in white flannel banding, the inner edge PHONE 1071



PHONE: 1071

SELECT YOUR NEW

EASTER SUIT AND COAT

PRICED SPECIALLY FOR SATURDAY

NAVY

Tricotine Suits SPECIAL FOR SATURDAY

All Wool Navy Tricotine Suit made in this season's tailored stylefor back with narrow belt, or belt can be put on inside, giving straight for back style. They come embroidery and braid trimmed in a very effective style.

\$21.75

Velour Coats

Popular shades of Reindeer, Taupe, Light and Dark Brown-various styles and lengths-some are made with loose hanging box back; others have pleated or inverted pleat in backs-narrow belt-also some have very neat embroidery trimmings. Special Value!

\$17.50

Polo Cloth Coats

Made in this well-known Cloth for Sport or serviceable every-day Coat—styles vary, in belted models to loose back coat so much in demand this season. NOTE PRICE, THEN SEE MERCHANDISE.

Pleated Sport Skirts

An exceptional offering of stylish Skirts-smartly box pleated and finished with narrow belts-secured from manufacturers at less than regular cost. Shade two toned Brown, Brown and Orange, Navy and

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 Gut 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.

JACKSON-METIVIED

114 PRINCESS STREET

the green. The straight-line frock has the same trimming at its side

with a simple, bateau neckline. The youthful, rolled-brim, white

Three Minute Journeys

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

If a daring adventurer braves the ish. For the races in Mongolia are dangers of a trip into Mongolia he is thirty miles long! fascinated by the natives at the time . The Mongolians are great horse of their summer festivals. Then, men, and learn to ride at a very early every Mongolian family puts on its age . Their lives are spent with and best bibs and tuckers and goes to the on horses. The women ride as well as fair, much in the same way the peo- the men, and by the time a boy has

the county fair. However, at the Mongolian county are 10-year-old boys. fair you do not "hit the baby" and These little fellows are mounted get a 5-cent cigar, or throw rings at on the very fast Mongolian ponies, canes to obtain a prize, but you do without saddles. Their only trappings

Instead of sitting in a grand stand chief. and watching the entire race as you do here, you see only the start or fin- the steppes with the courage and



Too Tired for Anything THE best remedy for exhaustion and lassitude is Wincarnis. A short course of Wincarnis creates new energy—new life—new vigor It is a tonic, restorative, blood-maker and nerve food.

16 oz. Bottles, \$1.50

At All Draggists

Proprietors: COLEMAN & CO., Limited, Norwich, Eng.

Canadian Office: 67 Portland St., Toronto. Frank S. Ball. Resident Director.

The Jockeys Are Little Boys.

ple in our own country sections go to reached the age of 10 he is an expert horseman. In fact, the jockeys

are a bridle, a whip and a handker-

They start on their wild ride over spirit of men, whipping their horses fiercely, but often reaching over kindly to wipe the dust from the eyes and nostrils of their ponies. Yes, in Mongolia the inhabitants don't use handkerchiefs, but horses do.

AUTHORITIES CLOSE ILLEGAL "BABY FARM"

Were Accepting Infants With No Questions Asked as to Identity.

Cobourg, March 31 .- The death of an infant last week under rather suspicious circumstances called attention to the existence of an unlicensed baby farm in Northumberland county, not far from Castleton. Attention had been attracted to this place for some weeks past owing to the number of infants that were being brought to it, and when it was ! rumored that one had died without the doctor's help the matter was reported to the Inspector of the Children's Aid Society, James T. Daley. Without revealing his identity, he

visited the house and was informed

that no questions were asked if pay- INFECTION BY CORN ments 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 Light Commission, died at the K. W. they would be prosecuted. They ag- Hospital. On Monday morning Mr. reed to quit, and no further trouble Lippert underwent an operation at is anticipated. Neighbors are very the hospital, when one of his legs prompt action.

STUDENTS' DECISION

Biggest Figure.

New Haven, Cann., March 31. Votes of Yale seniors for their favorite novel yesterday disclosed "A Tale of Two Cities" easily the win- fever and hurry and unrest of the

favorite poem. Dickens won the by deepening the life. the favorite character in history and to us this summer in a smart shape fiction. The class contains 120 re- so chic with a tailored suit as a straw publicans to 30 democrats. Lloyd sailor. George won the vote for the greatest world figure.

RESULTS IN DEATH

The Chairman of the Kitchener Light Commission Dies After Amputation.

Kitchener, March 31.-George was amputated. Several weeks ago an infected corn had started blood poisoning throughout his system and the amputation of his leg was taken as a last-minute measure to save his Dickens Best Novelist, Lloyd George life. The deecased for many years was a leader in civic affairs.

The escape from all the fret and world is to be achieved not by run-"Crossing the Bar" was voted the ning away from the difficulties, but

vote as favorite author with Lincoln | That the sailor hat will come back D'Artagnan the favorite character in of medium size. Nothing looks quite

If you are afrair of being found

As a health builder, Royal Yeasters gaining in popularity every day. It is a food - not a medicine. It supplies the vitamine 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 vitamines, 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 luke 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 inter-

vals as desired throughout the day. Send name and address for free booklet" Royal Yeast Cakes for Better Health."

EWGILLETT COMPANY LIMITED