TONIGHT! YES! YOU MUST!

You Can't Stay Billious and Constipated. Your Liver and Bowels Need "Cascarets"-No Gripe!

ness, indigestion stomach and misery-making them out with Cascarets. ons of men and women take a et now and then and never els. Then you will feel great. the misery caused by a lazy clogged bowels, or an upset

Don't put in another day of distress nove the sour, fermenting food; turn them out to-night and take the excess bile from your liver and carry out all the constipated waste matter and poison in the how-

> Cascarets to-night straighten you out by morning. They work while

LONDON GOSSIP.

n. Presiding in London at elfare Society, he joked with bout him and puffed vigorously sigarette, except when talking. bert Harfield was among the rs at the meeting, and as he is the pioneers of more considerment of workers it is not surthat he was one of the first and Prince Albert's insistence eed to consider the intellectual of the workers.

WRENS "DEMOBBED."

last week when the last of of sad triumph the lattered which had adorned their ken to the Admiralty. The colloquialism for Women's aval Service) were completely sed, and the last of the offinging the door behind them. each other, "Well, goodbye; n a jolly time." The end of R. A. F. (otherwise the Wo-Royal Air Force) came the week, and their commande Helen Gwynne Vaughan is. , returning to her old work ersity science lecturer. Dame e Furse has nothing to say out her plans for the future, dily engaged in administrasince the outbreak of war t to have a prolonged hollday. acs" (the Women's Auxiliary on ceremonial occ

CK TO LIGHT OPERA.

London stage is in a state of on. It is becoming more and patent that the production of ectacles is a hazardous under-So much money has to be fore the curtain rises that a te success is useless to the ney into spectacles. On the and "Monsieur Beaucaire"

ENEMY OF MANKIND Subtle Foe to Deal With

subtle, unsuspected enemy, taking hold on the hidneys, hem of their strength and vital-ndering them inactive and unable leve the poisons and waste sub-s from the blood, should immedibe the poison at was the serior the blood, should immedibe dealt with. All who suffer backache, pains in the sides, a, rheumatism, neuralgis, conheadaches, constipation, that is feeling of lassitude; stiff, n joints, hands and ankles, sore a, sleeplessness, floating specks the eyes, irritability, should at begin treating the kidneys with ills, which are by far the meative remedy for diseases of this organ.

SECOND SON COMING OUT, will be produced for a three months run. Ada Reeve, just back from Aus-Albert, second son of King tralia, has been engaged for it already makes a very unconventional and I hear that Leo Stormout will also appear in the production. t annual meeting of the Indus- managers are now searching for light opera to replace rovue and expensive spectacles, and wiser ones are con-

fining their search to this country. SHAKESPEARE DISCOVERED.

Shakespeare productions in the comes by spurts-evidence, perhaps of jealousy among actor manager staging the "Bard" even if they have not put on a Shakespeare play themselves for years. However that may a sad moment for the be, the fact remains that in the week or lorries drove away from "Hamlet," "The Merchant of Venice," sled their brains about it and inhope Street, displaying in and "Julius Caesar" at Convent Gar- searched for the answer long ago, man eloquent" has spoken. His is not ters. All their papers were the New, and more "Hamlets" by ject. Professor John Tyndall, a higher education which he advocates. other actor-managers. None of us (the name, of course, is a can remember the time when three were inflicted on London at onco.

U-BOATS' BALANCE SHEET.

Contradictory statements have been published so often about the number and size of the submarines which Germany built during the war that it is quite a relief to get hold of the authenpleted each year being-1914, 31 boats: 1915, 62; 1916, 95; 1917, 103; officers say that as she has 1918, 81. In addition, 487 submarines were on order or building at the Armistice, but all these were scrapped shortly afterwards. Of the 372 completed boats, 202 were sunk in the orps) do not expect to be de-l for some weeks yet. Both of the U-boats were quite small, not and "Wrnfs" have formed above 850 tons. Vessels of this size voyaged far afield to America, the ar that it is hoped to have a Eastern Mediterranean, and West organisation of all the wo-rvices. These services are cruisers" were built, the largest being wed in future to wear their the U-142, of 2,155 tons. She mounted The total tonnage of U-boats built during the war amounted to 209,046 tons, and they sank about 14 million tons of shipping; so that on an average every U-boat sank twenty times its weight in mercantile tonnage.

BRITISH FILMS BOOMING.

The Americanising of Britain ers. More money has been lost through the cinematograph threatres nade in this way during the is fortunately on the wane. In 1918 and impressaries are growing more than 90 per cent. of the films and more nervous at sinking shown in this country were American. but during the past three months the and, light opera seems to be proportion of British films rose to 25 table undertaking. "The Lilac per cent., and it is steadily becoming greater. In one theatre 75 per cent own this, and during 1920 the of the 1920 programme will be Britand composer will come to ish films. That is a wholesome acuarters on such a scale as suggests that London may in time—and per-haps sooner than most of us expect, as one producer said to-day—become the film capital of the world. British films. I might add, are now fetching three to five times the price of the everage American picture.

QUAINT EVENING DRESSES.

becoming strangely alike. One

the top of the bodice and round the This fact brings up small sleeves. The effect was to make the pretty wearer like a Christmas cracker. Delicately-flowered silk dresses, puffed on the hips and showing cobwebby lace petticoats, where the silk is looped up at the bottom, are now worn at balls, which would do very well for fancy dress shepherdress' costumes, if the wearer had a crook and a little headdress.

AEROPLANE THAT FOLDS UP.

handed, and when not in use folds ers at Tours. up so completely that it can be put in an ordinary motor garage. It is a in an ordinary motor garage. It is a though he took no more inspiring biplane and a single seater, being topic than elementary education. But at hand to rotate the prepeller for on, and glides off as easily as a motorist. The Austin Whippet, as this admirable little runabout is called, is working well at Hendon Aerodrome, which is on the northwestern outskirts of London. It seems just the thing for farmers and ex-pilots who want to keep their hand in, and perhaps later on it may form the basis of the city man's air car when motoring becomes oldfashioned. It is 90 feet in length, weighs 580 pounds when empty, and with wings folded has a width of 8 ft. The engine is a six-cylinder 45 ness and barbarism. of ninety miles per hour and a landing speed of thirty five miles per

Why is the Sky Blue?

This question puzzled

before Christmas we are to have skies, and other learned men, puz- all, "make hatred hated." den, The Court, and the St. James's until finally; as always happens, the only country that might derive respectively, followed by "Othelio" at when a lot of people study a sub- benefit from the adoption of that noted scientist of the last century discovered the answer. The explanation follows: All the light we have is sunlight, which is pure white light. This white light is made up of rays of light of different colors. These rays are red, orange, yellow, green, blue, indigo, would long have passed away. Her and violet. It takes all of these different rays of light to make our tic figures. These show that 372 white sunlight, and when you sep-boats were built between August, arate sunlight into its original rays of nearly half a century, and forty years 1914, and the Armistice, the total com-light in the above colors and in white sunlight, and when you seplight in the above colors and in in the British campaign against the the same order. This is only true, Zulus. She witnessed and was a however, when the sunlight is passed through an object which does not absorb any of its rays. This is the arrangement of the different that overwhelmed France. Few have colors of light found in the rainbow. The rainbow is formed by sunlight passing into raindrops or vapor in such a way as to divide the sunlight into the different colored rays of light. When the rainbow is formed none of the rays are absorbed by raindrops or vapor through which the suplight passes. Some of these rays of light are known as short rays and others long rays. But when sunlight meets other things, besides those which make a pure rainbow, these other objects have the ability to absorb some of the rays of colored light, and they throw off the remainder. When these rays have been thrown off those which have been absorbed make many different combinations, and thus are produced all of the different colors we know, the various tints and shades of color, according to composition and size. Now, then, to get back to the color of the sky, which is blue as we know. The sky or air which surrounds the earth is filled with countless tiny specks of what we may call dust-particles of solid we once more. The first will ceptable change. It is also a wonder-the Alhambra early in January, ful tribute to the vitality of the Brit-tal simulations that it should be ish film industry that it should be size and quality that they catch able, in so short a time, to make such and absorb part of the rays of light rapid headway against powerful which form our sunlight and throw American competition. Its success is off the rest of the rays, and the already having results which may in time be far-reaching. American companies, feeling their hold on the pro- which makes the sky so beautifulfitable British market slipping, are ly blue. Sometimes you notice of with orders never to return. The one suddenly making the discovery that course, that the sky is a lighter or member to whom this order does not the beauty spots of Britain provide a darker blue than at other times. apply is Herr Leopold Wollfing, who better setting for pictures than any This difference is due to the kind other part of the world. Consequently and condition of tiny specks in the air at the time and to the discountry and establishing London head-rection or angle at which the sunand condition of tiny specks in rection or angle at which the sunlight strikes these tiny particles.



which you have not asked, but which would come naturally as the

The New Humanity.

The spirit of the teacher can much to inspire a hatred of hate and the prevalance of love. France, the kindly French satirist, has occasion to speak without Venerable in years, he has

He had inspiring things to say fitted with a self-starter, there is no he urged a change which would make need for the aviator to have some one this a higher education, vastly different from that which usually bears the

make it. "In developing the child you will determine the future," he said, and "in the social and moral disorder created by the war and perpetuated by the peace which has followed it, you have everything to do, everything to rebuild." He went so far as to say that they had to create a new human ity, awake a new intelligence if the did not wish Europe to fall into mad-

"Burn all the books which teach hatvelop reasonable men, capable of trampling under foot the vain splendor hour. In addition to petrol for a flight of 180 miles, oil, and pilot, it can lift sixty pounds of luggage, for which there is accommodation under crushed their fathers." Work and peace are the two great goods which he extols. He would have the child taught to love peace and detest war. Primary education he would change every one from the ground up, in order to make who thought of it for a long time. workers, intelligent workers, holding Even astronomers, the men who as he does that there is place to-day make a business of studying the in society only for these. And, above

They are wise words that this "old

Royal Wreckage.

The ex-Empress Eugenie, almos blind, is still strong enough to visit great experiences have included much that striking figure in the French debacle of 1870-71, but also a spectator in the debacle of the stern and mighty power personally seen so many vast changes gene whose blood is a mingling of Spanish and Scotch, was a charming notability in girlhood, made an imperial marriage in 1853 to a monarch whose father was a brother of Napoleon and whose mother was a daughter of Josephine. That imperial splendor lasted eighteen years. Then soon but not a friendless isolation by any

In the last five years the ex-Empress ing fall of old dynasties, the Hohenzollerns, Hapsburgs, Romanoffs and a long list of other autocrats. More than a score of German princes of ancient royal descent are in the discard. Kingcraft has been so smashed that what remains of it is not far removed from democracy. The divine right of kings is one of the deadliest declusions of history.

The aged Eugenie has lived to be hold a greater France, a greater world, than ever.

Exiled Hapsburg Freed by War.

There is only one member of Imperial House of Austria, of the once mighty House of Hapsburg, to whom the war brings release from exile, all the rest being now refugees, seventeen years ago was Archduke Leopold Ferdinand of Austria, Grand Duke of Tuscany, Prince of Hungary and Bohemia, and Knight of the pro Order of the Golden Fleece, and bro al escapades and experiences brought her world-wide notice in 1902. Both were benished from the land of their birth and adoption, the Archduke chiefly because of his determination to live his own life, untrammelled by to live his own life, untrammelled by court conventions. He was transferred from one regiment to another, and, after his exile from Austria, married Miss Adamovie, one of the party who had helped the Crown Prince to oscape. They were divorced a few years afterwards, and he then married the pretty daughter of a prosperous Silesian citizen. He tried to join up as a private soldier in the Austrian army on the outbreak of the war, but was refused. Now however, he will be able return and settle down in his old

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the trimmings of the pie crust, Knead the pieces together, roll out again, sprinkle with sugar and bake.

when cleaning any kind of pa the bottom should be wet before of ing at the top. If this is done water running down will not stall paint.