

Constipation Piles and Stomach Ills Can be Cured by Internal Bathing.

Constipation is the cause of most of the ills common to people now-a-days. It comes mostly from neglect in not heeding the signs which nature has been trying to give us that everything is not right within. Stomach ills, headache, loss of appetite, impure blood, rheumatism, piles, pains in the back, lack of energy and sleeplessness are in most cases due to imperfect elimination or constipation. To be healthy all the time you must be clean inside, and the J. B. L. Cascade, used with pure sterilized water, is the only perfected appliance ever devised for this purpose. It is easy and pleasant to use, and any member of the family can be benefited by its use.

When the system is kept clean, there is no chance for germs to lodge, and the many ills easily contracted under other circumstances will be avoided. Thousands of Canadians have been restored to perfect health by the J. B. L. Cascade. If you don't feel well all the time, just try Internal Bathing. Then you will appreciate the advantages it has over any other means of restoring your health. Pills are dangerous. Don't be continually taking medicine for constipation. Bathe internally.

The J. B. L. Cascade is now being used in thousands of Canadian homes, all of whom appreciate its wonderful value. It is being shown and explained at A. V. RAND'S, Wolfville Drug Store, who will be pleased to give you a wonderful and instructive book by Dr. Chas. A. Tyrrell, called "The What, the Why, the Way of Internal Bathing." Ask for it to-day.

Canning Notes

The Anniversary services of the Canning Methodist Church, were held on Sunday, May 2, Rev. Anderson Rodgers, occupying the pulpit at both services, being assisted by the pastor, Rev. Mr. Friggins and Rev. Mr. Ainlie.

Mr. M. P. Reed, formerly of Middleton, has leased the large grocery business of Mr. S. A. Robinson, and has added to his staff, Miss Alice Huston, formerly of Messrs. Burgess & Co., Canning.

Mr. John Sarsfield, who has been spending the winter with his daughter Mrs. Joyce, in Amesbury, Mass. has returned to Canning.

Mr. William Tupper and son, of Scott's Bay, have erected a large saw mill, which they expect soon to have in operation.

Mr. M. O. Davison, of Roxbury, Mass., is spending a few weeks in Scott's Bay.

Messrs. Byron and Harold Legge, of Scott's Bay, have taken over the co-operation business of Mr. Daniel Legge.

Mr. Daniel Shaw, left recently for New York.

Our Back-Yard Hen

The common back-yard hen is the world's most efficient servant. She eats the scraps that fall from the rich man's table, and in return rises with the sun to lay an egg for his breakfast. Her product needs not to be taken from her, as in the case of the cow, but is a voluntary contribution—a bit of workmanship without flaw or blemish, delivered in a sanitary package.

During the day the hen gathers raw material for the construction of another egg, and uses the surplus to pad her person against the day when she shall be called upon to simmer in the pot.

Like most servants, the hen learns slowly, if at all, and has an inherent mania for travelling in the opposite direction from that which one is trying to drive her. Doubtless this trait was developed by her association with mortals.

A young hen is called a pullet. An ancient hen, decapitated and hanging in a meat market dressed and without her telltale spurs, is called a frying chicken.

Hens' eggs are more popular than ducks' eggs, because a hen cackles to advertise her product. She advertises only the fresh ones. To press the sale of an egg that had been here for some time would hurt her reputation.—Robt. Quillan, in Saturday Evening Post.

M. Joseph Reinach tells this story in The Journal des Debats, Paris—The orchestra in a German restaurant at Cologne struck up "The Watch on the Rhine" whereupon several British officers stood to attention and saluted. A German approached them and expressed surprise at their action. One of the officers replied:—"Of course! We are 'The Watch on the Rhine.'"

Several prominent clubwomen of Massachusetts, have organized an informal hatless association to fight the H. C. of L. as it pertains to millinery. They have agreed to go hatless throughout the warm weather, and figure that they will save hundreds of dollars that otherwise would be spent for the latest creations.

Sweet Eighteen

As some great writer said, "Each soul draws unto itself its kind."

Like attracts like, and if you are pure and noble you will attract a pure and noble man as husband.

One should study to learn everything that will add to the happiness of her home. Be sensible, efficient, resourceful and above all be a good moral, Christian girl, and some good man will admire you for those fine traits and be proud to make you his wife. Men are not looking for jazz dancers nor extreme dressers when it comes to the question of choosing a wife.

Do not go to extremes in anything. Do not be prudish. Do not use rouge or too much powder (it is well to keep your nose powdered if it is inclined to be shiny).

Dress in the best taste. Do not smoke cigarettes. Keep your body, soul and mind clean.

When "he" comes along you'll know it, but do not let him suspect that you know it. Don't run after him. Remember that man is the hunter and woman the hunted.

Do not let the fact that you may wish to marry overshadow your discretion.

Be careful not to fall in love with "love".

If you do not possess ordinary common sense, try to cultivate it.

A girl should never marry until she has mastered the problem of housekeeping. Of course, she could learn afterwards, but that looks easier on paper than it is in reality, and if she regards her own peace of mind and her husband's she will learn her lesson first. Even if she expects help, a young wife does not want to be left to the mercy of her cook. Cooks flare up sometimes and leave without notice at very inconvenient moments, and the wife gets along better if she is prepared to take her place. But there is no need of one's thoughts being confined within the four walls of her home. She can plan her work to find time to read the latest book, keep in touch with the topics of day, and if she cares for music practice the new pieces. A young man wants his wife to be a partner and companion; if he provides the furnishings of a home and capital to run it, he has a right to expect a tidy house, a neatly dressed wife and a substantial meal waiting for him when he comes from work.

Usually the girl who is a loving daughter, a sympathizing friend and a good housekeeper will make the average man the wife he is looking for.

Here is a concluding thought. If you want an extra nice husband go fifty-fifty, and make yourself an "extra nice" wife.

An Englishman was boasting to an Irishman about the fastness of English trains.

"Why, Pat," said the Englishman, "we run our trains so fast in England that the telegraph poles look like a continuous fence."

"Do they now?" said Pat.

"Well, sir, I was on a train way day in Ireland, and we passed first a field of turnips, then wan of carrots, then wan of cabbage, and a large pond of water, and we were going so fast that it looked like soup."—Boys' Life.

The New Brunswick Legislature dy a vote of 22 to 18 decided against a referendum of the importation of liquors, as provided by Federal legislation.

Life itself is aptly likened to a game. To win, to earn and enjoy the fruits of victory, you must play fair.

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A man who has been 44 years in the sugar trade in the United States says that sugar, when the heavy consuming season starts near the end of June will then be selling to the public at from 32 to 37 cents a pound.

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