

WAS TROUBLED WITH HER LIVER FOR FIVE YEARS.

When the bowels become constipated the stomach gets out of order, the liver does not work properly, and then follows the violent sick headaches, the sourness of the stomach, belching of wind, heartburn, water brash, biliousness, etc.

Keep your bowels regular by using Milburn's Laxa-Liver Pills. They will clear away all the effete matter which collects in the system and thus do away with constipation and all its allied troubles.

Mrs. John Fitzgerald, Britannia Bay, Ont., writes: "I have been troubled with my stomach and liver for the past five years, and have had constipation causing headache, backache and dizzy spells, and sometimes I would almost fall down. I tried all kinds of remedies without obtaining any relief.

I commenced using Milburn's Laxa-Liver Pills, and they have cured me. I have recommended them to many of my friends, and they are all very much pleased with the results they have obtained from their use."

Milburn's Laxa-Liver Pills, 25c. a vial, 5 vials for \$1.00, at all dealers, or mailed direct on receipt of price by THE T. MILBURN CO., LIMITED, Toronto, Ont.

illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Pretty Summer Dress. 2107—This style is lovely for the new wash fabrics, also nice for shantung, taffeta and foulard. The waist may be finished with front closing, or can be closed on the shoulder and at side front. The skirts has plaited panel portions. It measure about 3 1/4 yards at the foot with plaits drawn out. The pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. It requires 7 7/8 yards of 44-inch material for a 36-inch size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Pretty Dress for The Little Miss. 2129—Girls' dress with bolero in either of two outlines, and with two styles of Sleeve. (Waist in round or square neck Outline). This is a very pleasing model and one that will lend itself readily to various materials or combinations of materials. The bolero may be omitted or may be cut short under the arms, as in the back view. Batiste, embroideries, voile, challie, lawn and crepe are nice for this style. The pattern is cut in 4 sizes: 4, 6, 8 and 10 years. Size 8 requires 1 1/4 yards for the bolero and 4 1/4 yards for the dress, of 27-inch material. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A practical work suit for women. 2124—This style is excellent for outdoor work in the garden, is popular also as an indoor work dress, since it affords comfort and ease in movement. The blouse may be made with or without the collar, and the sleeve in wrist or elbow length. The gingham, drill, jean, linen, poplin, repp, or alpaca, are good for this style. The pattern is cut in 4 sizes: small (32-34 bust measure), medium (36-38), large (40-42), extra large (44-46). Size medium will require 6 1/4 yards of 36-inch material. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Charming Lounging Robe. 2104—Figured crepe, dotted challie, percale, silk, satin, cashmere, albatross, batiste, dimity and dotted Swiss could be used for this style. The pattern is cut in 4 sizes: small, 32-34 inches bust measure; Medium, 36-38 inches bust measure; large, 40-42 inches bust measure; extra large, 44-46 inches bust measure. Size medium requires 6 1/4 yards of 44-inch material. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Comfortable Play or Beach Suit for Small Boys. 2108—Gingham, drill, serge, linen, chambray, poplin, repp and galatea are nice for this style. The closing is at the side. The pattern is cut in 4 sizes: 2, 3, 4 and 5 years. It requires 2 1/4 yards of 36-inch material for a 3-year size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

The Chamber of Hope

By Grace McElroy Iurs

There is a room upstairs, a little room,
With sunlit silence filled the long day
through;
Where climbing roses breathe their faint
perfume
And nod and smile at me—as if they
knew!—
When I sit sewing there beside their
bloom.

A cradle waits there, all soft, snowy
white,
And heaps of clothes—such little, little
things
That seem to shine with some deep, inner
light
As if the thoughts I stitched had
dipped their wings
Into the glory of my joy's far height.

All good that has been mine as maid and
wife
Is gathered there as in a sacred place;
My fruits of sacrifice, of inward strife.
Are laid before the Future's veiled face
As altar-trove to bless the dawning life.

And when I dream in silence there—or
pray—
A brave parade of all the great ones
gone
And all that are to come wends happy
way
Before my heart. In shining outlines
drawn
They point the prescience of my coming
day.

The Spires of Oxford

By Winifred M. Letts

I saw the spires of Oxford
As I was passing by.
The gray spires of Oxford
Against a pearl-gray sky.
My heart was with the Oxford men
Who went abroad to die.

The years go fast in Oxford.
The golden years and gay.
The hoary colleges look down
On careless boys at play.
But when the bugles sounded war
They put their games away.

They left the peaceful river,
The cricket-field, the quad,
The shaven lawns of Oxford
To seek a bloody sod—
They gave their merry youth away
For country and for God.

God rest you, happy gentlemen,
Who laid your good lives down,
Who took the khaki and the gun
Instead of cap and gown.
God bring you to a fairer place
Than even Oxford town.

How He Reformed

Father Mathew, the Irish advocate of temperance, whose name, said Dr. William Ellery Channing, deserved "to be placed in the calendar not far below that of the apostles," often had to listen to personal experiences which did not sound so tragic as the penitent meant them to be. One evening, says the Rev. Edward Gilliat, in "Heroes of Modern Crusades," an old toper had been explaining to a sympathetic audience how he had been given to long sprees:

"Well," said he, "of course I kind o' thought I couldn't go on widout bring-me and the poor wife and childer to sup sorrow."

"I first drank me own clothes into pawn; then I drank me wife's cloak off her back; then I drank her flannel petticoat and her gound; then I drank the cups and saucers out of the cupboard; then I drank the pot and the kettle off the fire; then I drank the bedclothes from the bed, and the bed from under meself and me wife."

"Well, what brought me to me senses at last was the cold flure and the poor childer crying, 'Daddy, we're so hungry!'"

"I remember the last night of me bla'guarding there wasn't a bit to eat or a sup to taste for the poor little things; and the big boy, he said, 'Poor mudder didn't eat a bit all day; she gave all she had to Katty and Billy.'"

"Daddy, I can't go to sleep, I'm so cowl'd," says the littlest boy.

"God forgive your unnatural father!" said I, "and hould yer whisht," said I, "and I'll make ye comfortable;" and with that, saving your presence, ladies, I takes me breeches—'tis no laughing matter, I tell ye—and I goes over to the craychers, and I sticks one of the childer into one of the legs, and another of the childer into the other leg, and I buttons the waistband round their necks; and I tould 'em for their life not to sneeze.

"But be cockerow in the morning, Billy, who was a mighty airly bird, cries out: 'Daddy, daddy!'"

"What's the matter?" says I.
"I want to get up, daddy?" says he.
"Well, get up, and bad scan to ye!" says I.

"I can't," says the young shaver.
"Why can't ye, ye cantankerous cur?" says I.

"Me and Tommy's in the breeches," says he, sadly.
"Get out of it," says I.

"Daddy, don't ye remimber? We're buttoned up," says the little chap, 's smart as ye please.

"So up I got and unbuttoned the craychers, and I says to meself, 'twas a burning shame that the childer of a Christian man should be buttoned up yonder instead o' lying in a dacint bed."

"So I slips the breeches on me shanks," concluded the penitent, "and off I goes to your riverence and takes the pledge; and 'twas the crown piece that your riverence, God bless ye! slipped into the heel o' me fist that set me up again in the world!"

WAS WEAK and RUN DOWN SUFFERED WITH "NERVES."

Many women become run down and worn out by their household cares and duties never ending, and sooner or later find themselves with shattered nerves and weak hearts.

When the heart becomes weak and the nerves unstrung it is impossible for a woman to look after her household or social duties.

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Mrs. J. A. Williams, Tillsonburg, Ont., writes: "I cannot speak too highly of Milburn's Heart and Nerve Pills. I suffered greatly with my nerves. I was so weak and run down, I could not stand the least excitement of any kind. I believe your Heart and Nerve Pills to be a valuable remedy for all sufferers from nervous trouble."

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The Western Home Monthly, Winnipeg

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