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Indigestion

Stomach trouble is not really a sickness, but a symptom. It is a symptom that a certain set of nerves is ailing. Not the voluntary nerves that enable you to walk and talk and act—but the AUTOMATIC STOMACH NERVES over which your mind has no control.

I have not room here to explain how these tender, tiny nerves control and operate the stomach. How worry breaks them down and causes indigestion. How misuse wears them out and causes dyspepsia. How neglect may bring on kidney, heart and other troubles through sympathy. I have not room to explain how these vitalised and made stronger by a remedy I spent years in perfecting—now known by physicians and Druggists everywhere as Dr. Shoop's Restorative. (Tablets or Liquid.) I have not room to explain how this remedy, by removing the cause, usually puts a certain end to indigestion, belching, heartburn, insomnia, nervousness, dyspepsia. All of these things are fully explained in the book I will send you free when you write. Do not fail to send for the book. It tells how the solar plexus governs digestion and a hundred other things every one ought to know—for all of us, at some time or other have indigestion. With the book I will send free my "Health Token"—an intended passport to good health.

For the free book and the "Health Token" you must address Dr. Shoop, Box 52 Racine, Wis. State which book you want.

Dr. Shoop's Restorative Tablets—give full three weeks treatment. Each form—liquid or tablet—have equal merit. Druggists everywhere.

Dr. Shoop's Restorative

THE KARN

IS THE
ACME OF PERFECTION
IN PIANO CONSTRUCTION

That accounts for the fact that **WE HAVE SOLD 125 PIANOS** in the new Provinces during the past year.

The Karn combines accuracy of tone with simplicity of construction and artistic design.

Write to-day for the Karn catalogue, No. 45, of Pianos and Organs.

We are the Oldest Piano Dealers in the Provinces, and Sole Representatives for the Karn.

C. KINNIBURGH & CO.
CALGARY :: :: ALBERTA



**WASHES
CLOTHES
IN FIVE
MINUTES**

25 minutes to
wash a tubful of
clothes by hand.
5 minutes to do it better with the

"New Century" Washing Machine

There's no rubbing—no keeping the hands in steaming, dirty water. Simply fill the tub half full of hot, soapy water, put in the clothes, turn the handle, and the "NEW CENTURY" does all the work.

Let us send you a book about this new way to wash clothes. It's free.
The Downwell Mfg. Co., Limited
Hamilton, Canada

ADVERTISE IN THE ADVOCATE

CHILDREN'S CORNER

LONG AGO.

By EUGENE FIELD.

I once knew all the birds that came
And nestled in our orchard trees;
For every flower I had a name—
My friends were woodchucks, toads,
and bees;
I knew where thrived in yonder glen
What plants would soothe a stone-
bruised toe—
Oh, I was very learned then—
But that was very long ago.

I knew the spot upon the hill
Where checkerberries could be
found!
I knew the rushes near the mill
Where pickerel lay that weighed a
pound!
I knew the wood—the very tree—
Where lived the poaching, saucy
crow,
And all the woods and crows knew me—
But that was very long ago.

And pining for the joys of youth,
I tread the old familiar spot,
Only to learn the solemn truth—
I have forgotten, am forgot.
Yet here's this youngster at my knee
Knows all the things I used to know
To think I once was as wise as he—
But that was very long ago.

I know it's folly to complain
Of whatso'er the Fates decree;
Yet, were not wishes all in vain,
I tell you what my wish should be;
I'd wish to be a boy again,
Back with the friends I used to
know;
For I was, oh! so happy then—
But that was very long ago.

Dear Girls and Boys:

You have no doubt been looking anxiously for the result of our February competition on "A Book I Have Read." Our corner certainly contains a great many readers or the letters would not have been so numerous. I don't believe the girls do more reading than the boys but there were nearly eight times as many girls as boys took part in the competition. I tell you, laddies, we will have to look sharp or the girls will be claiming the Corner as their very own, and quoting to us that old proverb, Possession is nine points of the law.

"Oh dear," I fancy I can hear you say, "why doesn't Cousin Dorothy stop talking and tell us who won the prizes?" It is too bad to try your patience any further, so here they are:

Prize for girl under sixteen,—Ethel May Rose. Honorable mention—Jessie Johnstone, Lottie Corcoran.

Prize for boy under sixteen,—No competitors entered.

Prize for girl or boy under twelve—Thomas C. Cairns. Honorable mention—Jennie DeFoe.

Just a point or two to which I want to call your attention before giving you the prize answers. Among the competitors were two who did not give the title of their stories, one who did not mention his age, three who did not tell their reasons for liking the book, one who told why she liked the story but left out the story itself, and one whose essay was exceedingly good but longer than the rules permitted. You all understand, I think, how impossible it would be to give a prize where the rules were not strictly observed. However, better luck next time!

COUSIN DOROTHY.

PRIZE ESSAYS.

THE STORY OF JOHN G. PATON.

I like this book because it gives a great amount of information about the way missionaries live, and how they overcome their difficulties with the natives. Mr. Paton gives a great many instances of narrow escapes with the natives in the New Hebrides Islands, he having lived at times, on different ones of this group of Islands, several times he would have been killed had it not been that the natives saw his great faith in God. The natives set his house on fire once, and Mr. Paton dropped on his knees and asked God for rain, which came.

ETHEL MAY ROSE.

Age 14 years.

World's Best Butter

De Laval Separators Triumph
at National Dairy Show.

The great Dairy Show and National Buttermakers' Convention held at Chicago, February 15 to 24, awarded all highest butter prizes to entries made from De Laval Separator cream.

Out of the total 610 butter entries, 559 were DE LAVAL users, the other 51 representing the users of all other separators combined, while of the 496 entries scoring 90 and over, 463 were DE LAVAL made, the other 33 covering all competitive users together.

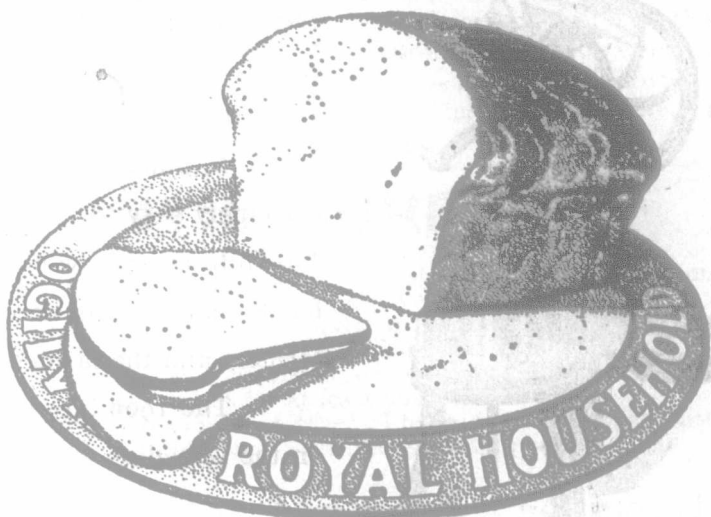
All this is in keeping with what has happened at every previous convention contest of the National Buttermakers' Association since its organization in 1892, all highest awards having been made, without exception, to De Laval users.

700,000 in Use

A De Laval catalogue, gladly sent for the asking, will help to make plain WHY, under like conditions, De Laval cream produces butter superior to that which can be made in any other way. Write to-day.

The De Laval Separator Co.

Montreal Toronto New York Chicago Philadelphia San Francisco
14-16 Princess St., Winnipeg.



Absolutely white flour makes the most beautiful white bread—the kind we all like.

But white bread is not necessarily pure because it is white. To be pure it must be made from purified flour.

There is only one method of making flour absolutely pure, and that is by electricity. No impurity can withstand the searching, purifying work of this electrical process.

The electrical method is employed by every big mill in the United States.

In Canada the only flour purified by electricity is

Royal Household Flour

therefore it is the only flour that can be considered as absolutely pure.

Say "Ogilvie's Royal Household" to your grocer—he'll do the rest.

Ogilvie Flour Mills Co., Limited,
MONTREAL.

"Ogilvie's Book for a Cook," contains 130 pages of excellent recipes, some never before published. Your grocer can tell you how to get it FREE.

