

# CASCARETS 10¢

For Constipated Bowels, Sick Headache, Sour Stomach, Bilious Liver

The nicest cathartic-laxative in the world to physic your liver and bowels when you have Dizzy Headache, Colds, Biliousness, Indigestion, or Upset Acid Stomach is candy-like "Cascarets." One or two to-night

will empty your bowels completely by morning, and you will feel splendid. "They work while you sleep." Cascarets never stir you up or gripe like Salts, Pills, Calomel, or Oil and they cost only ten cents a box. Children love Cascarets too.

## Sweet Eva!

CHAPTER XXXIV.

"Would you mind?" he began, then stopped, and a little wave of emotion crossed his face. His quick eyes had at a single glance taken in the beauty of his wife's appearance, but after that first curious little flicker he showed no sign of having noticed it. "I was going to ask you if you would mind telling this thing for me," he said apologetically. "I can generally manage it myself, but my fingers seem all thumbs to-night."

He held the black tie to her. "I don't know if you mind," he said again. Eva's heart seemed to throb somewhere in the region of her throat, but she managed to answer lightly: "Not at all—I've often done it for father and the boys." She took the tie from him. "I'm afraid you'll have to stoop," she said rather breathlessly. Philip obeyed; he kept his eyes cast down, and Eva fastened the tie into a not very successful bow.

It was the first time he had ever asked even a small service of her, and it gave her a curious sense of intimacy with him. She thought of the night when she had put her arms round his neck and kissed him of her own accord, and wondered what would happen were she to do it again; the desire was so strong that she almost had to force her hands to her sides.

"There—will that do?" she asked. "Thanks." He turned to move away and their hands touched. Almost unconsciously Philip's fingers closed about her's—he looked at her with a little flash half of irony, half adoration in his eyes, then he bent and kissed her hand.

He let it go almost immediately and turned away. "Do you remember when I was last guilty of such an offence?" he asked lightly.

He went back to his room without waiting for an answer, and Eva went on to the drawing-room and stood looking down into the fire.

She hid the hand which Philip had kissed in the folds of her dress. Of course, he had meant nothing—nothing at all, she told herself with severity, but all the same— "Ready?" he asked from the doorway.



### Liver Pains

Pains under the shoulder blades; tired of liver derangement; Other indications are sallow complexion, indigestion, constipation, biliousness and bilious headaches. The quickest way to arouse the liver to healthful action is by use of Dr. Chase's Kidney-Liver Pills. Continued use will insure lasting relief, correct the whole digestive system and purify the blood.

Mrs. Wm. Barten, Hanover, Ont., writes: "For some time I suffered from liver trouble. There was a hard, bearing-down feeling in my back which I could not get rid of. Some one advised me to try Dr. Chase's Kidney-Liver Pills. I did so, and found them excellent. The dragging feeling in my back disappeared and I felt much benefited generally. I have great confidence in Dr. Chase's Kidney-Liver Pills, and always keep them on hand for general use."

At All Dealers. Distributor: GERALD S. DOYLE.

Peter and Kitty were waiting for them. Peter looked rather downcast—Kitty had not been kind; she had blamed him for coming alone to fetch her—it looked so absurd, she said pettishly; why could he not have waited for Philip—and the others?

Her eyes went straight to Philip as he joined them; Peter's jealous eyes saw a difference in the smile which she greeted his brother-in-law. But for Calligan the dinner would have been a failure. Peter was silent and moody. Kitty drank a little too much champagne and her laugh was a little too loud sometimes and her voice too shrill.

She sat between Philip and Peter, and the white shoulder with its too slender strap was nearly always turned to Peter. She talked to Philip almost exclusively, and Calligan wondered that his friend could be so foolish as to permit it.

She was not in the same street with Eva, he thought with loyal indignation. Kitty might have a line of uncrossed that dated back to the Flood for all he knew or cared, but a small, dolly prettiness was as a rush-light compared with the sunshine of the dear woman whom he loved.

He woke from the reverie into which he had fallen to hear Kitty say: "Do you remember the last time we were here, Phil? How long ago is it?"

We sat over at that table in the corner there. Do you remember? And you bought some pink roses—

"Because you asked for them, Miss Arlington, I'll be bound," Calligan struck in laughingly.

Kitty turned on him snarling. She did not like Calligan.

"I have never been in the unfortunate position of having to ask Philip for anything," she said.

Eva bit her lip to hide its trembling. Her eyes sought her husband's, but he was too intent on Kitty, and with an effort she controlled herself.

She was sorry for Peter. Her heart ached when she looked at his pale, sullen face. She was angry with Philip. She was used to being hurt by him, but now he was including Peter too she felt it was more than she could stand.

She deliberately devoted herself to Calligan. He was ready enough to talk to her, but to-night even his devotion and admiration passed her by. She longed for the dinner to end.

(To be continued.)

## DANGER OF JUST LETTING A COLD RUN ITS COURSE.

Public Warned to Beware of a Three Days' Cough and Break It Up Before it's Too Late, by Taking Asprolox, the new Scientific Discovery.

Money Refunded if Asprolox Fails to Bring Relief.

Leading authorities are using every effort to arouse the public to the danger of letting common colds just run their course, for it is definitely known that many serious lung complications such as pneumonia, grippe, etc., develop from colds that hang on persistently.

Colds are curable and preventable, and Asprolox provides the safest, surest and quickest, as well as the most practical, treatment for colds yet discovered.

Asprolox is almost magical in its effect. The first dose usually stops the tendency to sneezing and coughing, and relieves the feeling of discomfort, and the second and third doses usually suffice to stop the progress of a cold altogether.

The wonderful efficiency of Asprolox is best shown by the fact that all druggists are instructed to refund money where it fails to give satisfactory results.

Just Folks

"MAKING GOOD." This is making good in life: Being patient through the strife; Being glad that you are here; Now and then the touch of care; Being cheerful day by day; Being careful not to say; Bitter things which leave a sting— This, for laborer or king, When the record's understood, Is the depth of "making good."

This is making good on earth: Being glad to prove your worth; Being true, doing much for few; Doing what you find to do, Even though your strength is faint, Without whimpering or complaint; Being true, doing much for few; With a brave and manly touch, Drawing water, hewing wood— Cheerfully—is "making good."

This is making good with men: Standing up to service when It were easier to bear; And to let the burden drop; Doing more than is your share. More than you were asked to bear, So, when finished is the test, You may say you've done your best— This, in every neighborhood, Is the depth of "making good."

Water Power Schemes. COMMISSION PROPOSED FOR ENGLAND AND WALES.

The appointment of a Water Power Commission for England and Wales is recommended in the final report of the Water Power Reservoirs Committee, of which Sir John Small is chairman, which was issued recently.

The Committee, in their report, state that the reports and evidence obtained establish a prima facie presumption that some 210,000 kilowatts, in the form of electrical energy, could be developed continuously day and night throughout the year at an economic rate from those British schemes which were considered. As an example the case of the Wiltshire Avon is quoted and the report states that the present output of 650 kilowatts could be increased to 2,800.

The Committee consider that every inducement should be given to persons interested in power productions to utilize for their requirements a permanent source of energy like water power, rather than a wasting asset like coal, and they recommend that the collection and publication of information regarding potential water powers should continue, and that financial assistance might be afforded by the State to water power undertakings during the difficult years of the reconstructional period.

Control of the National Industry. It is necessary that some control over development should be exercised in the national interest, and the committee consider further that provision should be made for the ultimate acquisition by the State of all future water power undertakings. It is suggested that either the Board of Trade or the Electricity Commissioners should be specifically charged with the duty of studying, supervision, and promoting the development of water power.

The committee recommend that a Water Commission, having jurisdiction over England and Wales should be appointed mainly for the following purposes:

To allocate the water resources of England and Wales in the general interests of the community, and to adjust existing allocations to avoid hardships or anomalies.

To adjust conflicting interests, in connection with the use of water for a particular purpose.

To afford assistance to Parliamentary Committees considering bills, to

## Government departments and local authorities and water supply undertakings.

## Condemned for Murder

MAKES CLEAN GETAWAY.

After overpowering four guards in the county jail at Chicago, "Lucky" Tom O'Connor, a condemned murderer, and two other prisoners made their escape. With the police over a wide area ordered to shoot O'Connor dead on sight, the desperado was believed to have sped northward in an automobile which he seized just after he got clear of the prison environs. O'Connor was to have been hanged shortly for slaying Police Sergeant O'Neil.

The murderer's two companions, James Laporte and Edward Darrow, who were serving sentences for robbery, are also at large. A third convict, Clarence Sponaol, a partner in the enterprise, broke both of his ankles in jumping from one of the prison walls, and is now in the infirmary. The escape, which is characterized by Chief of Police Fitzmaurice as a "frame-up" between O'Connor and jail officials, was discovered in time to prevent more than twenty-five other prisoners from taking advantage of the confusion to gain their liberty.

The coup was effected shortly after 9.30 o'clock in the morning, when the prisoners were exercising in the "ball pen" on the fourth floor. While one of the two guards on duty at the time was away temporarily from his post, the attention of the remaining one was diverted by one of the prisoners, who asked for a pass to attend the prison hospital in order to have a slight ailment attended to.

The ruse was successful in lessening the guard's vigilance, as he was in the act of writing the pass, he was seized about the neck by Laporte. O'Connor at the same time pressed a revolver against his ribs and forbade him on pain of death from making any outcry. The murderer's possession of a revolver forms the basis of Chief Fitzmaurice's charges of collusion.

The guard was promptly gagged and bound and locked in a cell with his own key.

With the way clear, as far as the fourth floor was concerned, O'Connor and his three companions started on a wild career down the stairs. On the third floor they encountered two other guards. One of them battled with O'Connor, but was subdued by the revolver. Both of them were quickly overcome and were also bound, gagged and thrown into a nearby cell. On the second floor they met similar but equally ineffective opposition from a single guard. After rendering him hopelessly hors de combat, they seized his keys, and opening a steel door, which gave them exit to a narrow passageway leading to the roof of a shed, they rushed heading, and just where the jail wall runs within a foot or so, they leaped clear. In the drop of 12 feet O'Connor, Laporte and Darrow apparently suffered no injury. Sponaol, being a heavy man with small feet, had both his ankles broken and lay there until he was found unconscious, by some of the prison staff.

## Tramping the Rockies.

Two Famous Writers Pay Visit to Canada.

Stephen Graham, the English writer, and Vachel Lindsay, the poet from Illinois, have been tramping together through the Rocky Mountains. Their adventures are described by Graham in the New York Evening Post.

"As we approach the British Empire," says Vachel, "the huckleberries grow more plentiful. They meet similar but equally ineffective opposition from a single guard. After rendering him hopelessly hors de combat, they seized his keys, and opening a steel door, which gave them exit to a narrow passageway leading to the roof of a shed, they rushed heading, and just where the jail wall runs within a foot or so, they leaped clear. In the drop of 12 feet O'Connor, Laporte and Darrow apparently suffered no injury. Sponaol, being a heavy man with small feet, had both his ankles broken and lay there until he was found unconscious, by some of the prison staff.

## Stafford's COD LIVER OIL Compound

TONIC AND TISSUE BUILDER

This combination possesses the curative properties of cod liver oil with the "soft" features of the latter, disagreeable features, as well as the medicinal virtues of the other standard remedies that enter into its composition. It is palatable, effective, and does not give in the most delicate, produce stomach disturbances and other bad after-effects that are such a drawback to the best action of cod liver oil in its crude state and many other disagreeable remedies.

5 oz. Bottle . . . . . 40c. 16 oz. Bottle . . . . . 70c.

DR. F. STAFFORD & SON, Wholesale and Retail Chemists and Druggists, 51 John's, Newfoundland. Write us for Wholesale Prices. Phone 624.

# Movie Beauty Gains 10½ Pounds in 22 Days through IRONIZED YEAST



ANOTHER startling evidence of Ironized Yeast's value as a weight-builder! In a test conducted under the supervision of a registered physician, Miss Dorothy Byrne, pretty artist, model and movie beauty, gains 10½ pounds—in only 22 days! Miss Byrne's measurements, taken before and after the test, are given below.

A striking example—yet by no means an exceptional one. For it is not at all unusual for thin, nervous, over-worked or run-down folks to gain five pounds and more on the very first package of Ironized Yeast!

Ordinary yeast vitamin preparations have in many cases been known to bring good results. But thousands now know that Ironized Yeast, the scientifically correct vitamin tonic treatment, brings results often in just half the usual time!

One reason for this marked superiority is that Ironized Yeast, besides containing just the right amount of all three essential vitamins, contains a type of yeast which has positively no equal as a reconstructive agent—a yeast which is cultured expressly for medicinal purposes, and which is entirely different from the yeast found in ordinary "yeast tablets."

Yeast Best When Ironized But even more important than this is the fact that this yeast has been ironized—or treated through a scientific process with a special form of easily assimilated organic iron, similar to the iron found in spinach. When yeast is ironized in this manner it is found that results are not only more permanent, but are secured just twice as quickly.

Watch the Quick Improvement You will certainly be amazed at the quick improvement IRONIZED YEAST shows in you. Note how it immediately increases your appetite and how quickly you begin putting on good firm flesh. See how quickly pimples, blackheads, etc., disappear and how your newly acquired "pep" makes hard work or play a pleasure instead of a task. Try IRONIZED YEAST today! Pleasant to take—will not cause gas or in any way upset your stomach. Special directions for children.

Money Back Guarantee IRONIZED YEAST is sold at all drug stores on a positive guarantee that the first package will bring satisfactory results—or your money instantly refunded. Or mail coupon for the amazing Three Day Free Trial Treatment. In either case you do not risk a single penny, to learn of the wonderful benefits Ironized Yeast holds for you. Get it today!

Miss Byrne's Measurements

Taken before and after her 22 day test of Ironized Yeast	Nov. 10	Dec. 2	Gain
Weight	105 lbs.	115½ lbs.	10½ lbs.
Bust	39 in.	41½ in.	2½ in.
Waist	29 in.	31 in.	2 in.
Arm	9½ in.	10 in.	½ in.
Neck	12½ in.	12¾ in.	¼ in.

FREE You simply will not believe what a wonderful improvement Ironized Yeast can bring in you until you try it. Mail coupon below for the amazing Three Day Free Trial Treatment. Then watch the results!

Warning! Due to the marked superiority of Ironized Yeast it is being widely imitated. Ironized Yeast is entirely different from ordinary combinations of yeast and iron—or yeast and iron taken separately. There is only one genuine Ironized Yeast. Insist upon it always—for nothing else can be like it.

IRONIZED YEAST TABLETS HIGHLY CONCENTRATED VITAMINE TONIC Sales Representative: Harold F. Ritchie & Co., Ltd., Toronto

56 Free Trial Coupon

Harold F. Ritchie & Co. 10 McCaul St., Toronto, Dept. 54

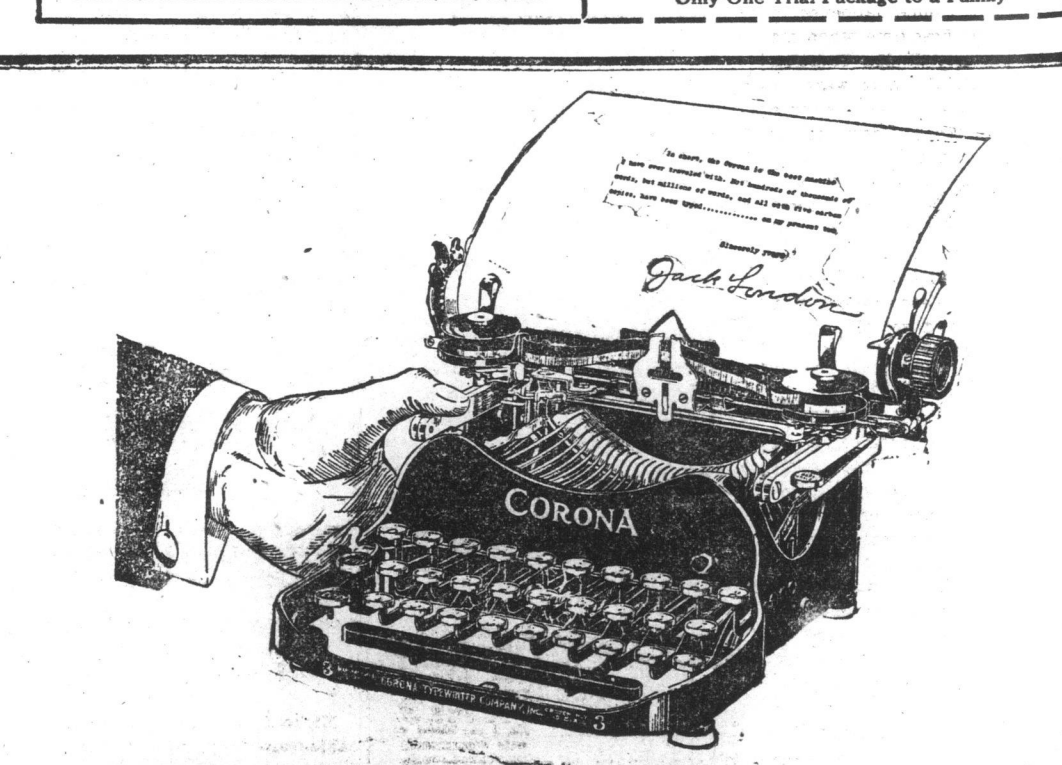
Please send me the famous THREE DAY FREE TRIAL TREATMENT of Ironized Yeast.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Only One Trial Package to a Family



DICKS & CO., Ltd., Agents for Nfld.

Mountain receded. We came to a deserted cabin once the habitation of a ranger, now littered with "Alberta whiskey" bottles, and here we read a pencilled remark written many years ago:

"Slept here last night. Visited by a bear who came into cabin and eat two sides of bacon."

The excitement of finding the line possessed us quite. Vachel chaffed me mercilessly on the subject of the Empire and King George and the British lion. I chaffed him about "God's own country."

"All the same there's not much difference between Canada and the United States," said the poet.

"Well see," I averred. "Canadians are subjects, Americans are citizens; Canadians look to the King. It's an extraordinary line that divides the two halves of North America. You'll see." There is no river, no mountain range, no change of the color of the soil, but only the invisible hypothesis called 54-40—the "Fifty-four forty or fight" of the boundary dispute. It would have been difficult to find the line but for the fact that a sixteen

foot swathe has been cut in the forest.

We found frontier post No. 276 and then I stood on the Canadian side and Vachel stood on the American side, and we put our wrists on the top of the posts. As we two had become friends and learned to live together, without quarrelling, so might our nations. It was a happy moment in our tramping.

Then, as it was four in the afternoon, I proposed having tea, much to the mirth of the poet. For we had the grandeur of the mountains crossed upon our till all was in the Chaldean mark. There was nothing petty anywhere, but an eternal witness and an eternal silence.

The only Englishman I met was named Farnell doing business in Newfoundland. He was a street sweeper, next door to Kodak Street.

MINARD'S LINIMENT FOR RHEUMATISM

You In To Be Body Nou TANLA

THE wound filled-out wo angular, ung But, fortu weve natur all of starvugh the ver the habit eod may be, is a half-a condition the qua of food eaten, the qu a n side aut, the body, counts. Whoa tion is inc lets, or w the assimila rgans fall heir duties, ay starve in sist of plen What, I h e side aut, the regular wo man do fo al crans of ment from has been anv thousands av found th reconstructive nes up and i tive system eeks, sparkl energy replac Improvement once. The was dange id healthy, eads, the b the back, spell of over ure sure that he or the or was his wife's something that mental—fess much, keep g social of h for some b new of the fr

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