

THE EVENING TIMES AND STAR, ST. JOHN, N. B., THURSDAY, NOVEMBER 23, 1922

What I Have Learned in 47 Years Practice

I HAVE been watching the results of constipation for 47 years, since I began the practice of medicine back in 1875. I am now 83 years old, and though from time to time the medical profession makes some wonderfully interesting experiments and tests, the fundamentals of causes and relief in this particular ailment are unchanged.

But the people take greater interest today in their health, in diet, exercise and the drinking of water. Constipation, however, will occur from time to time no matter how one tries to avoid it. Of next importance, then, is how to treat it when it comes. I believe in getting as close to nature as possible, hence my remedy for constipation, known as Dr. Caldwell's Laxative Syrup Pepsin, is a mild, vegetable compound. It is made of Egyptian senna and pepsin with agreeable aromatics. Children will not willingly take bitter things. Laxative Syrup Pepsin is pleasant-tasting, and youngsters love it. It does not gripe. Thousands of mothers have written me to that effect.

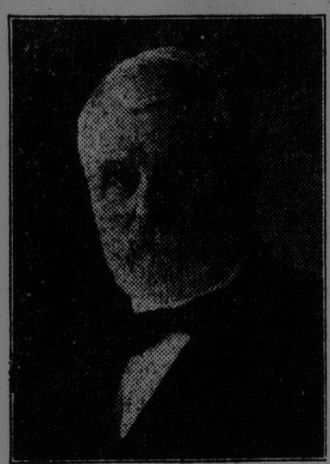
Over 10 million bottles of Dr. Caldwell's Laxative Syrup Pepsin are now sold every year, and it is the most widely bought family laxative in the world. I say family laxative because all in the family can use it with safety. It is mild enough for the infant in arms, effective in the most chronic constipation of an adult. The formula is on every package.

Recently there has been a new wave of drastic physics. Calomel, a mercurial that salivates and loosens teeth, has been revived; salt waters and powders that draw needed constituents from the blood; coal tar disguised in candy form that causes skin eruptions. In a practice of 47 years I have never seen any reason for their use when a medicine like Laxative Syrup Pepsin will empty the bowels just as promptly, more cleanly and gently, without gripping, and without shock to the system.

Keep free from constipation! It lowers your strength 25 per cent, hardens the arteries and brings on premature old age. Do not let a day go by without a bowel movement. Do not sit and hope but go to a druggist and get a bottle of Dr. Caldwell's Laxative Syrup Pepsin. It is a generous-size bottle. Take a teaspoonful that night and by morning you will be well. The cost is only about a cent a dose. Use Laxative Syrup Pepsin for yourself and members of the family in constipation, biliousness, sour and crummy stomach, piles, indigestion, loss of appetite or sleep, and to break up fevers and colds. Always have a bottle in the house, and observe these three rules of health: Keep the head cool, the feet warm, the bowels open.

M. B. Caldwell M.D.

TAKE DR. CALDWELL'S SYRUP PEPSIN
LAXATIVE The family remedy



From a recent portrait of
DR. M. B. CALDWELL
Born Shelbyville, Mo., 1839

I REPEAT MY FREE OFFER
\$10,000 worth of trial bottles of
Laxative Syrup Pepsin free

Last year I agreed to spend \$10,000 cash for free samples of my Laxative Syrup Pepsin, and send them free and postage paid to all who asked. A tremendous mail came the result. But there must be many who did not write. I would like to get their address this time. So I now renew my offer, in remembrance of my approaching 80th birthday, and will again devote \$10,000 to free samples. I am anxious to see one in every home. Write for yours today. Simply give me your address. Send it to Dr. W. B. Caldwell, 31 Caldwell Building, Toronto, Ont. Mine is truly a free gift, it costs the public nothing.

ET ELEPHANT IN NEW YORK DEAD

Hattie" Succumbed Despite
Efforts of Zoo Officials—
News Kept Secret from
Children.

(New York Times.)
New York, Nov. 22.—Hattie is dead. Central Park's pet elephant succumbed on Saturday afternoon to the illness against which she had fought for more than a week. Unwilling that thousands of children who had loved the frolicsome pachyderm and joyed in her antics should see her lying cold and stiff in the elephant house, James Coyle, keeper of the Zoo, suppressed the news until last night. By tomorrow the body will have been sent to a museum to be mounted and there will remain in the elephant house only Hattie's sorrowing sister, Jewell.

Jewell saw her sister die. Keepers who were present when, in the midst of an attempt to raise her in a sling rigged about her middle, Hattie sagged and collapsed, said that Jewell, looking on over the barrier, showed her grief unmistakably.

Dr. H. F. Nimphus, the veterinarian who had been dosing Hattie with whiskey and dieting her, was in charge of the effort to lift her, to take the weight of the great body off her hind legs, which were paralyzed. Suddenly a visible convulsive shudder started at the tip of the elephant's trunk and traveled over her body, she made one feeble effort to trumpet the death call, and was no more.

News of Hattie's passing will grieve grown-ups as well as children. Whether going through her paces in summer or dragging a snowplow in winter, she was one of the Park's favorites. She had been in the elephant house since 1903. Some said she was about twenty-three years old when she succumbed to what Dr. Nimphus diagnosed as paralysis—others estimated that she was forty. "Bill" Snyder, now retired as keeper of the Zoo, taught her and loved her, and she loved "Bill" so much so that once before when she was ill "Bill" had to be sent for to comfort her. This time he could not get back to

New York to see her. Hattie was wise, and she had a memory. Once she was hauled to Yonkers

in an animal wagon to participate in a Shriner's parade. She refused to enter the vehicle to come back. Examination showed that it was too weak to hold her and would have collapsed. Hattie walked all the way home. She became angry on another occasion at a man who tossed a lighted cigarette against her trunk. The man got away. Years afterward he came back. Hattie squinted at him through her little eyes, filled her trunk with muddy ooze and squirted it all over him.

A telephone message to the Charlotte street fire station soon after 1 o'clock this morning called the fire apparatus to a dwelling at No. 5 Horsfield street, owned by F. E. Williams, where some woodwork was slightly charred. Little damage was done.

It Makes the largest Loaf



—not a loaf of coarse texture, but a well-formed loaf of perfect texture, beautiful colour and exquisite flavour.

If you would have satisfaction every time you bake, use Quaker Flour. It is all of the same superior quality. No Quaker Flour can leave the Quaker Mill until it has been tested by our chemists and bakers and proven to be up to the Quaker standard in every way.

A trial sack will convince you that Quaker Flour makes larger loaves and better bread.

Quaker Flour
Always the Same—Always the Best

Packed in usual sizes. Try Quaker the next time you order flour.

THE QUAKER MILLS
PETERBOROUGH AND SASKATOON

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ST. JOHN—Baird & Peters; C. F. Francis Co.; Van Wart Bros.; Two Barkers, Ltd.; M. A. Malone.
ST. GEORGE—H. McGibbon & Co.

The impulse that many people have to come from the music of the burst into song when in a bath room, running water.

Travelers carry their own blankets to that state for hundreds of years.



If you had a
fine dairy cow—
just outside your kitchen door

Your milk supply couldn't be any sweeter, purer, or more rich and healthful than St. Charles Milk "with the cream left in".

In fact it wouldn't be as rich, because most of the natural moisture is removed from St. Charles Milk, which reduces it to the consistency of cream.

And the supply wouldn't be as convenient, for St. Charles is put up in "a size for every need". Never too much or too little.

A few tins on your pantry shelf ensure an always available supply of fresh milk from choicest dairy cows. Your grocer always has St. Charles Milk—give him your order today.

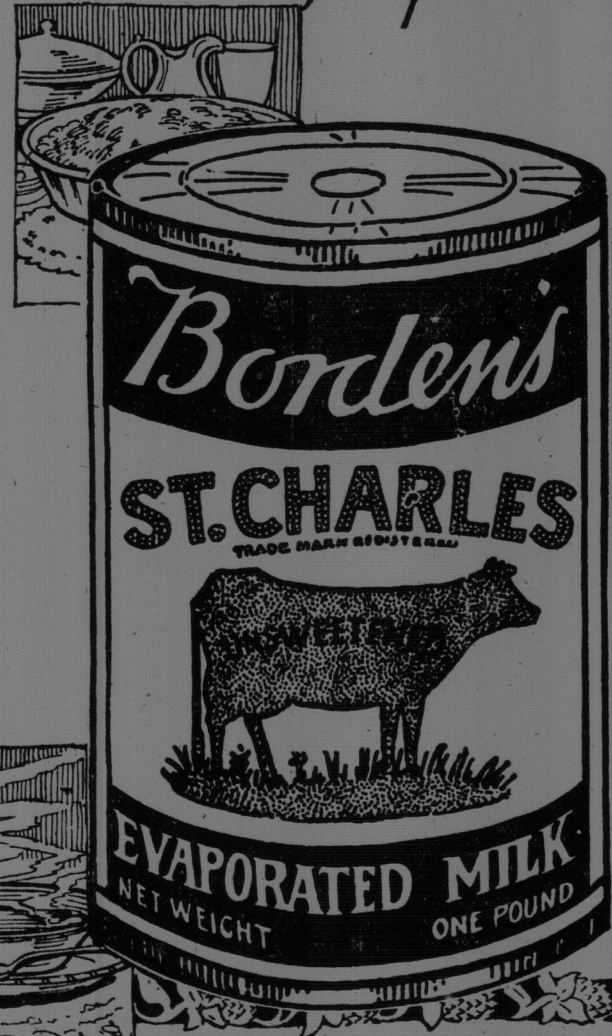
You'll find the Borden Cook-book a great help. Send for a copy. It's FREE. Address The Borden Company, Limited, Montreal.

**Borden's
ST. CHARLES MILK**
Pure Country Milk With The Cream Left In

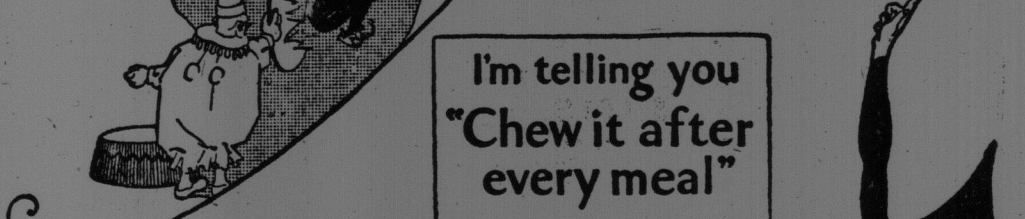
Recipes
worth saving

OYSTER FRITTERS:—
Drain twenty-five oysters and chop fine. Beat two eggs; when light add one-fourth cup St. Charles Milk and three-fourths cup water; then stir in a scant pint of sifted flour; beat smooth. Salt and pepper to taste. Stir in oysters lightly, adding one-half teaspoonful baking powder. Combine well and fry by dropping tablespoonfuls into smoking lard.

At its best in
cooking recipes.



WRIGLEY'S



I'm telling you
"Chew it after
every meal"

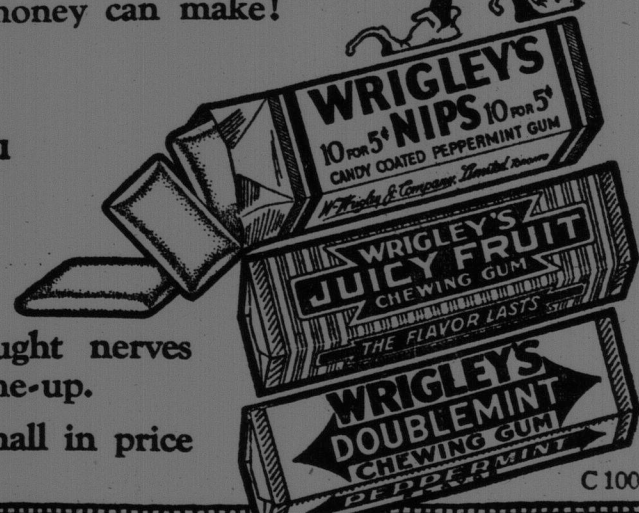
The Perfect Gum

Made of purest materials—
In modern, sanitary, sun-lit factories—
No expense spared to have it as clean, wholesome and full of flavor as possible—
Wax-wrapped and sealed to keep it as good as when it leaves the factory:
WRIGLEY'S is bound to be the best that men, machines and money can make!

It's good—
and good for you

aiding digestion
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Soothing to overwrought nerves
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