WAS OFF WORK FOUR OR FIVE MONTHS A YEAR WITH

CONSTIPATION

If the truth were only known you would find that over one-half of the ills of life are caused by allowing the bowels to get into a constipated condition.

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

of the stomach, heartburn, water brash, etc.

Keep your bowels regular by using Milburn's Laza-Liver Pills. They work on the bowels gently and naturally, and will cure the worst cases of constipation. Mr. Sylvester Clements, Galt, Ont., writes: "I desire to express my heartfelt thanks for what Milburn's Laza-Liver Pills have done for me. I have been suffering from a bed stomach and constipation, and would be off work four or five months a year. I was hardly able to be inside without getting a severe headsohe. I tried doctors' medicine and other remedies, but got no relief until a friend advised me to use Milburn's Laza-Liver Pills. Now I can work inside without any headsches or pain. I would not be without your remedy for anything. I write this so that anyone suffering the same as I did may use them and be cured."

Milburn's Laza-Liver Pills are 25c a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

CASCARETS SELL TWENTY MILLION BOXES PER YEAR

Best, safest cathartic for liver and bowels, and people know it.

They're fine! Don't stay bilious, sick, headachy or constipated.



Enjoy life! Keep clean inside with Cascarets. Take one or two at night and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. Wake up feeling grand. Your head will be clear, your tongue clean, breath right, stomach sweet and your liver and thirty stomach sweet and gour liver and thirty feet of bowels active. Get a box at any frug store and straighten up. Stop the headaches, bilious spells, bad colds and bad days—Brighten up, Cheer up, Clean up! Mothers should give a whole Casfeverish or if tongue is coated—they are harmless—never gripe or sicken.

DANDRUFF MAKES HAIR FALL OUT

A Small Bottle of "Danderine" keeps hair thick, strong, beautiful.

Girl! Try this! Doubles beauty of your hair in a few



Within ten minutes after an application of Danderine you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most will be after a few weeks' use, when you see new hair, fine and downy at first—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is amazing—your hair will be

effect is amazing—your hair will be ight, fluffy and wavy, and have an apearance of abundance; an incompar-ble lustre, softness and luxuriance. Get a small bottle of Knowlton's Dan-erine for a few onts at any drug store r toilet counter, and prove that your ir is as pretty and soft as any—that has been neglected or injured by caretreatment—that's all—you surely have beautiful hair and lots of it if



Polly--Ashur's Initiated as Pa's Alibi.

























