

IF CONSTIPATED OR BILIOUS "CASCARETS"

For Sick Headache, Sour Stomach, Sluggish Liver and Bowels

Take a Cascaret tonight to cleanse your Liver, Stomach and Bowels, and you will surely feel great by morning. You men and women who have headache, coated tongue, can't sleep, are bilious, nervous, upset, bothered with a sick, gassy, disordered stomach, or have backache and feel all worn out. Are you keeping your bowels clean with Cascarets—merely forcing a passage every few days with salts, cathartic pills or castor oil?

Cascarets immediately cleanse and regulate the stomach, remove the sour undigested and fermenting food and gases, take the excess bile from the liver and carry off the constipated waste matter and poison from the intestines and bowels.

Remember, a Cascaret tonight will straighten you out by morning. A 10-cent box from your druggist means healthy bowel action, a clear head and cheerfulness for months. Don't forget the children.

THE WOMEN'S COUNCIL

(Continued from page 1)

The National Council has also decided that, as we are represented on the general committee to provide for suitable celebrations of the centenary of peace between English-speaking peoples, no independent action will be taken.

Cost of Living

The Royal Commission on Industrial Training and Technical Education has provided a most valuable compilation on the subject. May we hope that the commission on the high cost of living may do likewise. The Women's Council were complimented on the "correct and business-like form" of the information contributed to the former, and now that the National Council has interested itself in establishing Housewives' Leagues in Canada, we hope our local women will be equally active in this regard. It is reported that at a recent meeting of the Conservation Commission in Ottawa, one of the most interesting features was an address by our national recording secretary, Mrs. Plamtree, on the co-operation between the Conservation Commission and the National Council of Women.

A word on council principles may be opportune as we often hear the question asked, "What is the council doing?" Or, "What has the council accomplished?" Meaning in short, what tangible proof have you of the need for your existence. What institution have you established? What hospitals have you built, etc., etc. Questions which show ignorance of the fundamental principles of council effort and yet are sufficiently in evidence to call for some consideration. While it is impossible to enter deeply into the matter this afternoon let me state that it is the object of the Council of Women to "inspire workers" rather than to do it. It makes the initiative and suggestive effort which the various affiliated societies adopt and carry to an issue for it would be impossible for an organization of such wide scope to assume responsibility in itself. For this reason the council does not get "credit" for its achievements, for matters introduced by it for discussion may quickly pass out of its hands, so to speak, or when once established the initiative work of the council be forgotten altogether.

On the other hand, it provides a

broad platform on which any affiliated society may present the claims of any matter of common interest for discussion and action. Our strength indeed, lies in the active co-operation not only of every affiliated society but of every member. However, we believe we often find ourselves developing equally as rapidly by giving due and deliberate consideration to these matters of common interest, by studying all phases of the subjects by investigating the various situations or conditions which lead to the necessity for a reform and thus perhaps educating public opinion, as on the consumption of effort. Our avenues of thought widen out presenting new developments of many needs not before brought to our notice, with the possible remedies, all tending toward the upbuilding of good citizenship.

In order to demonstrate to some degree, what might be termed the activities of our local council, or the matters which are interesting the council at the present day, we have invited interested people to set before you various phases of these essential matters: Police women, houses for delinquent girls, the children's protection act, child welfare exhibit, milk depot. As progress on these matters will be reported on by our secretary as well little reference is necessary in this paper.

Police Women

The Local Council of Women has created an active interest in the general protection of women and children. Protective, preventive and educative work is our special object and child protection we confidently believe to be the sequence to the life and vice of after life. For many years we worked for improvement in laws concerning children and now have the gratification of seeing a good children's protection act on our statute books, which, we believe will be in active operation this year under guidance of the Children's Aid Society.

In the interests of protection for women, we have urged apprehensions of police and jail matrons and also police women. At the present day there is a request from our organization in the interest of the commissioner of public safety asking an audience on the need for police women. Our city officials are very busy men but we hope our request will soon be granted. In this connection we are glad to note the recent action of the Board of Associated Charities, and would strongly urge all residents to take similar action, thus bringing to the attention of our commissioner the dire need for reform in this particular.

The Milk Question

For the two years just passed the council has "talked milk" particularly "pure milk for babies" feeling that this matter was not being definitely dealt with by any society. A large field of opportunity opened up, as is the case with any matter of such universal concern. Our "health" committee is an active one and quite ready to co-operate with any effort in this line.

Child Welfare Exhibit

In the interests of childhood again, the council has been for sometime in communication with Montreal relative to the Child Welfare Exhibit which was acknowledged by authorities in Quebec to be the object of the Council of Women to "inspire workers" rather than to do it. It makes the initiative and suggestive effort which the various affiliated societies adopt and carry to an issue for it would be impossible for an organization of such wide scope to assume responsibility in itself. For this reason the council does not get "credit" for its achievements, for matters introduced by it for discussion may quickly pass out of its hands, so to speak, or when once established the initiative work of the council be forgotten altogether.

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RHEUMATISM DURING MARCH

Victims Can Cure Themselves With Dr. Williams' Pink Pills

During the month of March people who are afflicted with rheumatism begin to have unpleasant reminders of their trouble. The weather is changeable—baldly and springlike one day, cold, raw and piercing the next. It is such sudden changes of weather that start the pains and tortures of rheumatism, lumbago and sciatica going. But it must be borne in mind that although weather conditions start the pains, the trouble is rooted in the blood, and can only be cured through the blood. All the liniments and lotions in the world can't cure rheumatism. Rubbing may seem to ease the pain while you are rubbing, but there its value ends. Only by treating the disease through the blood can you cure rheumatism. That is why Dr. Williams' Pink Pills have cured so many thousands of cases of this trouble. The new, rich blood these pills actually make drives out the poisonous acid and rheumatism, lumbago and kindred troubles are banished. Among the many sufferers from rheumatism cured by this medicine is Mr. R. J. Sinclair, of Gosport, N. S., who says: "About two years ago I was laid up with rheumatism. For two months I could not walk and had to stay in an invalid's chair. My feet were badly swollen and my arms seemed to be paralyzed. I had been using doctor's medicines for a long time but it did not seem to help me, and the doctor finally told me that the only thing that would cure me would be a change of blood. At this time I decided to give Dr. Williams' Pink Pills a trial and got a supply. After I had taken them for a while I found they were helping me, and I got a further supply, and they completely cured me, and I have not been sick since. Since then, I recommend Dr. Williams' Pink Pills for this trouble."

If you suffer from rheumatism, or any other disease of the blood or nerves, try Dr. Williams' Pink Pills, which under a fair trial will do for you what they have done for thousands of others. Sold by all medicine dealers or by mail at 50 cents a box, or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

A LOCAL INDUSTRY

A reporter recently took advantage of the opportunity afforded him of visiting the laundry of the city of St. John, N. B., to see how the laundry is run.

The laundry is run on a very large scale, and the work is done in a very efficient manner. The laundry is run by a man who is a native of the city, and he is a very good manager. He has a large staff of men and women who are all very good workers. The laundry is run on a very large scale, and the work is done in a very efficient manner.

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PIMPLES ARE SIGNALS OF DISTRESS

And by Using Stuart's Calcium Wafers They May Be Removed Quickly, Surely and Harmlessly

Before the blood becomes entirely impoverished it tells man of its condition. It warns him repeatedly. These messages are conveyed by pimples, blotches, liver spots, eczema, tetter, rash, etc. If one disregards these symptoms one runs the risk of permanently diseasing the blood beyond hope of cure.

Some of the candidates for the office of commissioner who admit that they are running only because their friends insist upon it, will be looking for a few said friends with an axe the day after election.

It is reported that there are still several citizens who have not announced themselves as candidates either for the city commissioner's office or for the sheriff's position.

Today's Standard: "Another White Wedding to take place in June." My word! Are they so rare as that?

For Friday, the 18th inst., yesterday wasn't such a bad day. We'll be likely to remember it for a week or so, because it was pay-day and fish-day both.

An English railway company has hired an American manager and the people are beginning to get worried about it. Wonder if they heard about our Gutelius C. P. R.-I. C. R. transfer—and its results!

"No human being has a perfect spine," says an osteopath lecturing in Montreal. This will let Mr. Hazen out.

The Fat And The Lean

A member of the Borden Club who had fared sumptuously met another of more lean and hungry aspect. The latter would have paused in silence had not the gloomy expression of his visage attracted the attention of the other, who said: "What's the matter?"

"What's the use?" Hazen's no good."

"But, my dear sir," said the other, "what has Mr. Hazen got to do with it? Durn it the Borden Club. Think of Mr. Borden. Think of the fate of the empire. Think of honest government. Think of the glorious flag that waves over us. Think of the great destiny that awaits us."

"That's all very well," quoth the lean and hungry one, "stating the other in the bones with his forefinger, 'but you have to pay for it. What gets the patronage? Where do I come in? What do I care about the opinions of the bunch you have up there? You talk about the empire. How many of that bunch know or care anything about the empire? You talk about the great destiny that awaits us. What's the matter?"

portion from the different lines of steamers calling at the port.

A firm owned and operated by our own people, giving employment to so many people year through and paying out so much money in wages, etc., should be encouraged, and we trust that they will be entrusted with a large portion of the laundry work of the city.

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The Man In The Street

(Continued from page 5)

party, and a few minutes later, when he did see the constable emerge and disappear down the street, he was almost too stiff to get down stairs again.

The final touch came when he re-entered the office with as much nonchalance as his chattering teeth would permit, asked "Anyone looking for me while I was out?"

"No, Why?" was the reply.

"Well I thought I saw constable so-and-so around the hall."

"Oh, he was just waiting for Mr. Blank to pay over some money he had collected for him," was the blow that nearly stunned the victim.

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