A Clergyman's Wife Wants Women to Know Advantages of Internal Bathing.

If women could only see the thousands of letters Dr. Tyrrell has received from grateful women in all parts of the world thanking him for his wonderful invention for Internal Bathing they would soon discard the medicine bottle and look to the real cause of their trouble. 95 per cent of all human ills are due to accumulated waste in the Colon, or large lower intestine. Warm water, properly used with the J. B. L. Cascade, will relieve the cause of your troubles, and perfect health will follow.

A Winnipeg clergyman writes: "My wife is naturally sensitive having her name appear in public print, yet is anxious that others should know what the J. B. L. Cascade has done for her. It has really given her a new lease of life. For years she had been doctoring for Constipation, which became worse each year. Since using the J. B. L. Cascade, first about four years ago, she has not been sick a day and has become robust and strong again. Should any person wish this letter confirmed, you are at liberty to give my name in private."

The J. B. L. Cascade is shown and explained at Standard Drug Company, druggist, London, Ont.

The J. B. L. Cascade is an invention perfected by Dr. Chas. A. Tyrrell of New York, and has done more during the past few years to restore health and lessen disease than all other means combined. Ask for booklet explaining all about Internal Bathing and what it has done for others. It is free, or write to Tyrrell's Hygienic Institute, 163 College street, Toronto.

Use Old Dutch Cleanser

For Kitchen and Pantry

For quick, thorough cleaning use Old Dutch. Goes further and does better work with less effort.

Kitchen, Pantry, Floor, Walls, Utensils kept spickan-span.

Made in Canada

WHATEVER YOU DO, DON'T NEGLECT YOUR EYES, SAYS DR. LEWIS, WHO

Tells How To Strengthen Eyesight 50 Per Cent in One Week's Time in Many Instances.

A Free Prescription You Can Have Filled and Use at Home.

Philadelphia, Pa.—Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. He says neglect causes more eye troubles and poor sight than any other one thing. Many whose eyes were failing say they had their eyes restored through the principle of this wonderful free prescription. One man says after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully! Now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

NOTE: Another prominent physician to whom the above article was submitted, said: "Bon-Opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them." The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist, and is one of the very few preparations I feel should be kept on hand for regular use in almost every family. It is sold in this city by all leading druggists, including Strong's Drug Store or Standard Drug Stores.

Stomach Tonics

If your stomach is upset and liver out of order, bilious and constipated, take

FIG-LAX

The Tonic and Pleasant Laxative. 25c and 50c. At druggists.

CONTAINERS OF MAPLE SYRUP MUST BEAR THE PRODUCER'S NAME

All Maple Syrup Assumed To Be "Pure," Says Inspector.

Dominion Food Inspector William E. Wilson, of the London district, has issued a notice that all containers of maple syrup must bear the producer's full name and address. Failure to comply with this law makes the vendor liable to a fine and seizure of all of his supply. Whether the syrup is sold in a gallon can, a quart sealer or a milk can, the producer must have his name printed on it. It must be plainly visible to the public, and the can must also be stamped "Maple Syrup." The word "Pure" said Mr. Wilson, is not necessary, as all maple syrup is supposed to be pure."

"If the product is not pure the owner is liable to a heavy fine," he asserted. The order affects all farmers in Middlesex, Lambton, Essex, Kent, Elgin, Norfolk and Brant Counties. Careful inspections will be made.

GRAVES OF SOLDIERS A BIT OF CANADA

Capt. Mollineux of the War Graves Commission Speaks to Kiwanians.

Captain Mollineux, of the Imperial War Graves Commission, addressed the Kiwanis Club at its weekly luncheon on the subject of the care of the graves of the soldiers who had fallen in the war in France and Belgium. It was in relation to the last resting places of the men situated in the devastated areas that the speaker particularly referred. After giving a brief history of the inception of the commission, Captain Mollineux said:

"Canada has 8 per cent of the total casualties in the war, and 8 per cent of the workmen and the heads of the departments caring for the graves are Canadians. Over these graves which are predominantly Canadian, trees and shrubs are planted which are peculiar to Canada, so that there is a bit of Canada right there in France. The whole of these cemeteries is like a beautiful lawn, and permanent headstones bearing suitable inscriptions will be placed on each."

BUT ONE JURY CASE FOR SPRING ASSIZES

Hon. Mr. Justice Kelly Will Preside at Court Opening Monday.

Despite the fact that the time for entry of cases for the spring assize court has expired, one case may be entered in a few days by special order of the judge who is to preside Monday, namely, Hon. Mr. Justice Kelly.

To date one jury case and six non-jury cases have been set down. Only one criminal case is on the list. The grand jury will have very little work to do, their only duties being to inspect public buildings and find whether a true bill should be brought against Sylvia Sansone, who is charged with attempted robbery and attempting to break into a cigar factory. The court will probably be concluded by Thursday.

O. A. C. ALUMNI

Western Ontario Executive Committee Arranges for Meeting March 31.

A meeting of the executive of the Western Ontario O. A. C. Alumni Association was held on Thursday evening in the office of the local agricultural representative, for the purpose of arranging the program for the meeting to be held at St. Thomas on March 31.

Some discussion took place regarding the experimental station at Harrow, and the hope was expressed that steps would soon be taken to place it on a more efficient footing.

The matter of arranging a field day for all the former students of the O. A. C., some time in the summer, was also brought up, and Rondeau Park was mentioned as a possible place of rendezvous.

POSSESS GOOD HEALTH BY LOOKING AFTER

THE BOWELS

A free motion of the bowels, once or twice a day, should be the rule of everyone, as half the ills of life are caused by allowing the bowels to get into a constipated condition.

When the bowels are allowed to become constipated, the stomach gets out of order, and the liver does not do its work properly on account of holding back the bile, so that it does not pass through the bowels, but is allowed to get into the blood, thus causing a poisoning of the whole system.

If you would escape constipation, sick and bilious headaches, heartburn, floating specks before the eyes, coated tongue, foul breath; the nasty irritating, bleeding, itching and protruding piles, you should keep your liver stirred up by the use of Milburn's Laxa-Liver Pills.

These pills, being purely vegetable, keep your liver working actively, helping it to resume its proper functions, and thereby removing the bile that is circulating in the blood and poisoning the whole system.

Mrs. H. Barrows, Enfield, N. S., writes: "I was troubled with such headaches and constipation. One day a friend told me of Milburn's Laxa-Liver Pills. I got two vials, and found they did me a world of good. I therefore have great faith in them."

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

"Diamond Dye" Faded, Shabby Things—Fun!

Every package of "Diamond Dyes" contains easy directions for dyeing any garment or drapery. Beware! Poor dye streaks, spots, fades, and ruins material by giving it a "dyed-look." Buy "Diamond Dyes" only. Tell druggist whether your material is wool or silk, or if it is cotton, linen, or a mixture; 16 rich colors.

Scene from Jack London's "The Mutiny of the Elsinore," at Loew's Thursday next.

LITTLE UNEMPLOYMENT IN A FEW WEEKS' TIME

Ald. Watkinson, Acting Mayor, Paints Rosy Outlook.

"Indications are that London is going to register the biggest year in its history during 1921," Ald. F. R. Watkinson, acting mayor, declared Friday. "As far as business is concerned manufacturers are already beginning to increase their output. With the automobile industry which is being established on a very large scale everything augurs well for the future prosperity of our city. I really think that in the course of a week or two there will be very few men out of employment."

THAMES RIVER TO BE RESTOCKED WITH FISH

Promise Made To Middlesex Game Association by Provincial Government.

Good news for the sportsmen of London and the surrounding district was contained in two announcements made at the meeting of the Middlesex Game and Fisheries' Association in the courthouse Friday evening.

President E. Smith informed the members of the association that the Provincial Government had recently changed the woodcock season to correspond with the duck season, which opens on September 1. Formerly the woodcock season did not open until October 15. This was considered much too late by the hunters throughout the province, for it was claimed by them that the season was almost ended before it opened.

He also announced that a deputation from the association which was in Toronto recently had been informed by the deputy minister of game and fisheries that the Government would supply the local association with any quantity of bass, pickerel or trout fingerlings or fry required to stock the River Thames. The association is considering seriously the restocking of both the north and south branches of the river.

OFFICERS ELECTED BY STAR BIBLE CLASS

Young People of Hyatt Avenue Church Spend Pleasant Evening.

The Star Bible Class of Hyatt Avenue Methodist Church Sunday School held its annual election of officers at the home of Mrs. Gale, No. 5, Marmora street, on Thursday night. The following officers were elected: President, Miss Mabel Case; vice-president, Miss May Balsden; secretary, Miss Ada Stephens; corresponding secretary, Miss Marie Harris; treasurer, Miss Lena Kerr; reporter, Miss Victoria Kerby; conveners of committee, social, Miss Mabel Case; floral, Miss Edna Gale; visiting, Miss Rena Waddell; program, Miss Beulah Uplegger.

Supper followed the election of officers, the dining-room being attractively decorated for St. Patrick's Day.

KIWANIS CLUB SERVICE IN TALBOT ST. CHURCH

Quite a budget of business was gone through at the weekly meeting of the London Kiwanis Club yesterday. Kiwanian Frank Brennan occupied the chair instead of the president, Alf Mitchell.

Ben Hay reported on the St. Thomas meeting held last Monday. He stated that 77 members of the newly-formed club in the "Flower City" had already paid their fees and others were coming in.

Tom Roy gave the report of the objective committee. He stated that the objective that the committee had decided upon was that of the underprivileged boys of the city. These were mostly boys who had been rendered fatherless by the war and other causes. The committee recommended that it be the duty of the club to see that these boys were well clothed, well fed, well educated and generally looked after and that the members of the club assume financial responsibility for this to the limit of their ability.

On the motion of Israel Taylor, seconded by Ed Smith, this objective was unanimously adopted.

It was agreed that the Kiwanis attend Tom Roy's church (Talbot Street Baptist) next Sunday evening.

At the next meeting Arthur Ford will speak on newspaper stories and the lighter side of Parliament.

OFF THE RAILS

Five employees of the G. T. R. in Sarnia have been arrested on a charge of pilfering. They will appear for a preliminary hearing on Wednesday next in Sarnia police court.

WHO SAID ONIONS?

Eleven tons of Dutch sets were moved from Hensall to London by the Canadian Express Company Friday morning. This record shipment of seed onions occupied a special baggage car while being hauled over the L., H. and B. When it arrived in this city it was divided into smaller shipments and distributed in every direction throughout the country.

PRESIDENT KELLY HERE.

President H. G. Kelly of the G. T. R. passed through this city at noon Friday while en route from Montreal to Chicago. Mr. Kelly when interviewed by The Advertiser had little to say concerning conditions on the Grand Trunk. He said that the arbitration was occupying the greatest part of his attention. There was no developments, he claimed, in the wage question.

EN ROUTE TO CHICAGO.

General Superintendent H. C. Grout of the C. P. R. Ontario district, passed through London Friday evening while en route to Chicago.

D. B. HANNA PASSING THROUGH.

President D. B. Hanna of the C. N. R. was to pass through this city last evening while enroute from Montreal to Chicago on G. T. R. train No. 5.

C. P. R. DANCE.

More than 100 employees of the C. P. R. and their friends enjoyed a St. Patrick's dance given Thursday evening by the C. P. R. Recreation Club in the rooms above the Richmond street station. A splendid program was given. The rooms were prettily decorated in green.

GOING WEST!

There has been a steady increase in the amount of whiskey passing through this city westward during the past few weeks, according to local officials of an express company. Two cars of liquor, or almost 900 cases, pass through London almost every night at the present time, they claim. A few months ago from 300 to 400 cases a night was considered heavy business.

Rheumatism

Neuritis, Sciatica, Neuralgia.

Templeton's Rheumatic Capsules

Have brought good health to half-a-million sufferers.

A healthful, money-saving remedy, well known for fifteen years, prescribed by doctors, sold by druggists, $1.00 a box. Ask our agents or write for a free trial package. Templetons, 142 King W., Toronto

Sold by all London druggists. In Sarnia by Ingersoll Bros.; Stratford, Gregory & Jury; Simcoe, Austin Company; Seaforth, E. Umbach; Tilbury, G. E. Arnold; Tillsonburg, W. S. McDonald; Watford, J. W. MacLaren; Woodstock, Pepper's Drug Store; Wallaceburg, A. D. Brauder; Wingham, J. W. McKibbon.

SHOW PLAY GIVEN BY DRAMA LEAGUE

Admirable Presentation of "The Dark Lady of the Sonnets."

The presentation of Bernard Shaw's one-act play, "The Dark Lady of the Sonnets," last night at the Ryerson school, was the first attempt on a drama league program to enact a play in costume, and proved a decided success. The Ryerson school stage, dimly lit, with its severely paneled background of wood, proved a most suitable setting for the scenes, which supposedly take place in an outer corridor of the queen's palace. Miss Ann Beckton, as Queen Elizabeth, was in splendid character. Her costume, with its mammoth ruff and tight bodice, was delightful, while her acting as the haughty, hot-tempered queen could hardly have been better. "Will Shakespeare," himself, enacted by Cecil Carrothers, in typical costume of the time, was another attractive character. Mr. Carrothers got into his acting much of Shaw's interpretation of the Stratford-upon-Avon aristocrat. The Beefeater, in his scarlet garments and tall pike, appeared in the person of Elliott Webb, whose acting was a delightful little bit of byplay. The fourth character in the drama, the "Dark Lady" herself, was admirably portrayed by Miss Helen Talbot.

The play, which concludes with a plea for the endowment of a community theatre, was most appropriate, in the light of the fact that the London Drama League is working for such an institution in London. It was preceded by a delightful reading of Shaw's introduction to the play by Sydney Sims.

Business Session Held.

The business part of the meeting came at the beginning of the evening, and was concerned largely with the coming production of Jerome K. Jerome's drama of manners, "Fanny and the Servant Problem," under the auspices of the Drama League. Sydney Sims convener of the play committee, presented his report to the effect that the play would probably be given early in May at one of the local theatres, and that the committee was asking that a drive for new membership be made immediately, the buying of membership to include admission to the play. The meeting carried this report with the understanding that the play should be open to the public as well as to Drama League members. The committee includes S. Sims, Stanley Meredith, Mrs. Arthur Brickenden and Miss Jean Walker. Plans are already under way for the choosing of a proper cast, which include 23 players, and it was suggested at the meeting that anyone wishing to try for a part in the play should register with Miss Madeline Simson, the secretary.

Present "The Open Door."

The next meeting of the Drama League, which takes place within two weeks' time, promises to be a very fine one. S. J. Meredith, assisted by Mrs. Lyons Evans, is then presenting Alfred Sutro's one-act play, "The Open Door," and it is expected that Miss Grace Blackburn will read a dramatic poem of Browning's, with musical accompaniment played by Miss Madeline Simson. Last evening Dr. Tamblyn, president of the league, occupied the chair.

CHILDHOOD CONSTIPATION

Constipation is one of the most common ailments of childhood and the child suffering from it cannot thrive. To keep the children well the bowels must be kept regular and the stomach sweet. To do this nothing can equal Baby's Own Tablets. They are a mild, but thorough laxative; are absolutely safe and never fail to relieve constipation and indigestion; colds and simple fever. Concerning them, Mrs. Jules Fauquereau, Nominingue, Que., writes: "My baby was terribly constipated and suffered day and night, I was advised to give him Baby's Own Tablets and from the first they helped him, and now at the age of thirteen months he is a big, healthy, happy boy." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Company, Brockville, Ont.

APPOINT COMMISSION TO INVESTIGATE ALL CANADIAN HOCKEY

Dr. Bruce MacDonald Will Be Requested To Appoint Three Members.

WINNIPEG, March 18.—(By Canadian Press.)—Dr. Bruce MacDonald, president of the Amateur Athletic Union of Canada, will be requested to appoint a commission of three to conduct a dominion-wide investigation into amateur sport in Canada, according to a decision made by the delegates attending the annual meeting of the Canadian Amateur Hockey Association here this afternoon. This decision was made after Dr. MacDonald had made a plea on behalf of a general house-cleaning in Canadian sport, offering to appoint a commission.

Billy Hewitt of Toronto, in favoring the formation of such a commission, advocated the inclusion of President Sterling of the Canadian Amateur Hockey Association in the personnel of the commission.

Tourist Evil.

Dealing with the "tourist" evil, the delegates passed the following resolution:

"That no player who has changed his residence or his club since January 1 last be granted a certificate until he has satisfied the executive committee of his provincial branch of the bona fides of such change, and that all such applications for certificates, with complete and definite information regarding their change of residence, together with an affidavit from each player conforming to the A. A. of U. amateur rules, as set out in the rule book, must be in the hands of the secretary of such branch on or before November 20, so that each application can receive full and careful consideration by the executive.

No application received will be considered until January 20, except in the case of junior players. In case of a transfer from one provincial branch to another, the player must satisfy both branches.

Allan Cup receipts will not be entirely devoted to charity in the future, as has been the case in the past, as the trustees of the cup decided today to allow the hockey association first call on the funds for promoting hockey.

AUTO BADLY DAMAGED.

INGERSOLL, March 18.—Early this morning a large Studebaker auto in the Ingersoll Garage, belonging to the proprietor, Ray Gill, was discovered burning. The firemen were called, and by the use of chemicals extinguished the fire. The car, however, was seriously damaged. The machine had been placed in the garage a short time before. The cause is not definitely known.

DAYLIGHT SAVING

Will Be Discussed by City Council at Meeting Monday Night.

"Daylight saving" will be brought before the city council Monday night. Ald. Wenige intended to introduce the matter at a meeting of No. 1 committee this week, but later decided to bring it before the whole council, so that there could be a general discussion if the aldermen desired it. It is possible that no definite action will be taken, and that it will be referred back to No. 1 committee. This will not occasion any delay as those favoring the plan do not wish it to go into effect until May in any event.

New Dress Goods Take On a Spring-Like Air

The past few weeks has brought beautiful new weaves in dress goods from the world over. Priestley's fine soft textures in wool, such as the taffeta and tricotine weaves, are again on the market and much favored by fashion for the one-piece dress. The Novelty Sport Plaids, too, are very smart for outing wear, and quite reasonable in price. Our assortment is both splendid and large, and the qualities and prices are instances of our policy to sell only the best for the least expenditure.

ALL-WOOL BRITISH SERGE, $1.75 YARD.
Navy blue only, a special make for children's wear, medium twill, fine smooth finish, extra quality, all wool, 42 inches wide. Special, per yard $1.75

BOTANY WOOL SERGE, EXTRA SPECIAL, $3.00 YARD.
Navy blue only, a very fine make, for either Ladies' and Children's Dresses and Suits, soft draping quality, British make of fine Botany wool, recommended for long wear, 50 inches wide. Special, per yard $3.00

SOFT WOOL DUVETYNES FOR COATS, $5.00 YARD.
An unusually low price for this fine quality of new coating, pure wool, soft velour finish; shown in platinum grey, sapphire, Hindu brown; 54 inches wide. Per yard $5.00

NAVY BLUE BOTANY WOOL SERGES FOR SUITS.
A large range of weights and qualities that tailor perfectly, best Botany wools and dyes, 50 to 54 inches wide. At, per yard ..... $3.00, $4.00, $4.50, $5.00, $6.00 and $7.50

TRICOTEX COAT AND SUIT CLOTHS, $5.00 YARD.
A new weave for spring and summer, very smart and effective, shown in navy, reindeer brown, antelope, Jap blue, old blue; 54 inches wide. Per yard $5.00

PURE WOOL TRICOTINE, 54 INCHES WIDE, $3.50 YARD.
Shown in nigger brown and navy; an exceptional offer in pure wool tricotine of wide width, fine weave, quantity limited; order early; 54 inches wide. Per yard $3.50

IMPORTED BOTANY WOOL TRICOTINES, $5.00 YARD.
The choice quality of Tricotines, fine Botany wool, for durability and clean wear, shown in henna, Pelican grey, bobolink or sand, taupe, old blue, nigger, etc.; 50 inches wide. Special, yard $5.00

PRIESTLEY'S PURE WOOL TAFFETAS, $3.00 YARD.
A most fashionable fine wool summer dress material, closely woven, drapes like a cashmere, for ladies' and misses' wear; shown in navy, old blue, Copenhagen, taupe; 42 inches wide. Special, per yard $3.00

SAMPLES READY FOR MAILING.
Our Shopping Service will be pleased to procure samples of the new fabrics for out-of-town customers and submit for your selection at home. We pay all postage and carrying charges on mail orders. Write today. Please state for what purpose material is to be used.

IMPORTED FRENCH BOTANY WOOL GABARDINES, $6.00 YARD.
A superior quality and one of the best French makes, famous for wearing qualities, fineness of weave and finish; navy, old blue, nigger, dark green. Per yard $6.00

BROADCLOTHS, $5.00 AND $6.00 YARD.
Loose, open weaves are not serviceable. Broadcloths of fine close face are durable and retain their richness of finish. The entire range here comprise best makes only, and those of all-wool suitable for separate skirts, coats and suits; all the wanted spring colors, including sand, taupe, nigger, navy, tan, old blue, Copenhagen, Bordeaux, reindeer, etc.; 50 to 54 inches (not all colors in each price). Per yard $5.00 and $6.00
Write for samples today.

NOVELTY WOOL PLAIDS FOR SPORT SKIRTS, $4.00 AND $5.00 YARD.
No other novelty skirt plaid has the sturdy, lasting qualities, carries such a sense of luxury and perfect taste, serves in so many ecomonical ways as these fine-quality skirt plaids. There's a collection of the newest color combinations for spring, comprising such favorites as henna and navy, Pelican grey and copen blue, nigger and copper, reindeer brown, amethyst and grey, navy and Yale blue, summer tan and nigger, and many others; 50 to 54 inches wide; 1½ to 2 yards for a skirt length. Special, per yard $4.00 and $5.00

50-INCH ALL-WOOL SERGE, $2.50 YARD.
An excellent school-wear serge, strong all-wool yarn, medium twill, smooth dust-resisting finish. Special, per yard $2.50

JERSETTE VELOURS FOR COATS, $6.00 YARD.
For the motor or traveling; shown in sand, old blue, honeydew, tan, sapphire blue; 54 inches wide. Per yard $6.00

April "Designer" Now In
Subscribers, please call for your copy at Pattern Counter.

POIRET TWILLS, $7.00 YARD
Another new spring creation in very fine round twill weave of pure Botany wool, favored by Poiret, the famous French modiste, particularly adapted for smart suits and coats for street and motoring purposes. Shown in copper, Pelican grey, copen, sand, old blue, navy; 54 inches wide. Per yard $7.00

Have You Heard About the Belrobe Method of Dressmaking?

WE TELL YOU ALL ABOUT IT AT THE PATTERN COUNTER.

The Belrobe method is a new and added service to the Designer patterns. It shows you, by illustrations, how to use and lay your patterns on the materials to get the style and get it right. For those who are already expert, it will save time and material; for those who have hardly dared to use patterns and to do their own sewing, it takes away the last fear. No risk of spoiling expensive goods, no risk of making a garment that won't hang or fit, no risk of that amateurish effect. Then at the important moment, when the fabric is cut and the task confusing, the Belrobe method shows you, by plain pictures, how to put the whole garment together. When the putting together has been accomplished, step by step in the pictures shows you when and where to make any adjustments necessary for the perfect fitting of the garment, how to finish by hand-sewing or by machine, how and where to face. All the way through you are shown and told simply by the Belrobe method. Ask about it at the Pattern Counter.

IN RESTAURANT
A La Carte Service, From 9 to 5:30
Fourth Floor.

SMALLMAN & INGRAM LIMITED

SPECIAL DANCE RECORD.
Honolulu Eyes (waltz); Bright Eyes (fox trot).
10-inch (double), $1.00.

Blood-Cleansing, Appetite-Making Strength-Giving

Are the Effects You Naturally Want from Your Spring Medicine

And Hood's Sarsaparilla satisfies these needs as nothing else can. This marvellous restorative tonic and blood purifier has been recognized for nearly fifty years as the best spring medicine for restoring the blood and circulation to their natural richness and vitality.

Hood's Sarsaparilla is more than food, because it creates an appetite and promotes assimilation of all food taken, thus securing 100 per cent. of nourishment.

Thus it contributes to make rich red blood, which carries vitality to all parts of the body and gives the strength and nerve force that nature demands day by day. Take Hood's Sarsaparilla, small dose after each meal, and you will soon note how much refreshed you are, how good your food tastes, and how cheerfully you do your work.

Hood's Pills relieve headache, biliousness, constipation.

Hood's Sarsaparilla

PURIFIES, VITALIZES AND ENRICHES THE BLOOD.

BRITISH MAILS CLOSE.

The next mail for British and European points will close at the local postoffice Tuesday, March 22, as follows: Letters and registered matter at 10 a.m.; parcel post and newspapers at 2 p.m., via S. S. Empress of France, sailing from St. John, N. B., Thursday, March 24.

FREE TO ASTHMA SUFFERERS

Free Trial of a Method That Anyone Can Use Without Discomfort or Loss of Time.

We have a method for the control of Asthma, and we want you to try it at our expense. No matter whether your case is of long standing or recent development, whether it is present as occasional or Chronic Asthma, you should send for a free trial of our method. No matter in what climate you live, no matter what your age or occupation, if you are troubled with Asthma, our method should relieve you promptly.

We especially want to send it to those apparently hopeless cases, where all forms of inhalers, douches, opium preparations, fumes, "patent smokes," etc., have failed. We want to show everyone at our expense that our new method is designed to end all difficult breathing, all wheezing and all those terrible paroxysms.

This free offer is too important to neglect a single day. Write now and begin the method at once. Send no money. Simply mail coupon below. Do it today—you do not even pay postage.

FREE TRIAL COUPON.
Frontier Asthma Co., Room 540N, Niagara and Hudson Sts., Buffalo, N. Y.:
Send free trial of your method to:
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.....
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OAKEY'S

EMERY CLOTH, GLASS, FLINT and GARNET PAPERS
IN SHEETS AND ROLLS

Genuine Emery
"Wellington" Knife Polish
SILVERSMITHS' SOAP, PLATE POWDER, ETC.

John Oakey & Sons
LIMITED
WELLINGTON MILLS,
London, S. E. (1), England.

SORE THROAT

IS A COMMON AILMENT WHICH UNLESS CHECKED IN TIME MAY LEAD TO A SERIOUS CONDITION. SIMILARLY A COUGH OR COLD MAY DEVELOP AND REQUIRE SUSTAINED TREATMENT BEFORE IT IS OVERCOME BUT IF TREATED AT ONCE MUCH INCONVENIENCE AND SUFFERING MAY BE AVOIDED. AN OLD AND RELIABLE REMEDY IS FOUND IN

DR THOMAS' ECLECTRIC OIL