

ARE YOUR BOWELS Constipated?

If So, Watch Your Health.

Unless one has a free action of the bowels, at least once a day, constipation is sure to ensue and it is one of the ills that causes more ill-health than any other trouble of the human system.

Keep your bowels regular by using Milburn's Laxa-Liver Pills and you won't be troubled with your stomach, you will have no sick or bilious headaches, no jaundice, piles, heartburn, water brash, catarrh of the stomach, floating specks before the eyes, and everything will not turn black and make you feel as if you were going to faint.

Mrs. Garnet Hutt, Morrisburg, Ont., writes:—"Having been troubled for years with constipation and trying everything I knew of without effect, a friend advised me to use Milburn's Laxa-Liver Pills. I used four vials and am completely cured. I can gladly recommend them to every one who suffers from constipation."

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

IF THIN AND NERVOUS, TRY PHOSPHATE

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

When one stops to consider the host of thin people who are searching continually for some method by which they may increase their flesh to normal proportions by the filling out of ugly hollows, the rounding off of protruding angles with the attendant bloom of health and attractiveness, it is no wonder that many and varied suggestions along this line appear from time to time in public print.

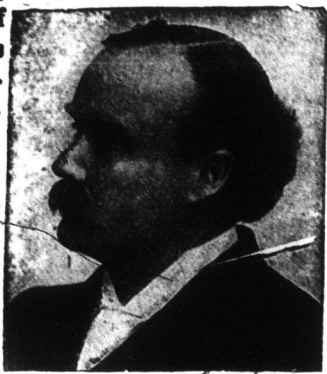
While excessive thinness might be attributed to various and subtle causes in different individuals, it is a well-known fact that the lack of sufficient phosphorus in the human system is very largely responsible for this condition. Experiments on humans and animals by many scientists have demonstrated beyond question of doubt that a body deficient in phosphorus becomes nervous, sickly and thin. A noted author and professor in his book, "Chemistry and Food Nutrition," published in 1918, says: "That the amount of phosphorus required for the normal nutrition of man is seriously underestimated in many of our standard text books."

It seems to be well established that this deficiency in phosphorus may now be met by the use of an organic phosphate known throughout English speaking countries as Bitro-Phosphate. Through the assimilation of this phosphate by the nerve tissue the phosphoric content when absorbed in the amount normally required by nature soon produces a welcome change in our body and mind. Nerve tension disappears, vigor and strength replace weakness and lack of energy, and the whole body soon loses its ugly hollows and abrupt angles, becoming enveloped in a glow of perfect health and beauty and the will and strength to be up and doing.

CAUTION:—While Bitro-Phosphate is unsurpassed for the relief of nervousness, general debility, etc., those taking it who do not desire to put on flesh should use extra care in avoiding fat-producing foods.

CANCER

R. D. Evans, discoverer of the famous Evans' Cancer Cure, desires all who suffer with Cancer to write to him. The treatment cures external or internal Cancer.



R. D. EVANS Brandon Man.

Another Pin-Money Suggestion

Dear Editor,—I have been and am greatly interested in the talks on how to earn a little extra money at home, and sometimes wonder why women who are so anxious to do this, and really need to, do not oftener utilize the things at hand instead of trying to get the materials that some friend is using who lives, perhaps, in a large city some distance away, amid entirely different surroundings or circumstances. What does well in one place would not take at all in another. One should try to take the initiative, and exercise her own good sense and ingenuity. Try to discover what your neighbors or the people about you want, and then do your best to supply that want. Let me tell you a little experience of my own, and surely what I have done any other woman can do, in substance. She may have to vary her offering a little, since conditions are not the same in all places; that is, if the fir-balsam does not abound near her home let her utilize some other material in another way.

I came up here for my health last spring. Some one advised me to get a small fir-balsam pillow and lay under my head. I tried it and found its sleep-inducing properties to be wonderful. It occurred to me that what I, a semi-invalid, found so good others would like, and when I discovered that the fir-balsam grew abundantly near my boarding-place, I made up my mind to try my hand at making pillows to sell to the summer boarders and tourists. I thought of the old adage: "Nothing venture, nothing have"; the experiment would not be an expensive one at most, involving only a little pleasant work with practically no expense, as I had in my trunk some remnants of cretonne I had intended making into doilies and luncheon-sets, with crocheted edge, for gifts. Instead, I utilized them in making pillow-covers of three sizes, the smallest really not larger than a sachet—six or eight inches square, but as fragrant as the larger ones. I get the fir-balsam boughs and strip off the "needles" or foliage to fill the pillows, which sell very readily to people who come into the town for a short stay. Taking them home they show them to friends who live where the balsam does not grow—at least, feel sure they don't, because I have had several orders by mail from persons I did not know, all of which—aside from the pennies added to my income—takes my mind from myself and interests me in other things, which is almost the best part of it. One who lived on a road where there is much automobile traffic would do well to make up a nice assortment of the pillows and arrange them attractively on a table placed under a shade-tree near the road, with a sign "Fresh Fir-Balsam Pillows, Fragrant and a Specific for Insomnia," or something of the sort. It would be a good plan to have your name and address written or printed on a small paper or card, with the price of the pillows, and pinned to each; then if the purchaser wanted more, or others who saw the pillow wished to send, they could do so. You could leave the display with no one about, if need be, because I do not believe that any passerby would take a pillow without paying for it. This is merely a suggestion, of course, to be modified as thought best. Kelowna.

Let Something Good Be Said

When over the fair fame of friend or foe
The shadow of disgrace shall fall;
Of words of blame, or proof of thus and so,

Let something good be said.

Forget not that no fellow being yet
May fall so low but love may lift his head;
Even the cheek of shame with tears is wet

If something good be said.

No generous heart may vainly turn aside
In ways of sympathy; no soul so dead
But may awaken strong and glorified,
If something good be said.

Correspondence

And so I charge ye, by the thorny crown,
And by the cross on which the Saviour bled,
And by your own soul's hope of fair renown,
Let something good be said.

That is a favorite poem of mine, written by James Whitecomb Riley. I not only have it in my book of selections, but it is printed in ink on a white card and hung in my kitchen where I can see it often, so that if I am tempted to say some ill or unkind thing of some one, friend or neighbor or stranger, I have it as a reminder. I used to be inclined to gossip; indeed, I can see now that it was one of my "besetting sins" to listen to some story told by one neighbor of another and then relate it again. Our editor's talks showed me how wrong it is to do this—that we should pass on the good instead of the bad things, and that it is just as ill-natured to carry tales as it is to tell them in the first place. Charity.

Again the H. C. L.

Dear Readers:—I have been very much interested during the past two or three years in the various discussions regarding the high cost of living in many different magazines and papers. I was about to remark that our own way of eating had not changed a particle, but will modify that statement somewhat. We never eat much meat, and what we do eat is pork, because we are too far from town to get anything else. We raise our own vegetables, as any can do who have a small piece of ground and are not afraid to work. We have a large fruit-farm and when fruit is ripe we must sometimes work from sixteen to nineteen hours out of the twenty-four, as help is so scarce and fruit must be gathered. I notice that the miners and many other working people are demanding an eight-hour day and are getting it, too. Farmers do not get this, but when our hard work is over, and the cellar filled to overflowing with good things to eat, do you think we do not enjoy the well-earned rest from our labors? I know if I were a wage-earner and lived in a city, as I once did, I should plan to use the cheaper but nourishing foods, and if I could save in no other way for a home of my own I would live in one or two rooms. I have comparatively small sympathy for most of the city poor. We farmers usually find it very difficult to get help, and when farms are so cheap in parts of our great country, and we have here to burn trees after trees to get them out of the way, it would almost seem that in case of many of the poor in the cities it is their own fault. They would not go without amusements away off here in the "timber," and work as we do. A home of their own has no attractions for them when it requires such "sacrifice." Most of our foreign population worked in the country at home, but here in Canada the majority of them crowd into the cities and stay, never trying to get out in the country. Our province is a good one, with mild winters, plenty of fuel, abundance of good food, if you work for it, and cheap land compared with many other places. But we do not want lazy people—there are too many of them here now!

Now, sisters, a favor, please: I want recipes for tomato figs, preserved tomatoes, etc., and will return favors in any way I can. Mrs. Kit.

How About You?

Dear Readers:—Ever since I first got the idea from our paper I have been collecting for my scrap books. I have one book of selections of which I am especially proud. I call it "Songs of Sunshine," and there is not a line in it that isn't cheery and uplifting. Sometimes when I get a little blue, as we all do occasionally until we have learned that there is absolutely nothing to be blue about, I get out my book and read the poems, beginning at the first; and before I have gone far I am ready to

Heart and Nerves So Bad Walked Floor All Night.

Nature intended women to be strong, healthy and happy as the day is long, instead of being sick and wretched. The trouble is that they pay more attention to the work they have to do than to their health, therefore they become run down, weak and miserable. Milburn's Heart and Nerve Pills are the remedy that these nervous, tired-out, weakly women need to restore them to perfect health and happiness.

Mrs. Fred Lee, Almonte, Ont., writes: "My oldest daughter was so bad for over a year, with her heart and nerves that she was compelled to give up her work. I was very discouraged about her, as I had her to two doctors, but they did her no good. She could not sleep at night; would have to walk the floor, and felt as if she would go out of her mind. One day a friend told me to use Milburn's Heart and Nerve Pills, and I cannot speak too highly of them. She used three boxes and is feeling fine. She started back to work two months ago."

Milburn's Heart and Nerve Pills are 50c. a box at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

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Indigestion, Stomach Disorders, Appendicitis and Kidney Stones are often caused by Gall Stones, and mislead people until those bad attacks of Gall Stone Colic appear. Not one in ten Gall Stone Sufferers knows what is the trouble. Marlatt's Specific will cure without pain or operation.

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Learn how to throw and handle big men with ease. Learn to defend yourself. All taught in our course of lessons, and illustrated with hundreds of charts and actual photographs by

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Farmer Burns, "The Grand Old Man of the Mat," is a former World's Champion, and he knows about wrestling, so Getch will tell you how to win. He is an athlete, he is strong, he is healthy, and he is a wrestler. He will teach you how to win. Write for your name, age and address on a postcard or letter and we will send you our book absolutely free, no obligation on your part. A wonderful course in wrestling and physical culture. Write today stating your age.

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