

## How to Exercise the Bowels.

### A Health Habit.

Do you know that the Bowels work Mechanically? Well they do! Physicians call this "Peristaltic Action."

But, Old Dr. Cascaret calls it just "Bowel-work." This is how he explains it. You've seen a caterpillar creep. First it draws up its hind half nearly to its head. Then it stretches forward the front half, and again draws up its hind half towards its head. In that way it travels.

Now the Intestines work the food through them in just about the same way.

And these Intestines are lined inside with millions of little suckers that draw the nutrition out of food as it passes them.

But, if the food passes too slowly it decays before it gets through. Then the little suckers draw Poison from it instead of Nutrition.

This Poison makes a Gas, that injures your system more than the food should have nourished it. You see, the food is Nourishment or Poison, just according to how long it stays in transit.

They become flabby, for want of Exercise, just as your Arm would. They lose Tone, tension,—and the Nerves that control them grow torpid and less sensitive to the stimulating friction of food on them.

The Bowel Muscles then need to be wakened up, just as Exercise, or a Cold Bath, wakes up and stimulates a torpid drowsy man or woman.

This is just what Cascaret's will do,—10 cents a Box.

They act like Exercise, or a Cold Bath, on the Muscles that surround and work the Bowels and Intestines.

Cascaret's are a Tonic to the Bowel Muscles, and strengthen Peristaltic Action—the other name for which is "Bowel-Work."

They do not waste any precious fluid of the Bowels, as Cathartics do. They do not relax the Intestines by greasing them inside like Castor Oil or Glycerine.

They simply stimulate the Bowel Muscles to do their work naturally, comfortably, and nutritiously.

And, the Exercise these Bowel Muscles are thus forced to take, makes them stronger for the future, just as Exercise makes your arm stronger.

MY CASCARET POCKET

The usual remedy for this delayed passage (called Constipation) is to take a big dose of Castor Oil.

This merely makes slippery the passage for unloading the current Cargo.

It does not help the Cause of Delay a trifle.

It does slacken the Bowel Muscles more than ever, and thus weakens them for their next task.

Another remedy is to take strong Cathartics, like Salts, Calomel, Jalap, Phosphate of Sodium, Apertin, Water, or any of these mixed.

What does the Cathartic do? It merely flushes-out the Bowels with a waste of Digestive Juice, set flowing into the Intestines through the tiny suckers.

But, the Digestive Juice, we waste by doing this today is needed for tomorrow's natural Digestion.

If we almost empty the water tank in putting out today's fire, what shall we do when the same cause starts another fire tomorrow?

Now, it always takes a larger dose of "Bile-drug" to operate the second time than it did the first.

It also takes a larger dose the third time than it did the second, and so on till that particular kind of "Bile-drug" becomes useless, and another more drastic one must be used instead.

All this time the Cause of Indigestion was not lack of Digestive Juice, but lack of Bowel-work.

The Cause is Want of Exercise. The Bowel Muscles lose some of their power to Contract when they get too little Exercise.

MY WATCH POCKET

This is why the dose of Cascaret's can be lessened from time to time as you take them, instead of increased, as with all Cathartics.

Cascaret's are as safe to use constantly as they are pleasant to take.

They are purposely put up like Candy, so you must eat them slowly and let them go down gradually with the saliva which, in itself, is a fine natural Digestive.

They are put up purposely in thin, flat, round-cornered, Enamel boxes, so they can be carried in a man's vest pocket, or in a woman's purse, all the time, without bulk or trouble.

A Cascaret can never hurt, and can always do good, in strengthening the Bowel Muscles against the unusual strain they are some day sure to have, from over-eating, or lack of exercise.

—Whenever your tongue is even slightly coated, take a Cascaret.

—Whenever your breath is under suspicion.

—Whenever your head feels dull or dopy.

—Whenever Digestion seems a trifle slow.

—When Heartburn, Belching, Colic, Restlessness, begin to show themselves, take a Cascaret from your vest pocket or purse.

Sold by all Druggists—10 Cents a Box.

You can try Cascaret's FREE before you buy. Write for Free Sample and booklet, "The Cause of Constipation," best ever printed on the subject. Address Sterling Remedy Company, 374 St. Paul Street, Montreal.

## Nordheimer Pianos

—excel all other makes in artistic qualities and exclusive features.

These superb instruments have won the admiration of all the great musical artists of Canada, and are recognized in all classes to be the grandest pianos made.

We give our unconditional guarantee with every instrument, and this guarantee represents our good name as well as the value of the individual piano.

Write for our free booklet.

**Nordheimers LIMITED.**

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Visit Our Fancy Woods' Fair Big Sale of Goods Dept. Wrappers at 69c

**\$2.25 Skirts, Sale Price \$1.50.**

Ladies' and Misses' Skirts, in blue and black, made with overstitched seams, cloth faced, with six rows stitching on bottom, regular \$2.25, sale price ..... \$1.50

**\$2.50 Skirts, Sale Price \$1.75**

Oxford Gray, Extra Heavy Cheviot Skirts, with overstitched seams, 7-gore, full flare, splendid hack-about skirt, sizes 38 to 44, regular \$2.50, sale price ..... \$1.75

**\$4.00 Skirts, Sale Price \$3.25.**

Ladies' Gray, Black and Blue Skirts, 9-gored, made with overlapped seams, gores trimmed with fancy tucks, finished with silk and covered buttons, cloth faced, regular \$4.00, sale price ..... \$3.25

**Remnants of Cushion Cord, regular 9c and 15c Goods, Sale Price 3c Yard.**

250 yards Odd Remnants, in cushion cords, all colors, and all prices, regularly sold from 9c to 15c yard, to clear at, yard ..... 3c

**Big Sale of Woods' Fair Visit Our Fancy Goods Dept.**

New York was the first city incorporated in the limits of the United States. Its charter was dated 1664.

The River Rhine generally carries a larger volume of traffic than any single railway in the world.

## THE RAMBLERS MAY NOT PLAY RETURN MATCH WITH WOODSTOCK

### Warrant Issued for Arrest of Kingston Player for Assault—Other Games.

The Woodstock papers, in their editions of yesterday, begin a multi-slinging contest at London, and make number of misrepresentations. They have the London spectators leaving the rink before the game of Monday night was over because of the "dirty tactics of the home team." They uphold Alrey for striking Gauthier, making it evident that the writers on both papers were well-primed by all players. No unprejudiced person would make such statements. It is a matter for some consideration that the sporting writers in London were approached by Woodstock and asked to let the team "down easy." If Woodstock went home badly battered up they have themselves to blame for it. They made a call for rough play and got it. This is their game, and no one will touch for it in the rink. The truth about the Woodstock team is that they have one man, McCourt, who is a good player. Some of the rest are of mediocre caliber, and the others do not stand that high. They have a couple of men, who were let "down easy" by the referee, and the referee is likely that the Ramblers will play their return match with Woodstock on Friday. The management does not faulted to the Seventh Regiment at a critical moment.

Two junior O. H. A. teams, Galt and Woodstock, both in groups Nos. 7 and 8, gave up the ghost yesterday, and allowed their remaining games to go by default. This was due in a measure to the great superiority of the Stratford team in the district.

Word was received from Barrie at noon that the juniors of that town had decided to drop out of the league, owing to the inability of the club to get a team for outside matches. They played last night a very little game, and the referee, a blacksmith, "owe not any man."

Toronto, Jan. 17.—The O. H. A. sub-committee has notified the referees on such questions of fact as contained in the protest against Morrisburg, protests would not hold, the referee being the judge of the act. Declarations from spectators are of no value in such cases. So referees will save its protest fee of \$25. The sub-committee has notified the referees to draw the protest against Port Perry, the game in dispute to be replayed on Feb. 4 at Port Perry.

Brookville, Ont., Jan. 17.—Today a warrant was issued for the arrest of VanHorne, of the Frontenac hockey team, for assaulting a referee during a hockey match, and during a scuffle between the teams, VanHorne knocked Hayward senseless by a blow on the head with a hockey stick. Hayward left here tonight to bring VanHorne here for trial.

Listowel, Ont., Jan. 17.—The Northern League hockey match tonight.

At the London Curling Club's rink, yesterday, the primaries of group 8 of the Western Ontario tankard series were played, with a very close finish. The teams were Hensall, Ingersoll and London. The first draw put Ingersoll and Hensall together.

On one of the rinks skipped by Fred G. Walley and J. Stacey, the play was exceedingly close, Hensall winning by a margin of one shot. In the other contest, however, Ingersoll won by a score of 21 to 7, thereby having an advantage of 13 shots on the whole. The teams:

Ingersoll. G. Duncan, F. Smallcomb, W. Tait, R. Bontron, F. G. Walley, skip. 16  
Hensall. J. Stacey, skip. 17  
W. A. Edgar, P. Stewart, C. McDowell, S. Laird, skip. 7

Total.....37 Total.....24

Majority for Ingersoll, 13 shots.

The winners of this match played London in the evening, and a fairly close game resulted, London winning both games, and had a majority of twelve shots on the whole. The winning of both draws gives Ingersoll the championship of the group. The score:

Ingersoll. G. L. McAlpine, C. H. Sumner, A. C. McPherson, W. A. Edgar, R. E. Harvey, John Evans, skip. 12  
Hensall. J. Stacey, skip. 15  
F. G. Walley, skip. 16  
W. A. Edgar, P. Stewart, C. McDowell, S. Laird, skip. 7

Total.....22 Total.....24

Majority for Ingersoll, 12 shots.

The Hensall rink defeated by Ingersoll in the afternoon, played the Thistle Club in the evening and won out by the following scores:

Ingersoll. J. Stacey, W. Bartlett, F. W. Smallcomb, W. H. Ward, R. E. Harvey, W. T. Strong, A. Scruton, skip. 10  
Hensall. J. Stacey, skip. 11  
F. G. Walley, skip. 16  
W. A. Edgar, P. Stewart, C. McDowell, S. Laird, skip. 7

Total.....22 Total.....18

Majority for Hensall, 4 shots.

and he suspected nothing wrong as the woman started for the door. She started the automobile, the chauffeur started the machine and the thief quickly was whisked out of sight.

A few minutes later the man and woman who had driven up in the carriage also departed, preserving entire coolness. It was about this time that Mr. Vernay discovered the theft of the automobile, and when he reached the street the automobile was nowhere to be seen. The carriage also had disappeared.

Mr. Vernay then made an inventory of the goods stolen, and went to the central police station, where he gave a description of the losses. When seen at the Stratford Hotel last night he refused to talk in detail about the theft although he admitted a robbery had been committed.

The police are positive the plan to rob the Crawford Company had been prearranged by the occupants of the automobile, and those in the carriage. They are seeking for a trace of the two women and the well-dressed stranger.

The Crawford Company makes a business of gathering up curios and antiques in all parts of the world. Various principal cities in the country are then visited and the goods placed on sale. This is in addition to their New York show. The police were told that among the jewels taken were some that had been in royal families.

**THE TURF.**

**YESTERDAY'S WINNERS.**

At New Orleans—Darius 60 to 1, Lineal 13 to 10, Monte 1 to 30, Home-stead 4 to 1, Mezzo 40 to 1, Rian 4 to 1.

**DIAMOND HALL TAKES FIRST.**

Last evening at Jubilee rink the Diamond Hall team defeated the Sterling Bros. team by the score of 4 to 2. The game was fast and the goods throughout, but the combination work of the Jewellers proved too much for the Diamond team.

The box containing the jewels had been left on a table by Mr. Vernay.

## IN NEW ZEALAND CLUBS

Stringent Act Has Just Been Passed by the Legislature.

London, Jan. 17.—The session of the New Zealand Parliament, which terminated on the 8th of December, was not remarkable for anything specially novel or drastic in the way of legislation. The Times correspondent, Mr. Sedden, whose health just before the session showed signs of breaking down, made a somewhat remarkable recovery, and at the close of the session he seemed, both mentally and physically, better than he was at its commencement. One of the principal measures passed was an amendment to the licensing act, which will bring all the New Zealand clubs under the provisions of the law, regarding the sale of liquor. From this time forth a man may not serve liquor at a glass in his club after 10 p.m., nor may he play whist, bridge, nor billiards for the smallest of stakes. Naturally, these provisions have aroused the indignation of clubmen throughout the colony, because of what they deem a gross interference with the liberty of the subject. Some of the general provisions of the new act are rather obscure, and will, no doubt, lead to further litigation.

Another measure that has aroused indignation, even to a greater extent, is the shops and offices act. It is, however, the natural consequence of an ordinary progressive labor legislation. The objectionable feature of the act relates to the compulsory early closing of all city shops (except those rooms alone excepted) in which two or more persons (including the occupier) are employed. Such shops must be closed for business at 4 p.m. on four days of the week, at 1 p.m. on the weekly half-holidays, and at 9 p.m. on Saturdays. Business is not to be carried on after 8 a.m. This provision was, of course, designed in the interests of the employees, but it imposes great hardships upon owners of small shops, who are dependent upon their evening takings for their profits. Chemists, hairdressers, fruiterers, fishmongers and tobacconists are amongst those who will be badly hit by the new act. At any rate, it has raised a storm of indignation throughout the colony.

Indignation may have been held in the cities, and at two of these Mr. Sedden, in his capacity as Premier and Minister for Labour, has been hooded and hounded. Though Parliament had only been closed a few days, there was a demand for the recall of members to the session, and the Governor's signature, for the present practically becomes a dead letter; at all events it is ignored on all hands in the meantime. This is a position that is wrong constitutionally, for as one member of Parliament has already said, the Premier is no safer for democracy that permits a law to be tampered with or evaded as is now proposed. On the other hand, the Premier is being urged by the trades and labor councils and by other to enforce the act in its entirety. Personally, I think there would be very little objection to the act were it not for the slipshod manner in which it was dealt with by Parliament, and the fact that certain necessary exemptions were not made.

Recent investigations by life insurance experts in Great Britain and the United States show that total abstainers have a much higher chance of life than moderate drinkers. Between 29 and 30 the number of deaths is 11 per cent in excess, between 30 and 40 it is 68 per cent, between 40 and 50 it is 74 per cent, between 50 and 60 it is 42 per cent, and from 60 on the percentage gradually decreases. The fair inference is that under 50 the death rate is not high, but after 50, leaving only those with exceptionally strong physique.

The two-headed snake of Egypt is not a poisonous serpent. It is a bon-a-mot, and it is fairly common. It is strangely formed in so far that its tail, instead of tapering off to a point as the tails of other snakes do, widens into a bludgeon shape, thus making it look like a head. Jugglers increase the deception by skillfully painting nose and eyes.

**Pale, Sunken Cheeks**

Are Usually Supposed to Indicate Tubercular Consumption.

Those hollow cheeks, that feeble walk, sunken chest and woebegone, vacant expression, to most people are evidences of the work of consumption. However, small hacking cough, night sweats and wasting of the body, so popularly accepted as indications of the same dread scourge, are in many instances entirely misleading. Ninety per cent of these so-called "consumptives" are only cases of underfeeding.

Especially in children and young girls there is a sad lack of appetite, no vitality, cheeks are pallid. Many adults are just as bad, because they, too, starve the body.

Before you and your children get beyond the reach of medicine commence treatment with Ferrozone, the best appetizer and most nutritive food known. Ferrozone creates an appetite as a razor; it simply makes you eat, and besides it strengthens digestion so much that all food is assimilated and at once converted into nourishment for the blood, brain, nerves and muscles. The general health is thus built up in a marvelous way by Ferrozone, which overcomes weakness and debility in both young and old.

The systematic use of Ferrozone, together with fresh air and exercise, will in a short time restore any person in poor health. Whether weak through worry, overwork or disease, whether you are a child or an old man, Ferrozone will permanently cure. In every case it is successful because it contains more actual nourishment than any other food in the world.

No matter what the age or sex, as a nerve builder and general body invigorator, Ferrozone is the best medicine. It pushes back the feeling of old age and puts the elasticity and vim of youth into systems that ordinary remedies fail to rebuild. This is not mere theory, but claim reinforced by overwhelming evidence.

From Nelson, B. C., Mrs. G. C. Alker writes: "A few months ago I was run down, tired and nervous. I had once before been benefited by Ferrozone when living in Boston, and started using it again. Ferrozone at once gave me a splendid appetite, toned up my nerves and actually made me fat. I used Ferrozone regularly and increased my weight several pounds. My cheeks filled out and became rosy. My nervous trouble disappeared, and I haven't had a single day's illness since using Ferrozone." Price 50 cents per box or six boxes for \$2.50, at all dealers or by mail from N. C. Polson & Co., Hartford, Conn., U. S. A., or Kingston, Ont.

Was recommended to me by one of Toronto's Judges. Thus writes a prominent citizen of that place.

**Radway's Ready Relief**

For External and Internal Use

**CURES**

Sore Muscles, Sprains, Strains, Headache, Backache, Bruises, Pains in the Chest, Pain in the Kidneys, Neuralgia, Coughs, Grip, Sore Throat, Cold, Pneumonia, Rheumatism, Stomachache, Indigestion, Diarrhoea, Cholera, Typhoid, Malaria, Fever, Ague, and all other ailments.

For over FIFTY YEARS this wonderful remedy has proved itself the best and most reliable for pain in the world. In every family should be kept on hand. It is a powerful and reliable remedy for all ailments, and is recommended to all who are afflicted with any of the above named diseases. It is a powerful and reliable remedy for all ailments, and is recommended to all who are afflicted with any of the above named diseases.

Radway Square, New York. RADWAY & CO. Jacques Cartier Square, Montreal.

## ALL FOR HER

She stood for a moment or two looking wistfully down into the dusky avenue; then a sudden desire to lose herself in its shade possessed her. "I'll go and see Bessie," she murmured. She had not been near the girl since the engagement, fearing the scrutiny of the simple, loving eyes more than she had dared aught else. "Yes, I'll go and see Bessie," and she passed down the steps.

As she did so Bartley Bradstone's commonplace figure came out by the drawing-room window and stood clearly defined against the light. "Olivia! Olivia!" he called. She drew back into the shadow and set her teeth; then, as he went in again—evidently to look for her in the house—she glided rapidly into the avenue and went towards the lodge. She had almost reached it, when the figure of a woman passed through the open one and stood before her.

Olivia's nerves were strained to their utmost tension and she shrank back with a cry of alarm. "The woman stretched out her hand, pleadingly.

"Don't, don't, miss!" she said in a suppressed whisper. "I've not come to hurt you."

"Who are you? What do you want?" asked Olivia, trembling a little, but recovering her presence of mind, for it seemed to her that she had heard the voice before.

"The woman came nearer, and the light of the lodge window falling on her face, Olivia saw that it was the gypsy who had told her fortunes at the picnic.

"You told me, you remember me, miss," she said, still in a whisper and with a kind of hurried earnestness.

"Yes," said Olivia, breathing more freely, for there was a sad and weary expression in the woman's face which called for compassion rather than fear.

"Yes, you are the gypsy. What do you want?"

"I want to see you, miss, to speak a few words," replied Liz. "I've been watching for you, waiting for a chance to see you alone, but he's always been with you."

"He?" said Olivia.

"Yes—Mr. Bradstone," continued the woman, hurriedly. "Tonight I was thinking of sending a message to you by the girl who lives here—"

"Bessie?" said Olivia, wonderingly.

"Yes, miss, that's her name. I know she loves you, and that she'd be secret. Miss, I'm doing this at the risk of my life."

Olivia flushed.

"What is it you want? What is it you are doing?" she asked with a little pant.

"The woman's terrible earnestness was telling upon her.

"I can hear nothing," said Olivia, half-convinced the woman was mad. "Be quick, please, I—I cannot wait."

"What do you want? What do you want?" asked Olivia, half-convinced the woman was mad. "Be quick, please, I—I cannot wait."

"Is it true that you are to marry Mr. Bradstone, miss?" she asked earnestly.

"Olivia inclined her head.

"Then, for the love of heaven, and while there's time, draw back. You don't know—"

"Stop," said Olivia. "I cannot listen to you. Say what you have to say against him—for you have something to say—before him. I will not listen," and she moved aside.

"The woman caught her arm with a gesture of despairing importation.

"Wait, wait! For your own sake, lady. For God's sake, listen to me!"

What! Another dizzy spell?

"Vertigo" the doctors call it. You naturally fear it is brain trouble, nervous prostration, heart disease.

But your doctor will tell you it is your liver. A sluggish liver means a poor circulation, a congested brain, a disordered stomach, constipated bowels.

Ayer's Pills are liver pills. They act directly on the liver. You will need only one each night for a few nights. Your indigestion and biliousness will quickly disappear.

Made by the J. C. Ayer Co., Lowell, Mass. Also manufactured by ATHER'S BARK VIGOR—For the hair. ATHER'S BARK VIGOR—For the hair. ATHER'S BARK VIGOR—For the hair.

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