

10¢ "CASCARETS" FOR BOWELS

When Sick, Bilious, Headachy, Constipated, for Sour Stomach, Gases, Bad Breath, Colds

Your bowels may seem regular—more every day—yet your thirty feet of bowels may be lined with poisonous waste which is being sucked into your blood, keeping you half sick, nervous, despondent and upset. Whether you have headache, colds, sour stomach, indigestion, or heart palpitation, it is usually from bowel poison.

Hurry! One or two Cascarets tonight will clean your bowels right. By morning all the constipation, poison and sour bile will move out—thoroughly! Cascarets will not sicken you—they physic fully, but never grip or inconvenience.

LADY LAURA'S RELEASE

THE STORY OF A SPOILED BEAUTY.

CHAPTER XIV.

"Let me look at you, mamma. You have a lovely color, and you look so well and so—so happy."

Lady Laura Wynyard was a picture of health and beauty. She was radiantly happy, and her daughter's words delighted her.

"Do not forget the captain," she said; but before she had finished the words, the captain was by Angela's side.

"Well, Angela," he said, "you see I have obeyed your commands. I have brought back your mother, looking well and happy as when she went—indeed, I may claim for myself that she looks far better."

"I see that she does," agreed Angela.

"Give me my reward," he continued; and before she knew what he was doing, he bent down and kissed her.

"That is right," said Lady Wynyard; "I wished to see you two good friends."

But Angela knew it was a Judas kiss, and she would fain have brushed it from her face. Then Lady Laura went to her room, with a gracious word to all as she went, saying how bright and beautiful everything looked, and how pleased she was to be at home again.

"You will come to me in half an hour," she said to Angela. "I have so much to tell you."

Angela thought to herself that she would like to go then; but the captain was speaking, and common civility compelled her to listen.

When her first bewilderment had worn off, Angela saw at once the change in him; he looked now as he felt—master. There was no deference at conciliation, no seeking for her good opinion. He was triumphant, and she at his mercy.

"A fine old place this," he said carelessly—he had not seen the Abbey before—"fine, but very old, and—some-what gloomy."

"Gloomy!" she repeated, in wonder. "Why, there is not a brighter house in England! It is always full of sunshine."

TO RELIEVE PAIN AND BACKACHE

Women May Depend upon Lydia E. Pinkham's Vegetable Compound

Minneapolis, Minn.—"I had heard so much about Lydia E. Pinkham's Vegetable Compound that when I realized I needed to take something to relieve my pains and backache, and to help build me up I began to take that. I had been sick off and on for years and barely weighed a hundred pounds, but now I have had such good results that I am recommending the Vegetable Compound to every one."

"Every woman who values her health should be proud to have a true friend like the Vegetable Compound," says Mrs. W. E. Shaw, 2277 Walnut Street, Chicago, Illinois. "I had female weakness so badly that I could not stand on my feet. Half of my time was spent in bed and I had pains in my back which were unbearable. I tried everything I could think of to help myself, and when a friend advised Lydia E. Pinkham's Vegetable Compound I began taking it. Once I recommended it without hesitation."

It was no longer home as it had been. She saw but little of her mother; the close companionship of many years was at an end. But her ladyship was kind to her, and, when not

absolutely engaged or engrossed with her husband, spent her time with Angela.

She did not see so much of the captain as she had anticipated, for she had her own suite of rooms, and remained in them as much as possible, so that the change was not so great or so oppressive as she had expected.

The captain, who was quite unaccustomed to quiet home-life, by the month of September felt weary of his domestic bliss. He had suggested dinner-parties, balls, even picnics, but in vain. Lady Laura clung to him with the same tenacity.

"Let me have you to myself for a short time, Vance. When we begin to give balls and parties, you will always be engaged"—words that would have been sweet enough if he had loved his wife; but, as he did not, they only annoyed him.

"I do not know which tires me the most," he said to himself—"a kiss from my wife or a scratch from my step-daughter."

The harvest-moon was now shining in full splendor, but the captain was satiated with the beauties of the country.

"I shall not want to see it again for years," he said with a sigh. "I was never meant for rural life."

Yet, as he said the words, there rose before him a beautiful, passionate face. If he had been with her, the quiet country would have held every charm for him. But it was of no use thinking of that now.

At length the captain, without consulting his wife, announced his intention of giving a ball.

"We must have a little gayety, Laura, darling," he said; "we are becoming quite melancholy. Besides, it is cruel to hide that beautiful face of yours from the world; and Angela must be dull. Let us give a grand ball, just to wake up the neighborhood."

"If you wish it," she consented; but she saw a shadow fall over the brightness of her face, and he knew that she did not like it.

"I think it will be better for all of us," he went on. "It does not do to become so engrossed in each other; and we must not forget that the world has some claim on us. Tell me why you object to my suggestion—for object I see you do."

"I do not object, Vance; but I have a presentiment that, when we make this change in our lives, we shall never be really happy again."

"What nonsense, Laura!" The captain spoke sharply for the first time to his infatuated wife; but she clung to him, with tears in her eyes.

"Is it nonsense, Vance? Shall you let the world get between us when we go back to it?"

"Certainly not," he replied, kissing the wistful upturned face; but he knew well he was only longing for one glimpse of the woman he loved, for excitement to help him to forget the loveless union he had contracted.

So it was settled, and the invitations were issued.

Once more the old mansion woke to a very intoxication of gayety; and it was during that first and most brilliant ball that Lady Laura Wynyard found there were many things in life of which she had hitherto known nothing.

(To be continued.)

MAGIC BAKING POWDER

Magic Baking Powder has been known and used all over Canada for more than 25 years. It has set and maintained the standard for goods of its class. Its use is increasing daily because of its strength, purity and universal satisfaction. Pure food insures good health. Magic Baking Powder insures pure food.

CANADIAN MADE
BISCUIT COMPANY LIMITED
TORONTO, CANADA

Less Work for Housewives.

A new metal, named by its makers "virtus" is now being produced in Sheffield. Technically described as a non-ferrous alloy it is as nearly as possible, a stainless nickel silver, and its production follows closely upon the evolution in Sheffield of the "stainless steel" which has abolished the toll of knife-cleaning in so many homes. It is regarded as a possible substitute for electro-plated ware, being, it is claimed, cheaper and more durable. The metal, as it comes in sheets from the rolling mills, is ready to be fashioned into any required article, and needs only buffing to special polishing, to produce the color and general appearance of silver. Extensive tests have shown that the metal resists the action of the atmosphere, acids, water, and alkalis, in a remarkable fashion, and under normal conditions it does not tarnish or become discolored. Articles fashioned from it are twenty to forty per cent. cheaper than electro-plated nickel silver goods. Samples of the new metal have been asked for by places so far away as Tientsin and Shanghai. Among the first finished products are spoons, forks, knife handles, cooking utensils, fire-irons, and many forms of fancy goods.

Every "Diamond Dyes" package tells how to dye or tint any worn, faded garment or drapery a new rich color that will not streak, spot, fade or run. Perfect color dyeing is guaranteed with Diamond Dyes even if you have never dyed before. Just tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton, or mixed goods. For fifty-one years millions of women have been using "Diamond Dyes" to add years of wear to their old waists, skirts, dresses, coats, sweaters, stockings, draperies, hangings, everything!

Animal Friendship.

Wild animals sometimes make devoted friends of other animals. A party of hunters in Central Africa once wounded a large bull elephant, which travelled scores of miles into the jungle after receiving the heavy bullet in his shoulder. The chase was abandoned for the time.

A fortnight later the hunters came upon the same beast. He was lying on his uninjured side near a stream in a dense forest. A buffalo cow was standing over the fallen monarch gently licking the blood from the wound. Frequently she would leave him and go to the stream and by pawing at its edge toss a lot of water upon the rank grass within reach of the elephant's trunk. It was probably in this way that refreshing moisture had been conveyed to the fevered and suffering giant, keeping him alive.

The hunters were divided as to whether the elephant should be put out of his misery. It was finally decided to give him a chance for his life under the nursing of the cow. Several weeks later when the party were making their way back towards the coast, they came across a lame elephant attended by a buffalo cow. The pair were not molested.

Bibby's Soap wears well and gives good service down to the smallest piece.—Feb. 22.

Burning of a Royal Palace.

Early on Wednesday, February 25, 1794, the apartments of the Prince of Sweden, at Copenhagen, were observed to be on fire, and the fire engines in the palace were employed to extinguish the flames, it having been customary for the servants to call in the assistance of the Fire Company. At five in the afternoon they found it necessary to give the alarm, and the drum and bells began to alarm the city. A cloud of smoke was issuing from the highest floor on the S.W. corner of the palace, and in a short time the smoke began to appear at the half-story above, directly in the corner. The great height of the palace prevented a necessary supply of water, while the pipes of the engines, which were drawn up by ropes, burst with the pressure of water. The fire, which had been communicated by the pipe of a stove, had in all probability been burning for some days. Upon breaking the ceiling, the firemen found that the fire had made great progress in the beams. The upper floor of the palace, which went all over the building, without a single partition wall, had been converted into a magazine for shells, in which there were at the time about 6,000 dozen. The fire soon made its way through the half-story, and spread with astonishing rapidity, so that at about six o'clock, all who resided in the palace, left. About 7:30 the flames broke through the roof, and as it blew very hard from S.E., they soon spread. The bell of the steeple which was very heavy, gave way about 8 o'clock and fell into the "Knight's Hall," which was immediately in a blaze. Six minutes after nine the steeple gave way, and fell into the middle of the building. By ten o'clock the palace was in a blaze on all four sides, and communicated by eleven o'clock to the apartments of Prince Charles, and the Palace Church, together with all the range of buildings for the coaches and stables for the Horse Guards; on the other side the danger was extremely as it was connected with the Chancey Provision Magazine, Artillery House, Bank and Change. At this place it was fortunately stopped. By four o'clock in the afternoon the whole of the magnificent building was reduced to a shell. The cellars underneath the palace were vaulted, yet the fury of the flames and heat was so excessive as to burst into many of them. The wine cellars escaped. As they did not conceive the danger to be so great, the very late period at which the firemen began to move the effects, and the fury of the flames, rendered it impossible to save much so that all those who inhabited the upper story of the palace lost everything. More than a hundred people lost their lives. The loss in property and building was not less than twenty millions of Rix dollars. The walls appeared to be little damaged, except in the corners of the windows, where they were considerably defaced by the violence of the heat; but the elegant paintings of the kings and queens of Europe, which were in the Prince Royal's ante-chamber, were all saved, as well as most of the furniture. The palace, one of the most commodious and most sumptuously furnished in Europe, was built in the reign of Christian VI, and is said to have cost (in building only) considerably above £1,000,000. The whole damages amounted to £2,000,000. The Royal library, consisting of 200,000 to 300,000 volumes, which stood detached from the principal pile, was saved.

are equally liable to the effects of exposure, and provision should be made, on every vessel, for the proper care of such cases. There are "Vaseline" preparations designed to relieve all the common ailments of the seaman. These preparations deserve a prominent place in the medicine chest, or better—a separate chest for "Vaseline" preparations alone.

is a counter irritant which effectively relieves pains in the chest and stomach, cramps, toothaches, rheumatic and neuralgic complaints.

Start a Medicine Chest with a liberal supply of "Vaseline" Capsicum Jelly and the other "Vaseline" preparations shown here on the lid of the chest.

Sold at all drug and general stores. Cheesbrough Manufacturing Company, New York City. W. G. M. Shephard, Distributor. 137 McGill St., Montreal, Canada.

The Captain and the Crew



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Big Values EVERY ITEM A BARGAIN

Special Hosiery Bargains

Ladies Plain All Wool Cashmere Hose, "Alpha" Brand made in England. In shades of Navy, Coatings and Green Heaters

98c. pair

Pyjama Flannelette

English Make, Strong Quality

Special 35c. yard

White Turkish Towel Bargain

Large size, hemmed or fringed ends

96c. pair

White H. C. Quilts by the pound

Single Bed size, \$1.00 per pound Average weight about 2 lb.

STEER BROTHERS

THE OLD WAYS

When I was young my teeth would ache and finally he pulls the snag. I hand him then a big fat cheque, and leave this joint a nervous wreck. The old time dentist is a jest? Ah! well, I like his way the best; I'd rather have a black-

smith come and jerk a molar out of my mouth, than seek the dentist, who takes a day to do a tooth.

Bibby's Soap will give you such wonderful results you sure tell your friends about it. Feb. 22.

Frequent Coughs

Many do not realize the significance of the all too frequent cold or cough. Care should be taken to build up the powers of resistance.

Scott's Emulsion

abundant in health-building vitamins, helps build up a reserve of strength and resistance. Be sure and ask your druggist for Scott's Emulsion!

Turkey

reference permitted Hunder Duties.

RUSSIA WILL CONSTANTLY... will come... if the latter... Powers, it... Soviet repre... published inter... Armies' at... said.

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When you... prices, you... you will lik... our quick s... GIVE U... BOWR...

New Arrivals. Thompson's Seedless Raisins. 3 Crown Muscatel and Cleaned Currants. GET OUR PRICES. BAIRD & CO. Water Street, East.

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