CURED OF CONSTIPATON

Mr. Andrews praises Dr. Morse's Indian Root Pills.

Mr. George Andrews of Halifax, N.S., writes:
"For many years I have been troubled with chronic Constipation. This ailment never comes single-handed, and I have been a victim to the many illnesses that constipation brings in its train. Medicine after medicine I have taken in order to find relief, but one and all left me in the same hopeless condition. It seemed that nothing would expel from me the one ailment that caused so much trouble, yet at last I read about these Indian Root Pills.

That was indeed a lucky day for me, for I was so impressed with the statements made that I determined to give them a fair trial.

They have regulated my stomach and bowels. I am cured of constipation, and I claim they have no equal as a medicine."

For over half a century Dr. Morse's Indian Root Pills have been curing constipation and clogged, inactive kidneys, with all the ailments which result from them. They cleanse the whole system and purify the blood. Sold everywhere at 25c. a box. 9

CONFERS WITH PREMIER

Ambassador Bryce and Sir Wilfrid Discuss Relations With the United States.

Ottawa, May 4.—The improvement of the present good relations between Canada and the United States was under discussion today between Sir Wilfrid Laurier, prime minister, and James Bryce, British ambassador to the United States, who is paying his annual visit to the Canadian capital.

Sir Wilfrid and Mr. Bryce had an hour's conference. It is understood that the chief topics discussed were the proposed agreement for the preservation of the Pacific seal herds and the appointment of Canadian trade commissioners to Washington, New York, Chicago and other American cities.

The discussion, it is understood, were more or less informal, the chief purpose of Mr. Bryce's visit being to get into close touch with Canadian affairs.

STEAMERS ARRIVED.

St. Johns, May 4.—Arrived: Corinthian, Fogaladen.
Gibraltar—Molike.
Havre—La Savoie.
Yokohama—Empress of Japan.

Up-Set Sick Feeling

that follows taking a dose of castor oil, salts or calomel, is about the worst you can endure—Ugh—it gives one the creeps. You don't have to have it—CASCARETS move the bowels—tone up the liver—without these bad feelings. Try them. 914

CASCARETS 10c a box for a week's treatment, all druggists. Biggest seller in the world. Million boxes a month.

COWAN'S PERFECTION COCOA

Is rich in food value and easy to digest. It is *just Cocoa*, pure Cocoa, ground from the choicest Cocoa beans.

Nurses and Doctors recommend its use in sickness or in health. 171

THE important ingredient in Sanitol Liquid Shampoo is Olive Oil, the best of hair cleansers. Produces a copious lather. Cleans the scalp of dandruff. The result is strong, healthy hair. Its use weekly (with Sanitol Hair Tonic, daily) will avert baldness through its cleansing, stimulating properties.

SANITOL (Olive Oil) LIQUID SHAMPOO AND HAIR TONIC

Strength Counts

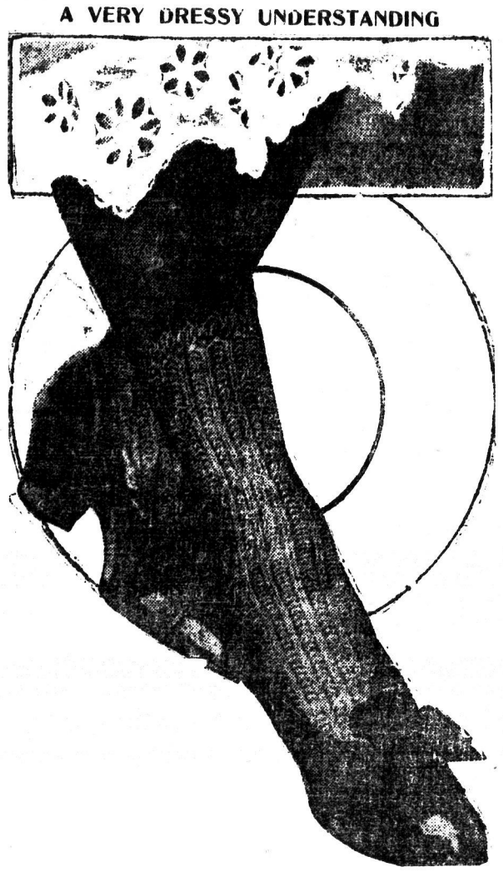
in all life's affairs. Strength comes of pure blood;—good blood comes when stomach, liver, kidneys and bowels are kept in proper condition by a little care and

BEECHAM'S PILLS

Sold Everywhere. In boxes 25c.

Of Interest To Women

A VERY DRESSY UNDERSTANDING



A decided tendency of the summer fashions is shown in these dress pumps and openwork stockings, quite the vogue in the smart shops just at present.

THE CABLEMAN

BY WEATHERBY CHESNEY.

CHAPTER XII.

Mona de la Mar Terminates Her Contract.

"It is only by the special favor of the elements," said Val B. Montague, impressively, "that we have been able to do it. I am told that a whole week without a westerly gale is almost unprecedented at this time of the year."

Mona helped herself to salad. She and Montague were lunching together in the Cafe Marquez de Pombal, the dining-room of which overlooked the port of Ponta Delgada. The Sea Horse had been brought safely into harbor that morning.

"Is the damage very serious?" she asked.

"Her forefoot is crumpled up," said Montague, "but the diver reports that it will not take more than a fortnight to put her all right again for the sea. Still, a delay of a fortnight is somewhat embarrassing, because Val B. Montague's American Circus Combination is billed to appear in Funchal, Madeira, exactly a fortnight from today. But I don't repine—you understand clearly, I hope, that Val B. Montague does not repine."

"I recognize that you've been a brick," said Mona warmly. "I have very nearly ruined you, and you haven't even scolded me. If the westerly gale had come, and the Sea Horse had broken up on the Ring Rock and gone to the bottom, it would have meant ruin to you, wouldn't it?"

"Yes," said Montague. "This venture represents my capital, and a bit over, and I was fool enough to compromise on insurance. If the Sea Horse had gone to the bottom, Val B. Montague would have had to begin life over again—from the bottom."

"I am glad that the westerly gale did not come," said Mona.

"So am I, uncommonly glad. But see here—before we go further, there is one thing I want to straighten out. You think I blame you for what has happened?"

"I don't. I blame myself."

"Then you'll oblige me by taking that saddle off your back and strapping it on to mine. I know well enough who's to blame. In the first place, Val B. Montague, for not knowing enough to sack a sulky half-bred ringmaster, without going out of his way to rile the brute by telling him wholesome and unnecessary truths; in the second place, the said ringmaster, for stealing the Sea Horse, kidnapping the lady I am speaking to, and then bolting to a Yankee orange ship when the fox gave him the chance; in the third place, Val B. Montague again, for being such a downy, unfledged fool as to allow a man who threatened revenge to steal a march on him. There, I've located the blame exactly. The thing stands just so. You're not on in this scene."

"I piled your ship up," said Mona.

"Of course you did! But not till that scoundrel—frightened at the probable consequences of his act of piracy, I dare say—had profited by the chance of having met an orange ship in the fog and had deserted with my boat to her. He was the only man on board who knew anything about navigation, and he left you to find your way back without him. I'd wring his neck with pleasure if I could get hold of him; but I think you did very well."

"I might have prevented his taking the Sea Horse from her moorings at all," said Mona.

"Yes, if you'd shot him or thrown him overboard, I dare say you might," said Montague with a laugh. "Short of that, I don't see how you could."

"Still," Mona insisted, "I might. I haven't told you that when he came aboard and gave the order to heave short, the deck hands hesitated, and Sambo came and told me what was being done."

Montague gave her a sharp look.

"No," he said quietly, "you haven't told me that. What did you do?"

"Nothing," said Mona.

"Frightened?"

"Not in the least. I was in a bad temper."

"And wanted a short cruise to put you right again?"

"I thought you needed a lesson and that a scare would do you good; and I thought that when the lesson had gone far enough Sambo and the others would obey me and bring the schooner back. I got more than I bargained for myself in the educational line, but I went into the experiement with my eyes open."

"So?" said Montague, and was silent.

Mona waited for a minute.

"Suppose you'll tell me a few home truths," she said presently. "Tell me what you think of me. I'll take it meekly, because—well, because I deserve it."

Val B. Montague looked up with a smile.

"Very well," he said. "I'll start in straight! I'll tell you that so far from blaming you for your fit of temper, Val B. Montague has the sense to see that he is to blame there too. I was rude to you in the morning, and it served me properly to be taught a lesson. Varney gave me some straight talk about that, the impudent scoundrel! But, of course, he was right, and so were you. Shall we cry quits, cut the loss, and start afresh?"

He held out his hand and the girl took it.

"You're a good scout, Val," she said.

"I'm a Yankee circus man with an uncommonly hot temper," said Montague, laughing. "But I once put in a year or two in a Boston academy, where they charged extra for manners; and if I do sometimes so far forget myself, under provocation, as to be rude to a lady, I flatter myself I know what's the right thing to do afterwards. Is it peace?"

"Of course it's peace," said Mona, with a smile. "Now tell me what you reckon your loss will amount to."

Val B. Montague followed her lead with alacrity. He had apologized handsomely, but it did not amuse him to labor the apology more than was necessary.

"Counting repairs, loss of profits on performances, wages to the members of the Combination during enforced idleness—say five hundred pounds. Not so bad as it might have been."

"Is the Sea Horse entirely uninsured?"

"Lord, no! I'm a fool, but not quite a madman. She's insured up to about half her value. I daresay I shall get a hundred out of the companies. Then there's the advertisement. That should be worth a lot."

"What advertisement?"

Montague looked pained.

"I'm disappointed in you," he said. "You've been with me for two years, and you've had the opportunity of studying my business methods, and yet you fail to see that your adventure in the Sea Horse will give a chance for a bit of real good advertising. Trust me to know how to use it. I've written up the tale of your heroism in my best style, and the newspapers of every place we perform at will print it as a sensation from real life. The populace will flock to the circus just to see you, and we shall turn money away. You'll see."

Mona smiled doubtfully.

"Suppose we leave that out of the calculation," she said. "You put your gross loss at five hundred, net four hundred if the insurance people pay according to your estimate. Then if I were to give you a check for four hundred and fifty, there would be a margin?"

"Oh, yes."

"Then I shall write my check for that amount."

Montague burst out laughing.

"And I shall cash it—where," he asked. "At the Bank of Friendship, eh? Excellent! But, my dear young lady, I don't know in what city of this prosaic world the paying counter of that bank is to be found."

"Try Lloyd's, in London," said Mona, quietly. "If you send my check through to them, I think you will find that it will be honored."

Montague stared at her. She did not seem to be joking.

"I can't figure this out," he said in bewilderment. "Come into a fortune suddenly?"

"Something like that."

The Yankee circus man pushed his chair back and walked to the window. His lips pursed themselves into the shape for whistling, but no sound came from them. He was plainly disturbed.

Presently he came back to the table and sat down.

"Well?" said Mona.

"I don't like it, honestly, I don't," he said gravely.

"What do you mean?"

"Well, I mean—Jehoshaphat! I don't know what I do mean! But I don't like it."

To Be Continued.

A new Greek band head dress of cut steel is made with plaques over each ear.

Marquisette, so much worn last winter, continues to hold its popularity this spring.

Fashion points this season to an era of unprecedented lavishness in the combinations of priceless laces, filmy chiffons and rich satins.

DAILY MENU

BREAKFAST.
Dates.
Cereal. Cream.
Bacon.
Toast. Coffee.

LUNCHEON.
Macaroni and Cheese.
Peach Jam. Currant Bread.
Cocoa.

DINNER.
Cream of Pea Soup.
Porterhouse Steak.
Potatoes. Boiled Onions.
Apricot Pudding.
Cafe Noir.

Currant Bread. — Ordinary bread dough, sweetened a little, and with a small extra amount of shortening and a cup of currants makes as good a loaf as one could ask for. If one cares to go to a little more work the following recipe is excellent: Whole wheat currant bread—Scald (do not boil) one and one-half cups sweet milk and one cup water. When tepid add one-half compressed yeast after soaking ten minutes in cool water, two tablespoons of sugar and one of salt. Stir in enough whole wheat flour to make a stiff batter. Allow to raise. Three hours is long enough if kept warm, over night if cool. When light add one egg, one tablespoonful of melted butter, one cup of cleaned and dried currants. Beat well, then add whole wheat flour to make a soft dough. Work well, mold into two loaves, place in greased pans, brush over with melted butter, let rise until light, and then bake in hot oven. When brown, which should take about twenty minutes, cool the oven one-half and bake thirty minutes longer.

Correspondence

Edited by Cynthia Grey.

Dear Miss Grey—Seeing your many wise answers to the questions in The Advertiser every day, I think I may as well send these to you: 1. When did the South African war start, and how long did it last? 2. Is a girl of 18 too young to marry a young man of her choice, providing her parents consent to it, and she is a good housekeeper? 3. Is it good taste to wear pumps on the streets? I have noticed in American cities they are worn very much in the summer. 4. Is alcohol good for tired feet? Is there anything else that has better effects? 5. Is to the shoe tops the right length for a summer dress for a girl of 18? Thanking you in advance, PUSSY WILLOW.

A.—(1) Started in 1899 and ended in 1902. (2) No. (3) Yes. (4) Alcohol is excellent. To dust with talcum powder after bathing is also good. (5) Five inches from the floor is about the proper length.

Dear Miss Grey—Will you kindly answer the following questions, as I don't know what to do: I have been going with a young man for two years, and we have been engaged for about four months, and we both think we love each other dearly. We were to be married some time during the summer or early fall, but a girl whom he went with quite a while ago, says if he gets married she will shoot his wife, and we don't know what to do about it. She is some relation of mine. If she had some grounds for saying this it would be different, and I can't think she would do this. Please give your opinion, and say just what you think. (2) Is shirring the fad for summer? (3) Do you think cream voile with satin stripe would be nice for a wedding dress, and a black hat, or a hat to match suit; the suit is slate? T. M. B.

A.—(1) Really, this is a very delicate question for an outsider to meddle with. Your parents or the family minister would be the proper ones to consult. I scarcely think, however, that the threat would ever be put into action. (2) Not particularly used in the latest designs. Tucks, both wide and narrow, are much in vogue. (3) This material would be very nice indeed. The colors would be equally suitable, as would one of a light straw color. Would advise you to get the color most becoming to you.

Dear Miss Grey—Will you kindly tell me what will remove dry white dandruff off the head? My little girl is 6 years. Until she had the measles she had lovely hair, then I had to cut it off, as it fell out so. Thanking you for your kindness. M. E. N.

Massage the scalp daily and rub with a little vaseline mixed with quinine. Wash the hair about once a week.

Dear Miss Grey—Could you offer advice on these questions: (1) How soon after meeting a boy should I allow him to call me by my first name? (2) When a friend whom I know goes with another girl who is out with me, would it be all right to tease him about her? I am a school girl of 17, nearly. (3) A friend of mine, who is 18, has been going with a fellow for nearly a year, and he has not kissed her yet. Do you think he is serious? How could one tell if he is? BELLA.

A.—Your acquaintance should be of at least 5 or 6 months' standing. (2) Yes—if you can find nothing more interesting to talk about. (3) Evidently you think that a man kisses a girl in order to show that he is serious. Please get that notion out of your head at once. There is no way of knowing what the young man's intentions are, but to wait and see. Child, you ought to be studying Latin and algebra at Collegiate, instead of bothering yourself (and me) with questions of this kind.

Your Danger From Kidney Troubles

BEGINS WHEN YOUR BACK ACHES.

Backache is the first and the sure sign of kidney disease.

When the back aches or becomes weak it is a warning that the kidneys are affected in some way.

Next to the heart, the kidneys are, perhaps the most important organs in the body. It is no wonder then that if the kidneys are affected the whole system must be.

On the first sign of backache Doan's Kidney Pills should be taken. They go right to the seat of the trouble, heal the delicate membranes of the kidneys and make their action regular and natural.

Mr. E. J. Saulnier, Lake Annis, N.S., writes:—"I take a great deal of pleasure in telling you the benefit I have received from the use of Doan's Kidney Pills. I was troubled with my kidneys for several years; my back was weak, I had terrible headaches, and was so restless I could not sleep at night. I commenced using Doan's Kidney Pills and in a very short time I was right and fit again."

Doan's Kidney Pills are 50c. per box or 3 for $1.25, at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

If ordering direct specify "Doan's."

ZAM-BUK HEALED BABY'S SORES

Mrs. C. Pardy, 479 Seigneurs street, Montreal, writes: "I cannot tell you how thankful I am, for the cure Zam-Buk has worked in the case of my baby son. He was troubled with scalp disease, and I tried everything I could think of, but in vain. Finally I tried Zam-Buk. I could see an improvement after two applications. After persevering with the Zam-Buk treatment he is now completely cured. Zam-Buk is certainly a wonderful balm, and I shall always keep it on hand."

Mothers should use Zam-Buk for all children's skin sores, ringworm, scalp sores, cuts, chafings, bruises, etc., because of its great purity. Also cures piles, eczema, bad leg, varicose veins, etc. Fifty cents a box, at all druggists and stores.

Zam-Buk Soap, 25c a tablet, is best for baby's bath and for delicate skins.

Latest Fashions

The fichu of net and finest mousseline trim satin or cashmere gowns.

Net allovers in patterns of solid dots resembling porcelain beads will enjoy decided vogue.

The small Capuchian hood on coats has almost disappeared, and instead there is seen a deep pointed shawl-like hood much larger.

Particularly refined and desirable is a bag of black moire lined with white leather.

Smart milliners are profuse in their use of fluffy malines, wonderful plumes and gay flowers, and some contrive to be tremendously chic without.

A high turban meeting in a point at the top and trimmed with a straight aigrette has been so popular in midwinter that it is not surprising to note its return in fascinating straw form.

Your Railway Fare Paid

The week of May 8 to 13 will be another Trade-in-London Week with low price specials in all departments of our attractive, reliable store.

Big Sale of Dress Goods

Beginning Saturday morning at 8:30, 129 pieces of Beautiful New Dress Goods, ranging in value from 50c per yard to $2.00 per yard, will go on sale

Saturday Morning at 8:30

Prices will be 39c, 57c, 89c per yd.

See this range of goods before buying your new dress.

GRAY & PARKER

PHONE 1182 150 DUNDAS AND CARLING STREETS

St. Lawrence Crystal Diamonds

—The Crowning Achievement In The Science Of Sugar Refining.

The success of "Crystal Diamonds" is a distinct triumph for the St. Lawrence Sugar Refinery, Montreal. A great many people have always wanted a really fine lump sugar — something attractive and appetizing in appearance — which they could serve on special occasions, or regularly with tea and coffee.

Such are "Crystal Diamonds". These daity squares of crystal sugar, brilliant and sparkling, are a distinct addition to any table.

In 5 pound boxes—also sold by the pound. Please remember to order by name —not "lump sugar" or "crystal sugar"—but the full name, ST. LAWRENCE CRYSTAL DIAMONDS.

THE ST. LAWRENCE SUGAR REFINING CO. Limited, MONTREAL.

50

Try Cuticura Soap and Ointment Free

Although Cuticura Soap and Cuticura Ointment are sold by druggists and dealers everywhere, a liberal sample of each, with 32-page booklet on the care and treatment of skin and hair, will be sent, post-free, on application to Potter Drug & Chem. Corp., Boston, U. S. A.

Does Your Stomach Work Properly?

There is no complaint so humiliating and tiresome as stomach complaint. The reason so many people suffer with their stomach is because they overwork it, and do not give it a tonic.

MI-O-NA Tablets will tone the stomach and speedily remove the disagreeable belching (gas on the stomach) sour taste and foul breath. Dizziness, biliousness and headache all disappear when you begin to take Mi-o-na.

MI-O-NA is guaranteed by Cairncross & Lawrence, who will refund your money if they fail to cure or do what we claim. Postpaid from the R. T. Booth Company, Limited, Fort Erie, Ont., on receipt of price, 50 cents.