

### AVOID DANGEROUS ILLNESSES

#### Keep Your Health by Natural Means

It is a well-known fact among physicians that a large percentage of dangerous illnesses (Appendicitis among them) can be traced almost directly to Constipation. The majority of people do not attempt to rid themselves of Constipation until it really makes them sick. Then they attempt to do so with drugs. Drugs cannot cure Constipation. They may bring relief but they force Nature instead of assisting her and when we continue the use of drugs we find we must continue the use of them, and thus we become slaves to the drug habit.

The most natural way of removing this poisonous waste from the system is by the Internal Bath. This method is now used by over 300,000 people and recommended by physicians everywhere. This does away entirely with all drugs—just plain ordinary water is necessary, but it is wonderfully efficient.

Mr. A. Maclean of the Conger Lumber Co., Parry Sound, states: "I have used the J.B.L. Cascade since I received it 21 days ago with wonderful results. Before I started this treatment I could not pass one day without taking medicines, and since then I have not taken one dose and feel much better. I have been troubled with Constipation for the past 35 or 40 years. I cannot speak too highly of the Cascade Treatment." Don't neglect Constipation. Don't attempt to cure Constipation, and its ills, by unnatural methods. Investigate Dr. Charles A. Tyrrell's Cascade today. Surely it is simple self-justice to find out more about a system that has done so much good for thousands of others. Dr. Tyrrell will be glad to send you full information and his free booklet entitled: "Why Man of Today is Only 50% Efficient," if you will address him, Charles A. Tyrrell, M.D., Room 561-7, 280 College Street, Toronto.

### Cure that Bunion

No need to suffer bunion torture another day. **DR. SCHOLL'S BUNION RIGHT** removes the cause of your bunion or enlarged toe joint by permanently straightening the crooked toe. Gives **INSTANT RELIEF** and a **FINAL CUPE** of all bunion pain. Shields, plasters or shoe stretchers never cure. **Dr. Scholl's Bunion Right** is comfortable, sanitary, convenient. Guaranteed or money back. 50 cents each or \$1.00 per pair at drug and shoe stores, or direct from The I. Scholl Mfg. Co., 214 King St. E. Toronto. Illustrated Booklet Free

"It was an offence against every man, woman and child in this country and in the Empire."

**Offer of Clemency.**—Mr. Justice Darling paused a moment, and then added, while Parrott listened with all his ears, these striking words:—

"One word more. If you desire to have this sentence reduced, any part of it remitted, let me advise you to tell the authorities all you know. Enable them to trace out the source from which the danger to this country comes."

**Cutlery**  
Easily Quickly

**Thoroughly Cleaned with Old Dutch Cleanser**

"Make that much reparation to your country, and, so far as I can do so, I will use any influence I possess in procuring you some remission of your sentence, which, in the opinion of the authorities, you may deserve by communicating to them information which you must have, for the advantage of your country."

"The sentence I pass on you, with deepest regret, is that of four years' penal servitude."

Parrott bowed slightly to the judge, and left the dock for the cells.

### Children's Department

#### PASSENGERS SANG "ROCK OF AGES."

A cable to the Tribune from London last week says: During a terrific gale between Capetown and Hobart, passengers on the liner "Nairnshire" gathered together while one of them sang "Rock of Ages." In the meantime the women and children were screaming, and the vessel was rolling fearfully. About midnight a huge wave tore off the skylight facing the saloon door and huge volumes of water threatened to drown the women and children within.

There were many miraculous escapes. One officer, with a little girl in his arms, had to climb the rigging to avoid a wave which threatened to wash himself and his charge overboard.

An eighty-year-old man was flung from deck to cabin. Sea after sea was shipped, but the crew worked like horses. They had only one biscuit apiece from Tuesday evening until Thursday.

The appreciation of the remarkable seamanship of the captain took the form of an address which was signed by all the passengers on board, and presented to the captain when the vessel reached Hobart.

### GENTLEMAN JACK.

When Jack grows up he wants to be as fine a gentleman as his big, kind father. His mother told him that he would have to begin being one while he was still a little boy if he wanted to succeed very well, and he began trying at once.

Whenever he and his father walked out together he always watched him very carefully, and tried to do just what he did; if they met a lady Jack's cap soon learned to come off almost as soon as the big man's hat; he learned not to push and jostle where there was a crowd; how to treat a woman if she was poor or old or had too many bundles to carry; not to let doors slam in people's faces or be rude or rough or impatient. When home was reached they had to be better than ever, because that was where father's wife lived. She was Jack's mother, too, you know, and, of course, they both thought her the very finest lady in the land.

One day some older boys laughed at him for being polite to some little girls they met on the way home from Sunday School.

# Most Grocers Will Give You "SALADA"

Ceylon Tea when you ask for it, but there are others who would rather make a big profit than serve you well. Ask for "Salada" and see that you get it.

BLACK, MIXED or GREEN.

Sold Only in Lead Packets.

By all Grocers.

"I told them 'course I raised my cap," he said that evening, "cause a gentleman always raises his hat to ladies, and little girls are little ladies."

His mother petted him very much after that, and called him her own "little gentleman," besides a number of other names Jack was beginning to think very babyish, but he bore it as well as he could, because, you see, he had learned that a gentleman is always kind, and he did not like to hurt her feelings.

His father praised him, too, though not so much as his mother, and then he tried to explain to him, as well as a little boy could understand it, what it really means to be one; how a gentleman will not lie or steal or do anything mean or dishonest; how he will not take advantage of anyone smaller or weaker than himself; how he can be trusted to do what is right, even when it would help him very much to do wrong, and nobody but himself need know about it, and what a fine thing it was after all just to know in his own heart that all the world could trust him.

It was a very sober little boy who trotted off to bed soon after that. He had made up his mind to be all that his father had said, which was rather a big thing for so small a boy to undertake, but he had an opportunity to try himself the very next day.

"Jack" said his mother, "I want you to stop at Mrs. Bates's on your way to kindergarten this morning and leave this little pudding for Jimmy. Be sure to ask how he is feeling today."

"Yes'm. I'll be glad to. Jack prided himself on his manners, and here was a fine chance to show them. How good the pudding smelled!

"If I only had a bite," he thought. "It isn't fair to give all the nice things to sick people."

Before he could get half way around the block he just had to raise the napkin and take a peep.

Oh, what a fat raisin right on top! Suppose he took it. Nobody need know. And, indeed there is no telling what might have happened to poor Jimmy's feast if Jack had not suddenly remembered what his father said about the gentleman. Down came the napkin, up went a small head, and an untouched pudding with a raisin in the top went safely into the Bates's

cupboard to wait till Jimmy's luncheon time.

"That Harris boy is the most gentlemanly little fellow in town," said Mrs. Bates, but Jack, of course, did not hear her. He was not thinking of his manners, anyway. He was feeling in his simple way how good it is to be trusted.—Child's Gem.

### Eczema Cured Three Years Ago

Best City Doctors Failed, But Cure Was Effected by Use of Dr. Chase's Ointment.



Mrs. A. T. Smith.

You apply Dr. Chase's Ointment for eczema and feel the benefit as if by magic. It may take some days to get the sores cleaned out and the healing process fully established, but from day to day you can see the old trouble gradually disappearing and know that you are getting rid of it.

Mrs. A. T. Smith, 1 Mt. Charles St., Montreal, Que., writes:—"I had eczema on my leg for four years, and tried many remedies and doctors in Montreal and Boston, without any benefit. I used three boxes of Dr. Chase's Ointment and was cured completely. This was three years ago. Since then I used Dr. Chase's Ointment for irritations and eruptions of the skin, and easily got rid of them with two or three applications. Dr. Chase's Ointment is a wonderful preparation."

Dr. Chase's Ointment, 60 cents a box, all dealers or Edmanson, Bates & Co., Limited, Toronto.