

TWELVE

TROUBLED WITH CONSTIPATION FROM 16 TO 20.

Constipation is one of the commonest ills of mankind, and one too often allowed to go unlooked after until some serious complication sets in.

If the bowels are properly looked after there will be no constipation, jaundice, sick or bilious headaches, heartburn, coated tongue, sour stomach, floating specks before the eyes, etc.

Milburn's Laxa-Liver Pills will keep your bowels so regulated that in no time the constipation will disappear entirely.

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

Glass of Hot Water Before Breakfast a Splendid Habit

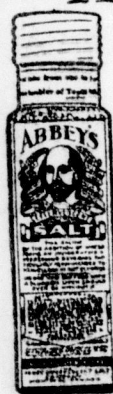
Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans waste and acidity, and gives one a splendid appetite for breakfast. A quarter pound of limestone phosphate will cost very little at the drug store, is soothed with biliousness, constipation, stomach trouble or rheumatism a real enthusiasm on the subject of intestinal sanitation.

R for Happy Smiles



Abbey's Effervescent Salt is usually recommended by the doctor. It's laxative effectiveness is not spoiled by griping pains. ABBEY'S is most palatable and gentle acting—a great friend of women and children. ASK YOUR DRUGGIST

ABBIE'S VITA TABLETS For Nerves and Blood—50 Cents a Box

Freckle Face

Now is the Time to Get Rid of These Ugly Spots.

Do you know how easy it is to remove those ugly spots so that no one will call you freckle-face? Simply get an ounce of othine, double strength, from your druggist, and a few applications should show you how easy it is to rid yourself of freckles and get a beautiful complexion. The sun and winds of March have a strong tendency to bring out freckles, and as a result more othine is sold in this month. Be sure to ask for the double strength othine, as this is sold under guarantee of money back if it fails to remove the freckles.

Oakey's (Limited)

EMERY CLOTH, GLASS, FLINT and GARNET PAPERS

IN SHEETS AND ROLLS

Genuine Emery

"Wellington" Knife Polish

SILVERSMITHS' SOAP, PLATE POWDER, ETC.

WELLINGTON MILLS

London, S. E. (1), England.

LUX

Won't harm anything that pure water may touch—Won't shrink.

That Son-In-Law of Pa's!
Pa'll Give Him Another Chance to Earn His Money

WHAT I'M ABOUT TO GIVE YOU IS CALLED THE 'SPLITTERFUSS MASSAGE'—I'M SURE YOU'LL FIND IT STUNNING!

AY DON'T ACCEPT NO CHARITY! AY WANT TO EARN DAS MONEY BY MY PROFESSION LIKE AY TOL YOU.

BY JOVEY HOW UNUSUAL! I SAY—I'LL SEE IF I CAWN'T GIVE YOU THE CHAWNCE?

AY-HE WONT ACCEPT MONEY THAT HE DOESN'T EARN—I WONDANED IF YOU WOULDNT GIVE HIM A CHAWNCE TO EARN A BIT.

I SHOULD SAY I WOULD! HIS KIND ARE FEW AN' FAR BETWEEN—SEND HIM IN!

DAS YONG FALLER SAY YOU BAN PROMISE TO LET ME EARN DAS MONEY AY BAN NEED BAD!

I CERT'NLY DID, AN' I'LL KEEP MY PROMISE WHAT CAN YA DO?

AY ONLY WORK BY MY PROFESSION LIKE AY TOL DAS YONG FALLER. TAKE OFF DAS VEST AND SHIRT, PLEASE.

HUH?

WHY YOU AINT TOOK OFF DAS SHIRT? YOU BAN GOIN' BACK ON DAS PROMISE?

B-BY JINKS, THIS GUY'S A NUT, SURE!

WELL, BY YIMMINY, AY DON'T LET YOU? YOU TAL ME I CAN EARN DAS MONEY, AND AY BAN GOIN' TA DO IT?

HELP!

NOW, YOU LAY DOWN ON DAS TABLE!

GOSH! I-I GUESS I BETTER HUMOR HIM!

S-SUFFERIN' CATS!

DERE? AY GUESS AY BAN EARN DAS MONEY, NOW?

G-SO THAT'S YER PERFESSION, IS IT? W-WHAT D'YA CALL IT?

AY BAN SWEDISH MASSEUR. JUST LIKE AY TAL DAS YONG FALLER. DAS BAN YENUINE SWEDISH MASSAGE YOU GET.

HM-M!

WELL—DON'T GO YET—I'VE GOT ANOTHER CUSTOMER FOR YA!

