

MAMMA! DON'T YOU SEE YOUR CHILD IS SICK, CONSTIPATED

Look at tongue! Move poisons from liver and bowels at once.

Mother! Your child isn't naturally cross and peevish. See if tongue is coated; this is a sure sign its little stomach, liver and bowels need a cleansing at once.

When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally, has stomach-ache, diarrhoea, remember a gentle liver and bowel cleansing should always be the first treatment given.

Nothing equals "California Syrup of Figs" for children's ills; give a teaspoonful, and in a few hours all the foul waste, sour bile and fermenting food which is clogged in the bowels passes out of the system, and you have a well and playful child again. All children love this harmless, delicious "fruit laxative," and it never fails to effect a good "inside" cleansing. Directions for babies, children of all ages and grown-ups are plainly on the bottle.

Keep it handy in your home. A little given today saves a sick child tomorrow, but get the genuine. Ask your druggist for a small bottle of "California Syrup of Figs," then look and see that it is made by the "California Fig Syrup Co."

INTELLIGENCE OF DOG FREES HIS MASTER

(Philadelphia Ledger)

Asleep in a cell in the Eleventh and Winter streets police station today were a poorly dressed man and a little white dog.

The dog was wet and cold and snuggled up closely to the prisoner. The turnkey noticed that the poodle frequently licked the hand of the man, who slept soundly with his arm tightly wrapped around the frail little body of the poodle.

The prisoner gave his name as John Haggert, and said he lived at Pennock and Poplar streets.

Patrolman Turner said he arrested Haggert last night at Twelfth and Arch streets. The dog answered the description of one which had been stolen from a society woman. Turner felt sure the poodle didn't belong to Haggert, and so he arrested him on suspicion.

Magistrate Grellis agreed that the evidence against Haggert was slim. "If you can prove the dog is yours," said the judge, "we'll let you go."

And even as the judge made the suggestion, "Kelly"—for that is the dog's name—whose instinct told him something was wrong, rubbed his damp little body against the prisoner's legs.

Haggert straightened up and stood like a soldier. "Kelly," he shouted, "stand at attention!"

The poodle stood on his hind legs with head up proudly.

"Show us how the Yanks chased the Germans," said Haggert. The poodle barked viciously and ran across the room with head bowed.

"Halt!" commanded Haggert.

Little "Kelly" stopped suddenly, stood on his hind legs, turned about face, and went to Haggert in short

LULLING MELODIES HER CURE FOR SHELL SHOCK

New York Girl in France Finds That Afflicted Men Take Most to Quiet Melodies and Lullabies—Miss Ayers Finds "Just a Baby's Prayer at Twilight," "Little Buttercup" and "Little Grey Home in the West" the Most Successful.

(New York Sun)

Paris, April 6—A woman's voice crooning "The Little Gray Home in the West" sounded beyond the closed door of the shell shock ward in a base hospital near one of the old camps.

"That's our only cure for shell shock," said the surgeon who was conducting a visitor through the hospital.

The song ended. After a pause came "Just a Baby's Prayer at Twilight," and then an old lullaby that thousands of mothers have sung to their children. A few thin masculine voices joined that of the woman. Then came the singer.

She was Miss Paula Lind Ayers formerly a concert singer in New York. She wore the uniform and insignia of an entertainer for the Y. M. C. A. in France, but the surgeon introduced her as song-physician to the shell-shocked doughboys of the A. E. F.

Singing them Back

For weeks Miss Ayers has been singing them back to normality—ever since the day when while singing at a hospital she ventured into a noisy ward of these nerve victims of the war and sang.

Her first stanza that day quieted all but three or four of the worst cases. After half a dozen songs a few of the men were joining in the chorus. It was the first time some of them had repeated words coherently since they were stricken.

The hospital staff wondered. The commanding officer requested Miss Ayers to visit the hospitals daily. She was asked to go to others in the region. Miss Ayers found that in every case the patients made immediate re-

TABLE OF WEIGHTS AND MEASURES.

4 teaspoons of a liquid equal 1 table spoon.
4 tablespoons of a liquid equal $\frac{1}{2}$ gill or $\frac{1}{4}$ cup.
 $\frac{1}{2}$ cup equals 1 gill.
2 gills equal one cup.
2 cups equal 1 pint.
2 pints (4 cups) equal 1 quart.
4 cups of flour equal 1 pound, or 1 quart.
2 cups of butter, solid, equals 1 lb.
 $\frac{1}{2}$ cup of butter, solid, equals $\frac{1}{4}$ lb. or 4 ounces.
2 cups of granulated sugar equal 1 lb.
 $2\frac{1}{2}$ cups of powdered sugar equal 1 lb.
1 pint of milk or water equals 1 lb.
1 pint of chopped meat equals 1 lb.
10 eggs, shelled, equal 1 pound.
4 tablespoons of flour equal 1 ounce.
8 eggs with shells equal 1 pound.
2 tablespoons of butter equal 1 ounce.
2 tablespoons of granulated sugar equal 1 ounce.
4 tablespoons of butter equal 2 ounces or $\frac{1}{4}$ cup.

jumps.

Even the magistrate applauded.

"You and your little army have won!" he said "and you're discharged."

"Attention!" commanded Haggert.

"Kelly" jumped to his hind legs.

"Forward, march!" said Haggert.

sponse.

Experience proved to the "Y" woman that certain songs had a more beneficial effect than others. She discovered that lullabies and quiet songs of sentiment were best to begin with—that they soothe the shattered nerves and brought something like tranquility.

The song cure for shell shock has been developed as she has gone on. She has learned to select and grade her numbers. And she has seen her work thus systematized carry boys rapidly toward recovery.

Ragtime Won't Do

"I have to begin with the softer, quieter melodies," Miss Ayers said. "Anything spirited, like ragtime, seems to frighten the patients at first, just as any loud noise frightens them. 'Just a Baby's Prayer at Twilight,' 'Little Buttercup' and 'The Little Gray Home in the West' are of the most successful type, together with lullabies of all kinds."

"I watch for signs of improvement and when it seems wise go on to other songs. And soon most of the boys are singing with me."

Psychiatrists of the university lecture halls call this treatment "musico-therapy." But this Y. M. C. A. entertainer just discovered it by accident while serving the doughboys over here.

WHEN UNRELIABLE GIRLS CAN BE RELIED ON

(Chicago News)

"You always get in wrong when you tell a girl anything," said the law student, lighting a cigarette and settling himself in the best chair in the room. "The only policy to pursue with women is the tight mouthed one."

"At times your progress astonishes me, my boy," said the medical student approvingly. "When you pass out remarks of such astuteness as that, I think you will be a man soon."

"They can't keep a thing," sighed the law student. "You know it presents a problem. A man has to talk when he's with them. But what subject is safe to talk about? You can't just sit like a clam on a log or whatever the animal is that is supposed to delight in sitting on logs. You have to let out a few bright snappy sayings occasionally."

"Naturally a guy has to talk about something. There's got to be some subject to discourse."

"Oh, I don't know," said the medical student. "Girl's hand out a line of talk without saying a thing."

"You know it," said the law student. "I was out on a party the other night and there was a girl there who was a peach at that stuff."

"There were three fellows in the bunch, and all evening she handed out this line just the way water runs out of taps in the kitchen sink."

"Girls can get away with that stuff, but wouldn't I look cute handing out a line like that. I have to have a little sense to the talk I hand them back. Not much, but just some foundation in fact."

"My trouble is that I don't go far enough. I shouldn't let a little thing like a foundation of truth annoy me, but I do. When I tell a yarn, I either ought to go the limit and make the whole thing up or else keep still. But instead of that I always dish up something that's half true, and can be identified afterward."

"I started handing this little girl back a line of talk. She asked me if I knew Bullyboy. She knew a girl that knew a girl that knew him, in a kind of dispirited way, as much as to say, 'Yes, I know him, but I can't pin any croix de guerre on him.'

"Bullyboy is a darn nice fellow. I don't know why I was feeling grouchy but anyway the girl bit. She didn't like Bullyboy, it seems, from something that this girl that knew the girl had told her. He was this, and he was that and I—merely wished to keep our relations friendly—chimed in."

Keep the Bowels Regular and You Won't be Sick.

If the bowels do not move regularly they will, sooner or later, become constipated, and constipation is productive of more ill-health than almost any other trouble.

The sole cause of constipation is an inactive liver, and unless the liver is kept active, you may be sure that headaches, piles, heartburn, biliousness, jaundice, floating specks before the eyes, and many other troubles will follow the wrong action of this, one of the most important organs of the body.

Milburn's Laxa-Liver Pills will regulate the bowels so that you will have a free and easy motion every day, and one pill a night for thirty days will cure the worst cases of constipation.

They do this by acting directly on the liver and making the bile pass through the bowels instead of allowing it to get into the blood, thus causing many stomach and bowel troubles.

Mrs. Jos. Labrec, Louise Apts., Calgary, Alta., writes:—"I have been troubled with constipation for the last two years. I have tried numerous treatments, but have never been relieved by anything until I used Milburn's Laxa-Liver Pills which are helping me wonderfully."

He do not claim that Milburn's Laxa-Liver Pills are a "cure-all," but we do claim that there is nothing better for a sluggish liver.

Price 25c. a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

ONLY THREE RECOGNIZED

Paris, May 5.—Only three of the hostages executed at Munich by the Communists before they were overpowered could be recognized. One of them was Prince Albert of Thurn and Taxis. Among the bodies which were unrecognizable were three that had been decapitated. They are believed to be those of the Countess Westharp, Councillor Dallarmi, who had been known as one of the Munich benefactors, and Prof. Franc Von Stuck.

was true, and that I paid her.

"Why I had to add this little touch of heroism on my part, I don't know. It was almost a true yarn, you know, only the question is, did I pay that poor sobbing landlady or didn't I pay her?"

"This girl thought it was a darn funny joke, and she did a goose step over to see this girl, who called up the girl that she knew, and now this girl is probably waiting for Bullyboy to tell him that he owes me \$60 for a bill his family probably settled months ago."

"Girls have no sense of discretion," sighed the medical student.

TIME FOR BAKING.

Beans—8 to 10 hours.
Beef—Sirloin, rare, per lb., 8 to 10 minutes; well done, per lb., 12 to 15 minutes; rolled rib or rump, per lb., 12 to 15 minutes; long or short fillet, 20 to 30 minutes.
Bread—Medium loaf, 40 to 60 min.
Cake—Plain, 20 to 40 minutes.
Biscuit—10 to 20 minutes.
Sponge Cake—45 to 60 minutes.
Chickens—3 to 4 lbs weight, 1 to one and a half hours.
Cookies—10 to 15 minutes.
Custards—15 to 20 minutes.
Duck (tame)—40 to 60 minutes.
Fish—6 to 8 lbs., 1 hour.
Gingerbread—20 to 30 minutes.
Graham Gems—30 minutes.
Lamb—Well done, per lb., 15 min.
Mutton—Rare, per lb., 10 minutes, well done, per lb., 15 minutes.
Pie crust—30 to 40 minutes.
Pork—Well done, per lb., 30 min.
Potatoes—30 to 45 minutes.
Pudding—Bread, rice and tapioca, 1 hour; plum, 2 to 3 hours.
Rolls—10 to 15 minutes.
Turkey—70 lbs., 3 hours.
Veal—Well done, per lb., 20 minutes

DEMANDING A SOVIET GOVT

Berlin, May 5.—A rebellion against the Coburg dynasty at Sofia is reported in a despatch received here. Sanginary fighting has been going on between government troops and revolutionists, who demand a soviet government. Ferdinand, former King of Bulgaria, is a member of the house of Sax-Coburg and Gotha.

CONTAGIOUS

It isn't only people who get choked up with flu;

I find that our old furnace gets all the symptoms too!

This modern life, complains the old fashioned reactionary, is just one darned performance of the impossible after another.

LIONESS VS. MOTOR CAR

An exciting encounter between a lioness and a motor car is described by The East African Standard. The affair happened in the outskirts of Nairobi while the driver of a six cylinder car was making a night journey. He suddenly noted a commotion in the bush beside the pathway, and the next instant, in the uncertain light cast by his lamps, the chauffeur saw the gleaming eyes of a wild animal which proved to be a lioness. Being unarmed, the motorist accelerated the car, meaning to have a run for his life. But the lioness took a mighty leap and landed right in front of the vehicle.

The car was doing about forty miles an hour, and in a second the collision came. After the impact the heavy car passed safely over the body of the animal. The impetus of the car carried it about fifty yards beyond the spot where the lioness lay growling, and before giving her any chance to recover from the blow the driver reversed his car and drove straight over her again. This time the growling ceased and the beast lay still. Then the car was driven slowly toward the lioness, and after making sure that she was quite dead the driver dismounted and vainly tried to load her into the car. Finding that this could not be done without help, he made his way to town, obtained the assistance of two friends and got the animal into the car.

GIRLS! MAKE LEMON LOTION TO WHITEN AND BEAUTIFY SKIN

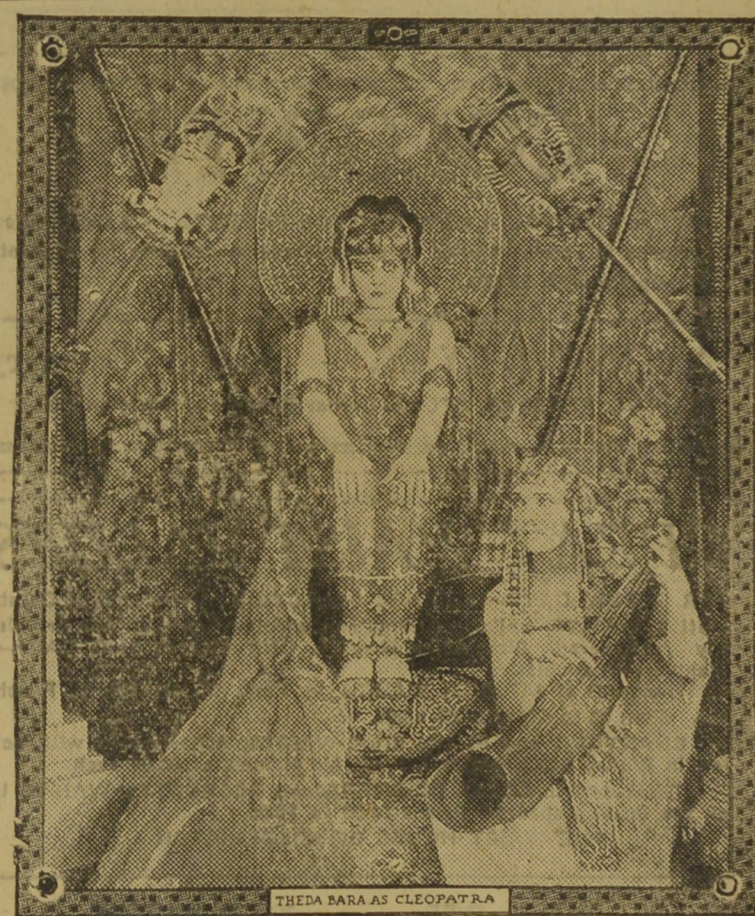
The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quarter pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, smoothener and beautifier.

Just try it! Get three ounces of orchard white at any pharmacy and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It naturally should help to soften, freshen, bleach and bring out the roses and beauty of any skin. It is simply marvelous to smoothen rough, red hands.

AUSTRIAN DELEGATES ARRIVE.

Paris, May 3.—An Austrian peace delegation has arrived in France. The delegates have been housed at St. Germain.

Again the annual temptation! Fish-worms come out of the ground and stand up and wriggle as seductively as a stage Salome. Get the hook!



William Fox presents THEDA BARA in the superb production CLEOPATRA at the Gem Theatre, Wednesday and Thursday, May 7 & 8

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