

WHAT A DOCTOR KNOWS ABOUT CONSTIPATION

There IS a way of overcoming the tendency to constipation. And here is how you can PROVE it.

The next time your bowels need any assistance, don't take the first laxative that comes to mind. Take one the Cascara. Just as effective as using force, and it's good for the system. Indeed, it helps make good blood. For Cascara is nothing but the bark of a tree. The Indians chew this bark, and live to an old age without a day's sickness.

What happens when you cascaraize the bowels? They will usually function longer time. Until you don't feel the need for SEVERAL DAYS. One need of any aid of my sort for weeks—more dose—no larger, and perhaps on-end.

So, the only habit you get from cascara is that of natural and normal regularity. How different from things one must usually repeat on the morrow! Cascara is the ideal laxative; and the familiar little candy Cascaret is doubtless its ideal form. Children beg for these tasty tablets, and many men and women wouldn't think of taking ANYTHING else for the purpose. And EVERY drugstore has them.

CASCARETS
They Work While You Sleep!

There was a shy young man who wanted to propose to his lady love but never dared. Finally he took her to his family lot in the cemetery and said: "Wouldn't you like to be buried here some day?"

A fence 16 miles long has reached completion in the Dakotas thus giving each of the farm politicians ample room in which to operate.

Jones—Beastly weather.

Brown—Horrible.

"How's the wife?"

"Oh, about the same."

Awful Pimples On Face and Neck For Four Years

Mrs. Mary Rail, Eganville, Ont., writes:—"I am writing to tell you that I suffered terribly with awful pimples, all over my face and neck, for four years.

I had tried everything, but got no relief until one day a friend told me about

**BURDOCK
BLOOD
BITTERS**

and advised me to use it. I used four bottles and my face is now completely clear of pimples."

Manufactured only by The T. Milburn Co., Ltd., Toronto, Ont.

WOMEN'S COLUMN

HOUSEHOLD HINTS

You will have brighter lights if your electric light bulbs are washed occasionally.

The white of an egg applied to burn or scald is most soothing and will cause the burn to heal quickly.

Don't twist, bend or tie the called cord attached to your electric iron. It is not a cord but two bundles of wires.

Run a knife around the core of an apple before putting it into the oven to bake. This will prevent the skin's bursting while baking.

When shoes are wet stuff them with tissue paper in the sun or in a dry room. Never dry shoes over a register or they will be hard and stiff.

When boiling ham, salt beef or tongue, which is to be eaten cold, you should leave the meat in the liquor until it is cold. The flavor is very much improved.

If cake is put into too slow an oven it often rises over the sides of the pan and is of very coarse texture. If put into too hot an oven it browns on top before it has sufficiently risen and in its attempt to rise breaks through the crust making an unsightly loaf. Cake will also crack on top if too much flour has been used.

MARSHMALLOW CREAM ICING

- 2 1/4 cups sugar
- 1 1/2 cups water
- 2 egg whites
- 2 teaspoons vanilla
- 3 teaspoons gelatine

Soak gelatine in 1/4 cup water. Place remainder of water and sugar on fire and boil until the syrup spins a thread (225 degrees F.) Add soaked gelatine and let stand until partially cooked, then add flavoring and beat until mixture is white and sticky. Whip the egg whites until stiff and mix with the marshmallow cream. Whip up with a fork before using for filling or topping of cakes.

ORANGE BREAKFAST SOUFFLE

- 3 eggs
- 1/2 tablespoon lemon juice
- 3 tablespoons powdered sugar
- 1/2 tablespoon butter
- 1 Orange

Peel the orange, removing as much of the white membrane as possible. Slice thin, cut each slice in halves and halves in quarters. Separate egg yolks from whites and beat egg yolks until lemon colored. Add sugar and lemon juice. Beat egg whites stiff

dry, fold in yolk mixture, add sugar and heap into a baking dish greased with melted butter. Bake gently until puffy and brown a moderate oven, 350 degrees F., for 30 minutes. This serves four persons.

OATMEAL MUFFINS

- 2 cups milk or buttermilk
- 2 cups rolled oats
- 2 tablespoons sugar
- 1/4 cup melted fat
- 1 egg
- 1 teaspoon soda
- 1/2 teaspoon salt
- 1 cup flour

Pour milk over oatmeal and let stand over night. In the morning add remaining ingredients. Bake 35 minutes at 375 degrees F. These must be eaten hot.

Lecturer—Allow me, before I close to repeat the words of Webster.

Fanner to wife)—Land sakes Maria let's get out; he's going to start on the dictionary.

How to Strengthen Any Stomach

POSSIBLY that sourness in the stomach is due entirely to an over-stimulation of gastric acid. A sour stomach isn't pleasant; and it isn't easy to excuse, when there is so simple a way to remedy it. To neutralize the harmful acid and put your stomach in good order take a little "Pape's Diapepsin"; after meals, or whenever the need is felt.

This fine remedy removes the cause of the trouble and promotes normal, healthy digestion. "Pape's Diapepsin" is sold by all druggists at 60 cents a package, and is the remedy which is recommended by millions because it gives immediate relief in all cases of difficult and painful digestion.

So, just be sure you provide yourself with "Pape's Diapepsin" today, so that stomach pain and digestive troubles need never worry you again. Or sour stomach cause you discomfort. This form of relief has helped many who thought their disorders could not be helped.

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to neglect
your
appearance

Beau
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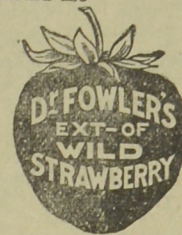
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DURING BABY'S TEETHING TIME

The Bowels Become Loose
Diarrhoea, dysentery, colic, cramps, etc., manifest themselves; the gums become swollen, and cankers form in the mouth. This is the time when the mother should use



and perhaps save the baby's life. On the market for 80 years. Price, 50c. a bottle at all druggists or dealers.



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**New Hair Style
from New York**

"I've so little time to myself," says Mildred Warshaw, lovely New York City girl who lives at 1353 42nd Street Brooklyn. "That's why it's been such a help to me to learn the new way so many of my girl-friends are doing their hair. Now I just put a few dashes of Danderine on my brush every time I use it. It makes my hair easy to dress and holds it in place. All I need is one shampoo a month, now. It stopped my dandruff, and my hair is always gleaming and silky. Instead of looking dull and stringy like it did before I started using Danderine." Danderine does more to bring out the natural color, the gleam and lustre of your hair, than any shampoo or treatment. It removes all the dust, grime and oily film from your hair—tones and refreshes your scalp—keeps dandruff away. All drug stores have the 35c bottles. Lovely hair and a healthy scalp for a few cents!