

# TORTURED BY CONSTIPATION

## "Fruit-a-lives" Cured Paralyzed Bowels and Digestion

ST. BONIFACE DE SHAWINIGAN, QUE., Feb. 3rd, 1914.

"It is a pleasure to me to inform you that after suffering from Chronic Constipation for 2 1/2 years, I have been cured by 'Fruit-a-lives'. While I was a student at Berthier College, I became so ill I was forced to leave the college. Severe pains across the intestines continually tortured me and it came to a point when I could not stoop down at all, and my Digestion became paralyzed. Some one advised me to take 'Fruit-a-lives' and at once I felt a great improvement. After I had taken four or five boxes, I realized that I was completely cured and what made me glad, also, was that they were acting gently, causing no pain whatever to the bowels. All those who suffer with Chronic Constipation should follow my example and take 'Fruit-a-lives' for they are the medicine that cures."

MAGLOIRE PAQUIN

"Fruit-a-lives" are sold by all dealers at 50c. a box, 6 for \$2.50, trial size, 25c. or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.

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Cambridge St. North of Fire Hall or all kind of Granite and Marble monuments, get prices and see designs.

I. CHAMBERS, Prop.

## HOW W. I. MAY HELP

Mr. Geo. A. Putnam Director of women's Institutes for the Department of Agriculture, has addressed a seminar to the different branches in reply to questions of how the institutes can help the Government in aiding a contingent to the war. Mr. Putnam urges contributions to a Canadian Red Cross fund, and suggests a supply of pillows, flannel shirts, handkerchiefs, cholera belts, socks and mending kits.

## DEATHS

PORTER—In Jackson, Mich. on Wednesday, August 19, 1914, Arthur Porter, brother of Mr. R. S. Porter, of Lindsay.

The people who are satisfied to put off till to-morrow generally put it off indefinitely.

# POINTERS TO PEOPLE WHO USE TELEPHONES

If some one could lay down a cut-and-dry code of telephone manners fewer discourtesies would pass back and forth between friends and neighbors every day. But the telephone is as yet a feebly new convenience. When it is as old a social institution as afternoon teas or saddle horses, there may be definite rules regarding its use.

Among both women and men telephone manners are bad. We make little effort, in fact to be courteous over the telephone. "Hello, who is this?" is the insistent call that comes over our wire day after day. The courteous thing to say, of course, is this: "Hello, is this 711 Main," and, if an affirmative answer is given, "This is Mrs. Blank, is Mrs. Brown at home?"

The method of most women—calling the number they want on the telephone and then rudely demanding the name of the owner of the voice that answers them—is reminiscent of an experience business men sometimes have.

One busy man was consulting with a very important business associate. He gave word to the office boy that he on no account could be disturbed. A man called to see him and heard the office boy's statement that Mr. X was engaged. The caller waited five minutes, and then, seeing no chance of getting an interview in the near future went to the switchboard, connected himself with the office of the man he wanted to see, and had his conversation over the phone.

The office boy, overcome with unaccustomed timidity at the visitor's "nerve," sat quietly by and thought of the scolding he would receive presently from his employer. He was not disappointed. The employer righteously angered at the boy for connecting him with any telephone call, would listen to no explanations, and the boy had to suffer for the man's rudeness.

A good way to greet the insistent demand on the other end of the wire as to who you are is to say, "This is No. 711," or whatever your number may be. Maids should be taught to answer the telephone in this same way.

Or they may say, "This is Mrs. Brown's residence." But it is better not to give your name over the phone until you know who has called you up. The person who has called you has taken upon herself the responsibility of giving her name first.

## Invitations and Regrets

The telephone invitation is so usual to-day that there is no use preaching against it. And, indeed, it is in no way harmful. It saves time, trouble and worry, and when answered it is in every way good.

But somehow we do not regard telephoning invitations with the same reverence we bestow on other invitations. Few of us would fail to keep an engagement which had been suggested to us by means of an extravagant invitation. Few of us would neglect a written invitation.

But many of us will say at the last minute, if we are too tired to feel enthusiastic about some sort of gathering to which we have been bidden by telephone. "Well, she got me on the phone; I'll just telephone her and tell her I can't come and she can get some one else on the phone."

Of course, a telephone invitation deserves just as much consideration as one engraved on gold, or a formal summons from a king.

## Love Making By Telephone.

Letter writing—love letter writing—has degenerated into a despised necessity to be made use of when one is without the zone—either geographically or financially—of the telephone, local or long distance. A fluttering "Hello" travelling over hundreds of miles of wire now produces more ecstasy in the many breast than did the old fashioned scented note, written on pink paper and filled with pressed forget-me-nots and heart-ease. And the maiden heart too, is stirred more quickly by the thought that some body cared enough about her to spend \$5 on a telephone call from the ends of the world than it is by the sight of a pile of letters two inches high.

There is no use bewailing this sad state of affairs. Doubtless Cupid can balance on a wire as well as he can hide in a scented envelope.

But, seriously, many men and maidens too, take unfair advantages of their privilege of using the telephone. A girl will telephone a man and interrupt him thoughtlessly, perhaps in the middle of an important contract which he is trying to put through, or a man will call a girl on the telephone and corner her with questions as to her engagements and her willingness to make engagements. He will be far more persistent and insistent than he ever would dare to be if he were talking to her face to face. Yards and maybe miles of wire stretch between them, and give him confidence and, to a certain extent, rudeness.

# TROOPS POURING INTO VALCARTIER ARRANGING TRANSPORT ACROSS SEA

Ottawa, Aug. 20 — Extra orders were issued tonight that all the troops of the Dominion should be moved rapidly, especially those from the west, as they have a longer distance to come. Everything is now ready at Val Cartier, and thousands of troops are steadily streaming there. With the despatch of the troops to Val Cartier now under way the Minister is devoting his attention to their transport across the Atlantic and a further meeting of the representatives of the large steamship lines was held in the Minister's office to deal with this matter.

Quebec, Aug. 20—Col. Victor Williams, Adjutant-General, has arrived to take over the mobilization camp, and preparations are complete for the reception of between four and five thousand troops tomorrow.

All day long tomorrow the troop trains will pour their passengers into the little station in the cup of the Laurentian Mountains, which has within the short space of a fortnight been transformed from the drowsiness habitual to it heretofore into a scene of activity.

Motor lorries, big transport wagons and every kind of modern conveyance have changed the aspect of

the countryside, and the activity apparent everywhere is such as has never been before displayed at any military camp in Canada.

Four miles of pipe have been laid from the camp to connect the intake at the river which bounds the camp on its left flank and the other four are distributed. White and neat, hundreds of tents are waiting, ready to receive the incoming volunteers. Roads have been made, Hospital, ordnance stores, sheds of all descriptions, are springing up. Staff officers, contractors, army service and transport men, and all who are in authority, hustle from place to place and visit the many gangs at their work.

It will be an ideal camp in many ways. No rain is likely to bother the men much, as the dry, sandy soil will drain it in at once.

Of the men now in camp all seemed to have been benefited by their brief stay there. Everyone has a good healthy tan and they seem happy and contented enough. This is no mere instruction camp. It furnishes all the essentials to satisfy its object, that is, to turn out well-trained soldiers that will be well and hardy.

# TWELVE THOUSAND AT VALCARTIER AN IDEAL SPOT FOR TRAINING

Valcartier Military Camp, Que., Aug. 23—Canada's fighting machine is rapidly being assembled. All yesterday and today troop trains have been arriving from every part of the Dominion and tonight there are twelve thousand men under canvas. Despite heavy rains which fell for the greater part of the day, the work of the camp went on unceasingly, and the downpour interfered only with the church parade, which was one of the picturesque features of the day.

COL. HUGHES PLEASED  
Col. Sam Hughes, Minister of Militia, paid a flying visit to Valcartier this morning, leaving again for Ottawa about noon, after making a hurried inspection. The Minister was greatly pleased with the manner in which the organization work is going forward. "Everything is going on finely," said he. "The camp is in excellent shape and in good hands under Col. Williams." It is understood Col. Hughes will visit the camp again about Tuesday.

IT BEATS PETAWAWA CAMP  
There has been nothing like Valcartier camp in Canada before, the nearest approach to it being Petawawa, where some twelve thousand men received training several weeks ago. Between twenty-five and thirty thousand men are to come to Valcartier, which is located quite conveniently to the point of embarkation of the Canadian contingent, being only sixteen miles northwest of Quebec City, on the line of the Canadian Northern Railway.

AN IDEAL SITE.  
A military point of view of the site of the camp is an ideal one. For tactical exercises it is all that could be desired, as there is a variety of country. All about the great plateau, upon which the thousands of tents have been pitched, rise the wooded foothills of the Laurentians. From a medical point of view Valcartier could not be excelled as a site for a military training ground. There is an ample supply of pure drinking water, and the ground upon which the men have to sleep is splendid.

EXCELLENT TYPE OF MEN  
The most notable feature of the camp, however, is the excellent character of the men who are coming forward to fight for the Empire. The volunteers who have been arriving during the past few days are a well-set-up lot, and their spirit is described as excellent. If there have been any discomforts they have put up with them without a murmur. There has been no grumbling. These men mean business. They have not come here for an outing. They have come determined to fit themselves for a hard campaign in Europe, and there is no time for tomfoolery. It seems altogether probable that several thousand more men will come here than are needed for the first contingent, and there will be a weeding out process. Each man will have to pass a thorough examina-

tion, not only by a doctor, but also in a military way.

EXCELLENT WATER SUPPLY  
The source of water supply is the Jacques Cartier river. The pumps, with a capacity of a million and a half gallons a day, were set working on Friday, and there are numerous shower baths. Dr. G. G. Nasmith, of the medical health department, Toronto, on a Saturday took samples of the water, which the authorities have asked him to analyze.

FIVE THOUSAND ARRIVE IN TWO DAYS  
Ten special trains arrived today bearing 3,710 men, mostly from points in Ontario; 1,500 came on Saturday, and it is expected that the arrivals from now on will average about two thousand men daily until the strength of the camp has reached between twenty-five and thirty thousand. Not many are due tomorrow, but the ranks will be greatly increased on Tuesday by the arrival of some of the large Montreal regiments.

The 48th Highlanders of Toronto will not be here until Friday. The first western troops to reach camp will come on Tuesday, and these will include 973 from the city of Calgary alone. More than a thousand men are expected from Vancouver. The 12th York Rangers, the 36th Peel, and the cavalrymen who left Toronto last Thursday are beginning to feel quite at home now, although the anti-typhoid vaccine with which they were inoculated before leaving Toronto disturbed them for a longer time than was anticipated.

The Queen's Own, the Royal Grenadiers, the 9th Mississauga Horse, and the Engineers, all of Toronto, were among the arrivals this morning. The Queen's Own so far holds the camp record for strength, numbering 802 men. The experience the Queen's Own gained when they went to England several years ago stood them in good stead. This was especially noticeable at dinner time, as the cooks had their kitchens rigged up a few minutes after reaching camp, and not only were they able to feed their own men, but coffee was handed out by them to several hundred other men, who arrived by special train.

Children Cry FOR FLETCHER'S CASTORIA

# GROCERY MARKETS STILL UNSETTLED

It cannot be said that the conditions in the grocery markets have improved during the week; in fact there have been several factors which have operated to put a more serious complexion on the situation. But at the same time the state of chaos has been improved in that there is something more like a basis to work upon; this has come following the first effects of a shock which paralyzed trade. Conditions such as existed a week ago could not continue. It is not that things have become more settled, but that they have become more unsettled than unsettled. There is not quite so much evidence of a panic.

Humanity has again proven that it can adjust itself to changing conditions and we are beginning to accept the war as a fact rather than a fear.

And the developments of the week have been a victory for the full influence to a large extent. There have been further increases, and there have been some of the quotations which have settled to some extent, as the result of the better opportunity to work out the actual increases in costs. This indicates that advances were made too rapidly, but on the other hand there has been a material increase from the low level which was being maintained by some of the houses, despite advances.

## THE FREIGHT RATE SITUATION.

The factors that have added to the seriousness of the situation are many. First and foremost there is of course the European situation and the prospects that it is to be a war of greater magnitude than the world has ever seen; its duration is very much problematical. Then there has been the course which has been taken by the steamship companies who have withdrawn their trans-Atlantic rates, with the statement that freights will only be announced when and where sailings can be made. Serious, too, is the attitude of England and other countries, in maintaining their embargos on foodstuffs, for there are a number of commodities which are thus held up. Nearly all our tea comes from London; much rice also comes through that port; English jams, pickles, etc., will be kept "at home." French vegetables and other lines from that country will be shipped no more, and there are many other imported foodstuffs which will be detained by embargos and the suspension of sea traffic or will be liable to seizure in the event of their being shipped. In addition there is the high war risk which looks as if it would be on a basis of five per cent., and the almost prohibited cost of exchange. With such conditions the attitude of the high price man in many lines would appear to be fully justified.

Then with regard to our own foodstuffs. Flour mills are working to capacity, and although there is no export business in the usual way the millers have orders sufficient at the present time to keep them going night and day for a couple of months. This condition applies to other foodstuffs and when these commodities commence to go forward, it may be expected that the prices will advance.

## NO SHORTAGE EXPECTED IN STAPLES

The world price for staple foodstuffs will advance and we will have to pay the price here as well as the countries abroad, but we need not fear a shortage. The same argument applies with regard to canned goods, vegetables, fruits, salmon, etc. Our consolation is that in the first place we will be able to provide for ourselves and again the benefit of the higher prices should prove a boon to the agricultural interests—and Canada is firstly an agricultural country.

The sugar market is very much upset and there is a spread of a cent a pound between the prices quoted by the refiners—what the grocer pays depends on what he thinks it is worth to him, although there are some of the wholesalers who are staying with the basis of a week ago and refiners are holding down to fill their old orders, although they could get an advance of a cent a pound in New York.

No commodity has been more affected during the week than tea. Last week one of the large package tea houses did not look for an advance in prices—a couple of days later there was an advance of ten cents a pound all round. The embargo had not been lifted. The markets at Calcutta and Colombo are practically closed. Wholesalers have put the prices of bulk teas up from 6c. to 10c. a lb. In European fruits and nuts prices

# Fall Wheat FOR SEED

Have excellent stocks of several of the best varieties on hand. Also FALL RYE COAL, CEMENT, SALT, etc always in stock.

# HOGG & LYTLE Limited Mariposa Station

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and making your choice of what it will be A Beautiful Player Piano and in what style? A High Grade Piano and in what make and style? A First Class Organ and in what case and price? A Victor Victrola and large range of records? Your choice of 4 Best Makes Sewing Machines and at very Right Prices and terms of payment when necessary.

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# CHAIRS

--for any room in the house-- for people with all sorts of chair-whims.

Priced to sell to people who would "wait awhile" if the prices were not extremely low. Come in and have a look.

# Anderson & Nugent

## "GLORIOUS WAR"

"O you of the eagle crown! Here is your royal title of grain—all six-foot stalks cut down!"  
Where the gray windmill's fingers wrote "Sweet peace" against the sky And the glad bird's full-hearted note Joined with the choir on high, The semaphore swings o'er the cot, The singing bullets fly!  
The dust lies deep on the village where the children a-hunger creep, And all the summer tillage fair is the flies that the spiders reap! For the men have followed the trumpet's blare and the women wait and weep.  
Lo! as the Kings their lances thrust, As knights of good disguised, Across the homes men prized, Their breaths become a deadly gust O dust of heartstones dead! O dust Of white souls pulverized!  
Go clink us your swords, O Emperor! In your fervor misbegot! Let loose your ravenous wolves of war, fed fat on an army shot! But a mother stands by her broken door and weeps, "They die—for what?" —John O'Keefe in N. Y. World.  
In spite of the law of average it is much more unusual to see a man shot than to see two men half shot. It's a good thing that poetry is no crime or half the world would be in jail.  
Come, roll us the drum, O Czar, O Czar, till the wolves in the sheepskins roar!  
But never dream that your troops can bar one shape from your palace door.  
The Mother of all the mothers that are cries, "Kill my sons no more!"  
"We go to war!" cry out the kings, And down the mad world's side There springs the deadliest of things, Fiery-sworded, fiery-eyed— The vulture goddess, whose red wings A young lamb's heart has dyed!  
O Kaiser! Lord of the million guns! Come list, at the peasant's cot, A mother wails for her darling ones with the battle fever hot;  
"O King! You call for my sons, my sons to go to their death—for what?"  
The fair, fresh fields are crying out, "Shall now our scythes be knives? Shall the red rain that comes with rout Fall till its harvest thrives? Shall God's green grass be dead of drought And our black crop be lives?"  
And out of the deeps of a sister's pain, in the battered wreck of a town, The cry shrills ever across the slain,