

FRESH CAUGHT

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HALIBUT,
WHITE FISH,
TROUT and
LIVE LOBSTERS

DOMINION FISH CO.
63 BROCK ST. PHONE 250

**Motor Boat
Supplies**

Flash Lights
and Batteries.

Spark Coils Repaired.

Halliday Electric Co.

In the eyes of a silly girl, clothes
make a mighty poor specimen of a
man look like the real thing.

**TORTURED FROM
BABYHOOD**

"Fruit-a-lives" Cures Constipation



MISS E. A. GOODALL
EDMONTON, ALTA., Nov. 20th, 1911
"I have been a sufferer since baby-
hood from that terrible complaint,
Constipation. I have been treated by
physicians, and have taken every
medicine I heard of, but without the
slightest benefit. I finally concluded
that there was no remedy in the world
that could cure Constipation.
About this time, I heard about "Fruit-
a-lives" and decided to try them. The
effect was marvellous.
The first box gave me great relief, and
after I had used a few boxes, I found
that I was entirely well.
"Fruit-a-lives" is the only medicine
that ever did me any good and I want
to say to all who suffer as I did—"Try
this fruit medicine and you will find—
as I did—a perfect cure."
(Miss) E. A. GOODALL
"Fruit-a-lives" is the only medicine
in the world made of fruit and the only
one that will positively and completely
cure you of Constipation.
50c. a box, 6 for \$2.50, trial size, 25c.
At all dealers or sent on receipt of price
by Fruit-a-lives Limited, Ottawa.

RUSSIA AND JAPAN

RUSSIA AND JAPAN LOOK FOR
SPOILS IN THE FAR EAST.

Japs Show Remarkable Capacity for
Managing. Railway They Took
Over.

Peking, China, July 31.—Fourteen
years ago Russia secured from China
a lease on the Manchurian Eastern
railroad, and the right to build a rail-
road, extending across Manchuria,
from the Trans-Siberian railroad, to
Port Arthur on the Gulf of Pechili.
The completion of this railroad gave
Russia an ice-free port on the Yellow
Sea and made her the paramount power
in far eastern politics. Encouraged
by her successes, Russia adopted a
policy which became dangerous to
both China and Japan. She stationed
troops all along the Chinese Eastern
railroad and began to make plans for
the occupation of Korea.

This brought on the Russo-Japan-
ese war, which resulted in Japan's
taking Russia's place as the para-
mount power in far eastern politics.
Japan by right of conquest secured
Russia's lease on Port Arthur and the
southern half of the Chinese Eastern
railroad, and was placed in a position
to annex Korea. She also succeeded
to all mining and timber rights in
South Manchuria. The Russians had
received from the Chinese.
The Russo-Japanese war settled the
fate of Korea, but not that of Man-
churia. Before that war China's sov-
ereignty in Manchuria had been threat-
ened by Russia alone; since that
war it has been threatened by Japan
and Russia. These nations are to-day
facing each other on China's soil very
much as they did during the war pre-
ceding the treaty of Portsmouth, which
ended the Russo-Japanese war. That
treaty, which divided China in Man-
churia, virtually divided the province into two
protectorates—the northern, dominated
by Russia, and the southern, by Japan.
The military forces which these two
nations maintain in Manchuria are, to
be sure, not on a war footing, but they
are sufficiently large enough to cause
anxiety to China and to every nation
interested in the maintenance of China's
integrity and the open door principle.
Since the war both Russia and Japan have
expended enormous sums of money in
strengthening their military and economic
hold on their respective spheres in
Manchuria. Harbin is a flourishing
Russian city, while Mukden swarms
with traders and soldiers of the
Danippon.



THE BLACK AND WHITE HAT BRIGHTENS A DARK COSTUME.

A simple trottier frock of serge, suitable for traveling wear, may be brightened for special occasions with a contrasting hat and collar to match. In this case the collar is of heavy macrame lace and the black hemp hat is trimmed with a white ostrich pompon and a soft white feather wreath. These very soft hemp straws are exceedingly fashionable this summer, and most of them settle well down over the hair, have flexible tan o' shanter crowns, white silk gloves with black embroidered dots on the long wrists complete a cool summer beach costume.

ment of China's suzerainty in outer Mongolia. This statement of policy conformed in every particular with that which high Russian officials in Peking had given.
A careful study of the chess board of far eastern politics in the light of Sazanoff's speech can lead to but one conclusion, namely, that Russia has concluded that any gain which she would make by annexing outer Mongolia, would be more than offset by counter moves which Japan would be sure to make in such an eventuality. By giving up her projects in outer Mongolia she hopes to secure the support of her powers in preventing Japan from securing South Manchuria and inner Mongolia.

TONIC TREATMENT FOR THE STOMACH.

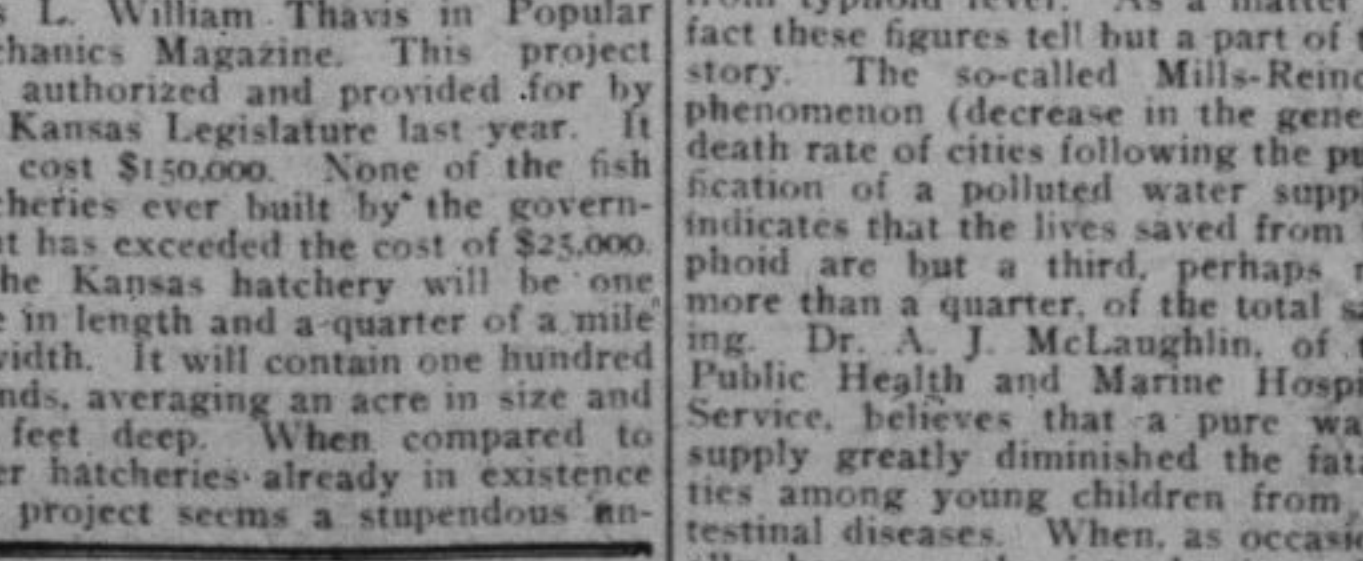
The Modern Method Most Successful in Treating Indigestion.
The old-fashioned methods of treating indigestion and stomach trouble are being discarded. The trouble with the old-fashioned method was that when the treatment was stopped, the trouble returned in an aggravated form.

The modern method of curing indigestion and other stomach troubles is to tone up the stomach to do its normal work. Every step toward recovery is a step gained, not to be lost again. The recovery of the appetite, the disappearance of pain, the absence of gas—all are steps on the road to health that those who have tried the tonic treatment remember distinctly.
Dr. Williams' Pink Pills are a tonic medicine, every constituent of which is helpful in building up the digestive organs, and is, therefore, the very best remedy for chronic cases of stomach trouble. The success of the treatment is proved by thousands of cases like the following. W. W. Swain, Grand Valley, says: "I had a severe case of my mother had stomach trouble from which she got no relief whatever until she began the use of Dr. Williams' Pink Pills. She was treated at different times by three doctors but their efforts did not avail. Then she was advised to try an electric belt, but it proved worthless. She suffered much during this time and food became distasteful. The trouble also affected her nerves and her general health was on the verge of a breakdown. One day a friend who was in asked her to try Dr. Williams' Pink Pills. Without very much hope, she took a few pills, and was completely cured. She is now a healthy and strong woman, and is never bothered with her stomach in any way. I hope this statement will bring relief to other sufferers."
Who experiment with medicines of doubtful value when you have but the positive evidence of the benefit following the use of Dr. Williams' Pink Pills? Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

The World's Largest Fish Hatchery.

The largest and most elaborate fish hatchery in the world is now in process of construction at Pratt, Kan., says L. William Thavis in Popular Mechanics Magazine. This project was authorized and provided for by the Kansas Legislature last year. It will cost \$1,000,000. None of the fish hatcheries ever built by the government has exceeded the cost of \$250,000. The Kansas hatchery will be one mile in length and a quarter of a mile in width. It will contain one hundred ponds, averaging an acre in size and will be deep. When compared to other hatcheries already in existence this project seems a stupendous one.
It is often assumed that the value of an improved water supply is measured by the decrease in the death rate from typhoid fever. As a matter of fact these figures tell but a part of the story. The so-called Mills-Remick phenomenon (decrease in the general death rate of cities following the purification of a polluted water supply) indicates that the lives saved from typhoid are but a third, perhaps not more than a quarter, of the total saving. Dr. A. J. McLaughlin, of the Public Health and Marine Hospital Service, believes that a pure water supply greatly diminished the fatalities among young children from intestinal diseases. When, as occasionally happens, the introduction of a pure public water supply seems at first to have no effect in reducing the general death rate, or even that from typhoid itself, it should be remembered, says Dr. McLaughlin, that water-borne contagious diseases furnish an uncertain element in the mortality statistics, which may in any year, or even during a period of years, render conclusions regarding the value of any single improvement in public sanitation of little value.

CAT'S PAW RUBBER HEELS



Tread softly—Step safely.
CAT'S PAW RUBBER SOLES
Embodiment of the patented features of Cat's Paw Heels.

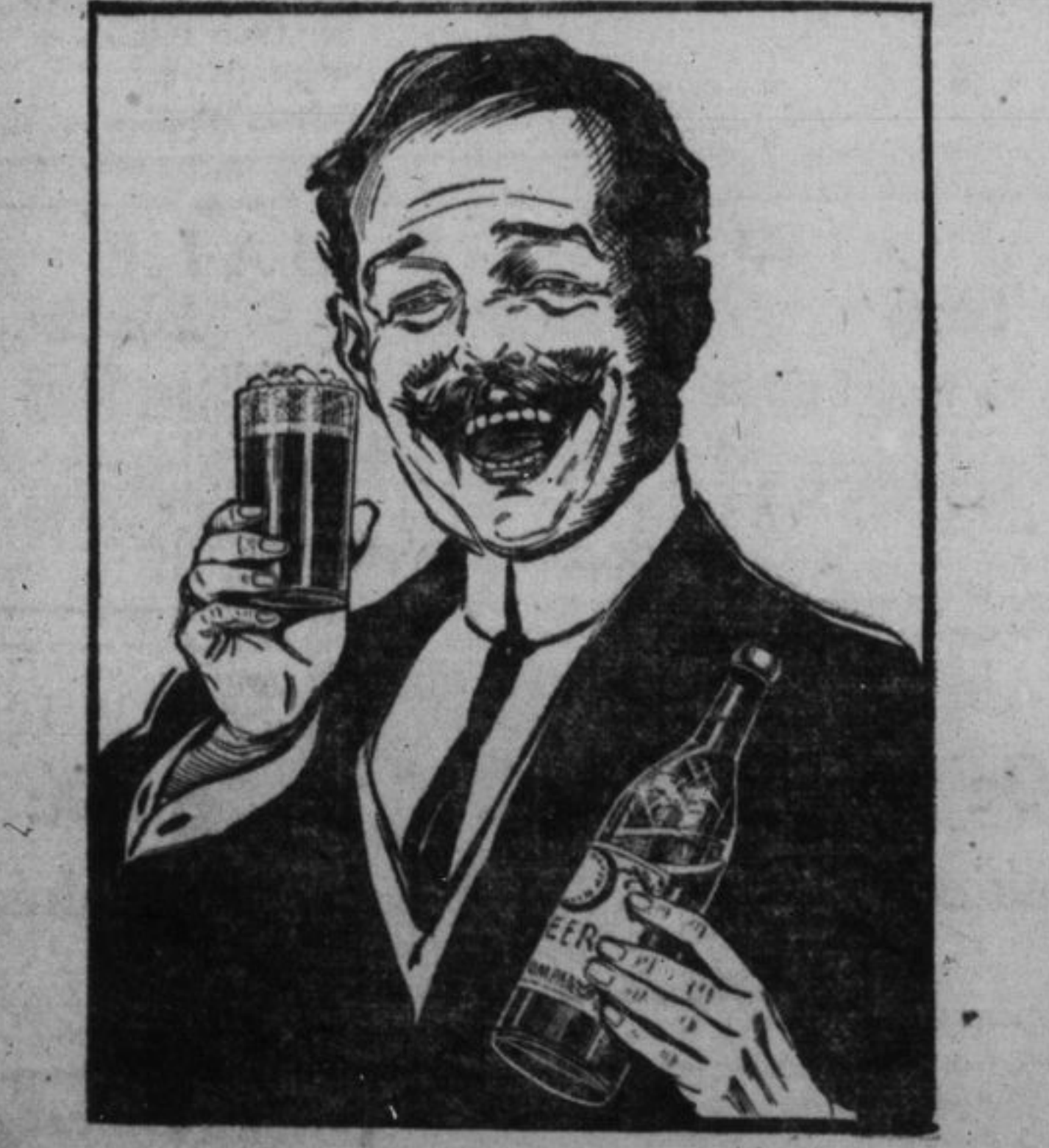
MAGIC BAKING POWDER
INSURES PERFECT BAKING RESULTS
CONTAINS NO ALUM
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E.W. GILBERT COMPANY LIMITED TORONTO, ONT.

Every Eddy Match is a Sure, Safe Match
It is made of first quality materials by skilled workmen and mechanically perfect machines, and carries with it the Eddy guarantee that it's a sure light.
ALWAYS make sure you are well supplied with Eddy's matches because "If you're sure they're Eddy's, you're sure they're right."
EDDY'S matches are always full M.M. count—good dealer everywhere keep them.
The E. B. EDDY COMPANY, Limited
Hull, Canada. Makers of Paper, Paper Bags, Toilet Paper, Tissue Towels, etc.

THE PROBLEM SOLVED
AVOID OPERATIONS—ALWAYS A LAST RESORT
This is the age of operations, but an operation is submitted to always at a last resort.
Women are subject to operations more frequently than men. If every girl and woman would keep her physical condition in a healthy state there would be fewer operations.
NATURE DOES WONDERS
How quickly one responds to her reserve strength after a severe illness—from a weak, tired and bloodless being, with time and care the reserve strength comes forward and health returns. ALAS! THIS PRESENT AGE with its worries, strains and excesses leaves many a woman in a condition where nature's reserve force does not get a chance to assert itself. She is almost constantly under strain or excitement and when ill-health comes she has not the time or means to rest and recuperate her strength. What is the result? She is pale, anaemic, becomes run-down and puts in an existence of misery. Sometimes the trouble affects the pelvic organs, and she suffers from pains and irregularities which undermine her system. She becomes discouraged. These are
THE ONES WHO SUBMIT TO OPERATIONS
simply because nothing else helped them. It is a last resort.
There is one remedy which every girl and woman should try before getting into such a run-down or diseased condition—RESTORATONE TABLETS. These tablets are especially adapted for girls and women, giving prompt and lasting benefit in Anaemia, Nervousness, Indigestion, Palpitation of the Heart, Headache, Female Troubles. Restoratore Tablets act on the blood and nervous system, and stimulate the reserve strength to act. They regulate and strengthen the pelvic organs, curing pains and irregularities, bringing these organs to a natural healthy state in a short time.
THEY GET AT THE CAUSE OF THE TROUBLE and offer prompt and gratifying relief. They overcome local conditions by promoting the activity of special organs, and increase the general vitality of the body.
A trial of one box will convince you. Do not delay. Restoratore Tablets are for sale at your druggist's—50 cts. a box, 6 boxes for \$2.50, or cheerfully sent postpaid to any address on receipt of price by addressing
THE RESTORATONE CO., Limited
TORONTO, CANADA.

Shredded Wheat
A Boon to the Housekeeper—
Kitchen worries and cooking problems vanish from the home where
SHREDDED WHEAT
is known. It is ready-cooked and ready-to-serve. It contains all the rich body-building material in the whole wheat made digestible by steam-cooking, shredding and baking. You can prepare a warm, nourishing meal in a few moments by heating the biscuit in oven to restore crispness and then pouring hot milk over it. Also wholesome and delicious with stewed or canned fruits.
Made of Choicest Selected Canadian Wheat
A Canadian Food for Canadians
Made by
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Niagara Falls, Ontario
Toronto Office:
49 Wellington Street East
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CHEW KING GEORGE'S NAVY PLUG
For Sale Everywhere
THE ROCK CITY TOBACCO CO. LTD. QUEBEC



"It's Labatt's"
Once you taste Labatt's Beer you will never be satisfied with any other. You'll find that the sparkling, delicate flavor of Labatt's is unequalled.
Labatt's costs no more than the ordinary brands. Order today, from your dealer or direct from the brewery.
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