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never be satisfied with any other. You'll

find that the sparkling, delicate flavor of

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ary brands. Order today, from your dealer

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James McParland Agent, 339-341 King St., East

"Fruit-a-lives" Cures Constipation



EDMONTON, ALTA., Nov. 20th. 1911 "I have been a sufferer since babyhood from that terrible complaint, Constipation. I have been treated by 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-tives" 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-tives" 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 findas I did-a perfect cure'

(MISS) E. A. GOODALL "Fruit-a-tives" 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-tives Limited, Ottawa.

RUSSIA AND JAPAN LOOK FOR SPOILS IN THE FAR EAST.

Japs Show Remarkable Capacity for Managing Railway They Took

Pekin, China, July 31.-Fourteen years ago Russia secured from China a lease on Port Arthur for twenty-nye years, and the right to build a Tailroad, extending across Manchuria, from the Trans-Siberian railroad, to Port Arthur on the Gulf of Pechili. The completion of this railsoad gave Russia ansice 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. A -.

This brought on the Russo-Japanese war, which resulted in Japan's taking Russia's place as the paramount 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 physicans, and have taken every to all mining and timber rights in medicine I heard of, but without the South Manchuria, which the Russians had received from the Chinese.

The Russo-Japanese war settled the fate of Korea, but not that of, Manchuria. Before that was China's sovereignty in Manchuria had been threatened 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 truce preceding the treaty of Portsmouth, which ended the Russo-Japanese war. That treaty, while acknowledging the sovereignty of China- in Manchuria, 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

The Japanese have shown a remarkable capacity for organization in their management of the southern way, which they took over from the Japan from securing South Man-Russians. They have entirely reconstructed this railroad and have named it the South Manchuria railway. It is TONIC TREATMENT by far the best failroad in all Asia. By the construction of the Antungthe South Manchurian with the Korean railways. This has placed them in a position to strike at Manchugia along two converging railway lines, I namely, the Port Arthur line and the lare being discarded. The trouble with

Autung-Mukden line. built mainly for military purposes they serve in time of peace as arteries of trade for Japan's economic conquest of South Manchuria. The Japanese steamship lines being highly to tone up the stomach to do its nor Japanese merchants as to place those

which Japan has already acquired in is helpful in building up the digestive from London described the wonder's South Manchuria, it is not surprising organs, and is, therefore, the very best of Professor Bone's invention, which that many leading Japanese states- remedy for chronic cases of stomach as a matter of fact, had been invented men have advocated the annexation of trouble. The success of the treatment cieven years before in the city of South Manchuria. Foremost among is proved by thousands of cases like New York. This last resurrection these is Mr. Tomizu, member of the the following. W. W. Swain, Grand seems to have aroused the experts Japanese parliament. He is a man of Valley, Ont., says: "For several years and the facts are now so thoroughly great influffence. In 1904 he was one my mother had stomach trouble from ventilated that the discovery is no of the seven professors who advocat, which she got no relief whatever until likely to be remade, in the near ed the war with Russia. About two she began the use of Dr. Williams' ture at least. months ago Mr. Tomizu wrote a mag- Pink Pills. She was treated at differazine article in which he advocated ent times by three doctors but their the immediate annexation of South efforts did not avail. Then she was ad-

foreign students of the far east, said many who prophesied that Japan and I spheres in Manchuria under the pretext of maintaining order.

The activities of Russia and Japan have not been confined to Manchuria: Their merchants and political agents bring relief to other sufferers." have pushed into Mongolia and have courted the friendship of the descendants of the khans. Russia has been singularly successful in outer Mongolia, while Japan has devoted her attention to inner or southern Mongolia. When the outer Mongolians declared their independence last December, it was generally believed that they did so instigated by the Russians. When, a few days later, the Russians government informed the The largest and most elaborate fish Chinese that she would not consent | batchery in the world is now in proto China's sending any armies or col- cess of construction at Pratt, Kan., onists to outer Mongolia the convic- | says L. William Thavis in Popular tion became fixed in the minds of Mechanics Magazine. This project many observers that Russia was plan- was authorized and provided for by ning to annex outer Mongolia. It the Kansas Legislature last year.

both Manchuria and Mongolia. date of the annexation of Manchuria mile in length and a quarter of a mile and Mongolia there was a volte face in width. It will contain one hundred in Russia's far eastern policy. With-out any apparent reason Russia sud-six feet deep. When compared to denly announced that she had no ul- other hatcheries already in existence terior motives with regard to Mon-1 this project seems a stupendous angolia. This attitude was announced not only by the Russian minister in Pekin, but by the Russian minister of CATS PAW speech to the Duma on April 26, he spoke strongly against the establishment of this territory as an independent buffer state. He pointed out the unfitness of Mongolia for independ-ence and stated that it would be Russia's policy to mediate between the Chinese and the Mongolians with a view to bringing about an arrange-ment which would lead to a reinstate-



THE BLACK AND WHITE HAT BRIGHTENS A DARK COSTUME A simple trotteur 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 yery soft hemp straws are exceedingly fashionable this summer, and most of themthat settle well down over the hair. have flexible tam o' shanter crownsWhite silk gloves with black embroidered dots on the long wrists complete a cool summer beach cos-

conformed in every particular with a dozen or more acres of water.

A careful study of the chess board tion of a concrete dam, 500 feet long, of far eastern politics in the light of across the Ninnescah river, which will Sazanoff's speech can lead to but one furnish a suppyly lake of ten acres conclusion, namely, that Russia has Water from this lake will be carriedin Manchuria. Harbin is a flourish- concluded that any gain which she to the hatchery nearly three miles l ing Russian city, while Mukden would make by annexing outer Mon- distant, through 21-inch pipes, which swarms with traders and soldiers of golia, would be more than offset by connect separately with each individcounter moves which Japan would be ual pond. The system also includes sure to make in such an eventuality. 190 sluice gates, 94 concrete struc-By giving up her projects in outer tures, 300 galvanized wire-mest Mongolia she lropes to secure the sup- | creens and various other structures section of the Chinese Eastern rail- port of other powers in preventing and appurtenances for handling and churia and inner Mongolia.

FOR THE STOMACH.

Mukden branch they have connected The Modern Method Most Successful in Treating Indigestion.

The old-fashioned methods of treat ing indigestion and stomach troubles the old-fashioned methods was that While these lines are undoubtedly when the treatment was stopped the trouble returned in an aggravated

The modern method of curing indi

gestion and other stomach troubles i subsidized by the government, are in mal work. Every step toward recov a position to give such reductions to ery is a step gained, not to be lost again. The recovery of the appetite of other nations as a serious disad- the disappearance of pain, the absence vantage. The economic conquest of of gas-all are steps on the road to South Manchuria by Japan is pro- health that those who have tried the ceeding rapidly and will soon, be an tonic treatment remember distinctly Dr. Williams' Pink Pills are a toni-Considering the great interest medicine, every constituent of which I vised to try an electric belt, but it His article did not occasion much proved worthless. She suffered much tion, connecting itself with the name surprise among students of far east- during this time and food became disern politics. During the last few tasteful. The trouble also effected her ter the Romans had captured Jotopat years Japan's activities in South Man- nerves and her general health was on so the story runs, Josephus and forty churia have been such as to cause a the verge of a breakdown. One day a others sought shelter in a cave. So widespread belief that she was pre-paring to annex that territory. When Dr. Williams' Pink Pills. Without very hands of the Romans that all of them Korea was annexed both Chinese and much hope that the pills would prove excepting Josephus and one other man successful when other medicines had resolved to kill themselves. The wit that the annexation of South Man- failed, we nevertheless got her a sup- of the historian began to work, dechuria would be the next step in the ply. In a few weeks we could see a deese revolution broke out, there were by the time these were used mother with himself. He therefore proposed Russia would annex their respective ing the pills for a short time longer, that they all stand in a semicircle, and was completely cured. She is now, killing every third man in regular or a healthy and strong woman, and is der, and that the last surviving man never bothered with her stomach in should then commit suicide. This aby way. I hope this statement will agreed upon, he was careful to place.

Why experiment with medicines of teenth place in the line and himself doubtful value, when you have such in place thirty-one, with the result positive evidence of the benefit fol- that the two were the last that were lowing the use of Dr. Williams' Pink left, and by this means escaped death. Pills ? Sold by all medicine dealers or It is a true problem, and the question by mail at 50 cents a box or six was to know before the killing began boxes for \$2.50, from The Dr. Wil- which numbers in line the two friends liams' Medicine Co., Brockville, Ont. should assume

The World's Largest Fish Hatchery. seemed that China was about to lose will cost \$150,000. None of the fish hatcheries ever built by the govern-Just when everybody was speculation ment has exceeded the cost of \$25,000. The Kansas hatchery will be one

MURRER

ment of China's suzerainty in outer! dertaking since most of the largest Mongolia. This statement of policy hatcheries of the country cover only

that which high Russian officials in The building of this great Kansas. fish hatchery includes the construccontrolling the water supply.

A Much-Invented Furnace,

The attention attracted by the improved heat furnace devised by Prof. V. A. Bone, of Leeds, has disclosed in interesting , situation suggesting he need for a more careful reading of he technical press by original investgators, as well as practical scientists. ast October Professor. Bone read everal pages describing his method, nder the impression, apparently, that was something new. In November, 'ower caffed attention to the similary between the Bone system and one evised by C. E. Lucke some eleven ears before. This article seems to ave escaped the general notice of nel experts. In the following Feb sary the Journal of Industrial and ngineering Chemistry and also the rogressive Age resurrected a paper y Lucke proving the identity of his ork done in 1900 at Columbia Uniersity, with that of Bone. Still the ews refused to spread.

A few days ago a long detpatch

A Mathematical Tradition.

An interesting problem in mathematics assumes the form of a tradiof Josephus, the Jewish historian. Afhis like-minded comrade in the six-Pure Water and the Death Rate.

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 o fact these figures tell but a part of the story. The so-called Mills-Reincke phenomenon (decrease in the general death rate of cities following the puri ocation of a polluted water supply indicates that the lives saved from tymore than a quarter, of the total savng. Dr. A. J. McLaughlin, of the Public Health and Marine Hospita Service, believes that a pure water supply greatly diminished the fatalities among young children from intestinal diseases. When, as occasionally happens, the introduction of 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 is but one of many sources of infection. The 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 san-

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## THE PROBLEM SOLVED

AVOID OPERATIONS ALWAYS A LAST RESORT

This is the age of operations, but an operation is submitted to . 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 fast 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. Restoratone Tablets act on the blood and nervous system, and stimulate the reserve strength to act. They regu-

late 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. Restoratone 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

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Kitchen worries and cooking problems vanish from the home where

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