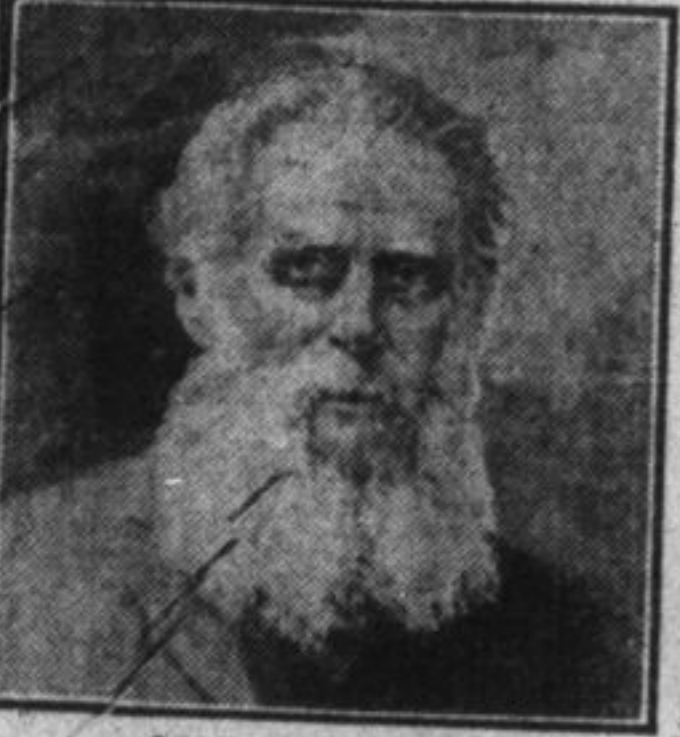


A FAMILY REMEDY FOR MANY YEARS

CANADA'S WAR PRISON

OLD FORT HENRY IS A BUSY PLACE THESE DAYS.

Used "Fruit-a-tives" With The Best of Results.



GEORGE MCKAY, Esq. KIPPER, Ont., June 17th, 1913. I have been using "Fruit-a-tives" as a family remedy for many years.

I have used them for indigestion and constipation with the best results, and I heartily recommend them to anyone similarly afflicted.

GEORGE MCKAY. The enormous demand for "Fruit-a-tives" is steadily increasing, due to the fact that this wonderful fruit medicine gives prompt relief in all cases of indigestion, constipation, sour stomach, rheumatism, chronic headaches, and neuralgia, and all kidney and bladder troubles.

LAUNDERING DONE WITHOUT ACID. If you want your clothes to last, you must have them washed without acid.

"The Beverage that Benefits" Not simply a thirst quencher, not merely a stimulant, but just the purest, most health infusing spirit that has ever been produced.

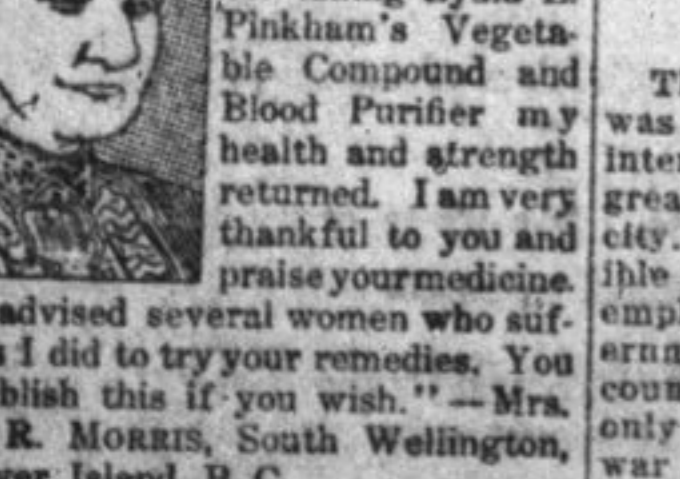
Wolfe's Aromatic Schnapps



James McParland, Distributor. Excellent as a "pick-up" tonic and as a stimulant to the liver, digestive and excretory organs.

CRITICAL TIME OF WOMAN'S LIFE

From 40 to 50 Years of Age. How It May Be Passed in Safety. So, Wellington, B.C. - "For a year during the change of life I was all run down."



I have advised several women who suffered as I did to try your remedies. You may publish this if you wish. - Mrs. DAVID R. MORRIS, South Wellington, Vancouver Island, B.C.

Once Impregnable Stronghold Has Been Reduced to the Task of Confining Germans and Austrians Who Are Considered Dangerous - The Inmates Mostly Play Football Between Waking and Sleeping.

On the crest of a bald slope across the harbor from the City of Kingston, Canada, is an old-fashioned box of limestone and cement that for the last seventy-five years has borne the title of "Fort Henry."

Two hundred German and Austrian reservists are now corralled inside a set of gates that had to be closed clear of shells to enable them to close. One hundred and sixty-five officers and men of the Princess of Wales Own Rifles "man the ramparts."

More than that, those who are willing to work are given employment as carpenters, masons, laborers, and paid by the Canadian Government at very reasonable wages. The old fort which has shed the rains and winds since 1830, begins to show punctures in the wooden rafters and dry-rot in the window sashes; therefore new rafters and new sashes are necessary.

Meal time brings the prisoners of war exactly the same rations as the military guards. Doctors examine and dispense among them without discrimination. The water they swallow is microscopically diagnosed and sanitary perfection has been provided to the uttermost.

The Kaiser's confidence in the world-wide patriotism of the German people would be shaken if he knew that the Canadian Government has allowed thousands of German prisoners their liberty in parole and nearly all have been glad to seize any such technicality as a shelter from their military duties.

Edison's Solution. Thomas A. Edison, the inventor, was in Chatham recently and in an interview he commented upon the great number of unemployed in the city. He suggested as the most feasible scheme to overcome this lack of employment, the building by the Government of trunk roads through the country.

Lord Dufferin was once asked about his relations with Indian princes. "You have been very successful in dealing with them," a friend said to him. "How do you manage it?"

WHAT ANSWER MAKES MY SOUL?

"O, Canada! A voice-calls through the mist and spume Across the wide, wet, salty leagues of foam For aid. Whose voice thus penetrates thy peace? Whose? Thy mother's, Canada, thy mother's voice."

O, Canada! A drum beats through the night and day, Unresting, eager, strident, summoning To arms. Whose drum thus throbs in prayer? Whose? Old England's, Canada, Old England's drum.

O, Canada! A sword gleams, leaping swift to strike At foes that press and leap to kill brave men. Whose sword thus gleams in prayer? Whose? The British's, Canada, Great Britain's sword.

O, Canada! A prayer beats hard at Heaven's gate. Whose prayer thus pierces Heaven? Whose? Thy God's prayer, Canada, Thy Kingdom Come.

O, Canada! What answer make ye calling voice and beating drum, To sword-flash and to pleading prayer, For right? What answer makes my Mother, to thee . . . God to Thy help . . . Quick, my sword."

TO PUT GIRLS ON FARMS.

War Time Movement Will Have Far-reaching Results. A movement brought into operation by the misfortunes of war time is under way in Ontario to solve, at a single stroke, the problems of unemployment in the cities and the lack of female help on the farms.

In the first few days of operation eight girls who have been working in factories in Toronto and were released from employment, were placed on Ontario farms as household help. With the machinery of the project now in smooth running order, it is expected that hundreds of girls will find their problems of living conveniently solved, while scores of rural housewives also will be grateful for lifting the burden of their daily duties.

Generalissimo of the campaign, Mrs. L. A. Hamilton, Toronto, has shown a fine capacity for organization and common-sense procedure. The city has been divided into districts, each in charge of a captain, the object being to investigate the cases of all those in need of assistance of any sort whatever. In the course of their duties the captains have discovered numbers of girls, many of them industrious, conscientious, physically and mentally competent, who have been seeking employment in rural households or are desirous of getting acquainted with such work under desirable conditions.

Every available fact concerning these girls is procured and adjudicated upon by Mrs. Hamilton before steps are taken to send them to positions. When the capabilities and character of the girls are established, the other half of the bargain — the anxious rural housewife — is brought into touch with the committee, and arrangements for transportation, wages, etc., completed.

Only by the co-operation of the Ontario Government through the Department of Women's Institutes and its secretary, Mr. George Putnam, and the enterprise have been adequately handled. Mr. Putnam immediately dispatched circular letters to many of the Women's Institutes, which comprise most of the energetic and progressive farm women of the province, asking them to submit their needs in relation to positions, with full particulars of conditions, wages, and other matters. Replies came in with great readiness, and sufficient openings are already on hand for numbers of girls able to adapt themselves to the charms and peculiarities of rural life. Right investigations of all applicants for help precede the committee's consent to a girl's departure, and in this the assistance of the Women's Institutes has been highly effective. Only women in whom the highest confidence of the neighborhood has the fullest confidence are encouraged to apply to the Toronto bureau, which Mrs. Hamilton has established at her home. And this extreme care will be taken to select only the most desirable girls.

G. T. P. to Construct Drydock. President Chamberlin of the Grand Trunk Railway announced recently: "The Grand Trunk has decided to build one of the largest drydocks in this country in Prince Rupert, at which a 20,000-ton battleship can be docked."

Work will be started Jan. 1, giving employment to thousands of unemployed men. A full, complete ship-building plant, as good as anything New York can boast of, will be in full swing shortly after the first of the year, so that the unemployed of the Pacific coast need not be without employment this winter.

More Contraband of War. An additional Canadian proclamation places in the list of conditional contraband of war, copper, unwrought, lead, pig shot or pipe, glycerine, ferrocene, paramelite iron ore, magnetic iron ore, rubber, hides and skins raw or rough-tanned, but not including dressed leather.

His Hypnotic Eye. Lord Dufferin was once asked about his relations with Indian princes. "You have been very successful in dealing with them," a friend said to him. "How do you manage it?" "I owe it all to my glass eye," he said. "Whenever I have anything very serious to say to them I fix them fiercely with the glass eye and watch them with the other one!"

Enough! "Don't keep pestering me." "Then you won't marry me?" "I wouldn't even be engaged to you at a summer resort." — Louisville Courier Journal.

SHOULD EAT APPLES.

Main Reliance Must Be Placed on the Home Market. Under ordinary conditions, the British market takes each year about 2,000,000 bushels of Canadian apples. This season practically no exports have been taken, and the prospect is that very few fall shipments can be made. Unless there is a marked change in the near future a large percentage of the crop will have to be held at home, and this in the export trade should become possible, it must be remembered that the purchasing power of the British public has been greatly reduced. The laboring classes, which, after all, are the great consumers, are not in a position to buy luxuries, and the demand for fruit will be consequently lessened.

In Canada, those who buy apples from the grower in the orchard have not been normally active. Hundreds of barrels of early apples have never left the orchard, and from present indications a similar fact is in store for much of the later fruit.

It is safe to presume that fruit which is at all inferior in quality will not be harvested, and that a large quantity of the better grades will be held in storage, pending a possible improvement in conditions, and an increased demand. If that demand fails to arise, the plight of the fruit-grower will be a sad one.

The consumers in the towns and cities and in the prairie provinces and Apples were never so cheap as they will be this season, and if everyone will do his share to increase consumption, not only by purchasing to do so, much can be done to help the grower, and at the same time the man in the home will be getting fruit of better quality at a lower cost than ever before.

For several years a publicity campaign has been carried out by apple-growers in the United States to stimulate apple consumption. At the present time the growers of the northwestern states have colored posters in New York, and these will be changed each month to keep the public informed of the varieties that are offered. Canadian growers must adopt a similar scheme if they are to obtain full advantage of the home market.

Although not everywhere uniform in quality Canada's apple crop this year promises to be recognized by former-years it has been our habit to export about four million dollars' worth of the fruit to Great Britain and other countries. Owing to the shortage of ocean freights and the high cost of insurance, caused by the war, the export market just now, is practically closed to apples. This is more to be regretted as the crop is certain to be much larger than usual.

If there ever was a year when Canada needed the business of her various resources, to make the most of her products, it is surely this one. The artificial value placed upon all food products by the war makes it to be incumbent upon us to see that our own country produces goes to waste, and that we get the fullest advantage. Something should be done and quickly to make a good and profitable use of our apples this year. Our own country is capable of consuming, to good advantage all round, the greatest quantities than has been the rule in the past.

Many Italians Leaving. Railways, ticket agents, and employers of foreign labor in Canada, report an unusually large migration to Europe lately of Italians, Spaniards and Bulgarians. Mr. Harry Corti, editor of the Italian Canadian Tribune, says that although there are a large number of his countrymen going home just now, he does not believe that it is their intentions to join the army. "The foreign consuls have not yet been notified of mobilization orders."

The scarcity of work in Toronto and in the province has caused the Italians migrating," said Mr. Corti. "I don't think the war is the primary cause of their returning. There are always a large number going back every autumn, but they are starting earlier this year on account of the condition of the labor market. The men who have gone are unmarried, and no doubt they will return in the spring if the labor market revives."

Canadian Timber Wanted. Becoming anxious concerning the supply of timber props for coal mines, hitherto largely supplied from Baltic ports, from which the traffic has been interrupted by the war, the British colliery owners, in co-operation with the Board of Trade, are sending special commissioners to confer with Hamilton Wickes, British Trade Commissioner at Montreal, as to the possibility of securing a supply from Canada. The value of this trade is \$20,000,000 annually, but Mr. Watson fears lest Canadian exporters should make their prices prohibitive.

She Thanks Canada. The Canadian Government has received the following letter from a little English girl, Marjorie Robertson, of Wandsworth Common, London: "It is with most grateful appreciation that I write to thank you on behalf of my country for the handsome gift of flour you have so generously sent us. We are most welcome. We most heartily thank you, not only for the gift, but for the kind thought and your action in the time of war. It is nice to feel that your Dominion remembers the Mother Country in such a nice way."

The Beginning Important. Teacher—Now, children, name some of the lower animals, starting with Willis Jones.—Boston Transcript.

FROM THE WAR ZONE.

Perils Encountered by a Canadian Girl Studying Music in Germany. Miss Florence Eggleston is the only resident of London, Ont., who was in Berlin, Germany, at the outbreak of the war. She has returned to London after many thrilling experiences and says that it would need a volume to tell them all.

Miss Eggleston is a talented violinist and studied from Montreal June 27 to study music with a European master. After her arrival in London, Eng., she decided to study with Theodore Spiering, a world-renowned violinist. He, with his family, was at Sanct Peter, a summer resort on the North Sea near the border of Denmark. From London to Sanct Peter Miss Eggleston traveled alone, not knowing one word of German, nor whether she was going.

About July rumors of war began to reach them, and steadily increased till they became confirmed by an admiral and officers of the German navy, who were summering at Sanct Peter, being ordered to their posts of duty. The following morning Miss Eggleston left Sanct Peter with the Spierings for Berlin where they found the greatest excitement prevailing.

Had she not lost her baggage on the way to Berlin, she might have been able to cross to England before war was declared, but she stayed in Berlin hoping that war would not be declared and that she could continue her studies. While in the capital she heard the Kaiser's address to the people, witnessed the burning of the Reichstag, and patriotic demonstrations also many scenes of sorrow as the troops left for the front, as well as acts of violence to Russians. Conventions became so limited that it cost her \$2 to get to a place six blocks away.

When England declared war she was forced to change her boarding house, the woman with whom she had been playing having changed her attitude toward her. So great was the bitterness toward England that it was necessary for her to remain in the house for three days. She then received an American passport which gave her protection, but would not allow her, as a British subject, to leave the country, nor was she able, either by cable or letter, to communicate with her home.

As she was able to continue her studies with her teacher, she practiced for hours each day to keep her mind from the thoughts of her danger. When on the street she was afraid to speak English. The reports which she heard of the war represented Germany as winning and the allies as losing. Although she had been a state prisoner for seven weeks her teacher got her release by taking his oath that he would be responsible for her actions till she reached home, and that she should not go near England.

With the Spierings she left Berlin on a train arranged for Americans and upon reaching Rotterdam sailed for home, arriving late in September, after a perilous trip through the English channel and a rough voyage across the Atlantic.

Not Always Dangerous. Except in the far back regions of Canada, where wolves are yet to be seen, what man is, there is very little likelihood of a traveler being followed by a pack intent on mischief. A single wolf will invariably follow man, however, simply out of curiosity. Although the man seldom knows he is being tracked, he is not in the least of these animals that they will follow a trail a considerable distance from them, running to the windward side of it and never venturing forth from cover.

Should the man be carrying a rifle, however, the gleam of the barrel in the moonlight is quite sufficient to satisfy their curiosity. Sometimes wolves will run the trail of a man simply because they do not recognize it. It is then that cool nerves and a steady hand are necessary. Provided the man behaves in a proper way, there is no danger whatever. The best thing to do if the cold intense, is to keep moving till the wolves are quite near, then to turn and wait them. In an open place, the sight of a man standing alert with rifle ready is sufficient to frighten any pack, while, should one behave in a panic-stricken manner, there is just the chance that their hunger may prove the deciding factor.

Wolves Destroy Young Deer. From different sections of the district around Kenora come reports of the presence of wolves in great numbers, and of the destruction they are making of the young deer. Recently Mr. G. Aloock was going to his farm near Sturgeon Lake he encountered two wolves, which came towards him in their usual threatening attitude. Mr. Aloock had taken a rifle with him, and, taking aim, succeeded in wounding them. He states that the wolves have killed off all the rabbits and have destroyed many deer.

At a meeting of the Board of Trade in Kenora recently a resolution was again passed, requesting the Government to place a bounty on brush wolves, in order that their destruction may be encouraged.

Students Feel the Pinch. The halcyon days when dollars were as thick as autumn leaves have gone from Canadian universities. "Well, no fussing this year. Me for the bleachers." This is the student refrain. It is reported that very few season tickets for the Rugby games have been sold in Toronto. Gymnasium lockers which last year were completely taken up are as yet only about half sold, and student societies are struggling for their very existence.

Waste and Want. There are many people all over the world who would be glad to get the apples that usually rot under trees.—Kincardine Review.

If one has the desire he can make denominational ties both tiresome and disagreeable. A lot of men are unable to recognize good luck when they meet it.

SOWARDS Keep Coal and Coal Keeps SOWARDS PHONE 155

Wise Precaution will prevent the little illness of today from becoming the big sickness of tomorrow and after. For troubles of the digestive organs you can rely on BEECHAM'S PILLS Sold everywhere. In boxes, 25 cents.

Zbar's Ice Cream Parlor Choice Candies of all kinds in bulk or fancy boxes. Also serve all kinds of hot drinks. Seasonable Fruits. PHONE 1128, 280 Princess St.

You Should Take Zutoo When you think a headache is coming on. When you have eaten too heartily. When you are drunk more than is good for your digestion. When you feel you have a coming-on cold—feel feverish or chilly. These are times Zutoo tablets will ward off the coming disorder—nip it in the bud, and insure you against pain and suffering.

FREE HANDSOME MUFF GIRLS—This beautiful stylish muff will keep you warm and cozy that you will like every of all years. It is the very newest pill-low shape—and often better than the old-fashioned style. It is made of the finest quality black and white wool and is finished with a silk lining. This lovely muff is a very easy to wear and is a perfect gift for your friends. It is made of the finest quality wool and is finished with a silk lining. It is a very easy to wear and is a perfect gift for your friends. It is made of the finest quality wool and is finished with a silk lining.

Radway's Ready Relief CURES ASTHMA The specific for this disease is Radway's Ready Relief. The Relief is made of natural herbs and is produced, and the pills must be taken frequently, to keep the bowels regular. The Relief must be given at short intervals, in small doses, and be discontinued as soon as the patient gives a teaspoonful of the Relief whenever a spasm occurs. RADWAY & CO., G. Dept. M, 224 Toronto, Canada.

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