A FAMILY REMEDY FOR MANY YEARS

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

GEORGE McKAY Esq.

KIPPEN, ONT., June 17th, 1913.

"I have been using "Fruit-a-tives" as a family remedy for many years. They are the best medicine I have ever tried. "Fruit-a-tives" do me the most good—they never gripe and their action is pleasant.

"I have used them for Indigestion and Constipation with the best results, and I heartily recommend them to anyone similarly afflicted.

These troubles have left me completely and I give "Fruit-a-tives" full credit for all this. A nicer pill a man cannot take."

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.

50c a box, 6 for $2.50, trial size 25c. Sold by all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

CHOCOLATE SALE
SATURDAYS ONLY
One pound box assorted chocolate Bon-Bons, strictly fresh, for 25c
ICE CREAM
In bulk or bricks
MARBLE HALL
Phone 980. 238 Princess St.

FREE HANDSOME MUFF

GIRLS—This beautiful stylish muff will keep you lovely and warm this winter and it is so handsome and dressy that you will be the envy of all your friends. It is the very newest pillow shape—an extra large size, measuring more than 12 inches wide by 10 inches deep. It is lined throughout with fine quality black satin and the new ruffle edging is fastened with a silk satin cord. This lovely muff is warm and dressy, will give you years of wear and satisfaction and is surely just what you most want.

We are prepared to give away absolutely free 1,000 of these handsome muffs to quickly introduce our delightful new Royal Japanese Perfume. Simply send your name and address today and we will send you 35 handsome bottles in 8 different delicious odors—Lily of the Valley, Carnation, Wood Violet, White Rose, etc. Help us advertise this delightful perfume by selling these among your friends at our special introduction price of only 10c each. It is very easy as each lady buys 4 and 5 bottles of this fine perfume on sight. Return our $3.50 when the perfume is sold and we promptly forward the muff just as represented, all charges paid right to your door. We guarantee satisfaction. Write today to

THE REGAL MANUFACTURING CO. 5
Dept. M. 221 Toronto, Canada

DOCTORS DID NOT HELP HER

But Lydia E. Pinkham's Vegetable Compound Restored Mrs. Bradley's Health—Her Own Statement.

Winnipeg, Canada. — "Eleven years ago I went to the Victoria Hospital, Montreal, suffering with a growth. The doctors said it was a tumor and could not be removed as it would cause instant death. They found that my organs were affected, and said I could not live more than six months in the condition I was in.

"After I came home I saw your advertisement in the paper, and commenced taking Lydia E. Pinkham's Vegetable Compound. I took it constantly for two years, and still take it at times, and both my husband and myself claim that it was the means of saving my life. I highly recommend it to suffering women."—Mrs. ORILLA BRADLEY, 284 Johnson Ave., Winnipeg, Manitoba, Can.

Why will women take chances or drag out a sickly, half-hearted existence, missing three-fourths of the joy of living when they can find health in Lydia E. Pinkham's Vegetable Compound?

For thirty years it has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, tumors, irregularities, etc.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman, and held in strict confidence.

WISE AND OTHERWISE

Pride goeth before a fall and this is fall.

It's a poor foot rule that won't measure both ways.

The grain speculator is singing "In this wheat, buy and buy."

Unfortunately the average man seems to think the time to say no is the next time.

Good Reason.

He stood on the bridge at midnight,
And the moonlight view was grand
But that wasn't why he didn't move on—
It was all he could do to stand.

One Way.

Bobbie—I saw you kiss Jack, and ma says you shouldn't kiss a fellor till you're engaged.

Sis—Well, I got engaged—let him kiss me, then broke the engagement.

Made In U. S. A.

Managing Editor—Great snakes! I can't make head or tail of this Petrograd cable. Ask our Russian correspondent to step here a moment. — Philadelphia Public Ledger.

Distinctly Bush-League.

"Majolica pitcher brings $650 in sale," reads Mrs. Fan.

"Huh!" sneered Mr. Fan. "He can't be much of a player."—Buffalo Express.

The Forte.

Madge—Why do you prefer Wagner?

Marjorie—Because he composes about the only kind of music one can hear above the conversation.—Judge.

At Palm Beach.

"How do you like your hotel, Clara?"

"Oh, fine! The rooms are small and dark, and the food is badly cooked; but the gossip is excellent. — Judge.

Hints in Statesmanship.

Don't deal in woe or selfishness,
Most folks have a supply
Of wares like these, and cheerfulness
Is what they want to buy.

So deal in joy and truthfulness,
Put on a smiling phiz
And you'll preserve your youthfulness,
And do a lot of biz.
—Kansas City Journal.

The Invariable Loser.

"Did you ever play cards for money?"

"Yes, but I never got it."

Nothing is so uncertain as the minds of a certain class of politicians.

Preferred the Earthquake.

A fond mother in Valparaiso, hearing that an earthquake was coming, sent her boys to a friend in the country so that they might escape the danger. In a few days' time she received a note from the friend, saying: "Take your boys away and send along the earthquake."

The Wise Fool.

"Dead men tell no tales," observed the Sage.

"Maybe not," replied the Fool. "But their tombstones are awful liars."—Cincinnati Enquirer.

Easy.

"Oh dear, I wish I was a turtle."

"What an absurd idea! Why?"

"A turtle has a snap."—Boston Transcript.

Modern Dilemma.

"What do they mean by the horns of a dilemma?"

"Two autos, I suppose, honking at you at once."—Louisville Courier-Journal.

The Early Bird.

"The man who is always punctual in keeping an appointment never loses anything."

"No; only half an hour waiting for the other fellow to show up."—Philadelphia Record.

His Choice.

"I've promised to go in to supper with some one else, Mr. Blanque; but I'll introduce you to a very handsome and clever girl."

"But I don't want a handsome and clever girl; I want you."—Boston Transcript.

His Price.

First She—"Did your new gown cost much?"

Second She—"Only one good cry."—Philadelphia Public Ledger.

Cable Advices

"I'm new in the cigar business, so I'm trying to familiarize myself with the various brands."

"Learning the ropes, so to speak."—Louisville Courier-Journal.

Take a Trip In Canada

DO NOT worry about the danger in going to Egypt or the Riveria this year—take a trip in Canada. It will do you good and do Canada good.

Most of us have felt that there is something personally creditable about a trip to Europe—rarely have we commented our friends when they have shown discrimination and patriotism enough to "see Canada first."

The Canadian who talks familiarly of London, Rome and Vienna has been looked upon with a certain awe by his neighbors who have not been abroad. **European travel has brought distinction to the traveled.**

The Canadian who talks familiarly of Toronto, Montreal and Vancouver has gained usually—not distinction, but,—a reputation as a "rolling stone."

But now that Europe is closed Canadians who habitually winter along the Mediterranean will visit our own great resorts—many of them for the first time. They are the people who, by traveling abroad, have made that the thing to do. They are the people who, by traveling in Canada, will make Canadian trips the fashion in travel.

Already the railroads feel the diversion of travel from Europe to this country. They are feeling it in the form of requests for resort literature, which they are giving out in far greater quantities than ever before.

Thus it is known that the people who have been expatriates—as far as travel is concerned, who have made their money here and spent it abroad—are planning to see their own country now.

Many of them will be amazed at what they will see here—and their amazement will help rid us, as a people, of our great delusion regarding the attractiveness of Europe and the commonness of Canada.

They will miss the ruins of Europe. They will miss some of the tidyness and finish of European prospects, but they will see vigor, freshness and magnificence such as never before has met their eyes.

They will see scores of mountains that dwarf all but a peak or two of Europe's. They will see glaciers broader and more magnificent than those of the Alps—geysers, gorges, canyons, rivers, forests and falls of such beauty and in such profusion that Europeans who have come here have wondered why we should go to Europe for scenery.

They will see cities that have sprung to immense size in a generation, stretches of wonderful farms, representing a wealth that is scarcely conceivable, factories that in a few years have grown to be the world's industrial giants. They will see these and many other things that shame Canadians for their ignorance of home scenes and affairs.

Traveling in Canada is in no sense a hardship. We have better trains and better hotels than the European average. It is hard to get out of reach of a push-button—no matter how far afield you go. And you can always get back—without seeking the consent of the gendarmes.

Damned by a war, the tide of travel has turned inward toward America. Now that it is started, the real charm and variety of the country will keep it flowing. We can all help in this by giving ourselves the opportunity to be enthusiastic about Canadian things and places—by taking trips in Canada.

The new tide will benefit all of us in a practical way for a great part of the thousands which our people have hitherto spent in Europe will now be spent at home. Whole cities and provinces of Europe have subsisted almost entirely on the gold of American pleasure-seekers and health-seekers. Our resorts now will get the money that has formerly gone to the various beds and baden.

Make This Work Easier for Yourself

YOU will find that Sunlight Soap is the best and handiest helper for washing dishes you ever used.

Try Sunlight, and the hardest part of dish-washing will disappear. The work will be quicker done, too.

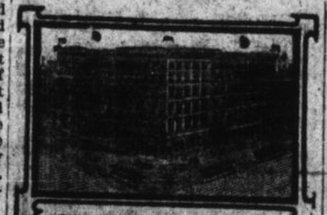
Of course, Sunlight is the best all-round soap you can buy—good for dainty fabrics, and those woollen blankets you want to keep fresh and fleecy. Remember, it is kind to the hands

Sunlight Soap

5c. A BAR

All grocers sell and recommend it

1310



Prince George Hotel
TORONTO
In Centre of Shopping and Business District.
250 ROOMS—100 with Private Baths
EUROPEAN AND AMERICAN PLAN
A la Carte Restaurant
SAM. H. THOMPSON, PROP.

Sauer Kraut!
Made from the choicest cabbage, 10c qt. or 8 qt. pail for 40c.

Halibut Steak	15c lb.
Salmon Steak	15c lb.
Pickled Pigs' Feet	10c lb.
Fresh Tripe	10c lb.

J. R. B. Gage,
854 Montreal St. Phone 540

Thomas Copley
Telephone 987
Drop a card to 13 Pine street when wanting anything done in the carpentery line. Estimates given on all kinds of repairs and new work; also hardwood floors of all kinds. All orders will receive prompt attention. Shop 40 Queen St. ear

Mrs. Newlywed Says:

"I find it so hard to economise, but I must do so for a while."

Mrs. Wiseneighbour says:

"Why not do your own washing. It isn't hard if an Eddy washboard is part of your equipment. I have a "Household Globe." It's a wonder-worker—loosens the dirt so easily, and I never tear the clothes."

ECONOMISE! Do your washing at home with the aid of an Eddy "Household Globe" washboard

DEADLY ANAEMIA

Nine Women and Girls Out of Every Ten Are Afflicted With This Trouble.

It is an unfortunate fact that nine women and girls out of every ten are afflicted with anaemia—which means bloodlessness—in one form or another. The girl in her teens, the wife, the mother and the matron of middle age all know its miseries. To be anaemic means to be pallid, with dark marks under the eyes. You are breathless after slight exertion. You feel worn out and depressed all day. You have no desire for food and often cannot digest what little you do take. Headaches, backaches and sideaches make life miserable. If you sleep at night you do not feel refreshed in the morning and are utterly unfit for the day's duties. If neglected, anaemia almost surely lead on to deadly consumption. Renewed health can only be obtained through the use of Dr. Williams' Pink Pills—the most reliable blood enricher ever discovered. These Pills actually make new, rich, red blood; they bring brightness to the eyes, and the glow of health to pale cheeks. They have literally saved thousands of women and growing girls from the grave, and what they have done for others they can do for you if given a fair trial. Here is the proof. Mrs. Wm. Kiernan, Watrous, Sask., says: "I have used Dr. Williams' Pink Pills with wonderful results. I suffered for upwards of two years with anaemia in a severe form, and was doctoring all the time with no benefit. I was so weak I could scarcely walk. I suffered from severe headaches and at times from backaches that were almost unbearable. The trouble affected my digestion, and this caused additional discomfort. Finally through the persuasions of a friend I began the use of Dr. Williams' Pink Pills, and I shall ever be grateful that I did so, as after using nine boxes I was fully restored to health. I would earnestly urge all anaemic women and girls to use Dr. Williams' Pink Pills for I feel confident from my own experience that they will renew their health."

These pills are sold by all medicine dealers or may be had by mail at 50c. a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Wheat Prices.

Rochester Post-Express.

According to statistics who have furnished figures to the "World," American wheat has touched higher points in previous wars than has yet been reached in this. The Revolution saw it go to $2.48 and it prevailed high during the Napoleonic struggle and our war of 1812. In 1817, two years after Waterloo, it rose to $2.88. In the Crimean war it went to $1.85 in 1855. The civil war lifted it from 62 cents in 1861 to $2.48 in 1864 and $2.35 in 1866. The Franco-Prussian war advanced the price to $1.88 and momentarily to $1.60 after peace had come. In the Russo-Turkish war it touched high mark in 1877 at $1.76. In the Spanish-American war the Leiter corner boosted it to $1.85 in 1898 but it soon collapsed to $1.25. The Russo-Japanese war of 1904-05 saw quotations of $1.21 which soon broke to 69 cents. A flutry in 1909 advanced it to $1.60 cash and $1.34 for May delivery. Thus far in the present conflict the high mark for May delivery has been $1.65.

Logical.

"Why don't you move into more comfortable quarters, old man?"

"I can't even pay the rent on this miserable hole."

"Well, since you don't pay rent, why not get something better?"—St. Louis Times.

CUNARD LINE'S POLICY.

A Statement to Which the Company Fully Subscribes.

Liverpool, Feb. 12.—An American who desired to take passage on a Cunard steamer which is to sail for New York on Saturday, asked the company whether he would have the protection of the American flag during the voyage. An official of the company replied:

"Your statement that it is right for a British ship to fly the American flag if the presence of a submarine is suspected, as a notice to the enemy that there are Americans aboard, is one which we fully subscribe."

The company would give no information, however, as to its intentions beyond stating that the safety of the passengers would be its first consideration.

Inquisitive.

Ma.
What is it, Willie?
Is a sweet tooth a tooth from a honey comb?

When Kitchener Is Ready.

Washington Post.

"The Kitchener of England to-day is the same silent man as the Kitchener of the Soudan and India, and, notwithstanding all the interviews and views that have been credited to him, my knowledge of the man leads me to believe that he has never yet given any authorized statement of what he thinks or intends to do," said Wallace Munro, of New York, at the Shoreham. Mr. Munro is a Scotchman who served with the commander of the English forces years ago.

"Kitchener is going to strike when he is ready, and not until he is ready," he said. "He never will consent to a concerted movement of the allies against the Germans until every man under him is prepared, and his apparent silence now is due to his desire to make thorough preparation. I had the honor to serve under Kitchener in India and Egypt and I know the character of the man. Years ago I asserted that the two greatest generals in my time were Robert E. Lee and Lord Kitchener, he one fighting for a cause he thought was just, with an army impoverished and a community at his back that did not sympathize with his methods, and the other criticized by his government when he assumed the sovereignty of Britain in the east. Kitchener is a soldier first and always. He knows the value of the bayonet better than the thrust of the saber and he knows the field better than any man living, because he has served in the ranks. He knows the soldier better than any other officer in any army in Europe, because he himself was and is a soldier.

"Lord Kitchener can wait; he can wait until he is ready to strike, and he can stand criticism, as he must stand it, not only at home from his own people, but from the soldiers and the people of other nations. Kitchener will never give his support to a great movement of the allies against the Germans until every preparation has been perfected in detail, and when that time comes we may expect an end of the war, for when Kitchener strikes it will be a stroke so powerful the enemy cannot withstand."

The Motorcycle In War.

A Cavalry Officer in the London Times writes:

Those little motorcycles—we call them the wasps, for they it is that sting us into action. You're snugly between the blankets and you hear the snorting and buzzing of one coming up the road. You hope he goes on—but no, he's stopped outside headquarters, you hold your breath if he proceeds at once, it's an ill omen, as he wants no reply but his receipted envelope, and it's "turn out"—full parade marching order, first line transports and all. He waits, and after five minutes wriggles on his road coughing and snorting and sparking, and it's all right and you can go to sleep again. The wasps—the beggars always get you on the hop—those are the D.R.'s, or dispatch-riders, through whom all our orders come.

N. B. Lumberman Leaves $195,000.

St. John, N. B., Feb. 11.—The estate of George McKean, lumber merchant, just probated, is valued at $195,000. He left no will and the estate goes to his widow, one daughter and two sons.

On Wednesday, February 10th, at Napanee, Rhena Myrtle Dinner, daughter of the late Richard and Mrs. Dinner, was united in marriage to Duncan Cameron MacKenzie, Toronto.

SOUR STOMACH, COLDS, HEADACHES, REGULATE YOUR BOWELS---10 CENTS

Turn the rascals out—the headache biliousness, constipation, the sick, sour stomach and bad colds—turn them out to-night with Cascarets.

Don't put in another day of distress. Let Cascarets sweeten and regulate your stomach; remove the sour, undigested and fermenting food and that misery-making gas; take the excess bile from your liver and carry off the decomposed waste matter and constipation poison from the bowels. Then you feel great.

A Cascaret to-night will straighten you out by morning—a 10-cent box from any drug store will keep your head clear, stomach sweet, liver and bowels regular and make you feel bully and cheerful for months. Don't forget the children.

CASCARETS WORK WHILE YOU SLEEP

A Pointer.

If you want to sell something, it is easier to have the buyers come to you. If you want to buy something you save time and energy if the sellers come to you. It is quite possible to have your head save your heels, to have others come to you instead of you going after them.

An advertisement in the paper will accomplish the result. Give adequate particulars of just what your needs are, or what you have to offer and some person who wants what you have, either cash or goods, will look you up.