

AFRAID SHE WAS DYING

Suffered Terribly Until She Took "Fruit-a-tives"

ST. JEAN DE MATHEA, JAN. 27th, 1914.
"After suffering for a long time with Dyspepsia, I have been cured by 'Fruit-a-tives'. I suffered so much that I would not dare eat for I was afraid of dying. Five years ago, I received samples of 'Fruit-a-tives'. I did not wish to try them for I had little confidence in them but, seeing my husband's anxiety, I decided to do so and at once I felt relief. Then I sent for three boxes and I kept improving until I was cured. While sick, I lost several pounds, but after taking 'Fruit-a-tives', I quickly regained what I had lost. Now I eat, sleep and digest well—in a word, I am completely cured, thanks to 'Fruit-a-tives'."

MADAM M. CHARBONNEAU
"Fruit-a-tives" is the greatest stomach tonic in the world and will always cure Indigestion, Sour Stomach, "Heartburn", Dyspepsia and other Stomach Troubles.
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.

Zbar's Ice Cream Parlor

Ice Cream in bulk delivered to all parts of the city. Phone 1128 or call at
280 Princess Street
Choice Fruits and Candies of all kinds.



An armful of COLUMBIA Records makes an evening full of pleasure.



MADE-IN-CANADA

To Folks Who Dally With Corns

To you who pare corns—
You who use liquids—
Or other old-time ways.
You've amply proved that using such things is merely dallying with a corn.

For your own sake, prove the right way. Millions of people have found it. Half the corns that grow are ended by this wondrous Blue-jay plaster.

The corn pain ceases the moment you apply it. Then the B & B wax—a famous chemist's invention—gently undermines the corn. In 48 hours the whole corn comes out, without any pain or soreness.

Ask your friends. Scores of them have proved that Blue-jay makes it folly to have corns.

Blue-jay Plasters

15 and 25 cents—at Druggists
Samples Mailed Free
Bauer & Black, Chicago and New York
Makers of Physicians' Supplies

STARVING THE GERMAN

BRITAIN'S TASK IN THE WAR IS A DIFFICULT ONE.

The Problem of Keeping the Kaiser's Workshops Without Copper is Stupendous, But Britain is Using Her Commercial and Naval Power Shrewdly and According to the Rules of War.

Will Britain be able eventually to starve Germany out? So far Great Britain has been fairly successful in drawing a fence of steel about Germany's shores, but Germany's necessity has made it worth the while of thousands of keen business men in neutral countries, and I am afraid of some in the old country, whose keenness is greater than their patriotism, to plan means for circumventing the blockade. This phase of the war has come down to a struggle of the wits between the British Government and the neutral traders, and it is a struggle which must be carried on with the utmost diplomacy, for Great Britain does not wish, even if she could afford to antagonize the people of the neutral countries by interfering with their business more than is absolutely necessary.

With her own people she can deal in one of two ways when she catches them. If the offence is not a serious one they may be dealt with under the new trading with the enemy Act, which provides for a fine of \$5,000 or five years' imprisonment or both, but if a British subject is caught supplying arms or military stores to the enemy he may be tried for high treason, for which the punishment is death.

An interesting situation is that in regard to copper. Copper may well be described as the life-blood of war, and without it Germany cannot continue to fight long. It is used for cartridge cases, for shells, and for all sorts of machinery in connection with the guns on which Germany relies so much.

Copper, of course, is on the list of contraband, and under international law Great Britain has a perfect right to seize every cargo of copper which she can prove is destined for Germany. At the beginning of the war she did so, and, as a matter of fact, she is still doing so, but she has run up against a very difficult situation. The copper supply of the world is controlled largely by the Guggenheim interests. Britain, as well as Germany, must buy her copper from them, and the Guggenheims don't like the idea of their cargoes which they have sold to the Germans being seized by the other customer. Of course, Great Britain has scrupulously paid for all the copper that she has seized, but the result of the seizures has been to reduce her own orders for the metal. If she goes on seizing the copper magnates have threatened to cut off her own supply.

One way out of the difficulty, of course, would be for Great Britain to take the entire available supply of copper, and she could well afford to do so.

There has been great difficulty in adjusting matters with Holland and the Scandinavian countries, especially Sweden, on which Germany has relied as sources of supply for many things, and as gates through which she may receive goods from overseas. Great Britain does not desire to quarrel with or to injure their trade more than is absolutely necessary for many reasons. One is that in normal times they are excellent customers of British and excellent friends as well.

The following figures will show how in a few articles of every day use Germany has been drawing supplies from Great Britain itself through these neutral countries. In the months of September and October, 1913, Britain exported to Holland 72,000 pounds of tea, and in the same period Holland exported to Germany 1,028,356 pounds. In the corresponding two months of this year Britain exported to Holland 11,440,000 pounds of tea, and Holland sent 16,328,464 pounds to Germany. These figures are still more remarkable when we remember that Germany is not a tea-drinking country. In ordinary years she consumes about 9,000,000 pounds. The only conclusion we can draw, therefore, is that having seen how well the British troops fight on tea she has begun to serve it to her own soldiers. Similar figures show how she has been drawing cocoa and coffee from Great Britain. In the same two months of 1913 Great Britain exported to all European countries 2,522,732 pounds of cocoa, and in the two months of this year she exported 9,526,115 pounds. The figures for coffee for the same period were 20,966 cwt. and 83,087 cwt.

The situation has already been dealt with by the Board of Trade, which has put an embargo on the export of tea and coffee from Great Britain to the countries bordering on Germany. They have been informed as politely as possible that they have had all of these beverages that they can consume for a long time to come, and that Great Britain has no more to spare for them.

Germany has so far been willing to pay a price enough above the market to make it worth while to secure the stuff through the countries on her borders.

Grain and meat are two necessities which Germany is much dependent on and which she has been unable to obtain in any quantity, owing partly to the arrangements made by the Board of Trade and partly to the patriotism of the farmers engaged in the trade. The international grain trade is almost entirely controlled by a few large houses with headquarters in London. Some of them are British and some are French, and both have rigorously shut down on the supply of grain to Germany or to countries which might pass it on to Germany. At their suggestion the Board of Trade arrived at an ingenious bargain with the neutrals which prevents them from suffering any hardship, preserves their trade, and overcomes all difficulties of finance at the same time.

Our dairies, if correctly kept, would contain much to our shame and discredit. Some people let the milk of human kindness lobber before they make any use of it.

SINGING THE HAIR.

As a Measure of Protection It Is Practically of No Use.

Ridiculing the practice of singeing the hair, a medical journal says editorially.
"This is recommended to overcome splitting at the ends and to prevent falling of the hair, the reason for the latter being that it 'closes the pores and keeps the fluid in the hair. With the long hair, which has a tendency to split at the ends, it is possible that singeing the tips may be of some use. It substitutes a charred blunt end of fused horn for one tapering to a point or cut clean across. But even in cases of this sort it is less useful than greasing lightly the hair and thus supplying the fat which is lacking in such hair."

"For the hair of men, which is kept short, singeing is not of any use in preventing splitting. Hair which is not allowed to grow to its natural length does not split unless it is a despatched disturbance, for which there is no such simple remedy."

"Of course singeing the hair ends in order to prevent the fluid in the hair from escaping, like sap from a tree, is based on an entire misconception of the hair's structure and nutrition. The hair does not contain any more sap than a buggy whip. It is not nourished by any fluid in it, but by the blood plasma that reaches only the hair root. The hair above the skin surface is a spine of horn, which is even oiled from without, and singeing its tips has no effect whatever on either its nourishment or its growth."

"It is certain that singeing the hair is of no great value in preventing its fall. In fact, the only value the procedure has is to the zealous hair-dresser, who gets his little fee for doing it—unless it is worth a quarter to the seker after hair to think he is doing something, even if he is not."

Scotch Logic.
A Scotch minister was startled by the original views of a not very skillful plowman whom he had just hired. He noticed that the furrows were far from straight and said:
"John, yer drills are na near straight ava—that is, no like Tammy's wark"—Tammie being the person who had previously plowed the glebe.

"Tammie didna ken his wark," observed the man coolly as he turned his team about. "Ye see, when the drills is crookit the sun gets in on a' sides, an' so ye get early tattie."

What Worried Him.
Maurice Donnay has received at the French Academy a letter from a friend in a dugout at the front. It contained not a word about the fighting or the "Jack Johnson" or the weather in the trenches. The writer was troubled about only one thing—he was afraid that the academy, which has been revising its dictionary of the French language for about three score years, might have already reached the letter "E" about one word under the letter "E" this orthographer in the trenches holds strong views.

The word is that commonly and, according to him, wrongly written "inlassable" (indefatigable). He implored M. Donnay to bring all his influence to bear upon the academy to insure the word being written "lassable" in the revised edition of the dictionary. That was the only topic he wrote about. It was apparently the one uppermost in his mind.

M. Donnay assured him that the academy was working on the letter "E" and that the war would be over long before it got to "I."

Use All the Teeth.
Paradoxical as it may seem, the teeth employed for chewing present quite a clean appearance, while the unemployed ones are unclean, usually very dirty, writes Dr. John Philip Erwin in Oral Hygiene. People express surprise when informed they are running on one dental cylinder by using only the right or left side of the mouth.

When a father spied his boy using only the upper third of the saw on the log he said: "Son, the entire saw belongs to me. To do good work use it all."

The Creator never would have given man thirty-two teeth if it were possible to operate this intricate human machine successfully with a smaller number.

Boiling Water.
Why is it that water will not always boil at the same temperature? Water boils whenever the outward pressure of the steam balances the inward pressure of the air, but the latter is not always the same. The barometer shows that. When the air presses heavily the steam will necessarily have to exercise greater force to overcome it than when it is low. This is why water boils at a lower temperature on the top of a mountain than at sea level. Water boils at sea level at a temperature of 212 degrees F.

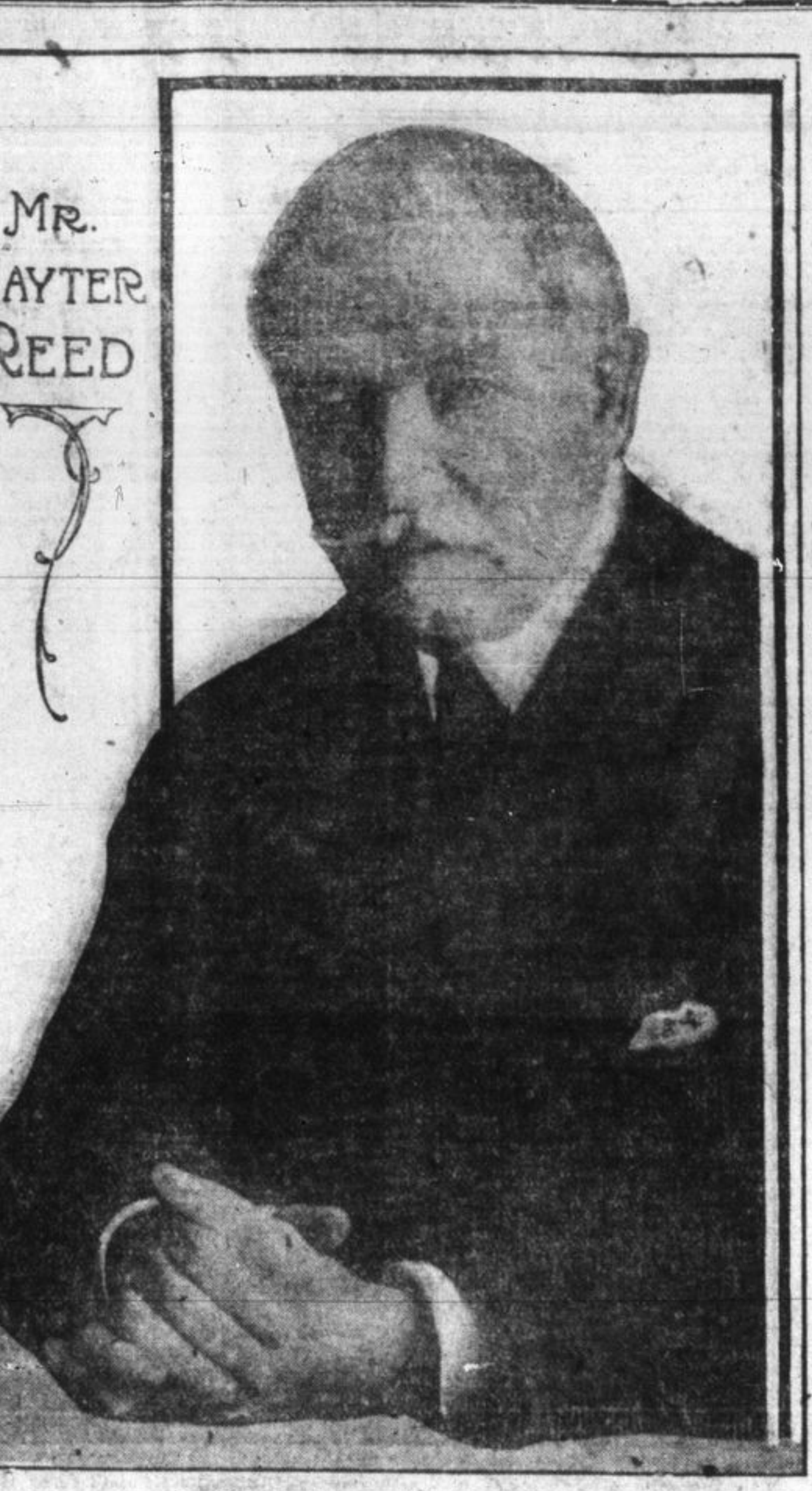
The Insanity Plea.
"Sir," said the young woman, with what seemed to be indignation. The young man looked embarrassed.
"Yes, I did kiss you," he admitted, "but I was impulsively insane."

"That means that a man would be a lunatic to kiss me?"
"Well, an man of discretion would be just crazy to kiss you."

This seemed to ease the strain, and no jury being present to muddle affairs, a satisfactory verdict was reached.

Allibi Not Complimentary.
A prisoner at the session had been duly convicted of theft, when it was found on "proving previous convictions," that the accused had actually been in prison at the time the theft was committed.
"Why didn't you say so?" asked the judge of the prisoner angrily.
"Your lordship, I was afraid of prejudicing the jury against me."

You and I never need to be alarmed about having 'greatness thrust upon us.' Some people think the Lord will let them in through the efficiency of pen rent.



MR. HAYTER REED

MR. HAYTER REED, manager of the C. P. R. hotel system, has had a more varied and picturesque experience than falls to the lot of most. On the 1st of April he retired from active service. Mr. Reed was in the Northwest when that vast region was given over to wild Indians who were in a state of nature except for a breach of trust; when the buffalo were in millions; when Fort Garry (now Winnipeg) was a trading post and held a few people; when there was neither town nor city but vast wilderness. Mr. Reed was acting brigade-major of the 6th military district in 1870; he was transferred to the Northwest force and stationed at Fort Garry, and he acted as its adjutant until its disbandment. Transferred to Indian Department, he rose, successively, to Indian agent, assistant manager, commissioner, and deputy superintendent of Indian affairs for the Dominion, and retired in 1897. He was a member of the Northwest Council, and, for a time, acted as lieutenant-governor for the Territories. Fifteen years ago he entered the service of the Canadian Pacific, as manager of the Chateau Frontenac at Quebec, and became, in time, manager of the entire hotel system of the company.

In the course of some fugitive talk about his early days, Mr. Reed said, "They could not keep the Indians on the reservation so long as the buffalo were on the plains. They used to set fire to the prairies, and then the buffalo would come north. I have seen them in millions on the plains. The Indians would stalk the buffalo on horseback, and then shoot what they wanted—throwing a knife or blanket beside the carcass to indicate ownership. Then the squaw, or squaws, for a good hunter always had more than one—would come in carts, which held their lures and penates—and skin the buffalo and bring to their encampment the best pieces of meat. That was their sole food, for the wild Indians grew nothing. They might eat wild parsnips, some of the varieties of which are very poisonous. That was their life until the buffalo disappeared; and the buffalo disappeared a little more quickly, at least on the American side, on account of the bounty offered for killing them."

Mr. Reed was a volunteer in 1870 under Lord Wolseley in connection with the Fenian Raids. He was on duty at Cornwall and the west in that connection; but his early experiences in the West, when that territory was a sort of No Man's Land, were full of vivid moments, which he promises to recall when he has time to spare for recollections of the past. Mr. Reed had the unique experience of taking part in the Red Rebellion, and during the first he was captured by the Indians and held hostage for three days.

THE CHINESE ATTITUDE.

Every Class Characterized by Imperturbable Contentment.

In an article in a recent number of The Chinese Review, a London publication edited by two Chinamen, the attitude of the Chinese toward Christianity and the profound difference in the modes of thought which characterize the east and the west are discussed.

In the China of the more recent times, says the writer, the same vivid contrast is discernible. One looks in vain for a Thomas Carlyle or a William Wordsworth; nor can the ecstasies of the modern mystic find any affinity in Chinese thought. There is no unspeakable agony, no mortal strife between faith and unbelief; and it is highly doubtful whether such states of mind can be made so understandable to the eastern understanding.

The Chinese of to-day pursue his even course with equanimity as he has done for ages past, and is less perturbed by questions of faith and delicate casuistry than the Sage himself, who had determined for him, irrevocably, the way to heaven and damnation. He needs are few and his ambitions attainable with ordinary effort. "To see God" and "to be persecuted falsely and yet rejoice" are beatitudes after which he has no aspiration. If he is literary he may hope for honor, for state employment and for power to rule. For the rest he is content to live in easy affluence without undue luxury or extravagance.

The lower classes are permeated with the same atmosphere of imperturbable contentment. In spite of economic pressure, of the many uncertainties of life in a frequently disorganized state, living is cheap and easy; and the Chinese peasant is no less remarkable for his simplicity of life than for his philosophical calm in adversity, and for the elasticity with which he recovers from disaster.

Hit His Pocket.
He was a young man, more or less in society, according to the state of his pocketbook, and he had invited two young ladies to his home, for a meal at a restaurant. Before the repast was brought in he called the waiter aside and said confidentially:
"When I order Bordeaux you must bring us a cheap, second class wine."
The waiter replied that he understood, and the inferior wine was accordingly served. When the bill was brought in, however, the young man looked considerably annoyed and tried to attract the attention of the waiter by discharging a series of sly winks and nods upon that functionary.

Finding his efforts fruitless, he

CLASSES IN CHILE.

Aristocrats, Merchants and Men Who Work With Their Hands.

To understand social conditions in Chile it must be remembered that the country is one of classes. Chile has always had its aristocrats, its middle class and its common people. The last does the work of the country, and to the general who knows by the term Inquilino. The aristocrats are the descendants of the Spaniards and more especially of the patriots among them, that had to do with freeing Chile from the yoke of Spain. These men are the controlling influence of the country. They have the fat offices and own a nearly all of the property. Some have stock in the nitrate and other mines and not a few are engaged in the various industries. Many of them are rich farmers, and it is from them that come the heads of universities and the chief doctors and lawyers. The most of the aristocrats are men of fine education. They are the progressive element of the country. They are proud of Chile and are intensely patriotic. They are not afraid to fight for their rights, and they will not submit to injustice either as individuals or as a nation.

The middle classes are merchants and small land holders. Among them are many pure whites, and many who have more or less Indian blood mixed with them, which comes down from the Spanish.

The lower class are known as the Inquilinos or, erroneously, as rotas. The word rota is one of contempt. It conveys the idea of a drunken, good-for-nothing loafer, allied to that of a quarrelsome, bad character. This is not the nature of the Inquilino, the Chilean peasant. He is a good, hard-working, honest man as a rule, and anything but a loafer. He is a descendant of the peasant class of north of Spain, and of the Araucanian Indians. He is intelligent and quick to learn anything that requires headiness and craft. He can do all kinds of work and makes an excellent mechanic, farmer or orchardist. He is a born horseman and is skilled in the handling of stock. He is hardy and vigorous and noted for his endurance and patience. At the same time he is brave, very quick-tempered and seems to care nothing for life and very little for pain.

Care of Sweaters.

The following method, if carefully followed, will result in great satisfaction to the one who wants a shapely sweater after it has been subjected to the process of cleansing. After the ordinary methods, as we all know, the sweater is such an unshapely object as to be forever shorn of its original beauty.

Prepare a suds with lukewarm water, being particular to have plenty of water so that the sweater can be thoroughly cleansed. Pass it through the suds, gently pressing and lifting until it appears to be perfectly clean. Pass through several lukewarm rinses and then through water slightly acid. Do no wring or stretch in any way. Next pin a clean piece of muslin firmly on a board wide enough to take the sweater in its natural shape. Place the sweater on the board dripping wet with front out, placing and shaping it until exact shape and size when worn. Put in a strong sun when first thoroughly dry turn over carefully and dry the back. When it is thoroughly dry you will find that it is in its natural shape, with pockets, cuffs and sleeves in perfect proportion.

Not on the Map.

Mrs. Norman had a maid, Jane, who had a lover in the army. One day, after receiving a letter from him she sought her mistress and asked if she might see a map. A while after she returned to Mrs. Norman again and said she could not find the place where her lover was.
"Where is it, do you say, Jane?" asked the mistress.
"Duranceville," replied Jane, after another careful perusal of the letter.

Mrs. Norman searched the map, but no such place could be found.
"Jane," she said, "please let me see the part of the letter which gives the name of the place where he is."
Jane complied, and Mrs. Norman read: "I am in durance ville, but hope soon to be sent home."

Underdone.

A French peasant once made a visit, his first one, to Paris. He went into a cafe and ordered a glass of beer. The waiter brought the beer, together with, as usual in good cafes, a small round piece of felt, on which he placed the glass. The countryman looked at the felt doubtfully. Then he lifted it and tried to bite it. Glancing round the table, he saw that nobody was watching him, he took out his knife and glanced around again, and then cut the felt into small pieces. These he gulped down one by one and finally washed them down with his beer.
"Rather exhausted by his efforts, he called the waiter again.
"Another beer," he said. "But no biscuit this time!"

Ready to Die.

Field Marshal Sir John French is popular with both the French and the British soldiers, despite the fact that he is the strictest of disciplinarians. A French soldier who had just been brought to the base hospital from the front with a shattered leg, on hearing that the British commander was in the vicinity, requested his nurse to ask Field Marshal French to come and shake hands with his humble ally who did not know whether he would survive an operation. Sir John immediately complied. The soldier kissed the commander's hand, saying: "I am ready to die after meeting this famous general."

To Set Colors.

In washing anything blue put a handful of salt into the water; green, a lump of alum; gray or brown, a little ox gall; tan or linen goods, a little bay water; reds and pinks, use a little vinegar.

Religious and Political Beliefs.

Religious and political beliefs are generally legacies from our parents. A whole lot of Christians devote their worship between God and Gold. There are many times when suppressed truth has proved a blessing.

ASTHMA COUGHS

Whopping Coughs Spasmodic Croup Bronchitis Catarrh Colds

Vapo-Resolene

A simple, safe and effective treatment avoiding drugs. Used with success for 25 years.
The air carrying the antiseptic vapor, inhaled with every breath, makes breathing easy, soothes the sore throat, and stops the cough. Assuring restful nights. Resolene is invaluable to mothers with young children, and a boon to sufferers from Asthma.

Send us postal for descriptive booklet.
Sole Druggists
VAPOR-RESOLENE CO.,
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OUR FRESH GROUND COFFEE AT 40c. CAN'T BE BEAT.

Try a sample order and be convinced.
NOLAN'S GROCERY
Princess St.
Phone 720. Prompt Delivery

SALTS IF KIDNEYS OR BLADDER BOTHER

Harmless to Flush Kidneys and Neutralize Irritating Acids

Kidney and Bladder weakness result from uric acid, says a noted authority. The kidneys filter this acid from the blood and pass it on to the bladder, where it often remains to irritate and inflame, causing a burning, scalding sensation or setting up an irritation at the neck of the bladder, obliging you to seek relief two or three times during the night. The sufferer is in constant dread, the water passes sometimes with a scalding sensation and is very profuse; again, there is difficulty in voiding it.

Bladder weakness, most folks call it, because they can't control urination. While it is extremely annoying and sometimes very painful, this is really one of the most simple ailments to overcome. Get about four ounces of Jad Salts from your pharmacist and take a tablespoonful in a glass of water before breakfast, continue this for two or three days. This will neutralize the acids in the urine so it no longer is a source of irritation to the bladder and urinary organs which then act normally again.

Jad Salts is inexpensive, harmless, and is made from the acid of grapes and lemon juice, combined with lithia, and is used by thousands of folks who are subject to urinary disorders caused by uric acid irritation. Jad Salts is splendid for kidneys and causes no bad effects whatever.

Wolfe's Aromatic Schiedam Schnapps

For sharpening the appetite and stimulating the digestive organs you will find nothing to equal Wolfe's Schnapps. Take it as a "toddy" with hot water, sugar and lemon and a wineglassful of Wolfe's. You will find Wolfe's Schnapps the greatest tonic energizer for the vital organs.