"Fruit-a-tives" is the Standby in This Ontario Home

Scotland, Ont., Aug. 25th, 1913.

" Als wife with a martyr to Constipation. We tried everything on the calendar without satisfaction, and spent large sums of money, until we happened on 'Fruit-a-tives'. We have used it in the family for about two years, and we. would not use anything else as long as we can get "Fruit-a-tives."

J. W. HAMMOND. "FRUIT-A-TIVES" is made from fruit juices and tonics-is mild in action-and pleasant in taste.

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



Auto Tires, No. 1 \$12, Ford Size

BIBBY'S GARAGE, Phone 210-917.

SOWARDS Keep Coal and Coal Keeps

SOWARDS

Fresh Saguenay Salmon, Fresh Saguenay Mackerel Dominion Fish Co.

PHONE 526.

MRS. LYON'S

Have All Gone Since Taking Lydia E. Pinkham's Vegetable Compound.



pound. When I first

praise your medicine too highly."-Mrs. AUGUSTUS LYON, Terre Hill, Pa.

a remedy for their peculiar ills which has proved more efficacious than any other combination of drugs ever compounded, and today Lydla E. Pinkham's Vegetable Compound is recognized from coast to coast as the standard remedy for woman's illa.

In the Pinkham Laboratory at Lynn, thousands of letters from women seeking health—many of them openly state over their own signatures that they have regained their health by taking Lydia E. Pinkham's Vegetable Compound: and in some cases that it has saved them from surgical operations.

About the least satisfaction a man

RESPONSE IS GENEROUS

ANADIANS HAVE GIVEN LIBER-ALLY TO WAR CHARITIES.

Over Six Million Dollars Has Been Raised by the Patriotic Fund and Six Hundred Thousand by the Red Cross - Latter Organization Has Also Collected Fourteen Thousand Cases of Supplies,

When one surveys the field of sorial effort and endeavor which has opened up in Canada in connection with the war, one cannot but be powerfully impressed with its comprehensiveness. The response to the many calls necessitated by the special circumstances of this time of national stress and testing has been both wide and wise. Those calls have been of infinite variety, and of almost infinite number, and, on the whole, the response with which they have met has not been inadequate to their urgency. The knowledge that when war broke out, and when in the twinkling of an eye strange and large demands were made on the Canadian spirit of helpfulness, those demands were met in a manner not unequal to them, cannot fail, in the years that lie ahead, to be a source of legitimate satisfaction to the Canadian people.

First and foremost among the agencies of helpfulness, brought into being to cope with the special circourse, the Canadian Patriotic Fund for making provision for the wives and families of our soldiers during their absence. The splendid work which this fund is doing and the principles on which it is administered has been fully described before. it must not be forgotten that the Canadian Patriotic Fund does not represent the whole of the endeavor to make provision for the assistance of soldiers' dependents. Various sums have been raised and expended for that purpose by local relief committees in different parts of the country which have not become associated with the National Patriotic Fund.

The contributions to the Patriotic Fund actually received, up to the 31st of March last, make a total (inclusive of two credits to New Brunswick and British Columbia of \$33,-637.51 and \$83,318.58 respectively, on account of moneys expended for relief) of \$3,626,275.31. It is probable that altogether when all the amounts promised have been paid the fund, in its entirety, will not amount to far short of \$6,000,000.

The Toronto and York County branch of the fund has secured subscriptions, payable during the years 1914, 1915, and 1916. amounting to \$1,000,000, of which sum \$466,380. 86 had been collected prior to the 15th of March last. The contributions received from the whole Province of Ontario up to the end of that month amount to \$1,163,-103.06.

The Patriotic Fund is incorporated by Act of Parliament. The Red Cross Association operates under Government protection. Its objects. are the care and relief of sick and wounded soldiers. It raises funds and equips organizations in supplement to what the Government does in such directions. And such supplementary work is as absolutely essential as it is admirably performed The Toronto branch alone has raised in cash \$133,766.80 to date without including what has been given by Toronto citizens for the University

Base Hospital. In addition, that branch has been responsible for the collection of goods of all kinds, and of enormous number and total value, for the use of the sick and wounded soldiers, but bad luck would arrive. The executive, however, Mr. J. J. Gibson, the treasurer of the Toronto dian ambulance men who were trailthe work in connection with these child half dead from exposure on the goods. That credit belongs to the roadside. They had taken him and patriotic women of Toronto, who, in cared for him. The little fellow did numerous organizations, meet and not know what had happened to his sew and make just such articles as parents; they had been swept along are useful, and send largely to the with thousands of others in front of

packs and forwards them. The Canadian Red Cross Associa- Darents. tion has its own commissioner in His uncles, for such he calls them London. The total sum raised in all, have mapped his future, and cash by the society, inclusive of that when the Canadians return to their raised by the Toronto branch, own land little Mons, as they call Terre Hill, Pa,-"Kindly permit me amounts to \$600,000. And it has him, will accompany them. He is to give you my testimonial in favor of shipped fourteen thousand cases of loved by them all like a son, and Lydis E. Pinkham's supplies, containing over two million there is competition to be allowed Vegetable Com- garments, besides surgical supplies. to do things for him. As I passed

Patriotic League. In addition to the my ears. forwarding of goods for the Red Cross Association, the work done by the league is largely industrial, in grant of \$3,500 and by means of do- the sympathetic attention of the traveling expenses. nations and proceeds of sale at its young rose maidens that, one by could not sleep and workroom the league has raised a one, they slipped him a rose. He put had no appetite. Since I have taken sum of over \$20,000, which has the roses in his pockets. Later in Lydia E. Pinkham's Vegetable Com- gone to various beneficent objects the day he sold the roses, in compound the sches and pains are all gone of the kind indicated, nearly \$13,000 petition with the girls and, of and I feel like a new woman. I cannot having been disbursed on account of course, turned over the money to the peat being mixed with coalwages and material. A great amount the charitable fund. seamstresses and others, and some ed to buy a pair of rabbits. The ficient and economical.

> able for truck farming, might be had transaction. in the country at lower rental and be quite capable of yielding even larger net returns for the family than would the city occupations, remarks that he would never marry a second Ottawa.

CHANCE FOR WOMEN.

Needed In Canada After the War. Lady Drammond, who is in charge

of girl babies in the way that ancient outset the chief forester says: Egyptians decreed for the infant "The market problem confronting minimum requirements: Jewish boys! But that is a "rea- the lumber industry and the Govern- 1. The distance between buildings

son" one can hardly take seriously. | ment's efforts to assist in solving it, to be not less than 60 feet and up

won through centuries of stress and trade in every community, and pro- limited on each acre, all windows of about your neck shoulders and bust

under consideration.

to take the prefix Mrs. instead of this province will have a long uphill prevent any person erecting build-Miss, both for the child's and her fight in establishing its position." own sake, but I would not allow her The report continues: "From the contravene a proposed scheme or byto call herself by the father's name, earliest day the pioneer industry of law, while either is being prepared. It seems to me that our duty is to British Columbia has been the manu- The local board has power to buy discourage immorality in every pos- facture of forest products. Of all land up to 200 feet in depth on the sible way, but to be as fair as pos- the resources with which the pro- frontages of new roads or reconsible to the children who are its vic- vince is endowed, the forest, because structed roads. The price of any

vertised for work for a destitute wo- ent. man with her child.

French Boy Their Mascot,

miniature forage cap. It was not the province's most important source difficult to see that he was a pet. of wealth." The men said that he was the base's mascot, and should he leave nothing

It appears that a number of Canative, do not claim much credit for from Mons found this little French Women's Patriotic League; which the Germans. The French police have tried in vain to find the boy's

Very admirable, too, is the work out of the dining hall shouts of carried on by the Toronto Women's "We will bath him to-night" reached

A Young High Financier.

delions, because he didn't like that per cent. of solidified tar, the mixkind of amusement. According to ture being compressed into small brihis financial scheme, the rabbits were quettes or pebbles about the size of Joppa is in the hands of Jews living There are now living in cities to be turned loose to nibble off the a chicken's egg, the chalk briquettes in Winnipeg. many men with fair sized families dandelions. In the course of time who have had experience in truck these rabbits would have other rab either in an open grate or under a farming, and who are paying as bits. And the young rabbits were to boiler. The fuel has the advant house and small let. An equally good financier that amount of profit on orific value and burns freely.

Women Are So Suspicious. a pulletin issued by the Seed Branch, time, she is apt to wonder if it is devotion or cowardice.

B. C.'S TIMBER WEALTH.

Lady Drummond Says Many Will Be Various Conditions Check the Devel- New Nova Scotia Act Arouses Wideopment of the Industry.

The annual report of the Forest of the Information Department of Branch of the Department of Lands, the new town planning act passed in the Canadian Red Cross in London, B.C., H. R. Macmillan, Chief Fores, Nova Scotia is arousing great inand is one of the best known public ter, takes up what is a very vital terest among the municipal experts women and social workers in Can- consideration to British Columbia, of the Dominion. It will revolutionada; is emphatic in her views of a that of its timber resources. In fu- ize the methods of developing real much-discussed question. The fol- ture there can be no doubt that the estate and of controlling building lowing article was given by Lady timber of British Columbia must operations in that province. Drummond to a London paper: .. look for its full development to the Under the act a local town plan-It is urged, as one of the argu- inauguration of a firm and business- ning board must be appointed in ments why women should fight, that like export policy. At present it every urban and rural municipality. the state will be unable to deal with would seem that little can be done in and a town planning controller has the problems of the unwieldy sur- that direction, as ocean rates on such to be appointed for the whole proplus of female population when the commodities as timber are very high, vince. No street can hereafter be war is over, and that if women were and insurance is almost prohibitive, laid out, or any subdivision made sent into the firing line it would be in certain quarters. The report in unless the plans are approved by a good way of solving the question question indicates what an immense this board. Within three years every in advance. A simpler, more bu- natural resource the province pos- board must either prepare a town mane method might be to dispose sesses in its timber. Almost at the planning scheme or a set of town

bables born out of wedlock. What is which was in a weak condition foi- whatever the width of the street. They could not do so without low- dustry furnished our greatest export through traffic. us in considering the problem now lack of lumber to cut; there is no following restrictions on its use, agencies should deal with it, and Cawada east of the Rockies and in the purpose of securing amenity: without condoning immorality, the United States from the Mississipshould try to give all the children pi Valley eastward, in Australia and ings. a "fair chance." Where the young the Orient, and to a certain extent mother, for instance, wants to start in Europe. An aggressive campaign ings to the acre. again and is willing to keep her for the capture of these markets is 3. Limiting the height of build- LONDON think there cought to be after it, I now under way in the Northwestern ings. think there ought to be some scheme States, lumber manufacturers and 4. Prescribing the use or characfor removing her to a neighborhood the Federal Government pushing it ter of buildings, i.e., whether the where her story is not known and together. I cannot too strongly urge land shall be used for dwellings, facwhere she, therefore, will not be an that the most important duty of tories, etc. outcast. Unless immorality is to be the Forest Branch at the present It is an essential part of the act publicly condoned the girl could time is to assist in extending the that there shall be co-operation benever have a fair chance in her own markets for British Columbia's for- tween municipalities and owners I think she might also be allowed tunity is lost the lumber industry of Ample safeguards are provided to

tims. War must make all judgment of its quantity, high quality, varied land to be expropriated must be the As for the problem of the woman waterways and transportation routes, ance is to be made for compulsory after the war, I think the overseas has been the resource from which purchase. The act has been drawn dominions will find at least part of the population of most districts first up in consultation with the Commisthe solution. The West of Canada sought their livelihood. The fact sion of Conservation and immediate still needs many women, and many that agricultural development in steps will be taken to put it into thousands of men living in lonely many sections of the province has force in the province.—Bulletin. wives. I am president of the Char- and for produce provided by the ity Organization of Montreal, and lumber industry has done much to remember that some time ago we ad- make our forest industries promin- tion clinging to the word "colonial,

little soldier had proudly kept on his manufacture of forest products was podes, was:

Ontario Model Schools

The Department of Education of Ontario are conducting at present to the headquarters for Belgian re Sturgeon Falls prepare students for you?" he said. "So do I." teaching in the English-French Public and Separate schools, while the purpose of the others is to prepare teachers for teaching in the districts and the poor parts of the counties, which, on account of their remoteness are unable to secure the services of teachers holding first or secfurnish three courses, a first and mitted. second professional course and an

58 obtained limited third class certi- of our big, broad, welcoming land. ficates valid for five years, 169 ob- Canada so easily becomes "home." tained district certificates, and 93 obtained extended districts certifi-

In order to encourage the students Rose Day in Toronto developed a to attend these schools, the Depart- organization as a Jewish state, with the sense that it gives employment new young genius of high finance. ment of Education pays \$3 a week ancient Jerusalem as the capital, is to those affected by depression con- A young lad togged in khaki at one of the cost of board and lodging, and an ambition which is being serioussequent on the war. From the city of the uptown corners so attracted one single fare and one-third of the ly considered by Jews all over the

Chalk as Fuel.

In Canada a coal peat fuel has been utilized somewhat extensively

will burn with perfect satisfaction home, with twenty acres of land suit- the brain-work necessary on the The cost of producing such fuel may be decreased by utilizing the refuse and garbage collected from

About the least satisfaction a man ever gets out of his money is when he uses it to pay somebody else's debts.

Many a chap with moral dyspepsia thinks he has religion.

A new propeller for either water or air that blades with spiral-like curves at one point and concave at the other, carrying the water or air their full length and overcoming the synthesis.

A new propeller for either water a Hawaiian engineer has invented a drill standard with a selling butter to a peddler.

Probably one of the easiest ways thinks he has religion.

A new propeller for either water are all to the good from the viewpoint of their party, most of the legislative brand some at the other, carrying the water or air their full length and overcoming the synthesis.

Probably one of the easiest ways ing obtained through flexible connections with a vessel.

FOR TOWN PLANNEPS,

spread Interest.

From a fire prevention standpoint

planning bylaws with the following

I know, however, the moral aspect are dealt with in the following re- to 100 feet on opposite sides of existof the case not only will be, but is, port. The first hint of war tempor- ing streets, both in respect of new combine into simple form the very elacute. Within the next few months arily paralysed building operations buildings and reconstructed build- to help them convert food into rich. alone we shall be faced with the in the market supplied from the Pa- ings, and to be not less than 80 fat-laden blood. This master-stroke of problem of thousands of soldiers' cific Coast. The lumber industry, feet on new main thoroughfares, to become of them and their young lowing the inflation of a year ago, 2. Land to be reserved for new

was brought to a dead halt. The ef- main thoroughfares not less than 60 coax the stomach and intestines to lit-Personally, I think that neither fects are now felt in every commun- feet in width, and provisions made the church nor the state should same—
ity throughout the province by every for allowing narrow streets of from blood, where they are carried to every class of the population, for this in
24 to 40 feet, where not require for starved, broken-down cell and tissue

conflict. The war we are waging is vided settlers with a market for both dwellings to have adequate light and a proof that to the develop con- their labor and their produce. In air, separate areas to be prescribed 20 pounds of solid, healthy flesh. Sarscience of man the moral and spirit- the majority of the villages and for dwellings, factories, stores, etc. gol is absolutely harmless, inexpensive, usl are of a higher value than the towns in the province prosperity will. ual are of a higher value than the towns in the province prosperity will Property is not to be deemed to refund your money if you are not satisreturn quickest through revival in be injuriously affected for purposes Let us keep this steadily before the lumber business. There is no of compensation by reason of the lack of mills to cut it. It is the marthe Commissioner of Public Works is dyspepsia and general stomach trouket that must be sought, both in satisfied that they are reasonable for who do not wish to gain ten pounds or It seems to me that voluntary ket that must be sought, both in satisfied that they are reasonable for 1. Prescribing space about build-

2. Limiting the number of build-

est products. If the present oppor- and between adjacent municipalities, don and its suburbs the Directory conings or subdividing land so as to usefulness, and accessibility to many market value and no extra allow-

Canada's Popularity. Any vestige of a hint of deprecia which survived the South African "A province so noted for its for- war has certainly died a swift death ests has naturally attracted workers early in the present campaign, says and investors who have received Mona Cleaver in the Canadian Cour-Describing his visit to one of the their training in other forest re- ier. Indeed, one finds people in Canadian hospital bases in France, gions, and who are eager to take England calling themselves Canaa correspondent narrates the follow- part in the development of the last dians on the slightest claim. ing interesting discovery. Seated at important stand of commercial tim- searched out the secretary of an imthe head of the table was a child of ber in Canada. It is not surprising, portant organization working among five, dressed from head to foot in with these considerations in mind, Belgian refugees in London, and alauthentic Canadian uniform. While to find that British Columbia led most the first thing he said to me, his brother orderlies had abandoned all the provinces in Canada in lum- with all the cordiality of fellowtheir headgear during the meal, this ber production in 1913, and that the countrymen meeting at the anti-

"Oh, are you a Canadian? So am I found that he had been in Can-

ada several months, indeed, almost a year, on business. On this gentleman's advice I went summer model schools at Brace- fugees, in Aldwych, and the uniformbridge, Gore Bay, Ottawa, Port Ar- ed attendant who showed me about thur, Sharbot Lake and Sturgeon at once spotted me for a Canadian. Falls. The schools at Ottawa and "You come from Canada, don't

"Do you really?" I responded "From what part of Canada do you "Well," he said, "I got my wife in Halifax."

"Oh, and have you been anywhere else in Canada?" I asked, pursuing the subject politely. ond class certificates. The schools "No, that's as far as I got," he ad-

But he was a Canadian, and so was the secretary, and so, one finds, In 1914 the number in attendance at heart, is almost everyone who these schools was 366, of which ever falls under the happy influences

Palestine and the Jews. The possession of Palestine after world, including a large number of wealthy members of that faith it

Polestine, it is estimated, can accommodate a population of 6,000. 000. With the establishment of new the peat being mixed with coal-breeze and then pressed into briquis intended that Jews shall migrate of employment has been given to The same young man lately want- ettes. Such fuel has been found ef- there from Russia, Germany, Austria It is true that nature and a woman's thing of a specialty leas been made price was fifty cents. He was sup. But it is not generally known that the leaders of the movement say, a It is true that nature and a woman's work has produced the grandest remedy for woman's ills that the world has ever known. From the roots and herbs of the field, Lydia E. Pinkham, forty years ago, gave to womankind for years ago, gave to womankind for the field, and the field in the field i

Only One V.C. Man Lives. There are four military decora-Cross, and three Canadians have been awarded that most coveted distinction, though but one has lived to due of such fuel possesses an diameter; in the centre is the royal economic value, inasmuch as time cross and below in scroll "For torms the larger portion of the ash. Valor."

We have the very best in Cooked Hams, Jellied Tongue, Jellied Hocks, Pressed Ham and Veal, Bologna and Head Cheese.

P.S.-All our meats are kept ice cold in our modern refrigerator counter away from flies and dust. mussing - no handling. Orders sent to any part of city.

J. R. B. GAGE. Montreal Street Phone 54L

An Easy Way to Get Fat and Be Strong The trouble with most thin folks who

wish to gain weight is that they insist on drugging their stomach or stuffing it with greasy foods; rubbing on useless "flesh creams," or following some foolish physical culture stunt, while the real cause of thinness goes untouched. You cannot get fat until your algestive tract assimilates the food you

erally soak up the fattering elements of your food and pass them into the of your body. You can readily picture the result when this amazing transcellent results in overcoming nervous

enables traders throughout the World MANUFACTURERS & DEALERS in each class of goods. Besides being

(Published Annually)

EXPORT MERCHANTS with the goods they ship, and the

STEAMSHIP LINES arranged under the Ports to which

they sail, and indicating the approxim-PROVINCIAL TRADE NOTICES

of leading Manufacturers Merchants, etc., in the principal provincial towns and industrial centres of the United A copy of the current edition will be forwarded freight paid, on receipt of Postal Order for \$5.

Dealers seeking Agencies can advertise their trade cards for \$5 or larger advertisements from \$15.

LONDON DIRECTORY CO., LTD., 25 Abchurch Lane, London, E. C.

COAL The kind you are looking for is the kind we sell

Bcranton Coal Is good Coal and guarantee prompt delivery BOOTH & CO.

Foot of West St.

ties, brick Flower Vases, Tile, Cap pler Blocks. We also make Cement Grave Vaults. Estimates given for all kinds of Cement Work. Office and Factory

Cor. of CHARLES AND PATRICK. Phone 730. MGR. H. F. NORMAN.

Half Price Sale of wear at Bargain

Ladies' Pat. Pumps. Grev or Sand Cloth Top. Reg. price \$3.\$1.48

Ladies' Pat. 3-Evelet Pump, Grey or Sand Top. Regular price \$3. Sale

Shoe Store

212 Princess Street. Phone 159.

The New York Fruit Store.

Cantaloupes 10c and 15c each Watermelons75c each Goods delivered to all parts of the city.

Phone 1405

Hair Dressing that Makes Women's Hair Grow Radiant

Women of Canada are demanding a stop hair from falling, and to banish perfect hair tonic, one that is daintily every trace of dandruff, or money back. perfumed, that is not sticky or greasy, Parisian Sage causes the hair to grow and that will make the hair grow pro-fusely and give it a lustre that attracts it kills the dandruff germs that infest

Since the introduction of Parisian Parisian Sage is sold by druggists Sage into Canada druggists in every everywhere for only 50 ents a large town are recommending Parisian Sage bottle. It is fully guaranteed because they know that it will do exactly what the makers say it will do.

the hair roots, which is the basis of all Like their clever sisters in Paris, scalp and hair diseases, and also bethey have learned that a woman with cause it furnishes natural nourishment scant, dull, lifeless hair grows old all to the weakened and run-down hair

For aches, paine, rheumatism, etc., Besides being a hair grower and try Parlalan Mustard Corate. Its wifeet beautifier, Parisian Sage is rigidly plasters, positions or hot applications. guaranteed to stop itching scalp, to Will not blister. 25c. a tube.

No Epidemic of Disease

Has ever been traced to Pasteurized Milk. only Pasteurized Milk in Kingston is

Price's Phone 845

You Should Worry it were difficult to find a safe and reliable remedy for the allments due to irregular or defective action of the stomach, liver or bowels. These ailments are likely to attack anyone; likely, too, to lead to worse sickness if not reliev